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PHYSICAL EDUCATION.

NO. IV.

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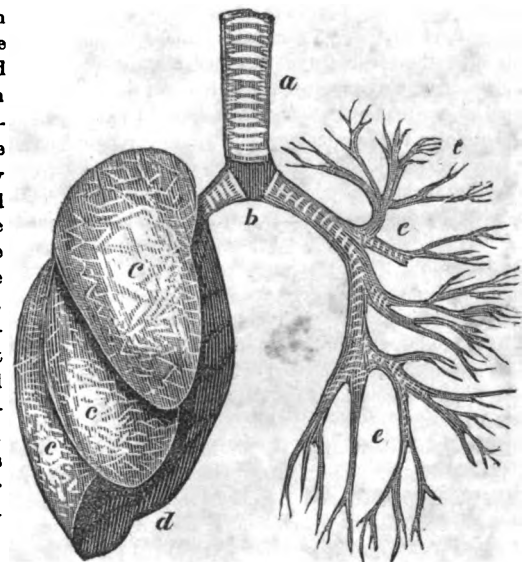
WATER.

Water, wherever we see it, is full of use, and beauty, and glory. From the dew that distils upon the rose-leaf, to the ocean that heaves its vast tides around the world, it is a perpetual wonder and delight. In the dawn of creation, the spirit of God moved upon the face of the waters. Water makes the beauty of our silvery clouds and golden sunsets; it spans the heavens with the hues of the rainbow; it dances to the earth in April showers; it murmurs in brooks, and thunders in cataracts; it waters the earth in rivers, cures our diseases, and bears our ships on the rolling seas.—*Newspaper paragraph.*

If there be any one portion of the human frame, upon the healthy condition and due performance of its function the comfort and well-being of the individual may be said in a great degree to depend, it is upon that portion which is lodged within the cavity of the chest; if pure blood do not flow freely through the arteries, bodily ailments and mental inaptitude must be the result. We cannot have pure blood unless we have pure air around us; and the air must not be merely pure, but there must be plenty of it. The atmosphere, that great ocean which surrounds and covers the earth to the height of 45 miles, filling its deepest valleys and overflowing its highest mountains, is in a continual state of motion, by its winds, currents, and storms churning and agitating all its parts, blending their differences together for good, and producing as the result a wholesome and invigorating atmosphere around us. And for what is it placed around us!

In summer its evaporating influence is pleasing on our skin, producing coolness and tone; in winter it may be made the safest and most agreeable mode of communicating warmth. By its accumulation and weight we are kept in our position on the earth, and stability is communicated to everything around us. By it our ships are wafted from farthest India to the pole; commerce is developed; "many run to and fro, and knowledge is increased." By its medium "the sweet music of sound" is produced; by it we hold converse sweet, we are led away willing captives to the oratory of a Henry or a Burke, or ravished by the tones of a Hallelujah from Handel and a Warbling from Lind.

To the air which surrounds us are we indebted for all this; nor does our relation with it cease here: by it are we connected in the scale of creation with the humblest lichen that grows upon the bare rock, or the lofty baobals and cedars that kiss the heavens. We vitiate the air, they restore it to its purity; they can well live without us, we cannot exist without them.



This air must not merely surround us, it must enter into our body: it must be brought into immediate contact with our blood, and communicate to it a new increment of vitality. This function of aerating the blood has to be performed so long as we live, and the full and healthy performance of it is the measure of our physical enjoyment of life. This function is called *respiration*.

It consists of two distinct parts—the drawing in of the air, which is called *inspiration*, and the escape of an equal volume of air, which is termed *expiration*. In inspiration the air is drawn through the mouth and windpipe into the lungs; these are placed in man in the cavity of the chest, are two in number, and lie upon each side, immediately under the ribs: they are protected from touching these, or the heart, which lies between them, by the lining membrane, the *pleura*, which invests them closely, and is then reflected over the head of the inner cavity of the chest, thus allowing freedom of motion in the parts, without friction or irritation. When disease attacks the pleura, as in

pleurisy, the two smooth surfaces which usually glide over each other become glued together, and the motions of the lung in inspiration and expiration are impeded or prevented. Each lung is a mass of cellular tissue, in which are scattered numberless minute air cells; these cells are the termination of a small bronchial tube, which itself is an offset perhaps in the fourth or fifth subdivision of the main bronchial tube, one of which emerges out of the root of each lung behind the heart; they unite together and pass upwards, forming the trachea, or windpipe; at the upper part of the trachea, where it enters the mouth, the larynx is placed. Every bronchial tube, as it subdivides, is accompanied by an artery and vein. These air cells, or vesicles, are very small, being not more than from to 1-119 to 1-69 of an inch; they dilate to receive the fresh air in every inspiration. The network of blood-vessels spread over the walls of the vesicles is very minute, and it is in these almost imperceptible capillary vessels that the great change produced by the air upon the blood takes place.

This change is neither small nor unimportant. To the eye the change consists in the alteration of the color of the blood, from the dark purple of the venous fluid to the rich crimson of the arterial. This alteration is but the index of a series of changes far more important, which occur in its chemical constitution. Each inspiration the air is carried down to the remote cells; streams through its pores into the blood-vessels, which we described as coating them; the air itself does not pass into the blood, it only acts upon the surface, and hence the necessity of the extreme subdivision of the capillaries to increase that surface extent; the latter becoming thus so enormously great as to exceed calculation. In this way an instantaneous effect is produced upon the blood, and in less than three seconds is accomplished what would otherwise require many hours to do, and that not so well.

There is an alteration in the air inhaled as well as in the blood. The oxygen has been almost completely removed, and its place has been supplied by carbonic acid. This latter has streamed into the lungs out of the purple veins at the same time when the oxygen was passing into the arteries, and thus for as much oxygen as passed into the artery an equal amount of carbonic acid passed out of the vein. The blood in veins always contains carbonic acid, for it escapes from the vessel in which blood is received in the ordinary operation of blood-letting. The object of inspiration, then, is to supply oxygen, and of expiration to get rid of carbonic acid from the lungs. The purple color of the venous blood is due to this acid; it is always present in it; and the bright color of arterial blood is due to its containing so much oxygen.

The carbonic acid which is thus thrown off from the blood at each expiration, is a part of the total quantity of the same gas given off by the system at large; the secretions and egesta of the body contain a large quantity, and it is constantly exhaled by the pores of the skin; during sleep, and when fasting, the quantity is least; and after a meal, and during exercise, it is the greatest. It is composed of carbon and oxygen. The carbon is

derived from the food we take to support us, and the oxygen from the air through the artery, in the manner indicated. The end of breathing is to free us from the excess of carbon, and this is accomplished by carrying oxygen through the arteries.

From the facts which have been stated, the changes produced by respiration are the following:—The arterial blood, which is driven from the heart to the system at large, contains a large proportion of oxygen, and also a small amount of carbonic acid; as it commences to pass into the veins, through the capillaries, it loses a part of its oxygen, acquires a great increase in the quantity of carbonic acid, and it returns to the heart in the state of venous blood, its color having been darkened by the loss of its oxygen and the gain of the acid. In the lungs, where it is then transmitted, it undergoes, by atmospheric exposure, the opposite change to what it did in the capillaries, a large part of its carbonic acid and water being removed, and the addition made to its oxygen, by which its arterial hue and character are thus restored.

A healthy person breathes on an average sixteen times a minute, or 23,040 times in twenty-four hours; twenty cubic inches is the quantity of air a healthy man of fair dimensions inhales, which, in the twenty-four hours, at the above rate, amounts to 266½ cubic feet. The quantity of carbonic acid thrown off in the same period has amounted to nearly 18,000 cubic inches, and this amount represents 5½ lbs. of carbon thrown off from the system. This quantity of carbon has to be thrown off daily; and, if it be not fully accomplished, ill health sooner or later will result. The capacity of the lung enlarges, other things being the same, with the height of the man; thus, it may be generally stated, that for every additional inch of height, there is an increased capacity of eight cubic inches of air. The quantity of carbonic acid in the air exhaled amounts to 4 per cent. on the whole, and renders the remainder so vitiated as to be totally unfit for a second respiration, and when escaping, as it does, into an apartment, it renders a very large quantity of air impure; hence the double necessity for so large a supply of air about us, and also of *ventilation*, to remove the vitiated atmosphere, and to bring round in large quantity a supply of air as free as possible from carbonic acid.

It is not our object, however, now, to show the necessity for air, great as it undoubtedly is; but rather the necessity for *exercise* to blow off, if the phrase may be used, the carbonic acid, and thus get rid of the carbon from our system. The lungs are passive instruments; they have to be dilated, exactly as the bellows' handle must be raised, and in proportion as they are fully and frequently dilated will the carbonic acid be more readily removed. It is by the muscles of the chest the action must be accomplished, and many of these muscles, which we showed as engaged in moving the shoulders and arm, act also as dilators of the chest. When we fix the arms by our side, we can draw a fuller breath, because the pectoral muscles are disposed to better advantage, have their fixed points on the arm near the shoulder, and their movable ends being at the ribs, they contract and drag these bones forward, upward, and outward, and thus enlarge the cavity of the thorax

within. The lungs immediately enlarge to fill the space provided, and the air rushes in and fills the cells, and thus the blood is aerated. Now, it is a muscular effort to dilate the chest, and in proportion as the muscles are developed and vigorous, the greater the dilatation will be. If the muscular tissue be weak, pale, and flabby, from want of exertion, it has not the power to raise the ribs freely, and the act of respiration is badly accomplished; the individual does, no doubt, breathe, but not as breathing should be done, and although the ill effect be not immediate, it is remote. The clerk who stands all day at a desk, with his arms resting on it, never breathes fully in that condition: how much of his days and years are spent in breathing imperfectly! He who *sits* at his desk, injures his health still more; for by the stooping of his body he necessarily narrows the capacity of his chest: in both cases there is added to the fact of respiration not being fully performed, this result—that the muscles, not being called into play, become atrophied, which itself prevents full dilatation, and it acts in a circle; then, if we recollect that the individual is undergoing no exertion, and is in a limited space, filled with confined, and, therefore, bad air, can it be wondered that he is pale, unwilling, because unable, to take exertion, with a feeble body and an irritable mind—that he should fall a victim to premature old age, or bend beneath the scourge of the country—deposit of tubercle in the lung? He has died before Providence called him—he has anticipated his death. The woman who encases her chest in the armor of whalebone and steel, does a similarly wicked act, and doing that which the law of nature declares will result in death, truly commits suicide.

Exercise—development of the muscles of the arms and shoulders, as described in the preceding articles—is the great means for aerating the blood. Gradual development of these muscles, as by dumbbells, boxing with gloves, swinging on bars, and the cautious use of the dynamometer, are the most appropriate exercises. The cold bath, and washing the chest with cold water, are valuable aids; and friction with the rough towel, hair gloves, or the flesh-brush, are means which ought not to be neglected by the sedentary man.

AN AUTOBIOGRAPHY.

CHAPTER IV.

Carlyle, in his *essay* on Doctor Samuel Johnson, takes occasion to say a few words about the fatality that attends the efforts of those who write biographies. He declares, and with truth, that we do not get at the *lives* of men, because those who write them aim at something *great*, something *dazzling*—that will attract great attention, and leave a marked impression on the reader, that about the *hero* of the tale there was something *uncommon*. The little events of his life were passed by, as of no consequence, when they were in fact *the things* by which the man should be—and *only* could be *truly* judged.

In noticing my life—and the events in it which have given it marked character—I am satisfied that the *inconsiderable* things are those which have all along decided my fate. They have plowed the furrows of my path, and heaved it broad

enough for me to walk on. And it is so with all men. The difficulty with most is, that they do not chronicle the little affairs of life. They let them *perish*. I never *could*. The rustling of a leaf made an impression on me. The utterance of a kind word, the very intonations in which I was addressed, the manner in which persons approached me, the attitude they assumed, their walk—their clothing, equipage, general *personelle*—bound me to them, or disgusted me.

On the closing of my term, as I have said, my old master and I parted. I was the child of his adoption, and he felt for me like a father for a child. He saw that he had lost his hold on me, and it cut him to the quick, but it was no fault of mine. He had made an issue—I met it respectfully but firmly. He had no right to make it. Knowing my peculiarity of temperament, that I was generally supposed to be his favorite, that the scholars looked on me with some degree of jealousy, and expected me to betray them, and be the old man's *fag*, he had no right to say one word to me about giving *information*. Had he been anything but a simple minded minister, brought up in seclusion, he never would have done as he did. The deed was done, and *he* could not, neither could I, recall it. I did not *take* my confidence from him. It perished by *his* act; and I could as well recall the dead to life by a word, as to say to my faith in him, "Come back!" Faith in God or man with me is not the result of effort. It is spontaneous. It swells in my heart by a law over and above that which guides the will. It is instinctive. I make bold to say it—I honor God *instinctively*. I have never seen the day that I did not. His character, his laws, his works, his love, all challenge and secure my faith, *intuitively*. So with my faith in *human beings*. It comes from the depths of my inner man, and goes forth where it can find a home. Some men, I would put my fortune into their hands, if needful, had I one, assured that they would not cheat me out of a cent. I would commit my character to their keeping, certain that they would stand by it to the very last breath; whilst to others, standing fair in the world's eye, I would not risk a shilling loan, unless I meant to lose it.

Some women—I am utterly averse to them—nothing could make me intimate with them in social intercourse. I read them as I do a book or as I do their letters when put on my head. I do not *hate* them. Hate is dead in me long since, but indisposition to mingle with them is constitutional. Of course a universal favorite in school I could not be, but anything which looked like *peaching*, could be avoided, and I had made up my mind to avoid it. Lie I would not; take a whipping I could, and did. If an hundred years go over me before death calls me away, I do not believe the looks of that little girl will be forgotten. She was an orphan girl, poor, *charity-stricken*, and that's a *kind* of stroke that falls *heavily* on children for the most part in "our day." But she was a *GENIUS*, not of the kind or class to which I belonged, but the *real* kind. The very audacity she displayed in tripping up the old gentleman, showed that she was no "common body." I would have been cut into mince-meat before I would have looked in that old man's face, and said,

"Susan H— did it, sir!"

Neither then, nor since, have I regretted that decision which kept me from telling of her. To this day, no mortal has ever heard me tell who gave "*the master*" his fall.

"A new master! a new master!" was the cry just a fortnight from the time the vacation commenced. He was a small dapper-looking little fellow, and proved himself a gentleman. He taught us but a little while, sickened, and died. Again, a new master! He taught but one term, did not like it, and "quit." The fourth came on, and proved no great genius, but he was destined to produce on me, in one direction, a *lasting* impression.

From my earliest attempts to *talk*, I was troubled with an inability correctly to enunciate the letter S. In spite of me it would come out like *H*. The *old women* declared me tongue-tied. So I had to submit to have it *cut*. It effected nothing however. Whenever I stood up to recite with the multiplication table, I always said, "Hix time heven ith forty two!" So that at last the boys a size or two above me, used to call me "*Hix time Heven*." It came to be my *nick-name*. It mortified me; and I often wished myself dead. My father had tried all sorts of experiments with me, but uselessly. I have sat hours to have a silver spoon put *under* my tongue, and *on* my tongue, to see if it could not be curled into some shape to give power to enunciate *S* plainly; but it would come forth *H*. Under all my father's trials, I succeeded about as well as a boy would with his mouth stuffed full of *new bread*, butter, and honey, in saying *yes ma'am!* to his mother.

My new master bore well with me. *He* made various attempts to enable me to say *S*, but it was not in *my* alphabet. One day he took it into his head to be cross. He had the preceding night attended a party, and was outrivalled in his attentions to a lady, and he showed it. He looked *blue* about the corners of the mouth. My hour came to recite in Greek, and I was doing as well as I knew how to do, when suddenly he jumped from his chair, and gruffing out, "I'll see if I can't teach you to say *S*," caught me from behind by the *tips* of my ears, raised me clearly from the floor, and shouted, "Say *S*, or I'll—!" I felt something go off like a pistol in my head, and my tongue was loose. "*S! S! S!*" cried I. He let me down. The boys shouted, the girls laughed, little *Houri* spat her hands; and I—everything was *new* to me. I saw nothing but the door. I thought only of my father. I caught my hat from its nail, and before the master could stop me, was in the street, and on my way to my father's store. The door was open. I leaped into my father's arms, and *yelled*, I believe, "*S! S! father! S! S! S!*" I was well nigh delirious with excitement I was *free*. No longer would I have to be called "Hix time Heven." The boy that *did* it, I would *whip* him if I had to wait twenty years for it. *Now* I could go on to the stage and speak pieces. *Now* I could read to my angelic mother. *Now* *Houri* would not have to laugh at me when we were alone, and cry for me when the boys and "big girls" twitted her about loving me. O! I danced, capered, and stuffed my pockets full of candy. The sky was

blue to *me*, the earth was clad in green to *me* as to other people. My excellent, dignified, large-headed father was not less excited than was I. At noon I went to *the master* and thanked him for pulling my ears; the first time

"Since Adam delved and Eve span,"

that a school-master received a scholar's thanks for pulling his ears.

What a God-send that ear-pulling was to me! It took away my shame. It broke my shackles. It developed me. To have carried that defect on, on, on, through childhood into youth, from youth to manhood, thence into busy life, with all its competitions, rivalries, jealousies, bickerings, unfairnesses—to be compelled to meet all, overcome all, sweep them out of my path,

"As chaff of summer threshing-floor before the wind,"

whilst cursed with impotency of speech, would have been worse than death. I could have endured the loss of a leg, or an arm; would have borrowed no trouble about a club-foot; but to have imperfect power of speech, it was excessively mortifying. I had even then an inkling that speech was to be *capital* to me, that in my *tongue* my strength *ought* to show itself; and to be impotent in its use, to have it clipped like the *shot wing* of a wild goose, was *horrible*. To be lifted out of all this *by the ears!* Was it not funny? I have asked many medical men to give me the cause of the impediment. It was not cured by *fear*, for I never have been afraid of anything *man* could do to me. My mother congratulated me, my brother *crowed*, my dog barked to show his good will, and my old grey-haired wood-chuck came out of his hole at my whistle and looked more intelligent than usual.

CHAPTER V.

The readers of the Journal—may their shadows never be less!—will please to bear in mind, that I am not attempting to play the cold speculatist merely. I am not writing for their *medical* benefit only. I am not expending ink for the gratification of the *old* and serious. I am aiming to make the *children* read the Journal. With its 25,000 subscribers, the W. C. J. must come before a great many children. For one, I would lead the *young* to know *how* to avoid disease, as well as to teach the *older* how to *cure* it. So, old fault-finder, do not sneer at my simplicity, nor *growl* at my want of interest for you. Take your daughter, a little less than a dozen years old, bright, blossoming, and beautiful, and give her the Water Cure Journal to read, and see if she does not read *my* story. If she does, she will be a better girl for it, I will venture to affirm; and you ought to *thank* me for turning away from "wounds, bruises, and putrifying sores," to talk to her awhile, about

"Flowers, daisies, and hare-bells,
Ducks on the lake,
And bright sunshine."

Do not borrow trouble. I will weave in serious and earnest thought enough even for *you*, so that if you read what I say, you will carry a leaden weight in your bosom

"In the shape of a huge curse,"

if you do not train that daughter or son of yours to a life of out-of-door activity. Will you let me

go on now, or shall I have to show you that my power is in my tongue? Go on! you say—very well: we are agreed.

My father, as you will understand, was in feeble health. From his youth he had had a fever sore. At periods it had made him go on crutches, yet he had never given up practice, nor failed to go "to the wars." Latterly, he had faltered in his physical energy more than usual, and there were more than usually unpleasant symptoms in his case. His ulcer had healed, and he began to fear dropsy in the chest. He sold out his store and purchased a farm, and took to amateur farming, and he succeeded. The farm he bought was what in our State is called a "State's Hundred." It consisted of an hundred acres, be the same more or less, according to the original survey of lands by the State, and was owned by the State. It had laid from time immemorial "to common," and was covered by small shrub oaks, white pine, and penny-royal. On the whole hundred acres there was not as much grass as would keep a cow 'tween sun and sun. Nobody would buy it. It was not worth six cents an acre—so EVERYBODY said. My father bought it, and was

"Chronicle a fool."

His neighbors said he was crazy. His best friends remonstrated with him after it was too late—as friends usually do. They asked him what he was going to do with it?

"Make a farm of it!" said he.

"Make a farm of it! Why, Doctor, you have always passed for a man of sense, and we all know and trust you in the line of your profession, but you do know nothing about farming, or you would have never given eleven hundred dollars for this penny-royal farm, with not a stick of timber on it. How in heaven's name are you going to fence it?"

"That's my secret! You shall all know in due time. As for my being a fool, and not knowing how to farm it—'I'll give you a touch of my quality' before the year is out—see if I do not."

He bought in one of the low swamps that bounded the northern part of the town in which he lived, ten acres of cedar timber, with the privilege of getting the timber off in five years. The winter after he bought the land, he fenced it outside and somewhat inside. His neighbors admitted the farm looked better for being fenced—more farm-like. The next summer he broke up and fallowed forty acres, buying the manure of half a dozen tavern-stables, and carting it half a mile on to his fallow. On the 20th of September he finished sowing it to wheat. I recollect his coming home from the farm at sun-down on OLD BOB, tired, and with pallid face, and saying to my mother as he kissed her.

"Well, Mary, I have cast our bread into the ground, and now for God's dew and sunshine! Time will tell if your husband is a fool, or knows more than his neighbors."

Time did tell the story. The wheat came up, looked fresh and green—did not winter kill—and when the period for harvesting came, brought forth abundantly. My father's highest expectations were more than realized. His neighbors yielded, and declared him to be the best farmer in the town. But he was destined to startle the

notions quite as much in his next movement. He turned up his wheat stubble, and sowed wheat after wheat—a practice universally condemned, and against which every old gray-haired farmer in the county protested. They all swore with one consent that it would all turn to chess; and he was told that he was surely a fool. But "Time, the adorer and the beautifier," proved him right, for his crop was full thirty bushels to the acre. This established his fame as a farmer, and from that day to his death, no man called in question his project, or doubted his practical skill. He introduced the white flint wheat into use among farmers, and sowed it altogether, being convinced of its hardness against the ravages of the Hessian fly. As among Doctors, so among farmers, he was the first in rank and character.

About this time Merino sheep were being introduced into the United States, and my father and a neighbor of his put their heads together and bought a buck. They paid for him \$490. Think of that for a sheep! He was a noble looking fellow, and

"Had made the grand voyage."

I used to wish I knew his history. He was very dignified in his manner and bearing. He never forgot his blood. Kingly, doubtless, it was, sprung from the monarchs of his kind. He moved among his ewes like one who felt that in him were vested high prerogatives of place and power. He had a habit of standing with his fore-feet on something elevated if he could get it, and there with steady eye and straightened form, would

"Chew his cud,

Whilst his wive lay sleeping round him."

He was a regular Hidalgo, and knew not fear. His life with us was a series of rich events, many of them leaving a trace behind them not easily forgotten. He knew more than any sheep, or sheepish man I ever saw. He was peaceable, placable, kind. He would remember ill-treatment as long as an elephant, and take his revenge, be it ever so late. In this he was thoroughly Spanish. My cousin, of whom I have spoken as studying Latin with me, was quite disposed to vex and plague his majesty of the sheep-fold. He kept it up, till at last the old fellow declared war with him, and one winter evening when he went out to fodder, the young gentleman was knocked over. He jumped up, looked to see what hurt him, and seeing, fled the yard. From that hour, my cousin planned revenge. At last he hit on a plan. My father kept an old fashioned straw-cutter, long ago out of date. It was a box to put the straw in, and a long knife, the blade at least five inches wide and two feet long, hitched to a treadle at the lower end, and the upper end handled. It played angularly to the mouth of the box; you shoved the straw in with one hand and bore on to it with the knife in the other. This knife wanted grinding. My cousin took it off to grind it, and on going out of the barn, saw "THE MAJESTY OF SPAIN," looking loweringly at him, as if he would not let him pass through his dominions peaceably.

Now's my time, old fellow! shouted my cousin. Come on, old hard head! I'll split your cocoa-nut for you! and suiting the action to the word, he backed up against the barn-door, and laying the

back of the knife against his knee, turned the edge outward. Up to this time "THE KING OF SPAIN" had not moved a muscle except to chew his cud. But on my cousin stooping and making motions with his head, he swallowed his cud, walked out deliberately into the yard; and backing up till he got his momentum, came dashing down like a Spanish knight on his enemy. What thought he of the odds! 'Twas not for him to know himself challenged, and shrink from a fight. My cousin saw him coming. Come on and split your pate, old fellow! cried he. 'Twas over! The old buck somehow struck the knife, so as to turn the edge into my cousin's knee, just above the knee-pan, and cut his leg half off. It was a terrible gash. How my father ever saved his limb I cannot divine; but it got well after a long while, and ROYALTY escaped without a graze.

The ensuing summer, my father had a hired man by the name of Dick Burchard. Dick was a clever fellow, good to work, but full of mischief and fun. He wore a lot of curly hair, which at any time might have ignited without causing surprise. He wore burly whiskers of a color yet redder than his hair. He was blessed with a aquint, and his shoulders were so round that they looked humpy. He was one of those fellows who learn only by personal experience. The wisdom of others was not wisdom for him. Where they failed he could succeed. So he made up his mind that he would challenge the "King of Spain" to combat. He went into the orchard where the old fellow was feeding, and getting behind an apple-tree, "made motions." The king stopped his cropping of clover, and walked out into a fair spot. He looked, considered himself as "dared" to fight, and the battle commenced. There were a dozen hired men looking on. Dick would step one side of the tree, make his motions, wait till the enemy commenced his approach, and then withdraw behind the tree—the ram would strike his head with terrible force against the tree—raising the bark each time. At last Dick grew careless—jumped a little too far one side, and the old hero of an hundred fights struck him on the thigh bone, cracking it like glass.

Poor Dick Burchard! He lost four long months before he walked a step, and he always limped a trifle. His MAJESTY grew ill-tempered in his old age, and my father had to sell him. Whilst he lived with us, he always respected those who respected him. But he was king of the yard. I have known him to knock a four-year old steer as flat on his side as if he had been shot by a rifle-bullet, simply because the steer chose to dispute proprietorship to a pile of hay. My uncle bought him. He wanted his blood in his flock, and knowing his crossness, bought him. After having him two years, he brought his neck to the knife, the proximate cause for which was this:

My uncle's wife was a large, portly woman, as good as she was large. One winter's day she stepped into the door-yard to pick up some chips. The barn-yard bars were down, and THE MAJESTY OF SPAIN walked into the door-yard. The stooping posture of my aunt, her back being toward the barn, prevented her from seeing his approach; and the movement of her body led his kingship to consider himself challenged.

The first thing my aunt knew, she was struck "a posteriori," and sent like a sky-rocket, her whole length into a snow-drift. The immense wadding which she wore about the hips, and the soft "snowy bed" in which she suddenly found herself, protected her person from injury. When she crawled out and looked round, nothing was to be seen but *her husband*.

"Charles!" said she, rubbing the snow out of her eyes, "Do you know what struck me so from behind?"

"Are you hurt, my dear?" inquired he.

"Hurt! no, I believe not; but I should like to know what sent me into this snow-drift. Come, tell me! You know, I know you do, by your laughing. What was it?"

"Why, my dear!" trying to look philosophical, "I think it was a modern application of the *battering ram*."

"O! 'twas that *old sheep*! I know now, and you shall kill it—he will be the death of somebody yet."

"Well, my dear, it shall be as you say—but you must allow me to tell you, that you sailed most beautifully through the air into that snow-drift. The old fellow understands how to apply force admirably."

The next day all the ewes in the flock "*wore craps*."

TWELVE CASES IN MIDWIFERY.

WITH DETAILS OF TREATMENT.

BY JOEL SHEW, M. D.

(Concluded.)

CASE VII.

November 10th, 1850.—This is a case of a very interesting and intelligent young lady of this city, of apparently delicate health, and I should judge twenty-two or twenty-three years of age.

Having been recently married, she spent the winter of 1849-50 probably in too much excitement for the health of one in her state. Her home besides—a fashionable boarding-house—was not one at which the proper food could be obtained; in short, she lived too freely, and that upon food of improper character.

In the month of May she experienced a severe attack of bilious fever, and also, comparatively unacquainted with the water treatment, she had the good sense to determine at once to submit herself confidently to the new method; she had, indeed, no confidence in any other, and her intelligent husband coincided with her in opinion, while the other friends objected strongly to what they considered a piece of fool-hardiness.

By the freest use of packing sheets, of short duration, shallow baths in the wash-tub, the wet girdle and tepid clysters frequently repeated, together with entire abstinence from all food, she was completely cured in a few days.

Here let it be remembered, that such attacks of fever, as indeed of all acute severe diseases, are far more dangerous when they occur during pregnancy.

After recovering from this attack, our patient went for a time to the country, and followed all along a good course of bathing, with more attention to diet. Her health improved constantly, up to the close of her period.

She came to labor the night of November 10th, 1850. It lasted only about six hours—rather a quick one for the first—natural, and on the whole easy. Her child was a fine healthy boy.

Cold wet compresses were used freely, as ordinarily in such cases. She suffered little or nothing from after-pains.

The lady was inclined to take only a moderate course of bathing during recovery, and I did not regard it best to urge her. Two or three times a day, however, she had an entire ablution of some sort. I think she sat up more or less every day. She had all along a good appetite, slept well at night, felt cheerful and contented, and in a few days found herself in all respects quite well.

This case, although not of very marked character, is yet an instructive one, when we take into consideration all of the circumstances connected with her pregnancy.

CASE VIII.

A laboring woman, who had been deserted by an intemperate husband, applied to me in the summer of 1850, for advice. She was poor, and melancholic, and knew not what to do. Our house was too full to receive her at the time, but a benevolent lady of the city gave her a good home, and some small wages, for what light work she was able to perform, but on the condition that she should find some other place in which she should be confined.

This was her second pregnancy, her first child having died at birth. She was now debilitated, and had worn her clothing a good deal too tight. I endeavored to persuade her to do all she could under the circumstances towards the restoration of her health, and especially, to avoid the great evil which I have mentioned.

On the 18th of November, 1850, the patient having been some days an inmate of our establishment, gave birth to an apparently healthy male child, weighing nine pounds. During two days, she experienced pains, more or less. Being very much busied at the time myself, my worthy friend, Dr. Wm. E. Rogers, of Waymart, Wayne county, Pa., superintended the delivery, in a faithful and skillful manner. With his own hands he changed the wet cloths every few minutes, during the period of four hours. These, of course, aided very materially in warding off after-pains, and all other evils incident to the puerperal state.

The patient having no nipples, could not nurse her child. They had been *countersunk*, as carpenters would say, that is, they had been driven into the breast, doubtless by the patient having been in the habit of wearing too tight clothing upon them. This not unfrequently happens with those who unwisely attempt to improve upon the form which nature has given them.

No milk whatever could be obtained from the breasts; they were inflamed considerably, three or four days at first, but, by appropriate treatment, the difficulty soon ceased.

Previous to entering our establishment, the patient had never in her life taken an entire ablution, that she could remember of. After the birth, she had, in connection with the compresses, one towel bath a day. Three days after the birth, that is, on the fourth morning, she found herself sufficiently strong to enable her to go down five flights

of stairs without assistance, and twice went out of doors. The next day she worked in the kitchen, and by following up the daily bathing, with care, and diet, she was very soon fully recovered.

It will be seen that this patient had comparatively but little general treatment. The persevering use of the cold fomentations, adopted at the first after delivery, must have operated powerfully, in warding off heat and other inflammatory symptoms, which tend so much to reduce the strength.

Considering the fact of the inflammation of the breasts, and that no milk whatever could be obtained, it was rather remarkable that she was carried through it without having them suppurate and break.

CASE IX.

December 20th, 1850.—Patient, a very intelligent lady, I judge twenty-five or twenty-six years of age; apparently of scrofulous habit; eighteen months before, gave birth to her first child. At that time she was kept in her room three months constantly, with a broken breast. This time she resolved to avail herself of the Water treatment, with a hope of avoiding the awful sufferings which she had before endured.

She bathed pretty freely, and daily, during this her second period, following the advice laid down in the work entitled "Water Treatment in Pregnancy and Childbirth." She kept also busy about household duties, which aided her a good deal in maintaining good general health.

On the evening of the above-mentioned day, December 21st, 1850, the patient was confined, pregnancy having lasted only 265 days, 15 days short of the usual time; the labor was on the whole an easy one, and ended between 6 and 7 o'clock in the evening.

Usual treatment, with cooling compresses, was followed faithfully, and after the patient resting a little, a thorough ablution in the wash-tub was given. She slept well during the night.

The patient had long been troubled with piles, and, as usually happens under such circumstances, she experienced a good deal of trouble from the affliction, at the time of the former birth. So also, at this time, it came on so bad as almost wholly to prevent her sitting up.

With the view of cheeking it as soon as might be, we commenced the next morning with the cold packing sheet, twenty minutes. She had four baths in all, during the day and evening, the water pretty nearly cold. She felt all along perfectly well, and would have been able to sit up a good deal the first day, were it not for the troublesome ailment mentioned.

The second day, and onward through the first week, the treatment followed was the cold pack in the morning twenty minutes, and the bath after it; bath in the wash-tub, before dinner; the cold pack and bath again towards evening; the bath again before going to rest; and cold compresses most or all of the time, night and day.

At the end of the week the patient was so well that she could go about the house, take charge of her infant herself, and had already dismissed her nurse. She had suffered no feverishness, no pain, nor any restlessness at night. Nor was her strength scarcely at all impaired.

It is now more than two months since the birth of her child, and I have often heard from her, as being in all respects well.

Two important circumstances helped very much in this case; the patient herself is a very intelligent and assiduous person, and had studied faithfully and understandingly the method of treatment which, in her good judgment, she chose to adopt. Her husband, too, had a good understanding of the matter, and was, himself, a most faithful nurse.

CASE X.

A young lady, just married, emigrated from the city of Edinburgh, Scotland, early in the summer of 1850. She had been pregnant one month before starting. She was of delicate health, small stature, of fair hair and complexion, and as we would say, of scrofulous tendency. She had always been sedentary in her habits, and was occupied, for the most part, sitting, and within doors. She had, in short, had but poor opportunity for the development of her physical powers, and had contracted a bad lateral curvature of the spine.

The ship's passage across the Atlantic was a long and boisterous one of eight weeks; she was a good deal sea-sick, and after the first week, was compelled for want of strength to remain in her berth, night and day; thus she continued for six entire weeks; the eighth, and last week of the passage, she was able to be out a little.

The patient, together with her husband, took up her residence in the very heart of this, in the summer, hot and unhealthy city. She had always been accustomed to a much cooler climate, and now became necessarily a good deal debilitated. She had lived for a time mostly, or altogether, upon the vegetarian principle, in the old country; but, in this city, she adopted a different course, using coffee, and perhaps tea, and some other articles not altogether friendly to health.

She consulted me, however, some ten or twelve weeks before confinement. I advised her at once to avoid flesh-meat, to drink only cold water, and to bathe and exercise much more than she had been in the habit of doing; the advice was followed faithfully, and with the happiest effects.

December 29th, 1850, Sunday morning, at four o'clock, her labor ended. For fifty hours, without intermission, it had continued, depriving her of rest almost wholly, three nights. Of all the examples of fortitude and patience which I have ever witnessed under such circumstances, this was the most remarkable. Notwithstanding the great length of time the labor lasted, the patient did not at any moment despond, nor did she, to my knowledge, utter a single word of complaint. At times she would recline; then again she would sit up, walk about the room, or engage in some light work. She bathed also repeatedly, as the pains were progressing, and the ablutions appeared to refresh the system, and support her strength materially. I repeat, this very worthy lady's fortitude and resignation were remarkable, and such as I shall not soon forget.

This, as I have remarked, was her first child. Under such circumstances there is usually but slight loss of blood. But in this case, owing perhaps partly to the patient's constitution or state of health, and partly to the severity of her labor, considera-

ble flooding succeeded the expulsion of the after-birth. To check this, she was at once raised and put in the cold sitting bath. The effect was as sudden and as favorable as could be desired.

The patient had something of after-pains, but not a great deal. Three and four baths were taken daily, and the cooling compresses were freely used.

There were circumstances in this case which caused me some trouble in anticipation; no urine was passed for full thirty-one hours after delivery. Considering how much had been done in the way of bathing, water drinking, and wet compresses, it was singular that such should have been the case. But no harm whatever occurred in consequence of the renal secretion being so long prevented.

Day by day, the patient gained strength; it was against her recovery somewhat that she was obliged to remain in the same room—and a rather small one—where the family cooking and other work was done. Still, through great faithfulness and perseverance in the treatment, she recovered in all respects remarkably well.

The notes I made of the case at the time, are as follows:

"First day: patient was sponged over in bed a number of times, whenever the cooling compresses were not found sufficient to check the after-pains. Slept considerably during the first night, but, as is common after the rest has been broken a number of nights in succession, the sleep was somewhat disturbed. The compresses were changed very often. She was not raised up for a bath, as it was thought that, in consequence of the severity and great length of the labor, she was too weak.

"Second day: bath in the wash-tub three times, and body sponged in bed two or three times besides. Urine was passed thirty-one hours after the birth. Patient sat up to-day in bed.

"Third day: bath in the tub four times, the water cold as usual. She preferred this; it gave her nerve. It made her shake a good deal at the time, but this circumstance is attended with no harm. Sat up an hour and a half at a time to-day. Appetite good."

It was remarkable in this case, that the pulse remained at 100 and upwards, for a number of days after delivery. Yet the recovery was certainly highly favorable.

Within the second week the patient was able to go out and walk in the open air.

In eighteen days, the patient brought her infant in her own arms to my house, a distance of about one mile, and returned again home, experiencing very little fatigue.

About six weeks after the delivery, she met with an accident, which caused her considerable suffering. She received a blow upon one of the breasts, not very severe, but sufficiently so to cause an inflammation, which ended in abscess, or broken breast, as it is usually termed. By following up the water processes faithfully, that is, by taking frequent ablutions, packing sheets, with compresses constantly upon the breasts, sometimes tepid and at others cold, according to the feelings of comfort, she passed through the period of healing much better than is usually the case with broken breast.

Considering the patient's constitution, her voyage across the Atlantic, her residence in the heart

of a hot, unhealthy city, the length and tediousness of her labor, her recovery was remarkable.

CASE XI.

This is the case of a highly respectable young married lady with her first child. She is of rather nervous temperament; too active naturally for the good of her system.

January 11th, 1851.—She was confined after a seven hour's labor. Two or three days before, she had evidently overdone at ironing, and other household duties, which she was too fond of performing. Her full period would, I think, have been six to seven weeks later, the birth being premature, in consequence of the over-exertion alluded to. The child, however, was above the average weight; a daughter, but did not seem to possess its full share of vitality.

The usual treatment of ablutions three and four times a-day, with cooling compresses, the wet girdle, clysters, &c., was practised, and with the happiest results. The patient sat up, day by day, and recovered, not quite so rapidly as some, but in all respects well.

In connection with this case, it is my melancholy duty to record that the infant died, I think about three weeks after its birth. Its mother by some means contracted the chicken-pox, a few days after delivery. Afterwards the child also had it. I myself was not aware of either the mother or the child having been attacked with the disease. The mother recovered easily enough, by the treatment she was pursuing, and in accordance with general experience, it was not considered necessary to call a physician to the child. But before the parents and other friends considered it at all dangerously ill, it was in a dying state. My opinion is, considering it was born six or seven weeks before its time, that it would not have been possible to save it.

CASE XII.

A worthy lady, thirty-eight years of age, recently married, came to her confinement the 4th of March, 1851. For two months only she had been bathing with reference to her expected time; her health has generally been very good, and all along during the period of pregnancy, she attended personally to her household matters, rendering her little habitation as perfect a specimen of order and cleanliness as could be conceived of.

All this tended powerfully to preserve health of body, and cheerfulness and contentment of mind, circumstances never more important than during the period of pregnancy.

We would expect naturally, that a patient at this age would suffer the first time a severe and protracted labor. But in her case it was far otherwise. True, for two days previous to delivery, she experienced some symptoms of labor, but was able to be about, and slept considerably nights. At 10 o'clock, A.M., on the fourth instant, labor had fully commenced; at 4 P.M., delivery took place. Making labor only six hours, on the whole a short one.

Not long after the birth, the patient was helped into the tub for a thorough wash. She would have been able, I think, to perform the ablu-tion herself alone; still, it was thought best that she should make no effort at the first bath.

It is now the third day since delivery, and the

patient has had three or four ablutions daily in water at seventy degrees Fahrenheit. She has used the compresses freely; the wet girdle much of the time, which she finds to strengthen her back. She sat up more or less everyday, usually after the bath.

This morning, the third from the birth, she was going about her room, putting things in order, feeling in all respects well. The milk was secreted freely, and she has had no trouble from the breasts, from feverishness, or any other cause; the infant doing also as well as the mother.

On the sixth day, the patient went from home, taking her infant with her, on a visit to a friend residing in another street.

W. C. Inst'n, cor. 12th st. and University Place.

THE EAR AND ITS DISEASES.

BY R. T. TRALL, M. D.

(Concluded from last Number.)

PHILOSOPHY OF SOUND.—The whole complex structure of the auditory apparatus has reference to two principles; the propagation of sonorous vibrations, and their multiplication by resonance. In some of the lower animals the perception of sound takes place by means of a very simple contrivance, consisting essentially of a sac containing a fluid, and having a nerve spread out upon it; the membrana tympani, ossicula, cochlea, and semi-circular canals being absent.

Sounds are said to be propagated by *reciprocation*, by *resonance*, and by *conduction*. An example of the first method is found in two strings of equal tension, placed side by side; if the one be thrown into vibration, the other will reciprocate by making corresponding vibrations. Resonance occurs when a sounding body is placed in connection with any other, of which one or more parts may be thrown into reciprocal vibrations, although the tone of the whole be different, or if the medium be incapable of producing any tone at all. Thus, if a tuning fork, while vibrating, be placed in contact with a sounding-board, the latter will divide itself, as it were, into a number of parts, each of which will reciprocate the original sound so as greatly to increase its intensity. Sounds of conduction are propagated through all bodies, solids being better conductors than fluids, and fluids more conductive than gases. If the ear be placed at one extremity of a log or a long board, and the other end be struck, the sound will extend along or through the whole length of the material, and be perceived by the organ.

A more definite idea of sound may be obtained from the familiar illustration of the common church bell.

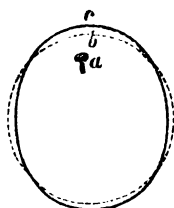


FIG. 5.

When the tongue, *a*, strikes the side at *b*, it springs out to *c*, changing entirely the form of the bell, which is represented by the dotted line. When the bell springs back to its original form, its

sides retract and expand in an opposite direction, as a vibrating string rebounds beyond its centre, or starting point: and so alternately, making a succession of sonorous waves of air, as a stone, thrown into a pool, causes circular rings to expand in all directions. When these movements of the air become sensible to the ear, we have the perception of sound.

The primitive sounds of the musical scale are derived from the different forces or kinds of vibration. Thus, when a bell is struck, the first full, loud sound is the fundamental or key note. When the force of the blow is partially spent, there is a different degree of motion, producing a different force of atmospheric vibration, and occasioning a modified perception of sound; and when the vibrations have decreased still further in intensity, a third primitive sound is recognized.

A musical *chord* is the combined sound of several sounds produced simultaneously. When the effort is pleasant to the ear, these chords are called *concord*s; and when unpleasant, *discord*s. The most pleasing con cords are produced when the greatest number of vibrations in a given time occur together; and the most disagreeable discords when the fewest vibrations take place simultaneously.

A good idea of concord may be gathered from the following illustration:

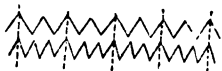


FIG. 6.

On counting the waved lines, it will be found that every third vibration of the sound represented by the upper line, and every second vibration of the sound represented by the under line, come together, the conjunction being denoted by the dotted cross-lines. According to the greater or less frequency of these coincident vibrations, are the sounds concordant or discordant. The most agreeable concord is of course that where every vibration of one sound and every other vibration of another sound, come together.

DISEASES OF THE EAR.

INFLAMMATION.—Inflammatory affections of the ear have generally been distinguished as *acute* and *chronic*; the former is called *otitis*, the latter *otorrhœa*. Otitis has been divided into *external* and *internal*, as it is seated mainly in the external or internal ear; and otorrhœa is regarded as *mucous* or *purulent*, according to the character of the discharge. Other distinctions have been predicated on the causes of the disease, as *scrofulous* and *syphilitic*.

EXTERNAL ACUTE OTITIS.—Inflammation of the external ear commences with slight pain, or sense of heat, or intense irritation, or itching, followed by more acute and distressing pain. The pain is augmented on pressure, by the motions of the lower jaw, and generally by the contact of very cold air, or very warm fluids. Hearing is confused, and noises are heard in the ear; and sometimes, within three or four days, a thin fluid is discharged from the meatus, which generally becomes thicker and puriform. Sometimes it is greenish, fetid, and extremely acrid. When the inflammation subsides, the matter hardens into a caseous or cheesy consistence, which, unless removed, ob-

structs the passage, and occasions partial deafness. The treatment is plain and simple. Fasting until the inflammatory stage materially subsides, the constant application of several folds of cold wet cloths to the part, frequent syringing the ear with cold, but not very cold, water, and general bathing once or twice a day, by means of the dripping sheet or pack, comprise the whole plan of medication.

INTERNAL ACUTE OTITIS.—Acute inflammation of the internal ear is attended with a distressing sense of distention, painful throbbing, and nervous disturbance, consequent on the obstruction of the Eustachian tube, and the difficulty of discharging the secreted matter externally. The pain is deep-seated; there is often a feeling as though the ear would burst, and loud, clanging, or beating noises are heard, and the ear is painfully susceptible to sound. In some cases the face is flushed, the eyes are red and watery, the head delirious, and the attending fever is of the typhoid character. If the disease is not speedily relieved, suppuration takes place, and the accumulated matters are discharged through an ulcerous perforation of the membrane of the drum, or into the throat by the Eustachian tube, or by a fistulous opening in the mastoid process of the temporal bone. The former is the usual termination; the second seldom occurs, and the latter very rarely. Structural changes sometimes result from internal otitis, which partially or totally destroy the sense of hearing.

The treatment of this variety is similar to that of the former; in addition to which cold water should be poured over the sides and back of the head, for several minutes at a time, several times a day, and the patient should have the wet sheet pack two or three times each twenty-four hours, followed by the half bath, or dripping sheet. The bowels, if not entirely free, should be kept thoroughly cleansed with tepid water injections. Sometimes purulent matter becomes so thickened, that it makes its way through the opening in the membrana tympani with great difficulty, in which case its discharge may be facilitated by very frequent injections of warm water. Sometimes the Eustachian tube is entirely obstructed. This fact can be ascertained by causing the patient to make a forcible attempt at expiration, with the mouth and nose closed; if the tube be permeable, bubbles of air, mixed with the fluid secretions, will escape at the external meatus. If the early attack of this disease is promptly and vigorously met by the plan proposed, it will almost always terminate by resolution, leaving none of these deplorable results. Under the ordinary allopathic management, it often continues with violence from three to six weeks, and occasionally results in a complete disorganization of the internal ear.

CHRONIC INFLAMMATION—OTORRHOEA.—A prolonged discharge, or running from the ear, is frequently the consequence of acute otitis, and often one of the sequelæ of eruptive fevers, particularly scarlet fever, small pox, and erysipelas. The *mucous* form is most common among delicate and scrofulous children, and frequently, under the popular treatment, continues for years. The *purulent* form is often connected with caries, or ulceration of the surrounding bony structure. The patient, in such cases, complains of a dull pain in the ear, extending over the side of the head; of

impaired hearing; and exhibits a dulness and heaviness of expression. The mastoid process is oftentimes the seat of ulceration, the external parts being then swollen and œdematous.

The treatment of all forms of chronic abscesses, ulcerations, mucous or purulent discharges from the ear, should be pursued on one general plan. They always indicate depravity of fluids, or debility of functions, or both; hence the uniform indication is to cleanse, or strengthen, or both. First of all, the general health must be attended to. The coarse, plain, farinaceous, and frugivorous diet, a careful abstinence from all saline, alkaline, or greasy foods or condiments, with a persevering application of such forms of general bathing as the general constitutional condition demands, are the essentials of the plan. The rubbing wet sheet, with frequent hip and foot baths, as derivatives, make a good bathing arrangement. If the skin is obstructed or bilious, the pack sheet should be occasionally resorted to; and it is more or less frequently useful in nearly all cases. After the general health has become substantially improved, warm, and then tepid, and then cool injections, should be thrown into the ear, if, as is usually the case, there is more or less deafness, and this should be persevered in for weeks and months, if necessary.

EARACHE—OTALGIA.—This is usually symptomatic of inflammation, or of foreign bodies or insects in the meatus. But the affection, considered as idiopathic, is of a nervous, neuralgic, or rheumatic character, coming on abruptly, and discharging suddenly, and is unattended with febrile irritation. Noises in the ear, and slight deafness, are frequent accompaniments of otalgia.

Fasting a day or two, syringing the ear with warm water, and a few tepid foot baths, will generally soon remove the worst attacks. A warm or vapor bath, or a wet sheet packing, will often remove the trouble at once. If the stomach is foul, a warm water emetic should be employed.

DEAFNESS.—The pathological conditions, structural and functional, of the various parts entering into the formation of the ear, which may produce a greater or less deprivation of the sense of hearing, are very numerous; and many of them are exceedingly difficult of diagnosis. Fortunately, the worst cases are of rare occurrence; and those which are common are easily discriminated, and successfully treated.

DEAFNESS FROM COLDS.—A state of atony, or sub-paralysis of the auditory nerves, from "taking cold," frequently occasions deafness in one or both ears, for days, weeks, or months. It is curable by persevering tepid injections, with due attention to the general health.

DEAFNESS FROM HARDENED EAR-WAX.—An accumulation of hardened wax, obstructing the function of hearing, is generally the result of an erythematic inflammation of the auditory passage. Persons of bad habit of body, torpid skin, deranged digestion, &c., are peculiarly liable to this affection. It is known by an increased sensibility or soreness in the meatus, a sense of itching, and often a burning or pricking sensation, confusion in the head, noises in the ear, with a tearing or dragging sort of pain about the ear and head.

It is curable in the same manner as the preceding; but due attention to the general health is the

leading indication; and among the most important of the hygienic appliances is a rigidly plain and unconcentrated diet. Head baths are useful when the inflammatory symptoms are prominent.

DEAFNESS FROM EXCRESCENCES.—Morbid excrescences, usually soft wart-like tumors, or spongy vesicular polypi, are sometimes found in the ear-passage. They are the result of chronic inflammation of the follicles of the meatus, or the membrana tympani. These excrescences are red, sensitive, and readily bleed when irritated, except in a few cases, when they are hard and indurated. To detect their character, the meatus must be examined with the ear speculum, or a common triangular reflecting prism of flint glass, by which light can be sent to the bottom of the external ear-passage.

In treating these conditions, the inflammatory action should be subdued, and the general health restored, as already mentioned, and then the fungus growths extirpated, after which, both tepid and cold injections should be employed for a considerable length of time. The polypi and other tumors can generally be eradicated by a pair of fine curved scissors, or a curved double-edged knife, having a blunt and rounded extremity, or a pair of delicate forceps, with sharp points, or with a ligature passed around them, and occasionally tightened until they are cut off. Such excrescences as are incapable of removal by mechanical means, can generally be destroyed by caustics, for which purpose they may be repeatedly touched with nitrate of silver. Its employment demands great care, to prevent the sound parts from being cauterized also.

DEAFNESS FROM ABSCESS.—The abscess is a phlegmonous inflammation of the cellular tissue of the passage, usually caused by severe cold or exposure to strong currents of air. It should be treated precisely like acute inflammation.

DEAFNESS FROM CARIES.—Some persons are affected with, and children of a scrofulous diathesis are very liable to, an inflammation of the periosteum, which generally results in ulceration of the bony structure, and frequently terminates in exfoliation of the diseased bone, by which the passage is narrowed or obliterated. The inflammatory stage should be treated by the means previously recommended, and as the healing process goes on, the passage should be prevented from closing by caustic or metallic tubes. The hearing always remains dull in these cases.

DEAFNESS FROM AN ALTERED MEMBRANA TYMPANI.—Neglected or mistreated inflammatory affections are occasionally followed by a thickening, opacity, fungous excrescence, or destruction of the membrane of the drum. Sometimes the membrane, examined by the speculum, appears as if covered by small projecting glands or follicles; at other times it is very red and vascular, the blood-vessels being distinctly visible. The pain is accompanied by buzzings, as if something were fluttering in the ear, and by diminished hearing. The pain is increased by loud sounds, by variations of temperature, and by pressure upon the ear.

There is nothing peculiar in the treatment of this affection, as distinct from that of the other forms of inflammation and its consequences, already described. It is worth remembering, that in many

chronic diseases of the head, and particularly of the ears, derivative, hip, and half baths are among the best applications. They should be as lengthy as the patient can bear them, without disagreeable feelings in the brain or lungs, generally thirty or forty minutes. Artificial perforation of the membrana tympani has been frequently performed in cases where it was so thickened as to nearly or quite destroy the hearing; but it has seldom succeeded in restoring it.

DEAFNESS FROM DISEASES OF THE EUSTACHIAN TUBE.—The Eustachian tube is sometimes obstructed by the presence of tumors in its vicinity, by inflammation resulting in swelling of the mucous membrane, effusion, constriction or obliteration of a portion of the canal. These conditions cannot well be ascertained without explorations by ear forceps or catheters. Injections of warm water, and of air, have been employed to ascertain the nature and extent of any existing obstruction; but all these operations are attended with no small degree of danger. Several fatal accidents are recorded in Medical Journals, as having recently occurred in London, from the pumping of air from a press into the Eustachian tube. The wisest policy in these important cases is to be content with the thorough employment of all measures conducive to the general and local health.

Catarrhal affections, inflammation of the throat, and eruptive fevers, not unfrequently leave an accumulation of mucus in the Eustachian tube, obstructing it, and occasioning more or less deafness. In such cases cold water gargles are an excellent addition to the general plan of treatment.

An inflammation principally confined to the mucous membrane of the Eustachian tube, which is often but the extension of a disease of the throat, frequently causes deafness. When this inflammation is confined to the guttural part of the tube, the patient hears well at times, but only momentarily. His own voice sounds worse to him than the voices of others, and has sometimes a gurgling, crackling, or detonating sensation. The pain is greatly increased on gaping, or by the act of mastication. Ice-cold gargles, with the whole general anti-inflammation treatment, should be perseveringly employed.

Enlarged tonsils sometimes press upon the guttural extremity of the Eustachian tube, so as to produce deafness, as also do fungous excrescences, polypi, and enlarged parotid glands. Those obstructions, of course, must be removed by ligature or excision; though enlarged tonsils can generally be reduced by cold gargles, and thorough general treatment, with a rigidly abstemious diet.

DEAFNESS FROM EXTRAVASATION.—External injury, violent sneezing, or severe constriction of the neck, may produce a lesion, causing an extravasation of blood in the cavity of the drum. Cold compresses, gargles, injections, and any other baths demanded by the state of the general system, will generally produce an absorption of the extravasated fluid, if it does not pass off by the Eustachian tube, and remove the deafness.

NERVOUS DEAFNESS.—The term nervous, in this sense, is very indefinite. It is applied by medical authors indiscriminately to all forms of impaired hearing, unconnected with apparent inflammatory phenomena or structural changes. The proximate

causes of this form of deafness are numerous: it may be from simple atony, paralysis, or exhaustion of the nerves pertaining to the sense of hearing, or those nerves may be compressed from tumors, purulent formations, or extravasations, not manifested by any external symptoms, or from organic affections of the brain pressing on the origin of the nerves.

The most prominent symptoms which indicate compression of the nerves, are vertigo or dizziness, severe and constant head-ache, noise in the ears, weak sight and defective memory. It is generally incurable, although the means applicable to the preservation of the general health may prevent the further progress of the condition producing the deafness; and in some cases the hearing may be greatly improved by the same sanatory measures.

Palsy of the acoustic nerve arises from severe shocks, contusions of the brain, convulsions, apoplexy, fever, plethora, and still more frequently from sympathy with some chronic derangement of other parts or organs, generally the digestive. The reader need not, perhaps, be told that in all the affections of this class, which in fact are many, the prospect of cure depends entirely upon the degree of general health which can be reproduced.

DUMB DEAFNESS.—Deafness in infancy may arise from original constitutional malformation, or from structural diseases occurring in the early periods of life. When congenital, it is incurable; but in many cases resulting from diseases in the first few years of existence, a cure may be effected by careful attention to the local condition and general health.

SENILE DEAFNESS.—Old age should not, in a natural development and decline of the bodily functions be subject to deafness, blindness, nor other loss of external sensibility, only in the ratio that all the physiological functions cease to perform their office. But the usual habits of living tend to thicken the fluids and hasten these results prematurely, so that the fine capillary vessels of the delicate structure of the organ of sense become obstructed, and their functions impaired disproportionately to those of other and more vital organs. Hence the great frequency of deafness in old persons. We have no panacea to offer in this relation, of preventive or curative efficacy, save a life in conformity with the laws of life.

FOREIGN BODIES AND INSECTS.—Children at play occasionally put beans, peas, small pebbles, and other substances into the ear-passage. These may remain an indefinite time without trouble; but frequently inflammation and ulceration ensue, with a constant discharge of irritating or fetid matter. They often produce the most intense agony; and are sometimes so surrounded by fungous growths as only to be detected by the most critical examination by the speculum, forceps, or probe. If the body be hard, as a stone or metallic substance, the grating of the probe will discover it.

Their removal by mechanical means requires the most careful and dextrous management, to avoid injuring the adjacent structures.

Insects and worms sometimes effect a lodgment in the meatus, producing awful suffering. There is little doubt that inattention to cleanliness, particularly in diseased or ulcerated states of the passage, attracts the animals to deposit their ova there, which in time are converted into worms; and it is

possible they may be generated there as they are in a morbid condition of the secretions of the mucous membrane of the stomach and bowels. In either case they are unprofitable and dangerous residents.

When they can be seen, they should be removed with the forceps. A pledget of lint covered with some viscid substance, as oil and honey, to which worms when small and numerous will adhere, will often enable us to remove them. They may be destroyed also by narcotic poisons, as oil of almonds, or a strong infusion of green tea, or tobacco.

LETTER TO IVY GAZELLE.—NO II.

BY J. C. JACKSON, M. D.

[By a very curious train of circumstances, I have come into possession of a manuscript, entitled as you will see below. I think it may interest you and the readers of the Journal, so I venture to take on myself the office of Editor, and present it. If it shall please you, dear Ivy, and the readers of the Journal, I shall get ample compensation for all my labor in preparing it for the press.]

HISTORY OF A BREAST-PIN.

Think not strange, that I, a breast-pin, undertake the relation of my adventures. A breast-pin has eyes, a breast-pin has ears, a breast-pin has feelings. A breast-pin is subject to mutations. A breast-pin has educational powers and faculties, and can learn to quote celebrated sayings. A breast-pin, like Daniel Webster, can have its crest and motto, all in *Latin* too. If 'the Godlike' can adopt for his,

"*Vera pro gratis,*"

which, as I understand it, means, Truth for nothing. I, too, though a breast-pin, can have my motto, which is, "*Tempora mutant, Ego muto ab illis,*" which means that

Times change, and I change with them.

The doctrine is strange to the superficial thinker, that all matter, however diversified its forms, is pervaded by a *spirit*. The blue violet at your feet, the grand century plant, the wayside thistle, and the meadow clover, each and all are pervaded by spirits, in whom consist their *lives*. The mineral in the unvisited cave, the gem on the wrist of a belle, have each its living principle or force, which gives it form or shape. Sugar and saltpetre will never crystallize alike, though the experiment is made a thousand times. The Canada thistle and the Bull-thistle have not, from time's beginning till now, sent forth the same *down*. The rose and the sunflower will not send the same perfume to your nostrils, nor exhibit the same respect for the sun's light. You know the tall, gaunt sunflower, with its great, overgrown head and small stem, will manifest its allegiance through all weathers, behaving so truthfully in its fealty, that Moore has typified the *loving heart* by it.

"The heart that loves truly can never forget,

But will truly love on to its close,

As the Sunflower turns to its God when He sets,

The same look which it turned when He rose."

Think you the Sunflower has no spirit, soul, animus, or *life*? It has its spirit, that guides its motions as truly as the spirit of the Horse guides its motions, or the spirit of the Alligator guides its motions, or the spirit of the Eagle guides its mo-

tions. True, the *forms* of life are different, but forms are nothing. The ox has locomotive power—it can go from place to place, but the ox has no power *subtly* to manifest its life like the *rose*. The rose sends forth its *aroma* on the wings of the wind, and it gives notice for great distance that it *lives*. The thistle brings forth its children, and they take longer journeys than the lowing ox. The rice plant courts and fascinates the pigeon till its product is taken into the pigeon's crop, and is borne from tropic to tropic. The wheat gets into the envelopings of some Egyptian mummy, and lives away from all light and knowledge of the world's progress for three thousand years, to be restored to the soil again, and spring up, "first the blade, then the ear, then the full corn in the ear." Life is everywhere. So, good reader, do not think strange any longer, that I, a breast-pin, am *alive*. For I have seen strange sights in my day, and I put them on record for the world's benefit. Somebody will get the manuscript and put it in print, and it will have readers, I feel assured.

I was born on the bosom of beauty, and made my *debut* as a breast-pin in a circle of the "upper-ten-thousand." My purchaser paid a great price for me, and the amateurs of *gems* pronounced me "a diamond of the first water." I was worn only in the afternoon and evening, when I was the "observed of all observers," dividing with my mistress the worship of all such as think that

"Thrift follows 'sawning.'"

My mistress was a Spanish *Creole*. A splendid looking creature she was. Of more than medium height, with a faultless form, unless it might be said that it was slightly *too full*. Her brow was broad and high; her eye-brows dark and curved, slightly meeting at the base of the nose; her lashes long, shading her eyes like the lithe tendrils of the weeping willow its branches. The eyes were *not* black—they were simply dark, and when she was inactive, they were pleasant to look on—reminding me of one who lived in dream-land, whose ideal was far richer than her *REAL*, who had a world in which she lived, peopled with spirits kindred to her own, and of far nobler mien, and loftier aim, and grander stature than the people that inhabit Earth. Many have been the times that I have, from my resting-place on her bosom, lifted my eyes and gazed into hers. What depths I penetrated into, what revelations I witnessed! Down deep I could see painted the reflections of her *great soul*, for she had a *great soul*. Her nose—I can ill describe it. 'Twas a combination of the Grecian and Roman. It was large, though not so large as to be unbecoming. It was not decidedly beautiful, unless she was excited. Then the nostrils dilated largely, and gave to it great expression. 'Twas at such times a Juno-sort of nose. Her mouth was large, and the lips very flexible, playing very freely in use, and the under jaw dropping low, as you often see it in persons marked for great eloquence, or beauty and force of expression. Sometimes it amounted well-nigh to a *deformity*, when she was in very earnest discussion—but was not noticeable by reason of the fascinations of her colloquial powers. Her bust was beautiful, full, round, swelling: lungs large, and heaving finely, even when she was in repose. Her

waist was like that of the Venus di Medicis, and, of course, unlike the wasp waists of the girls at the present day. Her feet were large, but finely made, having high instep, and they gave her gracefulness of carriage. I had great reason to admire her. Of her it might be said that there was

"Grace in her step, Heaven in her eyes,
In every gesture dignity and love."

And when a fit of decided egotism came over me, I used to think as the fools did that flouted round her, that I added somewhat "roundly to her beauty," and would silently say to myself.

"And on her breast a sparkling 'gem' she wore,
Which Jews might kiss and Infidels adore."

Much to be admired as was her outward, it fell far short of the loveliness of her inward womanhood. She had a mind of the highest order. She was a crowned genius—none of the small, "patent-made geniuses of our day;" but one on whom the cares of a kingdom would sit easily. She transmuted everything she touched into her own likeness. It wore the stamp of her hand. However ugly and misshapen, it acquired a kind of beauty if she but looked on it and bade it live. Mighty is the sway of real Genius, Divinely created Genius. It is widely separated from that power which resides in close thoughts, deep calculation, and prudent effort. This is the child of labor and toil, is begotten and reared to strength by an industry that knows no relaxation. Years are needed to its development. Wide observation and greatly varied experiments are alone competent to its assurance, whilst Genius reaches its points by sudden intuitions and no less sudden strokes of accomplishment. Genius is Divinely inspired at times only. The simply talented man is always the same. Genius has its visitations from the upper world, when the truths of the INVISIBLE are communicated. None know how, yet it is none the less certain, for want of knowledge of the manner of communication. The breath of the Divine Spirit comes into its nostrils, and for the hour it works wondrous deeds. God has, for wise purposes, set his children into two classes, those who hold more intimate, and those who hold less intimate, intercourse with spiritual existences.

Now, my mistress held intercourse with spirits, I know; not in any fantastical way, not through brick and mortar media, not in an ostentatious way, not in a way of her own choice. She would do things at times, as devoid of all premeditation, as far removed from all calculation, and as completely bereft of all knowledge of combination of circumstances, as a child not yet weaned; yet the end was accomplished. Matters that would puzzle others she would unravel at the touch. Events yet hidden—she would know what they would be. Character, she read it as a schoolboy reads print, and was never cheated but once—a fatal once for her. Philosophy, she was its lord. She would disentangle the finest sophisms of an adept at misleading, and show up his wildest vagaries so as to make him ashamed of himself. She was finely educated, for one of her corporeal and spiritual fr me-work.

Her mother died years before I was born, though I have often seen her portrait; it hung in her

room. Taking it as a true likeness, she was not equal to the daughter. Hers was a more beautiful face—allowing beauty to consist of faultlessly proportioned features. My mistress must have "thought a deal" of her mother—as I learned by some lines she had written about her portrait, and which I found in the drawer—where I usually dwelt, from the hour of her retiring till the time for dressing on the next day. Reader, I do not know what you will think of the lines. To me they are beautiful.

"TO MY MOTHER'S PORTRAIT.

Thy mild dark eye and placid brow,
My mother, I love to gaze on now:
For they tell me of days when thou wert fair,
And I, a child in the open air,
Gathered sweet wild flowers for thy hair,
And smiled to see them blooming there.

They remind me too of your parting sigh,
Your close embrace, your warm 'good-bye,'
The last sad kiss which was fondly given,
The earnest prayer that went up to Heaven,
'That though far away, I might live to do
In a spirit, crystal as the dew,
Whatever is noble, brave, and true.

Time lashed his steeds, I stood once more
On the green sod at our cottage door.
I was sure the notes of the forest bird
Were not so blithe as I had heard,
When the tree tops were still, and nothing stirred
But the rippling brook, which rolled along
Singing its mellow, plaintive song.

I fondly hoped, that in my home
No blighting changes had yet come,
That she, who always used to be
The first who came and welcomed me,
Would meet me, and in soft, low voice,
Say to my saddened heart, 'rejoice!'

I entered: I saw no forehead high,
Nor whitening locks, nor beaming eye,
Nor dimpled cheek; and gentle tone
I heard not—I was left alone:
And I braided no more her hair quite gray,
For my mother from earth had passed away.

I quickly turned to leave the place,
When I saw again my mother's face,
Her dark bright eye was bent on me
As it was wont in infancy;
And it seemed to my stricken heart to say,
'My daughter, I am not far away.'

Go to thy bower in the edge of the wood,
Where at eventide THE SPIRITS good
Used to meet and give us ambrosial food:
And leave behind a fragrance sweet,
Which showed they dwelt near the MERCY SEAT:
And when thou kneelest down in prayer,
Thy mother will meet thee and bless thee there."

CHAPTER II.

You who take an interest in me sufficient to read what I say, will please to be patient. Patient enough many of you would be, could you by any fair means come to the ownership of me, and this age proves it. How many leave home, business, wives, children, society, and God, to get gold. How many men there are, who would prize me—a diamond in a brilliant setting—greatly above the deep, imperishable, quenchless love of a heart like that which, in the bosom on which I was pillowed, daily sent up its 80,000 throes, each fully charged with the noblest sympathies. Queer creatures men are! Strange commixture of the noble and the mean, the heroic and the cowardly, the highly interested and the lowly selfish—the veriest

medley of elements go to make them.—They grasp like a vice that which perishes in their grasp, and pass by unheeded the perennial and the everlasting. They grow mad at sight of personal beauty, and value not a groat the endowments of the soul. Yet where one now abides will come wrinkles, and sallowness, and decrepitude; whilst the soul will

"flourish in immortal youth."

I had daily demonstrations of the truth of what I say. Young, beautiful, and not poor—my lady had plenty of beaux. They made assaults at her daily—but their arrows might as well have been headless, for they all failed to reach the mark. They aimed to fascinate her, and she was proof. Her intellect could by no direct attack be stormed. Like Achilles, she was invulnerable, except in one point. There she was mortal. So was the Grecian hero. His was in his heel, hers was in her heart; and her suitors never thought it of importance to seek her heart. They wanted her hand. The hand brought the money and the beauty, the hand conferred power over the person. With the gift of her hand went her identity—her individuality. She was resolved into him whose hand held hers, and thence forward the observer would perceive

'Duality in unity.'

They fluttered—the butterflies—around her, but it was all in vain. They combined, as did the suitors of Penelope, to bring her to a choice. They were fools. What cared she for those who cared for dross. She never thought of wealth. She did not prize me, only as the gift of her father. She set no store of her beauty. She dwelt in the sphere where the affections preside and make the intellect their agent. Many times have I heard her sing,

"The heart! the heart! O, let it spare
A sigh for other's pain,
The breath that soothes a brother's care
Is never spent in vain.
And tho' it throbs at slightest touch,
Or sorrow's faintest call,
'Twere better it should ache too much,
Than never ache at all.

The Heart, the heart, that's truly blest
Is never all its own;
No ray of glory lights the breast
That beats for self alone."

Her genius was always heart-ward. Its profoundest efforts were for the good of others. Sunlight is not more reviving to a sickly, weather-beaten plant, than was the light of her eye to the stricken and sad. She had profound reverence for the Good and Just, whenever and wherever they exhibited themselves. She enacted the Christian, but she joined no church. On the present basis church membership would have cramped her. She honored God, but loved freedom. No association suited her nature, gratified her taste, or commanded her respect, that did not regard Humanity and its good as its chief end. Man she loved not specially, not individually, but as a race. Simple, unadorned manhood in her esteem was noble, was the best exhibition of the Divine work of which she had knowledge. Institutions like the Church and the Sabbath, Revelations like the Bible, forms like those prescribed in the Old Tes-

tament and the New, Sacraments, Ordinances, and Arrangements, were tolerable, were worthy of genuine regard, only as they set forth in all their aims the dignity of Human Nature, and labored to develop and adorn it.

She had no fellowship with those who degrade *man* that God may be exalted. She felt, that the *DEITY* found his true character sublimely set forth in the nobleness of his works; and it would have been useless to attempt to make her think that *MANHOOD* lacked the respect and love of the Creator, whilst the Bible asserted the fact of its uniformly having been selected by the Deity as the medium of communication between Him and his children. Creeds and confessions suited her not, inasmuch as they taught a philosophy less broad than the wants of *MAN*. She thus preserved her individuality, and her relations she made as broad as her ability to do.

My mistress was a politician. Descended from the English nobility on the maternal, and from the Spanish nobility on the paternal side, she, though a girl, had mastered the theory of Civil Government, and was thoroughly republican. She felt that the cause of the People was *her* cause, that she was *of* the people; that the masses, the millions needed just such help as *she* could give. Help that could come through well expressed sympathy; help, that could be rendered by her mastering the *cause* of the oppressions that weighed them down; help, such as could flow forth for their benefit by judicious effort for their well-being in their domestic and specially social relations. Young as she was, she could discern that the battle of the people was yet to be had, that the triumph was yet to be won. She knew that it would be *fierce*, and terrible, and that every hand that was steady, every heart that was true, would be needed to direct the struggle, so that the cause of the people should be victorious. Often have I heard her say, the poor, the toiling, working men and women of this country can achieve their conquest but in *one* way. That way is a peaceful way. Its home is in the *BALLOT BOX*. To secure the *right* constitutionally to wield the elective franchise, and *having* the right—to wield it for the equal rights of *all*, is the way to give health and strength to the poor. Then legislation will be for the many and not for the few; then woman will be the help-meet for man, and not his slave; then marriage will be a thing of the heart, and not of cool, pecuniary calculation. Then Christianity will take on its pristine glory, and the robes it wears will be brilliant with the hues of light that play round the throne of God.

To have looked at her at *this* time of her life, one would have predicted for her a brilliant *FUTURE*. Alas! who can tell what awaits him?

Dear girl: there fell upon her within two years from this period a *stroke* that completely palsied her powers for a time. It benumbed her moral sensibilities, and when they reacted, *vengeance* was her cry. She labored for it day and night. Her whole nature was turned to gall. The kindly and genial currents that had sent forth sweet waters for all who were athirst, were bitter as the Marah waters. Where innocence and guilelessness had rested like twin cherubim, cunning and wily deceit sat. Where the greatest frankness and open-

heartedness made their home, secretiveness and disingenuousness dwelt. Yet she preserved *appearances*. She would smile while hate was in her heart, and kiss where she would gladly have stabbed. But *this* part of her history I must reserve for another chapter.

MEDICAL LACONICS.—NO. IV.

BY T. L. NICHOLS, M. D.

[These papers are for the most part original; but in the present number, I have taken several paragraphs, which I had written for another purpose, and which have been published, but in a form which can have met the eyes of very few readers of the Journal. To prevent any mistake, I make this explanation.]

WATER IN FEVER.—When the eminent Mr. Guthrie was surgeon in the British Army, during the Peninsular campaigns, he greatly distinguished himself by his skill, courage, and humanity. He saved many limbs which the other surgeons would have amputated; and when the army was visited with fever, the line of graves, which marked the interments from his corps, was only half as long as those of the other two surgeons. Some idea of his practice may be found from the treatment of his own case. He took the fever, and was left to die.

"It was the fashion," says his biographer, "to give bark in these fevers, and the Inspector-general, in taking his last leave, as he supposed, of Mr. Guthrie, inculcated the necessity of taking it; he obeyed, though against his own practice and his feelings. It made him so much worse, that he desired the regimental nurse, whom he fortunately had kept with him, to buy a couple of dozens of lemons, and slice them in a pitcher of water, fresh from the spring. It held two gallons. This he drank during the night, with the effect of causing a profuse perspiration for several hours, after which his fever left him, but with feet so swollen, and legs so weak, as to be unable to walk for several weeks."

This was pretty well for an army surgeon, but if he had known a little more of Water-cure, he would have done much better.

WATER CURE IN STRANGULATED HERNIA.—A recent French medical paper gives a case of strangulated inguinal hernia, in which taxis (manipulation and pressure) had been used ineffectually. The patient was then placed in a proper position, with the pelvis elevated, and a cold poultice applied to the tumor, in which was poured a stimulating and refrigerating mixture. The reduction took place in a few minutes.

It ought to be understood, that in these dangerous cases, nothing is so effectual as the application of cold water, either by a compress, which this poultice was equivalent to, or better, by pouring a stream of cold water, from a height of several feet, upon the tumor. This gives relief in the most remarkable and rapid manner. All the parts are instantly constricted, but the hernial sack and intestines are constricted more rapidly than their coverings, and hence the reduction of the hernia. A knowledge of this method of cure may save the necessity of an operation, or even save life, where there is no surgeon to operate.

GLEAMS OF REASON.—We find glimpses of truth scattered through medical writings, which only make the blindness of their authors the more evident, and cause us to wonder that the natural mode of curing disease, which we call the Water-cure, had not long since become universal. It is "the stone which the builders rejected."

In Mr. Simon's lectures on chemical surgery, in treating of stone or gravel, he says:—

"The most powerful pharmaceutical agents will rarely succeed in restoring the patient, unless in combination with temporary repose from labor, or with relief from such other depressing influences as have shattered their health; and in respect to London patients, I may confidently assure you that a fortnight of country air (especially at the sea-side, and with cold shower-baths) does more for recovery than an unlimited quantity of medicine taken amid the patient's previous and unhealthy circumstances."

It is marvellous that a man should be able to see so much, and see no more. He cannot see that the more powerful the medicines, the more powerful the mischief; that nature, in repose, and amid healthy conditions effects the cure in spite of the medicines; and he puts the baths, which even in their worst form do good, in a parenthesis, as of little importance, and as the grammar says, "not necessary to make sense."

PREVALENCE OF FEMALE DISEASES.—There can be no plainer demonstration of the almost universal prevalence of unhealthy conditions and disease-influences in society, than the prevalence of what are termed female diseases. Mr. Whitehead, of Manchester, England, in his work on "Abortion and Sterility," states, that of two thousand women, whose cases he investigated on their application to the Manchester Lying-in Hospital, eleven hundred and sixteen had the whites at the time the inquiry was made, and a considerable number more had suffered under a similar ailment at some former period.

This was among the poorer classes; but it is doubtful whether such diseases do not prevail to a greater extent among the rich and luxurious.

If the Water-cure did nothing more than to cure all diseases of this kind, it would be one of the greatest blessings ever conferred on humanity, and every woman ought to be its advocate and missionary, as many now are. The operation of Water-cure, on all these female ailments, is as satisfactory as all other modes of practice are annoying and vexatious.

EXCRETIONS.—The waste matter of the system is carried off by several passages; the skin throws off the largest portion, but excretions are constantly made by the lungs, the bowels, and the urinary apparatus. If the action of one of these outlets is impeded, some other must do double duty. Thus, in a stoppage of urine, the same matter comes out in the perspiration. But if the action of the skin is impeded, by the constriction of cold, or by the clogging of uncleanly habits, the other outlets of the system are sure to be disordered. Sometimes the bad matter that would come out by the skin is thrown upon the bowels, and we have diarrhoea or dysentery; sometimes upon the lungs, producing cough and consumption.

It is evident, therefore, that one of the most important things in respect to health, is to keep the skin in good condition, and the way to do this is by daily bathing the whole body in cold water, friction, and exercise in the open air. These, with proper clothing, and air, will almost inevitably insure uninterrupted health.

AMATIVENESS.—Nervous energy is life. Our vitality comes first into the organic nerves. These supply the whole system with its active force. This spring of life—this breath of God within us—must not be exhausted, if we would have health. We exhaust it by every kind of excess, by privation, by cold and hunger, by stimulation and glutony, and, above all, by disordered and excessive amativeness. All unnatural and all excessive natural gratifications of this passion exhaust the fountains of life. I must be plain. The greatest possible wrong to the nervous system, and that which most surely exhausts the very fountains of life, and makes men and women miserable, impotent, and short-lived creatures, is the solitary indulgence of this passion. Next to this is the promiscuous gratification without love. It deadens and destroys body and soul. Indulgence in amativeness, with but one person, and under the forms of marriage, is a great wrong, where it is not attended and sanctified by mutual love; but even in the holiest estate of the real marriage of love and wisdom, excessive indulgence is hurtful and exhausting, and is sufficient of itself to produce disease and shorten life.

IMPORTANCE OF THE SKIN.—A man could no more live without his skin, than he could without heart or lungs. So necessary are its functions, that if a certain number of square inches of the skin are destroyed, by burning, scalding, or otherwise, death is inevitable. This being the case, we can see what mischief may be caused by blisters or plaisters, which destroy the skin, or interrupt its proper action, over a considerable surface.

Every point of the whole surface of the body is full of little pores, which are the extremities of vessels connected with the capillary or hair-like ends of the blood-vessels. The function of these pores and the glands, of which they are the outlets is to carry off the effete or used-up matter of the system. The average number of pores in the human body is twenty-eight hundred to the square inch,—each pore being the orifice to a tube a quarter of an inch in length, yielding no less than fifty-eight feet of tube to the square inch! The number of square inches of surface in a man of ordinary size is twenty-five hundred; the number of pores, therefore, is seven millions; the number of inches of perspiratory tube is, consequently, one million five hundred and fifty thousand—that is, nearly twenty-eight miles! Of perspirable matter, many ounces are thrown out daily. The skin is thus the great cleansing organ of the system. It is constantly throwing off impurities, which, if retained, would poison all the vital organs, and derange all the functions of life. If this matter be retained in the system, it produces congestions, coughs, consumption, fevers, rheumatism, and other disorders.

NATURAL LAWS OF HEALTH AND DISEASE.—There is no mistake about the structure and mechanism

of the human body. Infinite Wisdom has not made a blunder. The *natural* condition of man is a long life of uninterrupted health and happiness. The only *natural death* is the painless wearing out of the system in old age. Premature deaths, pain, sickness, are all unnatural—the result of false habits and conditions. We have only to live according to the simple principles of nature, as we see birds and animals living in their wild and natural state, and we should never be sick more than they are. When we shut up animals, deprive them of air, water, and their proper food, they get sick, the same as we do; and we have veterinary surgeons, cow doctors, etc., to cure them.

It is the same with us. Men living in a state of nature are strong and robust, and have few diseases; but with civilized modes of living, our pains and dangers are multiplied. We cook and season our food, so that we are tempted to glutony; we eat the flesh and fat of animals that we have made diseased by our system of fattening; we feed on pork that is full of scrofula, for the very word scrofula signifies the disease of a hog; we are in the daily use of poisonous narcotics, as tea, coffee, tobacco, and spirituous liquors: and with all this, we exhaust our systems by the debauchery excited by these stimulants of the passions. Is there any wonder that the world is so full of disease, supporting a host of doctors and quacks, who add to all this mischief and misery, by dosing people with poisonous drugs?

All this is unnatural and fatal. The law of nature is the law of health. It is that we should eat regularly and sufficiently, of a pure and nutritious diet—that we should breathe a pure air, by having our dwellings, and especially our sleeping-rooms, well ventilated—that we should keep open the pores of the skin by cleanliness, which cannot be preserved but by washing the whole body as often as once a day, by having different underclothes at night from what we wear in the day, and by changing both as often as they are in the slightest degree affected by the foul matter of the system continually discharged from the skin. Any person born with a decent constitution, by observing these principles and living up to them, may be sure, accidents excepted, of living in health and happiness to a good old age.

EFFECT OF MEDICINES.—All medicines, which have any perceptible action, act as poisons. They excite and stimulate the nervous system in an unhealthy manner. For example, if an emetic is given, the offended stomach summons all its power to cast it out; but the mischief is, that the nerves are weakened by this very effort, and that there is always danger that the whole poison is not expelled. Some may remain, to irritate the system, and produce diseased action.

So of a cathartic. Its effect depends wholly upon the effort of nature to expel a poison from the system—an effort which is at once weakening and imperfect; for experience has proved that cathartic medicines, when the system is too weak to cast them out, are surrounded by a coating of mucus, and remain in the body for an indefinite period, ready to become the seeds of chronic diseases.

The action of narcotic medicines, such as opium, cicuta, stramonium, and a large class of vegetable poisons, is too well known to require elucidation.

Not a particle of these medicines can be taken without harm to the system. Large doses kill—small ones inevitably injure. Whatever good they seem to do at the moment, by their stimulating or narcotic influence, is bought dearly at the expense of nervous power. All stimulants, as wine, beer, cider, brandy, rum, tea, coffee, tobacco, opium, etc., etc., are poisonous, and cannot be taken into the system with impunity; and no person can enjoy sound and perfect health who uses them.

The effects of mineral poisons, and especially the most common one, mercury, in its various forms of calomel, corrosive sublimate, blue pill, etc., etc., are becoming so well and widely known, that the people are learning to have a healthy horror of them. Mercury will remain in the system for many years, and even for a whole lifetime, producing the most painful chronic diseases. Globules of mercury have been gathered in a coffin, after the body that contained them had decayed. No man who takes medicines of any kind can tell where they will take up their quarters, or what effects they will produce. The smallest quantity of poison, like the virus of small-pox, or a mad dog, or a rattlesnake, may produce disease and death.

Doubtless, of two evils we must choose the least, when, and only when, we cannot avoid both of them. Were there no way to cure disease but by taking medicine, I should take it, the same as I would take one poison to neutralize another, if I knew of no other way to get rid of it. But in this case there is no such necessity. Nature cures all diseases that are curable at all. Physicians try to assist nature; but sometimes they make sad work of it, and instead of aiding nature, help the disease.

AN EYE SORE.

BY THEODOSIA GILBERT.

The mooted questions of "Woman's Sphere," and "Woman's Rights," are among the popular themes of the day, and make their way into the literary, political, religious, as well as reformatory press.

I am going to ask the indulgence of your columns to the discussion of a topic quite out of line with these modern disquisitions. My home is in a Water-Cure, and my business the care of sick women. Your readers may therefore guess at my hobby. It has a *family relationship* to the very unpoetical discussions of medical talkers.

We women have had acceded to our full share of vanity. For myself, I am proud to own, that I have a great love for all that is pleasing to the eye; that I would seek to be graceful, accomplished, and beautiful. After this admission, it will be no matter of surprise, that my pen should light upon some offence to sight. With all my quietude in an attempt to find a cause, and a remedy for the eye-sore to which I am about to allude, one thing is certain, it is an *eye-sore*. I mean, WOMAN'S WALK.

How many can boast ever having seen in this country a woman with a graceful, majestic, easy walk?—one who has not a hitch, a stoop, a swing, a hobble, or wringing, twisting, mincing feature in her gait? Are they not almost always traceable in some shape or shade, in every gradation, from the tight-girt whale-boned miss, priggish along

like a little top-knot hen-bird, to the lank, wipsy-wapey dromedary "fore and aft" nudge of all sorts? Doubtless these very ungentle things sometimes come to us like other undesirables, by way of transmission.

But I have a great fancy for believing that they are mostly illegitimately begotten of Fashion, a very notable mother of cloven-footed progeny. Take, if indeed such an one could be found, a naturally grown, naturally developed figure, with every joint playing easily on its hinges, and every muscle in its full native plumpness, and witness the "poetry of motion." Encase the bust in whale-bone, hang upon the hips some dozen yards of dry goods and as many pounds of cotton, squeeze the feet into shoes of neither breadth nor thickness, throw upon the shoulders, folded across the arms and chest, not less than two or four square yards of woollen blanket, and what becomes of its ease and grace? Contrive such another bungle, stiff-warped, and cramp-woofed, who can? A model inquisition it is, for every bone and muscle in the body, appropriate to the production of our "beautiful" deformities. Not a disabused organ in the body! The vital ones of respiration, digestion, and reproduction, the *crowned martyrs* of all! Who can expect God's own handiwork, the material part of us, to maintain its uprightness, its admirable proportions, and perform its functions, under such dispensation as this? If we would not insolently deface the great Designer's design, we should not intermeddle with his architectural undertakings. If we would pay the compliment of grace and dignity due to our race, we should allow Nature at least the benefit of her own adornments. If we would claim for ourselves any regard for physical or for Divine law, any susceptibility to the kindly appropriateness of things, any sense of a just propriety, we shall at least begin to talk about reform in this matter of DRESS.

Some eighteen months since, being necessitated from a precarious state of health to monopolize rather more of the fresh, open air, than is generally considered creditable, or even justifiable in my sex, I conceived the notion of getting up a suit expressly for walking. Invention, assisted by a life of penance-paying, on the score of shawls and petticoats, (I was long since converted to the sole use of the *bones* nature had given me,) succeeded in conjuring a "fix" that was just the thing.

And what a deliverance was that! The suit consisted simply of a pair of cassimere pantaloons, a frock of woollen material, loose, plain waist, and sleeves, with a skirt reaching to the knees, of decent dimensions in width, thickly lined throughout, a light cap or hat upon the head, and thick-soled, high-topped boots.

In this rig, I could just about double the distance, in the same length of time, which had been the extent of my ability with the accustomed appendages, and what is more, with half the fatigue.

My "debut" in this mongrel garb was, to be sure, quit a novel, and to the excessively modest, quite a shameful affair. But a gallant few had the courage to admire at least the convenience it promised. Some had such *perverted tastes* as to discover in it real becomingness.

During the summer, many of the ladies in our Cure were induced to adopt it, and needed but to

be observed in their perigrinations, to prove the great accession of ease, strength, agility, and freedom of step it afforded. Situated as we are, in a sequestered, hidden little nook, with only a community of invalids, common sufferers, and with a common purpose, to pass a comment, the innova-tion is bereft of a good deal of disagreeableness, even to the most fastidious. One is altogether eased of an intolerant public opinion, and soon feels perfectly at home in the very comfortable *newness* of her attire. After a few months use, I fancy it would require more courage in most, to abandon, than adhere to the style, even in large cities and villages. In such event there might be some hope of future pedestrians among us, who could see something, and be something, irrespective of poverty, or beaux.

GLEN HAVEN WATER CURE.

STUDY AND EXPERIENCE OF WATER-CURE.

BY REV. E. R. WARREN.

Although, technically, I may not regard myself an Hydropathist, yet my experience upon the usefulness of the application of water in the curing of diseases is such as to render the study of the Water-Cure practice engaging and deeply interesting. In the early part of my professional duties as a minister of the Gospel, I was brought so much in contact with the various diseases of suffering humanity, that I could not avoid the study of medical science, in order to promote my usefulness among men by mitigating and relieving their physical disorders. The Divine Saviour himself connected with his ministry to the spiritual necessities of mankind, a due regard to the removing of the physical disabilities under which they suffered. He not only "preached the Gospel," but "healed the sick," and made his mission contribute to remove the physical sufferings of those among whom he walked. In attending, therefore, to the physical sufferings of our common humanity, I feel that I am but following the example of the Great Master. A residence of several years in the vicinity of two distinguished medical schools afforded me some rare opportunities of information upon medical subjects, and the habits and opinions of the Allopathic medical profession. And for ten years I was an adherent of that system. I applied its teachings personally, and to others, but not without distressing doubts, at times, of its utility. Finally, my doubts were succeeded by a firm conviction of the injuriousness of the entire system of the allopathic practice; and I gave it up as worse than useless.

Being now thrown upon an ocean of uncertainty, I studied for a while, and tried for a season, the system of Thompson, but it became equally objectionable. I found these book systems did not work "like a book." Sickness, however, made me an unwilling victim of both these systems. The physicians nearly made an end of me by bleeding, blistering, antimonializing, and mercurializing, till I was but a walking skeleton. O, the horrid salivations, emetics, cathartics, &c. &c., of regular allopathy, from which I escaped, (thank heaven,) though with but the skin of my teeth! I feel sick, now, although seven years has passed since I ceased that kind of treatment, when I think of the

drugs and *die-stuffs* I unwittingly swallowed. I shall carry the effects of those mineral poisons to my grave.

My first experience in the Water-cure occurred on this wise:—I was violently attacked with

ACUTE BRONCHITIS,

induced by public speaking and suppressed perspiration: my voice had nearly lost its power, and I could only speak in a whisper. My cough was hard and painful, and my system soon became greatly prostrated. I consulted two physicians in vain. About this time I was reading, for the first time, the detailed history of Water-cure, as practised by VINCENT PRIESSNITZ in Gräffenburg. I was favorably impressed with the account. I possessed no experimental knowledge on the subject, but I resolved to try it. I took a large cloth, and wrung it out of cold water, and wrapt it around the throat and chest, and covered the same with one perfectly dry, on going to bed at night. At first I felt a severe chill, but in a few moments was thrown into a profuse sweat, which I allowed to continue for some two hours. My voice was relieved immediately, and by following this treatment for a few days, and sponging in cold water every morning, I was restored. I have since been attacked several times with the same disease, and I always find a sure remedy in the Water-cure. I have been taught a lesson by this experience, of incalculable benefit to me. I now invariably make use of the Water-cure in all cases of colds, fevers, measles, &c., &c., with perfect success.

New London, 1861

THE DERNIER RESORT.

BY M. A. S.

DURING the summer of 1847, ill health, generated by sedentary employments, luxurious living, stimulating drinks, and sundry other evils to which teachers are peculiarly subject, compelled me to abandon my avocation, and seek medical aid. I applied to an allopathic physician, with the hope of obtaining permanent relief. After submitting patiently, enduringly, to the usual mode of that system of practice, with no avail, myself and friends became fully convinced that my case was incurable, unless some more efficient means should be secured. I had then been afflicted two years with dyspepsia, affection of the liver, congestion of the head, general debility, and nervous derangement, all of which conspired, not only to disqualify me for physical and mental labor, but rendered my life quite miserable. With my limited knowledge of the water treatment, I felt incompetent to baffle such a complication of chronic difficulties, and accordingly resorted to a Water-Cure, where I spent one month, and returned home under the most favorable auspices, where I have, by the agency of the Journal, perseveringly and unremittingly continued the treatment, much to the gratification and surprise of my friends. The wet sheet pack, general and derivative baths, and the cooling compresses, took the place of counter-irritations; the stomach, hitherto the receptacle of much that was deleterious and poisonous, admits nought now but the pure liquid, and a well selected fruit and vegetable diet. My spirits, so long depressed and

responding, are now buoyant and happy;—in short, my whole system has experienced a change, wonderful indeed. Is it any marvel, then, that I lift my pen in the advocacy of the water treatment, or rather, might I not justly expect that the "monitor" within, ever faithful to its work, would pronounce the verdict *guilty*, should I neglect to use my influence in favor of so glorious a system?

Were every breath a song of praise, they would be inadequate to the gratitude I owe Him who has so beneficently and wisely disclosed to me the efficacy of water (when judiciously applied) in the prevention and cure of diseases, and the utter falsity and insufficiency of the entire drug system. I rejoice at the establishment of every Water-cure institution, in the extensive circulation of the Journal, and *still more* when I witness its teachings adopted and practised, as I regard it as an index to a day not far distant, when, instead of pallor and languor, blooming health shall again sit in native dignity on the countenance, living energy possess the frame, and the world restored, glorying in the triumph of the WATER-CURE.

GENERAL WASHINGTON'S ILLNESS.

From "The Times," an Alexandria paper.

MR. PRICE: Presuming that some account of the late illness of General Washington will be generally interesting, and particularly so to professors and practitioners of medicine throughout America, we request you to publish the following statement.

Some time in the night of Friday, the 13th inst., having been exposed to a rain on the preceding day, General Washington was attacked with an inflammatory affection of the upper part of the windpipe, called, in the technical language, *Cynanche Trachealis*. The disease commenced with a violent ague, accompanied with some pain in the upper and fore part of the throat, a sense of stricture in the same part, a cough, and a difficult, rather than a painful, deglutition, which was soon succeeded by fever, and a quick and laborious respiration. The necessity of blood-letting suggesting itself to the General, he procured a *bleeder* in the neighborhood, who took from his arm 12 or 14 ounces of blood. He could not, by any means, be prevailed on by the family to send for the attending physician, until the following morning, who arrived at Mount Vernon at about ten o'clock on Saturday. Discovering the case to be highly alarming, and foreseeing the fatal tendency of the disease, two consulting physicians were immediately sent for, who arrived, one at half after three and the other at four o'clock in the afternoon. In the meantime were employed *two pretty copious bleedings*, a blister was applied to the part affected, two moderate doses of calomel were given, and an injection was administered, which operated on the lower intestines, but all without any perceptible advantage, the respiration becoming still more difficult and distressing. Upon the arrival of the first consulting physician, it was agreed, as there were yet no signs of accumulation in the bronchial vessels of the lungs, to try the result of another bleeding, when about 32 ounces of blood were drawn, without the *smallest apparent alleviation of the disease*.

Basins of vinegar and water were frequently inhaled, 10 grains of calomel were given, succeeded by repeated doses of emetic tartar, amounting in all to five or six grains, with no other effect than a copious discharge from the bowels. The power of life seemed now manifestly yielding to the force of the disease; blisters were applied to the extremities, together with a cataplasm of bran and vinegar to the throat. Speaking, which was painful from the beginning, now became almost impracticable; respiration grew more and more contracted and imperfect, till, at half after eleven, on Saturday night, retaining the full possession of his intellects, he expired without a struggle.

He was fully impressed at the beginning of his complaint, as well as throughout every succeeding stage of it, that its conclusion would be mortal, submitting to the several exertions made for his recovery, rather as a duty than from any expectation of their efficacy. He considered the operations of death upon his system as coeval with the disease; and several hours before his death, after repeated efforts to be understood, succeeded in expressing a desire that he might be permitted to die without further interposition. During the short period of his illness, he economized his time in the management of such few concerns as required his attention, with the utmost serenity, and anticipated his approaching dissolution with every demonstration of that equanimity for which his whole life has been so uniformly and singularly conspicuous.

JAMES CRAIK, Attending Physician.

ELISHA E. DICK, Consulting Physician.

P. S.—The signature of Dr. Gustavus Brown, of Port Tobacco, who attended as consulting physician, on account of the remoteness of his residence from this place, has not been procured to the foregoing statement.

INSANITY AND DELIRIUM TREMENS.

BY J. A. SPEAR.

The sufferer was a lady who was always very nervous and excitable, and rather romantic in her imaginations. For a number of years previous to her illness she had made free use of rich, high seasoned food, and tea and coffee. The loss of her second husband, and the almost unremitting care in attending him in his last sickness, which was protracted a number of months, together with an injurious diet, and the free use of those much esteemed but ruinous articles, tea and coffee, quite reduced her physical powers, and prostrated her nervous system. Soon after her husband's death she became sedate and melancholy, and wild in her imaginations. Her anxious friends did what they could to make her happy, and dispel the darkness and sorrow that seemed to hang so heavily over her mind. But in spite of all their exertions, she continued to grow worse and worse, for some five or six months. As her condition alarmed some of her friends, she was carried to the insane hospital in Ohio. When she arrived there, she seemed a little better, and as it appeared that the journey had benefited her, the doctor advised them not to leave her, but to continue journeying with her. They returned home

with her, and for two or three weeks she was passively comfortable, and did some light work. Then she grew worse again, neglected all business, and had all sorts of imaginations.

Sometimes she would fancy herself the queen of the world, and imagined that all the celestial spirits were bowing before her, and paying their homage to her. At other times she fancied that she was surrounded with devils, and that her stomach was filled with them, and would try to hawk them up—often saying, in almost frightful accents, DEVILS, BEGONE! Sometimes she imagined that they were stopping her breath. At other times she thought her stomach was full of toads and venomous serpents, and would try to hawk them up.

But what to her seemed worse than all other afflictions, was that very large poison serpents were almost constantly coiling around her, and trying to stop her breath. When she was up, she kept shaking her clothes to get rid of them, and finding they could not be shaken off, she would change her clothes from six to ten times a day, that she might escape from them. Sometimes she said they would coil around her and prevent her getting up in the morning, and at other times they would withhold her from her meals. She was very devout, and would pray for hours, if she was not disturbed, kneeling in the mud or stable, or any place where she happened to wander. She was drugged, but to no benefit. Then the pill and powder man, who thought himself a doctor, (and who had probably heard of the Water-cure,) and, like most medical men, imagined that he knew all about it, ordered her to shower in a cold bath-room, situated a few rods from the house; it being the only convenience for any season of the year. She submitted to his requirement, and in cold weather tried the rude experiment. The effect was just what might have been expected, with one in her condition. She was severely chilled, and a long time elapsed before she could get her clothes on again; and the only benefit she derived from it was to be made more instead of less nervous. Then because she refused to repeat the injurious experiment, the wise Dr.-would-be ordered water thrown in her face, and all over her, without her consent. This beautiful experiment excited her wrath, and she escaped further treatment of the kind from their hands.

In that miserable condition she suffered the remainder of the winter and spring. The friend who came with her from Ohio to Vermont, said she had not had a night's rest for four months, and instead of the journey's benefiting her as he expected, she grew worse after he started with her, and he was obliged to take the quickest conveyance. He said he should not have started alone with her, had he known how bad she was.

When she arrived at our place, accompanied by her father and brother-in-law, I was in the field, and being called immediately to the house, was surprised to find her in the yard, constantly striving to get rid of these serpents. I spoke to her in a calm and quiet manner, and at my request she related the wonderful things she had suffered, and, as far as possible, described her feelings.

I found that she had a strange feeling and a sort of roaring in her head; that her stomach was in a very unhealthy condition; that she had but a little blood, and that was very thick, (and of course would

not circulate freely,) and that the scarf-skin was so dry and inactive, as to form a sort of crust upon the surface, which would arise in dust by rubbing. I saw that this state of the skin, together with the bad circulation of her blood, was what produced that feeling like serpents around her, and that the feeling in her head was the effect of too great a rush of blood there, when it had become too thick to flow freely to the extremities. And in relation to the devils and toads in her stomach, I came to the conclusion that they were only the effect of a diseased stomach, produced by bad living and injurious medicines, some of which had been taken years before. She had an unbounded appetite, but her food seemed to do her no good; she was a wild, pale, emaciated skeleton. I thought there was no trouble in knowing that the stomach needed rest, and the skin needed stimulating and cleaning. I therefore told her that by following my directions she would get relieved from her afflictions. She appeared pleased, and said she would do anything that I thought would help her.

Treatment.—Nearly an hour before each meal, she took a shower-bath in a warm room, and had an assistant two or three of the first weeks, to assist her in rubbing, and putting on the wet jacket, which she wore constantly. After each bath, she would walk until a good reaction was produced. At first she was so feeble that she could only walk a short distance, but it being at the warm season of the year, the fatigue and exercise together produced reaction.

She wore a wet cap on her head, consisting of some six or eight thicknesses of common cloth, and re-wet it every hour or two, and would frequently let a gentle stream of water run upon her head and neck. As she soon began to feel better, she was very punctual in doing as she was ordered. Every convenient means was used to get her in good, cheerful company, abroad as well as at home, which was of as much benefit as any one thing. She gained so much in three weeks, as to be able to walk a mile without any more fatigue than a walk of thirty or forty rods would give her at first. She took the wet sheet only a few times. It did not injure her, but she liked the shower-bath better. About two weeks expired before much redness could be produced on the skin, even by severe rubbing, and when she first saw the redness, she was full of joy, and seemed to take new courage. In four weeks she was so far recovered that a stranger would not have noticed but she was as rational as any one. The serpents, toads and devils, had all been washed away, and only a part of that uncomfortable sensation in the head and stomach remained. In twelve weeks she seemed to be completely cured.

Diet.—Before she commenced the Water-cure, she indulged very freely in rich, concentrating food, and tea and coffee. During a few of the first weeks of the water-treatment, her drink was only water, and her food the plainest bread, made of unbolted wheat meal, toasted and moistened with water, and eaten without butter or cream. Of course, she did not eat a very great allowance of it, but she began immediately to gain in flesh, whereas, she had been constantly losing while she indulged in the full rich diet. More than four years have elapsed since her cure, and she has enjoyed good

health ever since, and has abstained from flesh-meats and tea and coffee. If at any time she feels any illness, she resorts immediately to the crystal fountain, and soon gets relief.

N. B. Coffee, and sometimes tea, will produce delirium tremens. This lady had abstained from all sorts of alcoholic drinks for some twenty years before her illness.

FRESH AIR

[THE *Yankee Blade* discourseth the right sentiments on this theme. Would that all newspapers and all medical journals had the ability, and courage, and honesty to tell people their interests and duty, as is done in the following:]

"Why wonder that people are sick? Go with me into yonder chamber. The windows have shutters, inside curtains, and outside curtains; the carpenter has stopped every crevice, that no outward air may be admitted. The bed has French curtains drawn over it, the furnace is tightly fitted, so that no ventilation is permitted. But the inmates complain that they *cannot sleep*. They retire late, take an opiate, yet are restless! Toward spring, nature rebels against such restrictions, and the frame becomes more enfeebled; a "bilious stomach," or "jaundice," or "dyspepsia," (and perhaps all are combined,) prostrate our friends. A physician is sent for; he gives drugs, leaves orders how often "drops" shall be taken, and when the "blister" must be dressed, and how many "leeches" had better be applied. He speaks of his patient as of *feeble constitution*, who is *debilitated*, and needs change to recruit him or her. No inquiries are made as to what *produced* this disease; no intimation is given that *willful transgressions* of known laws has brought it on; no reflection is made about over-heated apartments and late hours; and the patient lies in bed, believing that sickness is brought on by the hand of Providence, and we have only to submit to the all-wise decree.

"How preposterous thus to reason! How wicked to throw the disease upon our Maker! No, my friend, you brought it upon yourself. Do you remember those evening parties, when you exchanged the long sleeves for bare arms, the closed neck for a bare one, the worsted hose for the delicate silk, the India-rubber boot for the satin slipper? Do you remember the hoarseness and cough which followed, and your persistence in still keeping up this excitement? You gave particular orders that your chamber should be heated, it is true, on your return; but had you given orders that it should be *ventilated*, even by night air, it would have turned to better account, as far as your health was concerned. Air, air is heaven's gift to sustain us. Why are you so terrified to inhale it? Who sleeps so soundly as the robin, and who rises so early to carol his morning hymn of gratitude? Are you more feeble than the little unfledged birds? Look at the most helpless of creatures. See how they grow and thrive by obeying natural laws! This

is all we need to become healthy and happy beings, viz., obedience to natural laws. Go out in the open air, walk with energetic movements, do not wrap yourself up so much as to render it uncomfortable to go far, but let the elasticity of your steps supply the scantiness of your clothing.

"How often we sigh over the fate of children in foreign countries who are so overtaken that the breath of heaven is denied them! Who ever wastes a tear over that friend who lives in luxury, and voluntarily shuts herself from the pure air? Who tells *her* she is daily committing suicide? No; the sallow, lily face seems actually preferred to the healthful, rosy hue of health! A lady, whose waist was about the size of a wheel pin, (such as our grandmothers used), recently met a friend of the first model as it respects form, and outward signs of health. "Why," said the wasp-waisted lady, "I might have mistaken her for an Irish girl, *she looked so healthy!*" Is there not a false idea, that a pale complexion and a small waist are considered recommendatory to the *gentlemen*?

"Oh, nonsense! No man ever wanted a sickly wife. No husband ever desired an apothecary's shop for his wife's benefit, nor yet craved the pleasure of listening to a *woman's complaints*.

"How many purses (poorly filled) have been taxed with physicians' bills, apothecaries' prescriptions, and long journeys, with the view of restoring decayed health!

"Up, my friend, raise thy window, give a free current in thy bed-chamber, inhale a goodly portion in thy lungs, throw away the bed-curtains and the pill-boxes, and the quieting-powder; take fresh air and exercise, and you will find you have consulted with the best of physicians, for he will make you cheerful as you become vigorous: and no blessing can be compared to a healthy, cheerful companion.

NATURE THE BEST DOCTOR.—A highly respectable woman writes to the Journal:—

If you need any further testimony of the good effects of hydropathy in the different offices of maternity, I might send you my experience. Of delicate constitution, (my mother being confined to her room from three weeks to a month at such times,) and past thirty-four years of age, I gave birth, on the 21st of March, to my first child; had no previous sickness of consequence, and comparatively light suffering at the time, for about two hours—was over at 4 o'clock A. M. Took three baths that day, walked the room, and *sat up* the greater part of the day—went into a cold room that night to sleep, and took charge of the babe myself—next morning bathed, shook up my bed, walked down stairs to breakfast, and did not return until three o'clock, when I laid down a little while, and then took a bath before supper, and had no occasion to lie down in the day-time after. I made steady progress, and was spinning flax in four days. The child had a constitutional colic, but by the water process I got it eradicated, and now it is as plump, healthy, and intelligent looking a child, as is seldom met with at its age.

THE PARKERSVILLE HYDROPATHY INSTITUTE, incorporated by the State of New Jersey, is now under the direction of DR. J. H. STEADMAN.

FRUIT FOR FOOD.

THERE appears to be a movement going on among the farmers of our vicinity, to petition the Legislature for far more effectual legal protection to their fruit orchards and gardens, and which the Legislature will doubtless accord to them with a promptitude becoming the importance of the subject. To large cities, fruit is not only a luxury, but an element of health, life, vigor, and energy. However profitable it may be to the farmer, and nothing is more so, it is infinitely more conducive to the health of the citizen. Thus far a very imperfect idea of the salutary power of fruit on the health of cities is entertained, and of course nothing in the semblance of reality has ever yet appeared in regard to this highly useful branch of social economy. Fruit should not be a luxury of the opulent, as it now too much is, but a common enjoyment of all classes, as a means for the preservation of health, and diverting from crowded cities the visitation of pestilence. Its cultivation ought to be promoted, and no legislative action ought to be withheld which is necessary to its protection. It is not marvellous that farmers should so much neglect this branch of cultivation, when it is remembered how liable they are to the depredations of the idle and the vicious.—*Philadelphia Ledger.*

"Petition the Legislature," for laws to protect fruit! Well, this may prevent a few landless people, and the children of poor mechanics, from indulging their appetites with these choice luxuries; but we will here suggest, that it would be more benevolent and humane for every landowner to plant an additional number of fruit-trees along the highways and road-sides, for the benefit of those who have no land on which to raise fruit. Yes, we would do more than this: we would advise these same poor people, and the thousands of mechanics, to "petition the legislature" of every State, requiring every landholder to plant fruit-trees along the road-side of his farm or plantation. In addition to this legal requirement, it would still be the privilege of each one to cultivate, for his own private use, or for the market, as much fruit as he pleased.

By thus rendering our highways useful in respect to the poor, we should remove the necessity of "protection," and hear no more of "fruit stealing;" and the vast benefit, in health, strength, and longevity to our people, which would result, cannot be computed.

Food and Diet.

THE APPETITE.—ITS USE AND ABUSE.

BY J. H. HANAFOED.

WHATEVER opinions may be entertained in regard to what constitutes the most appropriate diet of man, what will develop his physical, intellectual and moral powers, most harmoniously, and prolong mortal life to the greatest limit, it cannot be doubted that much, very much abuse, exists at the present time, in civilized (?) countries.

And why this excess, this wanton abuse, in

what is usually regarded as civilized society? As the intellect is developed, its capabilities perfected, its range of vision enlarged, its aspirations elevated, it would be natural to expect a corresponding elevation of character. As we become more acquainted with the philosophy of our mysterious being, our relations to the external world, in fine, with the laws which govern our wonderful organization, an observation of those laws would be a legitimate conclusion. He is unwise who rushes into untold miseries with a perfect, or even partial knowledge of certain and fixed results of disobedience. Yet, can it be doubted that most, if not all of the ordinary ills of life, might be avoided by a consistent course? We are shocked when we become acquainted, in some degree at least, with the woes of self-styled refined life! It is a humiliating fact, that if we would find perfect development of our physical powers, to any considerable extent, we must turn away from the "gilded halls of high life," and hie to the wilderness in quest of *Man*, as he came from the hands of his bountiful *Creator*, where he roams free and joyous, untrammelled by the cruel bands which a false popular feeling has thrown around enlightened society. The "form erect, and beaming eye," denoting a vigorous and athletic physical organization, and the mind undimmed by the beclouding tendencies of sensual gratifications, are rarely found among us. A peaceful old age, a gradual "wearing out of the machinery of life," a quiet falling asleep in death, how rarely attained! A retention of the usual powers of the mind until the physical powers have performed all their earthly offices, where can it be found? But instead, torturing disease stalks forth in our midst, dispensing pain and wo with a liberal hand. (It matters little whether it is our friend or foe, its cause is equally deplorable.) What keen-torturing, joint-wrenching gout warn the offender of his sins, deforming and crippling its trembling victim, and vindicating the righteousness of violated law! What rheumatisms rack the frame and bring such distracting pangs that the sufferer would welcome death as a deliverer! What burning fevers toss the patient from side to side, parched with thirst and raging in delirium! In fine, what a *panorama* of ills are spread out before the observer, as it were, vying with each other in afflicting suffering humanity; and often joining issue, as if to combine *all* their powers of vindictive vengeance!

All diseases, indeed, may not be the result of errors in diet alone, but that most are originated or much aggravated by them, can admit of but little doubt. An abnormal action and destructive excitement prevail throughout the system. A premature development, in early life, and premature prostration and decay, in after life, together with a restive excitability, and a frenzied irritability, constitute the legitimate consequences resulting from this inordinate stimulating process. Heterogeneous masses are thrown into already jaded and distended stomachs, in quantities entirely disproportioned to the actual

wants of the animal economy, and at times as inappropriate as the quantity is enormous.

Who then can wonder that oppressed and abused stomachs refuse to perform their ordinary functions, and that a fearful dyspepsia is the result? Who can wonder that Nature sinks beneath her accumulating burdens? The wonder is, rather, that the number of wretched sufferers is not greater.

These excesses and ruinous practices follow very naturally from the customs of society, and especially from the influences which are thrown around childhood. Often are we virtually taught that the great object of life is to satisfy our *animal* wants; or that the most feasible method of expressing our attachment to our fellow-mortals, is to gratify some physical, sensual impulse. The greater our joy on meeting a long-absent friend, and the stronger the bonds of friendship, the more sumptuous must be the repast, or rather, the more destructive to health and happiness!

These lessons are learned as soon as our mental powers are sufficiently developed to observe external objects. Gratifying appetite often constitutes the "reward of merit," or the deprivation of food, the punishment of juvenile offences. How often are children incited to industry in scientific pursuits, or deterred from misdemeanors, by the prospect of obtaining the worthless trash of the confectionery!

How degrading to bring scientific attainments or moral obligations on a level with the gratification of propensities which we possess in common with the lowest order of brutes! Are there no worthier incentives? Are there no higher motives to which we can appeal? Is there no method of conducing to the joyousness of the convivial assemblage, or of expressing the strength of our attachments, save in proffering food, even to surfeiting? Can we offer no food for the mind, the germ of immortality? Can we not *elevate*, rather than *brutalize* the mind? Can we not indulge in communion of mind with mind? Can we not touch a chord that shall vibrate in unison with the emotions of our own bosoms? Have we no words of consolation, congratulation or encouragement? Have music, painting, eloquence, or the arts and sciences in general, no charms? Can no "feast of reason and flow of soul" be obtained, that we must resort to low animal indulgences?

That the demand for food is imperious, that the natural wants of the body should be cared for, is not denied; but undue *prominence* of mere physical powers is what is deplored. To endure *hours* of exquisite pain for the sake of *moments* of sensual gratification, is unmanly, degrading. The pleasures, if such they should be styled, are entirely disproportioned to the consequent ills. The natural and highest gratification of the appetite is seriously abridged, while the penalty is certain, and the scourging fearfully severe. The day of reckoning will come. We cannot disobey, and *live* in the enlarged sense of the term. We may be *men* or grovelling *brutes*.

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MAY MEDITATIONS.

BY R. T. TRALL, M.D.

FRONTISPIECE.—If there are any misanthropic individuals, or drug-conceited doctors, or book-blinded professors, or money-making apothecaries, or pocket-robbing nostrum venders, or speculators on human ignorance and gullibility, of the baser sort—candy pedlars, lozenge mongers, pill makers, snuff puffers, nervous cordial advertisers, and sweetened whisky and sassafras, under cover of "sarsaparilla syrup," dealers—who have "hoped against hope" that the swelling flood of hydro-pathy, portentous of the utter ruin of their goods, wares, merchandise, and "stock in trade," was about to be stayed, or rolled back, let them lay the flattering unction to their souls no longer. All the encouragement we can offer is to bid them despair.

"We hold these truths to be self-evident," that all men and women were created to know something, and that the time is fast approaching when they will know something; and that among the things which they were created to know, and will know, are life, liberty, and the taking care of their own health. And we believe the rapidly increasing number of Water-Cures in the country, and the extensive circulation of Water-cure books and periodicals, are the destined "media" through which the people are to have a demonstration of this knowledge.

There is a spirit of inquiry abroad, which will not easily be put to rest. The people are demanding a reason why they are to be drugged through life; why they are to be poisoned from the cradle to the grave, in order to keep them from dying; why they must continue to swallow all manner of foul substances, to keep health in the body, and disease out? And the more they ask for a reason, "the more they will find none," as our friend Mr. Noggs would say. The conclusion will be eventually arrived at, that the world has made a fool of itself about long enough.

EXTRACTUM CARNIS.—Reader, here is a beautiful technicality of Latin for you. In plain, literal, vulgar English it is rendered, *extract of flesh*. Do you ask, "why trouble me with such nonsense?" We answer; we want you to understand both sides of the great questions we are discussing through these pages; the hydropathic good-sense which we advocate, and the allopathic nonsense which we reprobate. We intend to keep you advised of all the new truths developed in the progress of our system, that you may profit by their adoption, and of all the new fallacies of the old school, that you may profit by rejecting them. For this reason we have called your attention to *extractum carnis*.

In the April number we alluded to an extract of beef. The extract of flesh is a product of the evaporation of beef soup. It is the invention of a German hospital physician, at Dalston—William Beneke, M.D.—who recommends it as possessing extraordinary efficacy in fevers: in the language of the inventor, "almost equal to medicine." Now, we can easily explain the seeming value of the article to febrile patients, and in the explanation is involved an important therapeutic principle. Dr. Beneke supposes that one ounce of *extractum carnis* is equal in nutritive properties to thirty-two ounces of meat. This supposition is an egregious blunder; but, as often happens, under allopathic medication, the blunders are to the advantage of the patient. The fact is, patients suffering under fever and allopathic practice at the same time, are usually so dosed with beef soup, mutton tea, chicken broth, &c., that the febrile irritation is kept up and aggravated by the slop-dieting, when the stomach really needs entire abstinence from all food. Dr. Beneke, on the mistaken notion that his carnal extract is immensely nutritious, gives very little of it, and so the patient is scarcely injured at all. While the doctor intends to diet the patient strongly, the patient really gets almost a fast. Thus nature has a chance, and of course the patient will do vastly better than when constantly stuffed with animal slop, or any other food. We should not forget to mention that Dr. B. recommends the *carnis* to be prepared by the druggist, and dealt out to the sick people as regular apothecary stuff! *Nonabventus Quackarorum vulgarissimus*, which being faithfully translated, meaneth, learned quacks humbug silly people!

ALLOPATHIC CUTANEOUS TREATMENT.—Since the promulgation of the wonderful discovery of Dr. Schneeman, physician at the court of his majesty, the King of Hanover, that rubbing the body all over with fat bacon was a great remedy in scarlet fever, an idea seems to have taken possession of the brains of a portion of the medical faculty, that greasing the skin would cure everything. Accordingly, we find the pork-and-bacon larding practice external, fast superseding the cod-liver oiling internally. In enlarging upon this grand development, this great-grand idea, that the principal thing necessary to make the skin work easy, is plenty of grease, a Dr. Taylor, surgeon to the Clerkenwell Hospital, London, has furnished the profession with a new system of treating diseases, which might be appropriately termed *grease-opathy*. The practice consists in "rubbing in" a coating of grease "over" the whole cutaneous surface. Dr. Taylor, with becoming solemnity, informs his medical brethren that he has experimented extensively in treating fevers, dropsy, measles, consumption, mania, delirium tremens, &c., &c., with "common oil," "common ointment," wax, cerates, prepared lard, mutton suet, beef suet, and mixed greases, until he finally brought forth the wonderfully wonderful wonder, that "equal proportions of lard and suet, melted together over a slow fire, formed a combination about the consistence of common butter," which stuck to the skin without being readily absorbed by the bed-clothes, and therefore was the perfect perfection of the *grease-opathic* system.

It may seem incredible to those who are not familiar with the ridiculous vagaries that fill the greater portion of the pages of medical journals, that a plan of medication so palpably absurd in theory, and so filthy and abominable in practice, should be countenanced, or even entertained for a moment by any rational mind. But we assure our readers that this grease-treatment is not only countenanced, but commended as eminently philosophical, by the orthodox allopathic journals; and even the last number of the "Eclectic Medical Journal," published at Cincinnati, adds the weight of its editorial recommendation to the dirty business. That it is a *very* dirty way of doctoring, we have the testimony of its originator, Dr. Schneeman, whose eleventh "point," to regulate the patient's habits while under the inunctive process, reads thus:

"11. WASHING.—Although it brings on desquamation, it will be as well to let the patient *occasionally* wash his hands and face with water and soap. *It reconciles him to the dirt attendant on the rubbing-in.*"

It is difficult to resist the conclusion, that doctors who can advocate the cleansing of a patient from his disease, by a process which besmears him and his bedding all over with dirt, must be exceedingly muddy in their own brains.

A PHYSIOLOGICAL MISTAKE.—In a late number of a paper called "The Unit," the editor, alluding to a practice of Thomas H. Benton, which is to rub the skin thoroughly morning and evening with a horse brush, makes the following commentary:

"In regard to the habit above referred to, we found in it the secret of that insensibility to external Appreciation, which he had previously manifested. One word here, in regard to the philosophy of the matter; and then the truth of this assumption will be apparent. As the body is the only medium by which the mind is brought into communication with the outer, material world, so the more delicate its perceptions are, the more refined and acute will be the intelligence which it conveys to the presiding Power within. The skin contains an elaboration of the nervous system, which is spread all over the surface, in a net-work of such extreme minuteness, that the point of the finest needle could scarcely be introduced into one of its meshes. The nerves are the sensational medium; and hence the Skin is the organ of the sense of touch, or Feeling, which may properly be called the primitive—or rather the universal sensation—since it pervades and modifies every other; and always corresponding with this, is the mental excitability, or what we call Appreciation. It is very clear, then, that as the skin becomes calloused, and to a greater or lesser degree insensible, by repeated collision with solid substances—as may be seen in the horny texture that covers the hands of the hard laborer—whatever tends to deaden its sensibilities, must in like manner affect its communications with the mind, which will be rapid and perfect, only in proportion to its conducting power. Under such a course of treatment, with such a combination of Temperaments and Organism, his sensibilities could not be otherwise than stultified, to such a degree as to render him invulnerable to the material contact of persons of a highly sensitive character, which, to our apprehension, closed up nearly all his appreciation of the wants of others.

"The kind of treatment mentioned was exactly the worst that could have been selected for a person like him. Instead of being hardened, the iron of his nature should have been annealed, by the influence of those gentler conditions which would have brought him more within the range of common sympathies, instead of building up an impene-

trable wall between himself and others, or manufacturing for himself a full suit of leather, within which he might trench himself, as in a fortification, against sympathy."

In theory, we differ totally from the editor, and our experience, too, is all on the other side. Active and thorough friction to the skin tends to obviate its morbid and preserve its natural sensibility. We have repeatedly known the skin of patients, which was thick, rough, and *tender*, to become soft, "appreciative," and *tough*, by a persevering application of cold washings, and coarse towel and flesh-brush rubbings. Under this practice, the skin grows firm, elastic, and normally susceptible, while a neglected skin, or one "annealed" by oils, ointments, warm bathing, &c., grows callous to natural, and preternaturally sensitive to morbid impressions.

MUCO-SALIVARY PHILOSOPHY.—We find the following "disease, and its antidote," in one of the Eclectic Medical Journals of the last month:

"OFFENSIVE BREATH.—The saliva, fresh from the glands of the mouth, is alkaline, but the mucus from the follicles of the mouth is acid; the saliva is poured into the mouth during mastication, while the mucus is constantly accumulating, and during the inaction of the mouth, the mucus predominates, rendering the mouth acid, glutinous, and offensive; but as soon as fresh currents of alkaline saliva rush into the mouth, they neutralize, dissolve, and remove the adhesive mucus, and correct the depraved state of the breath. Or if dissolved soda is used in washing the mouth, the same effects will follow; the tough, acid collections on the parietes of the mouth will be dislodged, thinned, and removed. These facts are most valuable to one of refined feelings and tastes, and reveal a practice which merits constant application."

What balderdash is this! The acid mucus is always accumulating in the mouth and depraving the breath, *except* during mastication, therefore one must be employed in washing the mouth with dissolved soda, at all times, *except* when eating! Now, Mr. Eclectic, as bad breath comes from bad secretions, and bad secretions from bad blood, and bad blood from bad eating, and bad drinking, and bad breathing, would it not be more consistent with "refined feelings and tastes," to instruct people how to have a sweet breath by cleanliness and purity of personal habits, than to tell them to wash out their mouths continually? People who live hydropathically do not have offensive breaths, which fact young persons contemplating matrimony may remember, if they please.

THE DISEASES OF WOMEN.

BY T. L. NICHOLS, M. D.

A physician of Alabama, writing to the Publishers of the Water-Cure Journal, says: "Ask Dr. Nichols to give us a chapter, through the Journal, on Diseases of the Uterus, with the proper treatment of Prolapsus Uteri, Dismenorrhœa, Amenorrhœa, Menorrhagia, Leucorrhœa, &c., and diseased state of the Prostate Gland, if not imposing too much on his time." I very cheerfully respond to this appeal; the more readily because of the great importance of the subject, growing out of the prevalence and almost universality of these diseases, and the general ignorance, in as well as out of the medical profession, of their nature, causes, or proper treatment.

The medical world is full of books on this subject, and as full of ignorance. Medical writers have darkened counsel by words without knowledge; and the student who should read and believe every work written on this subject for the last fifty years, if such a thing were possible, would be prepared to do little good and great mischief. Two of the latest works have been written, one by an Allopathic practitioner, the other by a practical Hydropathist. Tilt on Menstruation is pretentious, wordy, and, except in regard to some points of operative surgery, of little use. Dr. Johnson's book, on the Hydropathic Treatment of the Diseases of Women, is strangely wanting in most of the qualities that should characterize such a work. Many of the most important ovarian and uterine diseases are entirely omitted; effects are blunderingly put for causes; and with an inefficient use of the water is mixed up some of the most mischievous errors of the Allopathic system. Yet these two books, as they are the latest, are probably among the best that have ever been written on these subjects.

If I had possessed no other sources of information on these subjects than the medical books I have read, or the lectures I have heard, I should not have written, to add to the learned ignorance, of which there is more than enough. But it has been my good fortune to have the teachings and to see the practice of one who has made the welfare and health of women her life study—I need not say how successfully.

For these, and many other reasons, I have consented to prepare a brief article for the Journal, not so much for the benefit of Water-Cure Physicians, who, I presume, have taken pains to inform themselves, as of women, who are everywhere suffering from their own ignorance, and the ignorance of those on whom they rely for aid. Women must become their own physicians, and the physicians of each other. They have leaned too long upon a broken reed. Their diseases have been the subject of mercenary speculations, of mischievous medications, of torturing mechanical inventions, of nameless brutalities, and detestable charlatanism; but they have got little or no relief. Drug medication never did cure this class of diseases; instruments, if ever they have afforded temporary relief, have oftener occasioned permanent injury; and the fashionable speculum and caustic practice is not more shocking to every idea of delicacy, than it is absurd and injurious.

The Water-Cure is the only mode of treatment, within my knowledge, that offers to woman any assurance of the permanent cure of her peculiar diseases. I write this with deliberate and conscientious conviction. It is not what I have reasoned about merely, not what I have theorized upon, but the result of observation and experience. Medical facts are said to be fallacious; but there are facts respecting the cure of uterine diseases, in such numbers, and of such a character, as could not fail to carry conviction to every candid mind. I assert then, that the Hydropathic system of treatment is effectual, not merely in the relief, but in the radical cure of the peculiar diseases of women. I proceed, therefore, to a consideration of their nature, causes, and mode of cure.

The diseases usually enumerated under this head are the following:

Amenorrhœa, a retention or suppression of the menses.

Dysmenorrhœa, a painful menstruation.

Menorrhagia, irregular and excessive menstruation.

Ovaritis, an acute or chronic inflammation of the ovaries.

Matritis, inflammation of the womb, acute or chronic, entire or partial, with its effects.

Ulceration of the womb.

Prolapsus Uteri, or falling of the womb; and its extreme degree in procidentia.

Anteversio, Retroversio, and Inversio of the Womb.

Leucorrhœa, or Whites.

Hysteria, a nervous disease, depending upon the ovarian, or uterine system.

Chlorosis, or the green sickness.

Barrenness.

This seems a formidable list of diseases, yet it is not quite complete, for the organs of generation are liable to disorders, which affect similar tissues in different parts of the body, as catarrh, rheumatism, neuralgia, hemorrhage, dropsy, tumors of various kinds, &c., &c. I shall not attempt to press all these matters into the compass of a single article, which I wish to make as plain as it is comprehensive.

The function of Reproduction is the highest of all the functions of organic life. In its connections with the health and vigor of the system, it is perhaps the most important. It is the crowning glory of all vegetative existence, and seems to be the single object in the lower forms of animal life. Even in man, it is at the basis of much that makes his character, his civilization, and his happiness. Developed at the age of puberty, it produces the most striking changes, physical and moral. The change is remarkable in the male—in the female it is still more so. The form of the body changes, new feelings are developed, and new and important actions set up. The girl becomes a woman, and henceforth this fact is to influence her body and mind; and should never be lost sight of by the careful physician, or by those who have her happiness in their keeping, for it is on the reproductive function, more than any or all others, that the health, and beauty, and character, and happiness of a woman depends.

The chief organs of this function are the ovaries, two small bodies situated in the groins, on each side of the uterus. Each ovary is a collection of eggs, in which are deposited the germs of the new being. The womb, though commonly considered the most important organ, is but an appendage of the ovaries, receiving their germs, protecting them during fetal development, and then expelling them in the act of birth. But in this article, I shall speak of the womb as the seat of certain diseases, though its affections may really proceed from the earlier formed and more important organs.

Menstruation is a secretion from the internal surface of the womb, fallopian tubes, and probably the ovaries themselves, not of blood, but of something closely resembling it, and which is caused by, or accompanies, a periodical excitement of the ovaries, which is necessary to the function of gen-

eration. It should commence with puberty, recur once in twenty-eight days, or a lunar month, continue for about two days, in quantity not to exceed one ounce, and continue through the whole generative period, say from fifteen to forty-five or fifty. This is, in all the particulars I have mentioned, a healthy menstruation. Many of my readers will be surprised at what I have mentioned as the normal time and quantity of this discharge; but they may be assured of my correctness. In perfectly healthy women, there is a very minute quantity, of a light color, and not exceeding two days in duration; and in all cases where women menstruate for four or five days, and in profuse quantities, it is a sign of disease.

Retention of the menses, or entire lack of menstruation at the proper age, one of the forms of Amenorrhœa, is caused either by a want of development of the ovaries, their premature exhaustion, or some obstruction.

In some climates, puberty is accomplished, in females, at the age of eight or ten years; in others it does not usually occur until eighteen or twenty. In our own temperate climate, the age varies from twelve to eighteen, making fifteen the average period.

In the first case, we have nothing to do but, by air, exercise, general bathing, and a pure nutritious diet, to encourage the development of the system. There can be no menstruation, until the ovaries have begun to act; and we must not forget that menstruation is an effect or symptom, and though of little consequence in itself, is the result of an important function.

In too many cases the sensitive nerves of the generative system are excited, and thereby exhausted, before the period of puberty. In this case, there may not be strength enough left to establish the ovarian action, and consequently no menstruation.

There are cases of debility, which require careful, strengthening, tonic treatment. The full morning bath, the douche, the wet bandage, the sitz-bath, and vaginal injections of cold water, with the most invigorating regimen, will be requisite. These cases are always accompanied with some degree of dyspepsia, and usually, perhaps invariably, by constipation. The bowels should be moved daily, if necessary, by injections of cold water; and these are also of great service in strengthening the ovaries. Frequent and long continued frictions with the bare hand of a healthy person, especially over the lower part of the spine, are of great service.

Where there are the usual signs of puberty, without the evacuations, there is reason to apprehend some obstruction. There may be, in one case in a million, imperforate hymen, requiring an operation; in rare cases, a congested state of the uterus may close the mouth of the womb; or an excessive action of the ovaries may prevent the secretions of the menstrual fluid. These conditions are to be ascertained by a careful examination. They are accompanied with inflammatory symptoms, engorgement, pressure, heat, pain, and febrile symptoms; and must be treated accordingly. The wet sheet pack, cooling compresses, sitz-baths, and a strict diet, will give the best promise of relief. Where the retention is not accompanied with inflammatory symptoms, the vapor bath, or better,

the blanket-pack, so managed as to produce profuse perspiration, is effectual.

Suppression of the menses differs from retention, in their having been established, and afterwards not appearing at the regular time. The most common, and only natural cause of suppression, is pregnancy. But it may proceed from many other causes. The over-action of any other function of the system may cause the suppression of this. Study, or mental excitement of any kind, or the inflammation of the stomach, liver, or kidneys, or general fever, may cause suppression. So may fatigue, cold, debility, or exhaustion. The treatment must be adapted to the cause. There is but one thing to be done—restore the health and harmonious equilibrium of the system. The effort to bring on the menstrual function by giving medicines intended to act upon the womb, is simply murderous.

Dysmenorrhœa, or painful menstruation, is caused in almost every case by unnatural or excessive excitement, and consequent exhaustion of the uterine system. There are neuralgic pains in and around the pelvis; the womb is congested; the menstrual secretion is often accompanied by hemorrhage, clots of a liver-like substance or shreds of membrane, an exudation from the mucous lining of the womb are expelled with pains like those of child-birth.

The cure of this disorder requires the most careful, thorough, and persevering treatment. The simplest diet, the most careful regimen, and the strengthening of the whole system, is the only cure. I think free, pleasant exercise in the open air of great use. I would advise horse-back riding when practicable, rather than long, fatiguing walks. Gymnastic exercises are admirable. The local treatment of sitz-baths, vaginal injections, and the bandage, must be used perseveringly. The long, cold sitz-bath affords the most thorough relief, during the paroxysms of pain. It is not so immediate as the hot sitz-bath, or hot fomentations, but it is far better in its after effects.

Menorrhagia, or profuse menstruation, is either an excessive secretion of the menstrual fluid, or a loss of blood, or both combined. In irritable and debilitated conditions of the uterine system, there may be at first a secretion of the proper menstrual fluid. This continues for two or three days; and the discharge changes its character, and increases in quantity, until there is flooding or hemorrhage. The distinction between the menstrual fluid and the bloody discharge, is that the latter clots, but the former never does. A discharge of more than two days' continuance, or of more than one ounce, or even somewhat less, is menorrhagia, and shows that there is too much excitement, or a weakened condition of the vessels. And these are the two conditions we have to treat.

In the first case, the causes of disease, of whatever character, must be removed. Thousands of women are consigned to premature graves; some by the excess of their own passions, but far more by the sensual and selfish indulgences of those who claim the legal right to murder them in this manner, and whom no law of homicide can reach, and upon whose acts no coroner holds an inquest. Where the system has been weakened and exhausted, or where there exists, as in many cases, a ten-

dency to congestion and hemorrhage, the disease is a difficult and discouraging one to treat.

During the flooding, quiet, a cool air, and the horizontal position, are generally prescribed. I have been successful with the external application of cold, by the cold compress, and the sitz-bath; I have known the douche to act like a charm; I have seen the hemorrhage arrested by frequent and continued injections of ice-water; and when these means have failed, I have seen the long wet sheet pack, or the sweating-blanket, operate like magic. A pleasurable excitement, as that of an evening party, or a dance, has effected a cure, for the time being; and I have found the greatest use in frictions.

If the cause is congestion, the congestion is to be relieved by the dripping sheet, the rubbing bath, or better still, the wet-sheet pack. If a weakened state of the uterine vessels, they may be constricted by ice-water injections into the vagina and rectum, with the cold sitz-bath, of ten minutes, often repeated. The vaginal injections, I believe, are always useful; but it is difficult to give general directions which will apply to every case.

The permanent cure for this, as for all diseased conditions, is health; and temporary relief is of comparatively little consequence. When the patient has recovered from one attack, she should begin in earnest the general treatment fitted to restore her to such a state of health and strength as will prevent similar ones for the future.

But in relation to this, as to all other states of disease, the causes must be carefully inquired into, and as carefully avoided; and if the physician has not control of the life of his patient, or if she has not control of her own, the treatment can be of comparatively little use.

It is the practice in many Water-Cure establishments, to suspend treatment during menstruation. This is a great loss of time, a needless precaution, and often a great injury. There can scarcely be any state of disease in which this function is not deranged; and if there be any derangement, there is more need of treatment at this time than at any other. The fear of taking cold is as absurd in this as in other cases. In our house, treatment is never suspended at this time; often it is increased with great advantage. The short sitz-baths, and vaginal injections especially, are always of service.

Acute inflammation of the ovaries, one or both, indicated by pain, heat, and swelling in the ovarian region, is to be treated on the same principles as the inflammation of any other organ, by rest, strict diet, the application of the cooling compress, and injections of cold water in both the vagina and rectum. This local treatment may be combined with the wet-sheet pack, and the blanket pack, if required.

Chronic inflammation of the ovaries probably always exists in connection with, and as one of the causes of any uterine disease of long standing.

Inflammation of the womb requires the same treatment. As the ovaries, fallopian tubes, and uterus are all parts of the same organ, it is scarcely necessary to say that they participate in the same diseased conditions, and require the same treatment.

But inflammation of the womb may be complicated with displacements, such as prolapsus, anteversion, retroversion, &c. The most common of these is prolapsus. Few women entirely escape it.

It accompanies every degree of exhaustion of the nervous energy of the general system, and especially of the generative organs. Whatever exhausts vitality in a woman, causes prolapsus uteri. Whatever restores the tone of the nervous system, cures it. This cannot be done by pessaries, or other sustaining instruments, which are useless, and causes of irritation, whites, ulceration, and cancer. It cannot be done by external supporters, which act only as the sling does to the lame arm. The best supporter is the wet bandage, properly applied, for it gives strength as well as support. It cannot be done by surgical operations; and some have been performed too outrageous for belief.

The Water-cure treatment for prolapsus uteri is the general treatment of invigoration; and the local treatment best fitted to give tone to the whole region of the pelvis. Prominent among these are the wet bandage carefully and tightly applied, the cold sitz-bath, and frequent vaginal injections. Every application of cold water to the womb, with a syringe of suitable construction, assists in the work of cure. It should be used as often as four times a-day, using a quart of water at each time. If it causes pain, the quantity may be smaller at first and gradually increased.

The other displacements of the womb depend upon this. Where there is no prolapsus there can be no anteversion and no retroversion. The latter is a serious difficulty, and, if not relieved spontaneously or by art, may be a fatal one. The fundus of the uterus falling down between the vagina and rectum, the neck of the womb is pressed against the neck of the bladder, so as to cause a partial and sometimes an entire suppression of urine. If the womb can be restored to its proper position by a dextrous operation, the relief is instantaneous. If this cannot be effected, the bladder must be relieved, and then the injection of cold water into the vagina will remove the difficulty. The case is then to be treated like one of simple prolapsus.

Inversion of the womb is one of the accidents of child-birth, generally caused by the improper interference of the accoucheur. It must be remedied as soon as possible by manual operation, followed by the treatment for inflammation and prolapsus.

Ulcerations of the womb may proceed from irritation; and yield readily, when the exciting causes are removed, to the vaginal injections. Where the ulcerations are extensive and the discharge corrosive, these may be often repeated.

Cancer of the womb may be induced by improper treatment of simple indurations and ulcerations. In its early stages, the sarcomatous condition yields to the application of water, and the same general treatment that would cure cancer of the breast. When far advanced, this disease becomes incurable. Cancer, it must be remembered, is not a local disease, and for this reason, operations are rarely, if ever, successful. Cancers yield to the Water-cure, but only through a thorough purification of the system, and elimination of its poisonous matter.

Leucorrhœa, or whites, which is the general name for all discharges, not sanguineous, proceeds from various affections of the vagina, uterus, and fallopian tubes, from a simple catarrh, or the habitual discharge of a weakened mucous surface, to cancer. The local application of cold water, by

vaginal injections, cleanses, constricts the relaxed fibre, gives tone to the nerves, strengthens the capillaries, and, with sitz-baths, bandages, and the general treatment necessary to health, cures these diseases.

Hysteria and Chlorosis, general affections dependent upon ovarian or uterine disease, require vigorous general and local treatment. They are invariably accompanied, as are most diseases of the womb, with dyspepsia.

Barrenness may proceed from non-development or chronic inflammation of the ovaries; from some obstruction of the fallopian tube; from an irritable or congested condition of the uterus, by which the germs are refused a lodgment; from a constriction of the mouth of the womb; or from some peculiarity in the position of that organ. These are all conditions of disease, and may all be susceptible of cure. I have had a case, in which a woman, who had been sick for many years, after a few months' treatment, menstruated for the first time in five years; and shortly after became pregnant. I believe that a proper course of Water-cure would be effectual in three-fourths of the cases of barrenness.

In the treatment of all uterine diseases, the diet is of great importance. I am well persuaded that a carefully selected vegetable diet is almost indispensable. In many cases, animal food, even in small quantities, appears to have a direct action upon the uterus, aggravating its diseases. The diet should be pure, sparing, and as nearly as possible adapted to the condition of the digestive organs. It should consist of farinaceous substances, milk, and fruits. Wheaten grits and coarse wheat bread I consider the basis of the best Water-cure diet.

In the common practice of medicine, a local disease does not seem to be considered as a symptom of general disease. Ophthalmia, sore throat, piles, &c., are treated as if no part of the body was in fault but the organ affected. Our doctors should read Abernethy. He has demonstrated, that in all cases where a local affection is not the effect of direct injury or poison, the disease is constitutional, and can only be cured by constitutional remedies. We must go back to the sources of life.

When the nervous energy is exhausted, that exhaustion falls upon the weakest point, and that in women is more likely to be the womb than any other. Restore the nervous energy, and the disease is cured. When the system is filled with scrofula, it falls upon the weakest place, or the one to which it is attracted by any irritation. It may appear as ophthalmia, or king's evil, or bronchitis, or consumption, or ulceration of the bowels, or hip disease, or white swelling; but in women in four cases out of five, it shows itself in some disorder of the generative organs. These hints should govern our treatment of such diseases. To cure any disease, we must give health—not health to one spot, but health to the whole body.

How absurd, then, are the tinkering and torturings, the cauterizings and constrictings, of the common practice, in these diseases. They can never cure them. They are only mischievous, and that continually. Their daily examinations, so utterly useless, cannot fail to outrage, and in time to blunt, every feeling of delicacy, while their

scarifications, leechings, cauterizings, even the application of red hot iron to the mouth of the womb, produce the most deplorable results.

There is now growing up a new practice, more detestable, and more ruinous, even, than the old. It was begun by a man in this vicinity, a mercenary and libidinous wretch, whose practice consists in manipulations and anointings, managed in such a way as to stimulate the passions, and produce a temporary excitement of the organs, which his deluded victims mistake for a beneficial result. These have to be repeated, until the effect is lost, and the disease remains, not only uncured, but in a worse condition. This has been the lamentable experience of thousands of women in this city; and as the practice is extremely lucrative, it has been taken up in other places. No words can add to the contempt and detestation every honest man and every pure-minded woman must feel for such shameful practices.

If I could speak to the millions of suffering women throughout the civilized world,—if I could point them to the cases of uterine disease, of every kind and degree, cured by the Hydropathic treatment,—if I could show them women who had suffered worse than a thousand deaths through long years of agony, restored to the freshness, and energy, and happiness of rejuvenation and health,—the knell of the old practice would be sounded, and the triumph of Water-Cure would be complete.

91 Clinton Place,
New York, May, 1851. }

POISONED CONFECTIONARY.—Those mothers and all others who will persist in poisoning themselves and their children with the multitudinous trash of the candy shop, are requested to ponder over the following statement of Prof. REED, of this city—

A short time since a man was admitted as a patient into the City Hospital for supposed rheumatism. He was affected with paralysis of both arms. From the symptoms of the case, Dr. Colton, the house physician, suspected the paralysis to have been caused by poisoning with lead. The man's trade was a confectioner, following the branch of painting and ornamenting candies. The doctor requested him to procure some of the candies and pigments used, which he did. They were given to me for analysis, and found to contain the carbonate of lead, or white lead, one of the most poisonous preparations of that substance. The man was then treated for poisoning with lead, and left the Hospital much relieved.

From the above will be seen the danger to which children and others are exposed from eating such candies, when even the artisan who prepares them, (only handling them,) is so seriously affected. With a view to calling the public attention to the above facts, and particularly candy manufacturers to the evident impropriety of using any poisoning pigments, *even in small quantities*, I respectfully ask the insertion of this communication in your journal.

TOO WHITE.—Miss Bremer, on entering a private dwelling, was asked to sit near the fire, where some other ladies were seated, but replied, "No, no; you American ladies are very handsome, but you are too white. You sit down by a fire of your own making, and neglect the great fire that God has placed in the Heavens, which would give you health and a better color."

Reviews.

ILLUSTRATED BOTANY.*

BOTANY is the natural history of the vegetable kingdom. It gives the biography of the vegetable through all the successive stages of its existence. In order to understand how the plant grows, we must consider its parts and their dependencies upon each other.

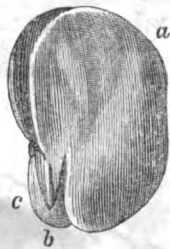


FIG. 1.

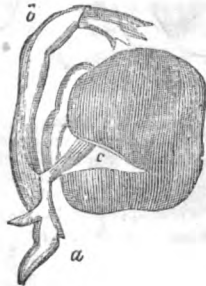


FIG. 2.

If we examine the bean as represented by Fig. 1, we find it to consist of two lobes—*a*, *b*, called *cotyledons*, or the undeveloped seed-leaves. These contain the embryo, *c*. In Fig. 2, we see the embryo germinating. That portion marked *a*, running into the ground, becomes a root; *b*, running up, forms a stem; *c*, is the tube which supplies the nutriment to the stem from the cotyledons until the roots and leaves are ready to work.

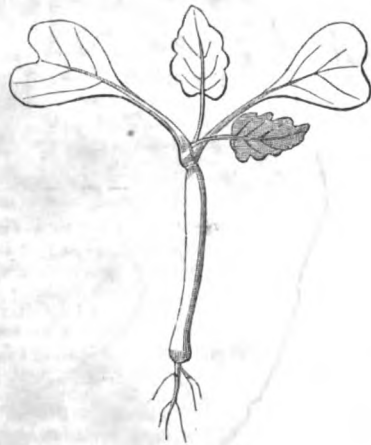


FIG. 3.

Fig. 3 is a young radish with its seed-leaves above the ground. This plant belongs to the mustard family.

Having seen that two of the organs of vegetation are roots and leaves, we will next consider some of the different kinds of roots. These are represented by the following figures:



FIG. 4.



FIG. 5.



FIG. 6.



FIG. 7.



FIG. 8.

Examples of *fibrous roots* (4) are seen in the grasses; the *spindle root* (5) in the beet and carrot; *bulbous roots* (6) in the onion and the bulb of the lily; *tuberous roots* (7) in the potato, artichoke; *creeping root* (8) in the mint, sweet-flag, &c. The Blood Root, Fig. 9, is another example of *creeping or root-stock roots*.



FIG. 9.—BLOOD ROOT.

This plant, Fig. 9, sometimes makes its appearance above the ground before the snow disappears in the spring. The flower-stalk is some eight inches in height, bearing a white, square, scentless flower, which soon disappears. The root contains a blood colored fluid, whence the name is derived.

The stem of the plant is that portion which grows upward, seeking the light and exposing itself as much as possible to the air. Stems are divided into three kinds, namely, herbs, shrubs, and trees. The stems of herbs do not become woody, but die annually. Shrubs are woody plants, with branches from or near the ground, and they are less than five times the height of a man. Trees are woody plants, with single trunks, which attain five times the height of a man, or more.



FIG. 10.

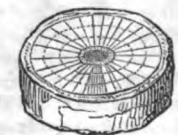


FIG. 11.

The stems of plants present different structures within. Those which have no distinction, into bark, pith, and wood, such as the cane and corn-stalk, are called *endogen* (10). These increase in size by growth, among the woody fibres, on the inside. The stems of trees are *exogen* (11), and exhibit circles or layers of wood. These increase in size by additions on the outside.



FIG. 12.



FIG. 13.

Some stems are *climbing* (12), as the grapevine, virgin's bower. Some are *creeping*, as the ground pine. This kind of stem usually sends roots into the ground at each branch, as seen in Fig. 13. The strawberry is an example of the *running* stem.

We have already seen how roots and stems are divided into different kinds, and now we will glance at the arrangement and division of leaves. Leaves are attached to and supported by the stem, and the position which the leaves occupy on the stem are designated by *opposite* (14), *alternate* (15), and *whorled* (16).

Leaves are called *palmate* (17) when shaped like a hand; *plaited* (18), like the maple, currant; *arrow-shaped* (19); *mucronate* (20); *bipinnate* (21); *salver-shaped* (22).

The *BUD* (23) is nothing more than the first stage of the development of a stem, branch, or flower.

* ILLUSTRATED BOTANY—FOR ALL CLASSES—Containing a Floral Dictionary, and a Glossary of Scientific terms. Illustrated with more than one hundred engravings. By JOHN B. NEWMAN, M. D., President of "Harrodsburg, Ky., Female College," 12mo. 226 pages; price 50 cents. Published by FOWLERS & WELLS, 131 Nassau street, New York.



FIG. 14.



FIG. 15.



FIG. 16.



FIG. 17.



FIG. 18.



FIG. 19.



FIG. 20.



FIG. 21.



FIG. 22.



FIG. 23.



FIG. 24.

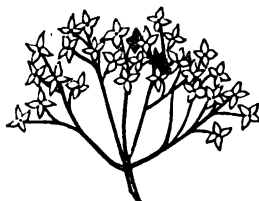


FIG. 25.

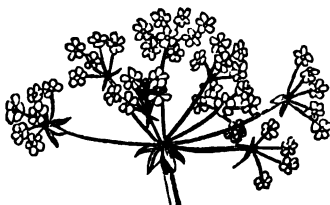


FIG. 26.



FIG. 27.

A *Corymb* (24) is a bunch of flowers with a level top, or slightly convex, as the hawthorn. A *Lyme* (25) is represented by the elder, dogwood, &c. Examples of the *Umbel* (26) may be seen in the primrose, milkweed, carrot. *Raceme* (27) is a name designating the form of those flowers where numerous ones proceed from a common stalk, as the currant, pokeweed.

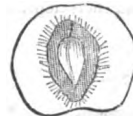


FIG. 28.



FIG. 29.



FIG. 30.

We now come to the seeds and fruits of Plants. *Drupe*, or *stone-fruit* (28), is a fruit which contains a nut or stone within its pulp, as the peach, cherry, plum. *Pome* (29) is a name applied to such fruits as the apple, pear, quince. To this family belong our most useful and important fruits. The *Cone* (30) is found on the pine, cypress, &c. The scales of the cone being placed over each other like the shingles on a house, protect the seed.



FIG. 31.



FIG. 32.

Flowers assume an endless variety of forms, yet there are parts which are common to most of them. These are readily seen in the Lily (31). In the centre of the flower are seen six thread-like organs, called *stamens*—*a, a*. The larger organ, *b*, is the *pistil*. A *stamen*, with the *pollen* falling from its *anther*, is seen in an upright position, marked *b, a, c*. The *pistil* is composed of three parts, namely—*stigma*, *c*—*style*, *b*—*germ*, *a*—as seen on the left-hand of Fig. 31. The flower of a *Nasturtian* is represented by Fig. 32.



FIG. 33.



FIG. 34.



FIG. 35.

The *Spike* (33) resembles the *Raceme* (27), but the flowers are closer to the stalk, as in the Plantain. Wheat, barley, and some of the grasses are examples of the *Spike*. Two of the varieties have received independent names. One is called the *Spadix* (34), seen in the Indian turnip, skunk's-cabbage, and cat-tail; the other is called the *Ament* or *Catkin* (35), and is found on the willow, birch, poplar.

THE APPLICABILITY OF WATER
IN CHRONIC DISEASES.

BY E. A. KITTEDGE M. D.

The good effects of water, &c., are more immediately apparent in acute than in chronic diseases, but it must not therefore be inferred that the Water-Cure is not equally well adapted to the cure of chronic diseases.

People are very apt to come to the conclusion that "Water-Cure won't reach their case," simply because it did not cure them in two or three weeks!

Now, the very term "*Chronic*" signifies long standing,—what Noggs calls "acute disease gone to seed,"—and it is idle to suppose that a man who has been for months, or peradventure years, getting diseased, can by any process become suddenly converted into a well man!

To believe this would be believing in miracles for the laws of health we all know cannot be violated with impunity, and diseased action once induced, cannot be done away with, only by a *return* to the right path and steady perseverance therein.

The length of time it would take, therefore, to cure a man, depends altogether upon the distance he has travelled out of the way, and how direct he goes towards the true path, and how closely he keeps it.

In short, "God will not be mocked," you have sinned and you must pay the penalty. One of the worst things about chronic diseases is the fact, that invariably, or nearly so, they have been "doctor'd" so much with all sorts of poisons, that the recuperative power, however willing, and in however good condition the patient may be put by the hydropath, is unable to rid herself of the horrid incubus imposed upon her by the various deluded empirics.

In many cases it takes months to liberate the imprisoned particles of poisonous drugs, and in some cases they have been so long and largely in, that no power human, can possibly release them.

But this is now certain, where anything can do it Water-Cure can, and in thousands of cases where nothing else can, the hydropathic system will not only rout the foe, but completely repair the citadel, and reinforce the garrison.

The nonsense of trying to do this by "medicines" is too apparent to such as read the W. C. J. Two wrongs can never make a right, and giving poisonous drugs to drive out morbid matter, is like knocking a drunken man down because he won't stand up! The remedy is worse than the disease.

"Drugs will do it though, and remove obstructions like a book," says the Allopath. Granted *sometimes*,—but that's not the thing, you must not only remove obstructions, but the *cause* of them; not only relieve the system of present morbid matter, but prevent its accumulation. Without you do this, you do nothing but temporize—having done this the patient can't help getting well—always providing a whole organization is present.

This, thank God, the Water-cure is capable of doing, and in my opinion, it is the only thing that will do it.

Great, however, is the struggle between the good and the evil. In "severe cases," as is always the case in the moral world, there are hills of dif-

ficulty and sloughs of despond, &c., &c., to wade through and overcome, before you can expect to reach the promised land. But wisely I say unto you, virtuous doing will meet its reward sooner or later, in the physical world as well as in the moral. Marvel not, then, friends of Hydropathy, that you are not well, even though you have been months engaged in the aquatic and prophylactic warfare, but gird up your loins and press on with all the energy you possess, and by and by great indeed shall be your rejoicing. Truth is mighty and will prevail, and when righteousness has had its perfect work within you, then and not till then, will you be "free indeed."

The antagonism between the water and the disease is oftentimes so great that the patient is frightened and prevented from following up the treatment, just at the very time perhaps when a few more short weeks persevering endurance would effect a crisis, and end your suffering in a perfect cure.

To all chronic patients then I say, "be of good cheer," there is a "balm" in the Water-cure for all your woes, if you have no serious organic disease, and even then to a certain extent—but you must "persevere unto the end"—there is no "half-way house" on the road to health, where you can safely stop; neither is there any turnpike over which you can make a short cut thereto by paying extra—there is but one road; hard to travel it may be, but nevertheless it is *the* way, and if you are wise you will heed the Hydropathic finger-board which ever points up the path of obedience, otherwise you will be as thousands and millions before you have been, swamped in the mires of Allopathic "slough holes."

Miscellany.

NEW VOLUME.—On the first of JULY, 1851, this Journal will commence its TWELFTH (XII.) VOLUME. Those whose subscriptions expire in July, 1851, may again renew, if they wish to continue with us another season.

We can safely promise that the Journal will *increase in value* as long as its friends so nobly exert themselves to extend its circulation.

It is believed that the WATER-CURE JOURNAL is doing a great work in the cause of PHYSICAL IMPROVEMENT. THE PHILOSOPHY OF LIFE AND HEALTH is imparted through its pages, in a simple, reliable, and comprehensive manner. OUR READERS need not to be informed that our numerous CONTRIBUTORS are among the most learned and brilliant writers in the world. Indeed, they represent all civilized nations, and many of them have experienced *more* than those of *any* class in any *other* profession.

OUR PLATFORM is by far broader than any other. We use for our medicines, WATER and AIR, two of the great natural elements, in all their purity, which, combined with exercise, a proper diet, and the observance of the laws of nature, enable us to surpass, in the successful treatment of disease, every other system known to man.

Shall we not, then, strive to make these things known THROUGHOUT THE WORLD? Then let every FRIEND OF HYDROPATHY *talk*, *PRAY*, and *SING* the "glad tidings of great joy" which the Water-Cure Journal brings to all who are not too *old* or too *wise* to learn, and where human beings continue to die, and fill premature graves.

The God of heaven designed us to study, find out, and live in obedience to, and in harmony with, His

laws. The Water-Cure Journal will *try* to render a *correct* interpretation of them, and thereby enable its readers to preserve and prolong human life, and increase human happiness.

LITERARY TESTIMONY.—The Southern Literary Gazette of recent date remarks:—

"We are not prepared to 'throw physic to the dogs,' in all cases and under all circumstances, and trust a tub of cold water and a wet sheet, for salvation from all physical evil, much less do we overlook the importance of educated and scientific physicians; but we are prepared, both from a knowledge of the theory of Hydropathy and some experience, in our own person, of its effect in practice, to express a firm conviction, that *water alone*, judiciously and scientifically applied, together with the general regimen recommended and enforced by Hydropathists, will cure, effectually and radically, more diseases than all other remedies together! This is the rankest horesy, we are aware, but we cannot refrain from giving utterance to it, on that account. We alone are responsible for it. Those who may wish to examine this subject for themselves, will find the *Water-Cure Journal* a safe guide.

[Now, we like this sort of testimony, coming as it does, unsolicited, from a man who has *tried* the Water-Cure, and is competent to judge of its superiority.]

INSTITUTION FOR IDIOTS.—Some two years ago, the Legislature of Massachusetts made a grant of \$2,500 a year, to test the practicability of educating idiotic children. Dr. Howe generously gave up his own private dwelling house, at South Boston, to be used in making the experiment; and Mr. and Mrs. Richards undertook the work of training and instructing several idiotic children, collected from different parts of the State. A personal visit, some months ago, to this experimental institution, deeply interested us in the patient, kind, laborious, and self-denying labors of Mr. and Mrs. Richards, and their assistants, and fully convinced us of the entire practicability of greatly improving even the lowest and most brutalized and helpless idiots, and of elevating and rendering highly respectable the superior classes of idiotic children—for the grades of idioey are very numerous—and we have ever since had it in our hearts to say something on the subject. We notice that a proposition is now pending before the Legislature, to make an annual grant of \$5000 towards sustaining a permanent Institution for Idiots, and we cannot but express our full conviction and our earnest desire that the grant should be made.—*Boston Traveller*.

The Hon. Mr. N. P. TRIST has placed in our hands the first Report of the Massachusetts Senate, on the Education and Treatment of Idiots, from which we shall make liberal extracts for the Water-Cure Journal. This subject is attracting much attention at this time, and will lead to very important results.

NEW WATER-CURE ESTABLISHMENTS.—Under the proper head, in the advertising department, may be found several "new Cures," to which we refer our readers.

ONWARD.—Dr. A. H., when writing to the *Union Village Journal* says: For the benefit of its citizens, a Water-Cure establishment must soon be erected in Washington county, New York, if the writer of these remarks, himself, is compelled to lay the corner-stone and to construct the edifice. I would add that Union Village is a beautiful spot for the location of such an Institution.

We have always proclaimed that the Hydropathic treatment, when applied, would completely banish INTEMPERANCE from our land. Nor is there any other means by which that great evil can be more effectually removed, than by the dissemination of these principles.

BELLERS—BATHING.—Now that the spring is about to commence with every thing in regard to the health and convalescences will not be inappropriate. Men, it is supposed that everybody will take steamboats, rail-road cars, or stages; and that thus travel, will have need of hotels, and that after riding all day, and sometimes all night, a good refreshing bath is absolutely indispensable.

SECONDLY.—See to it, and insist upon it, that you get plenty of good breathing timber; never permit yourself to be crowded in an "air tight" cabin, car, or bed-room. They should all be well ventilated.

THIRDLY.—When you have time to "get through by daylight," avoid travelling in the night. No matter how high the backs, or soft the cushions to your seats, nor how magnificent the cabins, it is better for the health of every one, to obtain, when possible, a full complement of unbroken sleep.

FOURTHLY.—Loose clothing should always be provided for travelling. As an outside covering for men, women and children, in warm weather, linen sacks are the best. Dust will neither penetrate nor adhere to this garment; besides it is light, cool, cheap, and is easily cleaned.

FIFTHLY.—Every sensible person will have a proper care in regard to the quality of the food provided. We should avoid eating except at the usual hours. Some industrious folks fill a basket with enough to feed a "multitude," commence munching in the morning, and continue through the day, and strange to tell, they have a "headache" the next day! then down goes the physio and up goes the doctor's bill, and all in consequence of too much and too frequent eating. Guard against all these things.

SIXTHLY.—Of course, the ladies will carry no more "band-boxes" than are absolutely necessary. Nor will they need to burthen themselves with any more care or trouble than may be consistent with a high degree of enjoyment.

GOSSIP FROM BOSTON.

BY NOGGS.

DEAR GOSSIPS.—"Great is the Diana of the Ephesians," great is the "Autocrat of Russia," but greater still is the ipse dixit of the medical faculty.

The sun of Physicdom refuses any more to shine upon the heretical Homeopath, and the moon thereof has withdrawn the light of her countenance, and woful is the darkness in Boston, where the Hahnemannians dwell.

Yes, the awful fiat has gone forth, that the dealers in little pills are not, and by right ought not, to be free and equal with the glorious disciples of Esculapius, men who for centuries have been the lawful administrators of the big boluses, the powerful powders, the potent pills, the biting blisters, and the almighty emetics!

It is not for a moment to be thought of, say the Allopaths, that men who don't know a pill bigger than a pin's head, or a powder perceptible without a microscope, shall be entitled to like privileges and immunities with those who are *au fait* with pills as big as bullets, and powders as large as any decent sized throat can swallow! Or that persons who don't bleed, puke, or physio, should have the same rights guaranteed to them, as those who practice these carduus operations.

Where is the justice, says the charitable Dr. Oh, W. H., in admitting to equal rank the man who has no anxieties, whose doses by no possibility can poison, who never has to wait for emetics to operate and turn the stomach right side out again, or to wait hours and hours for physio to operate, which we poor devils have to, knowing that it certainly must kill the patient if it don't operate, and that too, perhaps, when it is the only paying patient we have got! Oh, says the indignant doctor, it is too "damnable" to think of.

And then again, says the infuriated, because ill-

used, doctor. Am I, who have furnished myself with lancets, scarificators, &c., &c., who it may be has to open a half dozen veins at one time, before I can get blood enough to reduce my patient to the staying point, and perhaps then have to work like a horse for many hours to get my patient up from her syncope to consciousness again; or that one who has to toil and suffer like a haunted man, in order to make blisters—which as everybody knows, have no feelings themselves, however much they make others feel—draw; and lie all night rolling and tossing in bed, with the ghost of departed patients shaking their chains at them, and swearing vengeance for giving them that last dose, which made them "shuffle off their mortal coil," and start for the unreturnable "bourne," long before it was any part of their intentions or God's economy for them to go. Again, says he, think of our sufferings, compared with the homeopaths; they have the perfect consciousness of knowing they can do no harm, while we are constantly in fear that our medicines may not be what we think them, or that they will not operate as they ought to. Just imagine, dear public, a patient, a delicate female, perhaps, with a dose of sub-murias hydrargyri—that the vulgar people persist in calling "calomal"—which I assure you we seldom give!—and which every scientific man knows ought to act upon the liver, and nowhere else, going deliberately and with malice prepense, to the glands of the mouth, and then and there "levying war" upon these innocent organs, causing the tongue to swell and protrude from the mouth for days and days together, the patient unable to swallow anything but liquids the while, and hardly those—to say nothing of the horrid prostration which ensues, and the many irremediable ills superinduced thereby. It is too absurd, says the Dr., to think of, that we who have to suffer all this, are to be put on a level with the "infinitessimals," who don't know blisters or bleeding, puking, physicing or salivation!

But, says Dr. C., on the other hand, our patients get well and yours don't, and that's enough.

Ay, that's the d—l on't, says Dr. Allopath; you have all the luck and none of the work, and we the reverse—but that's not the question. "The laborer is worthy of his hire," and we are the workies and should have the pay.

In short, the Dr.—Oh W. Allopath—is death on little doses as well as other folks, and has spared no pains to destroy the small dosers, albeit he himself is the most infinitesimal portion of humanity, physically speaking, we have in all the land round about Boston. But, though small, he's spunky, and can wield his tongue and pen almost as well as his scalpel—and he does—in about the same way, too, viz:—to cut off all excrescences—it is therefore chiefly to please him, I presume, declared by the august Medical Faculty of Boston, in solemn conclave, that henceforth no cure shall be considered valid and entitled to pay, that is not performed by doses that have size, taste and smell, and that leave lasting evidence in the system that they have been there, "and that no man shall be considered worthy of our fellowship who recognizes the right of the recuperative powers to get a patient well without the aid of drugs, medicines or 'die-stuffs,' in doses not less than one grain each, to be given at least once in four hours; also, that it is in all cases perfectly justifiable to give emetics and cathartics, as the *prima vis* must be clear to begin with, and we have no certain way of finding out this except by these means." Some folks laugh at all these doings, and, say they, a man has a right to get well without medicines, if he can, but they are "infidels"—medical skeptics.

Dr. Oh W—&c., is evidently of Dutch descent, as he judges by the quantity more than the quality. "Mine Got," said the Dutchman, "does you call that picture cheap at five dollars, with those little pet hands and features—vy I can get one in my own country with

feet and nose three times as pig, for one half the money!"

A NEW LECTURER IN THE FIELD.—It gives us pleasure to state that Dr. BOURNE, (brother of the poet,) has determined to devote himself to the promulgation of HYDROPATHY, by public lectures. He has been well received, even in conservative CONNECTICUT, where he has recently appeared. We clip the following from the *Waterbury American*.

"Dr. G. M. Bourne, of New York, a Water-Cure Practitioner, delivered lectures in Gothic Hall, on Tuesday and Wednesday evenings, to attentive audiences. Dr. Bourne seems to be well versed in his theory—an intelligent lecturer, seemingly more ambitious to diffuse his theory than the desire of gain. He would bring the remedy to the door of every family, and place it in the hands of every person. Whatever difference of opinion may exist as to the full curative powers claimed by the Doctor, many useful hints may be obtained by attending his lectures, well worthy the attention of every individual who prizes good health and a clear intellect."

A correspondent of the *Derby Journal*, writing from Waterbury, adds:

"Dr. BOURNE, of New York, has been lecturing here for a week past to large and appreciative audiences, on the subject of his profession, with great success, and it is scarcely necessary to say that this is the most effective mode of preaching temperance that could possibly be devised, for just as soon as a man adopts the Water-cure treatment, from that moment he is a temperance man of the strictest sect; it is morally impossible for him to be 'anything else.' Dr. Bourne's lectures are calculated to do immense good in the cause of temperance and kindred virtues, and it behooves temperance men to give him a helping hand wherever he goes. He is a very earnest lecturer; in listening to him you are convinced that he is telling what he has proved to be the truth. He is a perfect enthusiast in the cause, and the 'Water-Cure' and incidentally temperance must be greatly benefited by his advocacy."

ABOMINABLE SUPPORTERS.—It has become quite a trade with a few manufacturing doctors, to perambulate the country, deliver lectures—on what? Why, on the superior advantages of Dr. Moneymaker's Body Braces. They are intended to counteract the bad effects of tight lacing. It is well known that tight lacing presses the internal organs of the body *downward*, while the Abdominal Supporters press them *upward*, and, as they cost only ten dollars, it is supposed that every fashionable lady will buy one, "of course."

Now we protest against the use of all such "traps;" they not only do no good, but, on the contrary, *damage* all who use them.

As well might a man expect to strengthen his arm by carrying it in a sling, as a lady to gain strength in her abdomen by strapping herself up with this sort of machinery. Throw your belts, straps, strings, bands, and springs away, and give the muscles, bones, and blood fair play and free circulation, and you may save your ten dollars, as well as the trouble of "harnessing up" every morning, and unharnessing every evening. Give your whalebones and corset boards to the children to play with, or burn them. Had the Creator designed us to wear such toggery, we think a cheaper article would have been furnished; but they are as clearly *unnatural*, as drunkenness, tight lacing, or any other dissipation. Nor is the former as destructive of human life—born and unborn—as the latter. **WOMAN!** whatever other sins you may commit, by which your own lives are shortened, avoid bringing into existence offspring with imperfect bodies, which you are sure to do, if you become mothers while in the practice of tight lacing. Who ever knew of a fashionable tight laced lady becoming the mother of healthy children? Whoever saw a tight laced grandmother? Nobody. To die young, is the fate of all who thus violate the laws of God, of common sense, and common decency.

The demand for these Body Braces shows exactly to what extent foolish women have sinned in this re-

spect; but, on this point, we have said enough; let those who would enjoy life while they live, and live to a good old age, beware; for as surely as the law of "cause and effect" exists, so surely must woman suffer, who thus violates THE LAWS OF HER BEING.

GRAHAM'S TILT WITH THE PARSON.

The following attack, written by a clergyman, and rejoinder by the author of "The Science of Human Life," are worthy of record, as among the significant signs of the times. The polished wit of the parson is effectually silenced by the equal wit and deeper wisdom of the philosopher.

From the Hampshire Gazette.

MONODY.

BY A SICK GRAHAMITE.

Sad home of the weary,
Dark dwelling of rest,
With a vain world indignant,
I fly to thy breast;
To carnivorous folly
Man's stomach is wed,
None swallow my notions,
None swallow my bread.

O! dig me a grave,
Dig it deeply and wide;
And a large Graham loaf
Lay it snug by my side;
Tho' I may not want it,
I'm yet very sure
There will be in Heaven
Dyspeptics to cure.

One only discomfort
In dying I meet,
The worms I shall furnish
My body to eat!
But then I'm so mesgre,
'Twill do them a good,
And disgust them forever
With animal food.

THE LAMPOONING PARSON.

BY A WELL GRAHAMITE.

No doubt the good parson is inwardly sure
There will be dyspeptics in Heaven to cure;
Since in his crude notion Heaven is but a *where*,
And he hopes that such shrimps as himself will go there;
And is conscious that he has his flock always fed
On offals less wholesome by far than bran bread:
Nor can he with all the dense fog of his brain,
Help suspecting that they who his Heaven attain
Will come under a regimen more for their good
Than gorging themselves with gross animal food.
For in the good Book it expressly is given—
"Flesh and blood cannot enter the kingdom of heaven.
And rather than starve 'yond the home of the dead,
He eagerly asks for a loaf of Graham bread,
So Dives, who all through his life had drank rum,
When at last he had got to his permanent home,
Was brought to sound sense in that hot-liquor quarter,
And lustily cried for a drop of cold water.

NEW YORK AND LEBANON SPRINGS.—The Laight street and Lebanon Springs Water-Cures are to be conducted in future as city and country branches of a Hydropathic Institute, under the medical direction of Dr. R. T. Trall, and the domestic management of D Cambell & Son. This is a convenient arrangement for patients who wish to spend their time alternately in the city and country. The Laight street Institution is the oldest existing city Water-Cure in the United States, pleasantly situated in a quiet, airy locality, one door from St. John's Park, and, under the personal care of Dr. Trall, has always been extensively patronized.

The Lebanon Springs Establishment was opened in May, 1845, by Messrs. Cambell, and is celebrated for its abundant supply of pure soft water of different temperatures, from 72° to 40°, and the great variety of its bathing appliances; to these attractions, and

the natural advantages of its picturesque and variegated scenery, its cool mountain air, and retired locality, there is presented to the invalid seeker after health, facilities unsurpassed by any place in the world.

TOBACCO.—Here are two or three hints for juvenile tobacco smokers and chewers, which we extract from the Boston Olive Branch, and are worth being treasured up.—*Drawing Room Journal.*

Tobacco has spoiled and utterly ruined thousands of boys, inducing a dangerous precocity, developing the passions, softening and weakening the bones, and greatly injuring the spinal marrow, the brain, and the whole nervous fluids. A boy who early and freely smokes, or otherwise largely uses tobacco, never is known to make a man of much energy of character, and generally lacks physical and muscular, as well as mental energy. To people older, who are not naturally nervous, and particularly to the phlegmatic, to those of a cold and more than a Dutch temperament, tobacco may be comparatively harmless; but even to these it is worse than useless. We would particularly warn boys who wish to be "anybody" in the world, to avoid tobacco as a deadly poison.

ANOTHER GAG.—The Medical Faculty—the omnipotent "regulars," of course; who but they?—of this city, we see, are asking the Legislature to aid them in building a Public Hospital. Where is the necessity for it? Is not the city itself already a vast hospital, wherein these gentry play their pranks *ad libitum*, with leech, lancet, and calomel, upon the half million of patients forming the population thereof? If the doctors will get up a hospital for the purpose of executing this sort of practice upon themselves, we will second the motion with all our hearts, and advocate the appropriation of a million of dollars for that laudable object. But we protest against their having any addition made to their present powers of tormenting the people. The interests of humanity forbid it. The union of state and physis has lasted long enough. It is time for a divorce. Let medicine look out for itself, as the Law does, and as the Church does. The Legislature has no more right to squander the people's money upon the erection of Allopathic Hospitals, than it has upon building Law Colleges, or Protestant or Catholic meeting-houses.

Dr. Rush, the father of American medicine, said of the faculty, "We have multiplied diseases; we have done more, we have increased their mortality." Is it worth while to waste the public money in perpetuating this multiplication and this increase."—*New-York Courier.*

TO THE ABOVE the Water-Cure Journal says AMEN. If the "regular" Allopathic school cannot support themselves, let them change their occupation. We shall protest against their becoming public paupers, or using our money. We Water-cure folks can take care of ourselves, without "going a begging." Our "remedies" are not *patented*, nor are we compelled to send out ships to the "Banks of Newfoundland, in search of "Pure genuine Cod Liver Oil."

[LECTURES ON PHYSIOLOGY, BY MISS COATES.—Our exchanges bring us reports of this lady's success wherever she lectures. In commenting on the propriety and necessity of such lectures, the Wheeling (Va.) Luminary, has the following:]

"The attendance was much larger than at Prof. Hollicks select lectures. The reason is obvious. The work of instructing females on the subjects embraced in Miss C.'s lectures, belong properly to their own sex. And we but faintly express our feelings, when we say that it affords us great pleasure to witness the efforts of females to qualify themselves for this great work—a work too long neglected. The fact is, the grossest ignorance prevails among women on many subjects of vital importance to their health and happiness, and it is high time that measures be taken to dispel the darkness, and permit them to avail themselves of every possible means of mitigating and avoiding the accumulated sufferings now necessarily endured.—Indeed, we have known a number of instances when life has been cut short, or life-long sufferings entailed, without

hope of relief, which might have all been prevented by the knowledge that could have been acquired in a few minutes careful reading, or listening to a single lecture by a competent person."

For his boldness in thus commending a woman-doctor, the editor of the Luminary adds:

"We are aware that it is thought by many of the faculty ridiculous, absurd, &c., for ladies to qualify themselves for the practice of medicine, and every step of this kind will be resisted. The present state of things has existed too long, and power is too sweet, to be yielded without a struggle. This must be looked for and met. And the errors and prejudices of ages must fall before the advancing light. Resistance is useless.

We see that the students of a medical Institute at Boston, have refused to admit to the lectures a female aspirant for *Æsculapian* honors. "Ignorance is the mother of devotion," seems to be the rule in this case. But the spell is broken—the secret is out, and *omward* is the word. We hope we shall not suffer martyrdom for our offences herein shadowed forth.

WATER CURE AT GENEVA.—It has been suggested to us that a Water-Cure Institution might be established in this village, which would be profitable to its owners and the place. The practice of Water-Cure is highly popular with a large share of the most intelligent class of people, having overcome the prejudices of a majority, not only of invalids, but medical practitioners themselves. In the hands of careful and judicious persons, the water treatment will generally do no hurt, and will pretty surely do some good. The great attention to exercise and diet usually connected with the treatment, has rendered many a system almost wrecked by the indulgence of appetite, or other reckless waste of health.

We are confident that such an Institution would command a most liberal support in Geneva, not only from people in the vicinity, but health seekers from a distance. The attractions of the Lake, the healthy reputation of the place, and its good social character, would render it particularly agreeable as a resort for the denizens of cities.

The establishment at Clifton Springs is very well sustained even now, during the cold season of the year, and will doubtless be still better supported when the fervid heats of summer shall render the bath far more grateful.

That Geneva is the proper place for one of the first character, in every respect, there is no room for doubt. We have broached the subject, and now let those who know better how to do it, follow it up to practical and beneficent results.—*Geneva Courier.*

[We are glad to find the people moving in this matter. Go on—put up a "house for the afflicted." Conduct it on purely *hydropathic principles*, and its success will be certain. Every town in the Union must soon have an HYDROPATHIC ESTABLISHMENT, and the sooner the better.]

HUDSON RIVER WATER-CURE ESTABLISHMENT, at Tarrytown, is now open for the reception of patients. F. D. PRISON, M. D., Physician.

WATER-CURE LECTURES.—AMERICAN HYDROPATHIC INSTITUTE.—ELEGANT ESTABLISHMENT.—Dr. T. L. NICHOLS has continued his lectures in this vicinity, with great acceptance, and though the lectures have been few, and he has simply charged his traveling expenses, the number of his consultations must have made these visits to "the rural districts" profitable as well as useful. Many applications have been received to enter the first term of the American Hydropathic Institute, and there is a fine prospect that this first school of Water-Cure will open, not only with a large class, but with one of a very high character. Thus far, ladies and gentlemen have applied in about equal numbers.

Dr. NICHOLS and Mrs. GOVE NICHOLS take possession of their elegant residence in Clinton Place, on the first instant, where they will receive a few patients, and attend to consultations and city practice. They will have spacious rooms, the best apparatus, a gymnasium with a competent teacher, and close at hand the finest park in New York for out-door exercise. No pains or expense will be spared to combine comfort, elegance, and the most scientific and thorough

treatment. If there is any place in the world where health can be restored, it must be at such a Water-Cure House.

We would call the attention of our readers to the advertisement of the Orange Mountain Water-Cure, on page 135.

JOSEPH A. WEDER, M. D., extensively known as one of the oldest and ablest Water-Cure practitioners in the country, has become permanently, the Resident Physician of this establishment. Of Dr. Weder's well-earned reputation, it is not our purpose at present to speak. We desire, more especially, to make generally known to our readers in and about the city of New York, the superior character of the institution with which he is connected.

The location is upon the south-eastern slope of the Orange Mountain, commanding an extensive view of one of the most lovely valleys, and two of the prettiest villages in New-Jersey. On the east and north-west it is sheltered by mountains from the sea air and cold winter blasts. An abundance of the purest and softest mountain spring-water, hot and cold, has been introduced into most of the apartments of the Institution. These rooms have also been provided with the invaluable arrangement of private baths, a feature that must recommend the Institution to ladies especially. The building being new, and commodious, and furnished with a degree of elegance *unique* in Hydropathic Institutions, is peculiarly adapted for invalids accustomed to the luxuries of city life. In the ravine immediately in the rear of the Institution flows a stream of mountain spring-water, having its source in those beds of red sand-stone which are proverbial for the softness and purity of their waters. Upon the margin of this stream, which descends in a rapid succession of beautiful cascades, are the out-door baths, every variety of which have been provided, or are in process of construction. Among these are found the rising douche, the falling douche, the wave, and running foot-bath, the plunge bath, the spray-bath, the running and rising sitz-bath, &c. From a high point on the mountain slope, distant three-quarters of a mile, and accessible by shaded walks of gradual ascent, the spires and shipping of New York are visible. Through the intermediate country, crowded with pretty farm-houses and suburban villas, winds the placid Passaic, and beyond these gleam the waters of New York harbor and Newark Bay. Among the many features which contribute to the pre-eminence of this among Water-Cure Institutions, we may mention its accessibility. It can be reached by four daily trains on the Morris and Essex Railway, which pass within a few minutes walk of the door. Business men can have their families under treatment, and enjoy the privilege of their company in the evening. We may add, that from its recent establishment it is but imperfectly known, yet all who visit it are charmed with its facilities, and the beauty of its environments.

DON'T TOUCH IT.—Notorious persons have advertised that a mixture of sugar with drugs, which has been named "COUGH CANDY," will cure colds, sore throats, and other diseases. This is another *Cod Liver Oil* discovery. The thing succeeds to a limited extent, in physicng those who swallow it, and placing "Only twenty-five cents a package"—warranted to cure or no pay—into the hands of the manufacturer. "Look out for counterfeits"—each package is signed by the only authorized agent. For sale, at wholesale and retail, at the principal offices in New-York, Boston and Philadelphia, and by druggists generally, throughout the United States, the Canadas, and the British West Indies. Inquire for the *only pure genuine article*.

We would respectfully suggest to our readers, all over creation, that it will be perfectly safe for them to "LOOK OUT FOR MOCK AUCTIONS" everywhere.

THE THREE BEST DOCTORS.—A judicial officer of some distinction, in the interior of the State, gives the following result of his experience with the three best doctors he could procure for his wife. She had been sick, he said, for two years, and was daily getting worse, though he had an allopathic physician to call daily; he then procured a homeopathic physician, and for six months his wife improved perceptibly; but at the end of that time the doctor broke his leg, and could no longer continue his attendance, whereupon the lady speedily and rapidly recovered.

[We clip this paragraph from a newspaper, and although it may seem improbable, we believe it to be a

life-like picture, applicable to a very large number of "our dear people," who do *not* read the WATER-CURE JOURNAL.]

ANOTHER PHYSICIAN'S TESTIMONY.—An experienced physician writes from the interior of Michigan:—

"Although a graduate in early life in the drug-system, yet practically, I have been for some thirty years, to some extent, a Hydropathist, at least so far as I have been able, under the circumstances and prejudices of the people. Having long since been fully convinced that the drug system of practice is destroying more lives than it saves, and that unless the inhabitants of our country are taught, generally, Physiology, Dietetics, and Hygiene, and some more safe and efficient system introduced than the *present one*, we are a doomed people!"

AMERICAN HYGIENIC AND HYDROPATHIC ASSOCIATION OF PHYSICIANS AND SURGEONS.—The second annual meeting of this Association will be held at the Hope Chapel Lecture Room, 720 Broadway, New-York, on Friday, May 9th, 1851. Meeting for business at 10 o'clock, A. M. Public meeting at 8 o'clock, P. M. Admission free, and the public respectfully invited to attend. S. O. Gleason, M. D., of Forest City, will be the orator, by appointment at the last meeting; or in case of his absence, T. L. Nichols, M. D., of New-York. As important business will come before the meeting, a full attendance is desirable.

LOWREY BARNEY M. D., PRESIDENT.

T. L. NICHOLS, M. D., Secretary.

DR. WM. E. ROGERS is about to open a Water-Cure Establishment at Crystal Lake, Susquehanna county, Pa. This is one of the most delightful spots in Northern Pennsylvania, combining with its pure air and healthy location, an extended and beautiful landscape; and then the clear and sparkling water of the Lake itself must be seen to be properly prized. We are assured that no expense will be withheld to furnish this establishment in a style of unequalled elegance, and are confident that, when ready for the reception of invalids and visitors, it must be a place of very great resort.—*Carbondale Transcript*.

SMOKING IN THE STREETS.—Twelve persons were complained of in the Police Court this morning, by the City Marshal, for smoking in the street—for which they will have to pay about \$4 each.—*Boston Traveller*.

[ALL RIGHT—but why not prohibit the use of tobacco entirely? Its use is certainly a great evil, and its complete suppression would be a great public blessing. The HEALTH of the nation is as worthy of legislative consideration, as any other subject; and as we regard tobacco injurious to all who use it, of course it has become a great national calamity, cutting down thousands of young men, and impairing the health of unborn children, who inherit the perverted appetites of their tobacco-using parents.

CRUMBS OF COMFORT FROM OUR FRIENDS.—Dr. J. W. B. Ford's P. O., Oregon, writes the publishers:—"I am a graduate of one of the regular medical colleges—have practised five years in the States, and five years in Oregon. * * * I am disgusted with the drug practice, and have resolved to entirely abandon it."

"Enclosed you have the amount for a year's subscription to the Water-Cure Journal, in "Gold Dust," this being the only currency at hand."

We are happy to acknowledge the receipt of the "Dust," for which our broker paid us *one dollar and twenty-seven cents!* May the Journal strengthen his good resolutions, quench his thirst, and deliver him from evil.

S. W., OF BALLSTON SPA, N. Y., writes—"The Water-Cure Journal is doing much in this region to

diffuse the light. Now, we view it as an easy matter to double its circulation. Let each subscriber resolve to get *one more* (they ought to get *ten*), and the work is done. Come, friends, let us put the armor on, and go out to this work together. If you want anything to incite you on, remember the dear ones of the family circle that have been blighted, and oftentimes wrested from us by the miserable and worse than useless quackery to which they have so long been exposed.

DR. S. PORTER says—"I send you twelve subscribers for your most valuable Journal. I have been engaged for nine years in the time-honored science of guess work—*Allopathy*—but have long since become convinced of its untruthfulness."

J. J., OF ILLINOIS, writes—"Some hundreds of periodicals come to this office, and of all the number, yours, in my opinion, are the best."

MUSTARD POULTICES.—It is not generally known, that after a mustard-poultice has at any time been applied and taken off, the place should never be washed with water, but only wiped with a very dry towel to prevent much unnecessary pain, always occasioned by the washing.—*Arthur's Home Gazette*.

["To the dogs" with your mustard and all other poultices—there is no occasion for any of them. See here, Mr. Arthur, hadn't you better prescribe a little *allicumfunda*, catnip tea, or, what do you think of Cod Liver Oil?]

MEDICINE IN TURKEY.—The government of the Sublime Porte have just decreed the formation of a body of salaried medical men, who shall attend both the rich and the poor, with the obligation of not receiving any remuneration from the latter, and to pay especial attention to all questions relating to the public hygiene of the country.

Varieties.

MARRIAGE OF A YOUTHFUL PAIR.—An extraordinary marriage took place yesterday, in this city. The young and blooming bride was Mrs. Macy, aged 86, and her partner, Nathaniel Starbuck, is 88 years of age. The happy couple took the steamer Troy, last evening, for the city of Troy, where they reside. The gallant captain, R. H. Furey, placed at their disposal the bridal state-room, which was fitted in elegant style. The bride is the mother of Capt. Macy, of the steamboat Empire, consort of the Troy. The newly married pair are Quakers, and had been on a visit to this city, where they fell victims to the shafts of Cupid. We suspect this is a runaway match, and that their cruel parents had opposed the union.—*New Yorker*.

We copy the above to correct one or two errors in it, and to add an item or two. As to the errors: the lady's name was not Macy, she having surrendered all right to that name when she took a second husband, about two years ago; she had not been on a visit to this city, because she has been forty years a resident. The bridegroom is one of the original settlers of Troy, and both he and his bride have now entered into the blessed state of matrimony the third time. While our courts are daily besieged by young couples who do not find marriage agreeable to them, and therefore ask to be relieved from its bonds, it is pleasant to see an old pair of pigeons so enamored of its felicities that they impatiently tie the third wedding knot the moment an opportunity offers. It is certainly better to go a-courting in your old age than to go to court in your young days for a divorce. Mrs. Macy kept a boarding-house many years in Pearl street, and many of our first merchants doubtless have a kindly recollection of her motherly attentions when they were young clerks. Many happy years to her and her new husband.—*N. Y. Sunday Courier*.

We wonder how much tea, coffee, tobacco, rum, gin, or brandy, this favored couple have consumed—or how much patent medicine, drugs, or cod liver oil they have bought; and we have one other wonder, namely: Does the lady lace herself up tightly? and what are the habits of our groom? Should be glad to know all about these things; it might serve as an "eye-opener" to some of our benighted "body bracers," pill takers,

sarsaparilla drinkers, and the entire drove of Lilliputian dosers.

We venture the opinion that this venerable couple have never been bled, blistered, or even *doctored*. By obedience to the natural laws, they have been blessed with long life, and now, when almost an hundred years old, they have entered into those relations denied to millions who are cut down in youth as a penalty for violating the fixed, unalterable laws of God—laws which require, yea, *demand* obedience, and as a reward, long life is given. Shall we then disobey, and suffer the inevitable penalties—sickness, suffering, and a premature death?

OUR OWN DEAR JENNY LIND.—Yes, we claim a very deep interest in her who has added *so much* to our happiness. Yet our love, respect, or veneration, is by no means exclusive or selfish. We would that her influence were “all pervading,” even like the “radiant noonday sun,” for we *know* it would lift mankind up—up—out of the narrow contracted pits of bigotry and wickedness. Yes, we most sincerely believe, that through the medium of her angelic spirit, all who are fortunate enough to come within the sound of her voice, will be made better, happier, and even *HOLLER*. We judge not by “hearsay,” but by experience, for we have worshipped at the altar of her sweet, exhilarating voice.

CURE FOR BEDBUGS.—A bit of information interesting to the landladies, boarders, and all persons aggrieved. Many persons complain of being pestered by bedbugs: it is easy to avoid the inconvenience. On going to bed, strip off your shirt and cover yourself from head to foot with boiled molasses. Let every part of the body be thickly covered with it. On coming to bite you, the bugs will stick fast in the molasses, and you can kill them in the morning.—*Exchange Paper*.

CLEANLINESS will prove a *sure cure* for bedbugs and other vermin. The application of poisons, or magnetic powders, for their eradication will be wholly unnecessary, if proper attention is given to cleanliness.

Clothing, beds, cellars, kitchens, parlors, chambers, and garrets, all need frequent renovation and thorough ventilation. This done, we will insure against the further annoyance of rats, mice, cockroaches, bedbugs, moths, etc., etc. The presence of these filthy vermin is an evidence of a filthy wigwam.

Mrs. Swishelm is cosily associated as a candidate for the Presidency, with Mr. Greeley as Vice President, at the head of one of our exchanges. If we could only be appointed Postmistress General, we would have a nice time increasing the present number of Postmistresses from 85 to full one half of the whole bevy. Indeed we would.—*Mrs. Nichols, of the Windham County Democrat*.

The above is suggestive. “Keeping a post-office” is an “in-door occupation” wherein we think women capable of excelling. Able-bodied men and boys should engage in more manly employments, and permit women and girls to manage all the post-offices, and operate the telegraphs.

THE BOOK AGENCY SWINDLE.—It is no uncommon thing for unprincipled vagabonds to advertise in the newspapers, after the following manner:

“WANTED—Agents to sell books, profits from \$1,000 to \$3,000 a year. To commence, a capital of \$50 to \$100 will be necessary. Address Gammon & Co., No. 349 Green Bay street, opposite the United States Bank of America.”

This business is carried on quite extensively by those who hide behind a fictitious name—like the famous Washing Thirteen Trees—and they belong to the mock auction gang, who swindle for a living.

Our country friends should always require references before sending money to strangers. Young men who earn their money by hard labor can ill afford to lose either \$50 or \$100 in this way.

Publishers of established integrity should warn the public against these villainous swindlers.

TOBACCO TRADE IN DANGER.—The women are about to form societies and take a pledge to kiss no man who uses tobacco—and all those who do not.—*Chic. Argus*.

Good! We are among the latter. Never use the weed, ladies. Please remember, doors open at all hours.—*Cleveland Plaindealer*.

It is too good to be true, Gray. Only prove it to our satisfaction, and we quit.—*Milwaukee Sentinel*.

Capital idea, we think, as we are among the number that never “use the weed.” Hope we shall be remembered when societies are formed in these parts.—*Waukegan Chronicle*.

Sorry to say we belong to the former class, but the ladies will kiss us on account of our *good locks, ahem!*—*Chicago Com. Advertiser*.

Good for old Dutch! As for us, we plead guilty to an occasional quit, and we rather, kinder, sorter guess we shan't quit, if the ladies do make darn'd fools of themselves.—*Cin. Nonpariel*.

Well, then, if you had rather go without women than tobacco, you may; but we rather reckon you'll “come to yourself” sometime, and “give in” to the women; you can't stand out long, we *know* it.—*Brother Jonathan*.

We do hope the women will insist in this matter. She is a pitiable object indeed, who is compelled even to sleep with one who is saturated with the filthy, disgusting, nauseous—Oh faugh! it sickens us to think of it. What, kiss a tobacco chewer!! Lord deliver us.—*Water-Cure Journal*.

THE BROTHERS HUTCHINSON.—This band of musicians, from the “Old Granite State,” have just regaled our citizens with their choicest vocal delicacies. Thousands flock to hear them wherever they sing. They are a perfect chime, and, when fully inspired, impart a sort of humane and spiritual influence, which completely captivates all who are in the least degree susceptible.

But they are “crazy,” say the papers. Their insanity consists in believing some things which some others do not believe, and in abstaining from some things which others do not abstain from; such, for example, as tea, coffee, tobacco, rum, gin, whiskey, and brandy; in eating fruits, vegetables, and other farinaceous food, and abstaining from pork, codfish, pickles, and such other stuff as they *dislike* to eat. Besides all this, they think “Uncle Sam's rich enough to give us all a farm,” and that it would be good policy to “beat their swords into ploughshares, and their spears into pruning hooks,” and other similar heresies, for all of which they deserve to suffer—not death exactly—but confinement in a lunatic asylum, where they may be compelled to eat such food as other folks eat, and drink such drink as other folks drink.

They sing a glorious Water-cure song, which cannot fail to please our friends, the Allopaths. In short, the sympathies of the Hutchinsons are all in the right direction; and to enforce principles of Faith, Hope, Charity, and good works, is their mission. If they are in advance of the age, so much the worse for themselves (in a pecuniary point of view), but so much the better for the “good time coming.”

LITERARY ANNOUNCEMENT.—It is pretty generally reported in literary circles about town, that a new work will shortly make its appearance, the joint production of the Rev. J. T. Healdy, author of “Napoleon and his Marshals,” and Mrs. Aurita George, authoress of “The Queens of Spain.” This new production will, doubtless, make some noise in the world when it first comes out.—*Sunday Courier*.

Should be glad to see a copy. It ought to be bound in “calf,” labelled, and lettered on the back, but we suppose it will only be done up in muslin or cloth. If *Pope* were here, he would doubtless give it a “Review.”

REMOVAL OF THE CAPITOL.—The people of our State are agitating this question. The Uticans represent, that, for various reasons, the Capitol should be located at Utica. Our Senators and Representatives will then be near the Asylum. But Syracuse insists on having the Capitol removed thither. Perhaps they think salt will be requisite to save them from their sins. But the “Cayugans” suggest that Auburn would be the *right place*—at least for some of the Bulls who have figured so conspicuously at the last session.

COLD WATER A NAVAL AID.—A person on whom the temperance reformation had produced no effect, entered, in a state of exhilaration, a temperance grocery in a neighboring town.

“Mr. Blank,” exclaimed he, “do you—keep a-ny—thing—good to take here?”

“Yes,” replied the merchant, “we have some excellent cold water; the best thing in the world to take.”

“Well, I know it,” replied the Bacchante, “there's—nothing—that's done so much for navigation as that.”

DON'T TALK ABOUT YOURSELF.—Never introduce your own affairs for the amusement of a company; it shows a sad want of mental cultivation, excessive weakness of intellect, or a sort of *vanity*, *always* repulsive. Some folks cannot tell a story, relate an anecdote, or speak upon any subject, without using the significant pronoun *I*—as, when *I* was a boy, *I* was at the head of my class, and *I* never was surpassed. *I* can dive deeper, *I* can stay under longer, and *I* can come up dryer—*I* can, than anybody else *I* ever saw—*I* can. *I*—*I* reckon *I* am rather keen, *I* do—*I* do. Reader, what think you of *such* a specimen?

THE WHALEBONE BUSINESS.—“What do you suppose must have been the thoughts and feelings of JONAH when he found himself entombed in a living sepulchre, himself alive?” asked an eminent divine, while conversing with a company of young persons upon the wondrous things of the Bible—“what must have been his thoughts at such a time?” A young man, who apparently had an eye to business, and was not overstocked with veneration, briskly replied—“I presume, sir, he thought it a fine ‘opening’ for one to engage in the ‘whalebone trade.’”

GOOD ADVICE.—A cheerful face is nearly as good for an invalid as healthy weather. To make a sick man think he's dying, all that is necessary is to look half dead yourself. Hope and despair are as catching as cutaneous complaints. Always look sunshiny, therefore, whether you feel so or not.

AN ORNITHOLOGICAL MARRIAGE.—In Edinburgh, “once on a time,” the following ornithological marriage took place, which set the whole neighborhood in a flutter; Henrietta Peacock was espoused to Mr. Robin Sparrow, by Rev. Mr. Daw, the bridesman being Mr. Phillip Hawk and the bridesmaid Miss Larkins.—*Portland Transcript*.

A Rhode Island lad, under examination by a Connecticut schoolmaster, being asked, “How many gods are there?” the boy, after scratching his head some time, replied, “I don't know how many you've got in Connecticut, but we have none in Rhode Island.”

Philander says that the prejudices against color are very natural, and yet the prettiest girl he ever knew was Olive Brown.

WHY are the English the worst judges of cattle in the world? Because the Pope sent them a *bull*, and they thought it was a *bove*.

Index Notices.

TO TEACHERS, AGENTS, AND OTHERS.—Now that the winter is passed, the roads settled and in good travelling order, young men will think of looking abroad for more pleasant and profitable employment. And as we happen to know the wants of both—young men and the people at large—we are enabled to suggest a course which would result favorably to all parties, and without further preliminary remarks, we will come at once to the subject.

There are published at the office of the Water-Cure Journal, a LIST OF BOOKS, the circulation of which would do great good—books which are in great demand everywhere, and in places where no bookstores are kept. Consequently many people are deprived of their perusal; and the profit which might be realized on their sale is lost both to us and the teacher or agent, who might thus avail himself of a lucrative occupation for a month or a year.

To all who may be desirous of engaging in this good work, THE PUBLISHERS will offer such terms as will insure a liberal profit.

Here, then, is a good chance for young men in every part of the country. Our works are universally popular, and THOUSANDS MIGHT BE SOLD where they have never yet been introduced.

THE WATER-CURE JOURNAL.—This highly valuable publication, devoted to science and the laws of life, is filled with matter of the utmost interest to all persons in sickness or in health. It is one of the most interesting publications of the day, and deals out lots of justice and truth to the calomel doctors. Published by FOWLERS & WELLS, 131 Nassau street, at \$1 per year.—*New York Atlas*.

BATH ATTENDANTS WANTED.—Two active and healthy young men can find steady employment and good wages, as bath attendants, at the New York City and Lebanon Springs establishments. Address or apply to DR. TRALL, 16 Laight street, New York.

To Correspondents.

TO CORRESPONDENTS.—We are always glad to reply through the Journal, to such questions as our subscribers may propound to us, unless the same may already have been given in the various Water-Cure Books, in which case, we shall refer the inquirer to them.

MEAT.—W. B. wants an "answer in full, why the Water-Cure physicians prohibit meat?" An answer in full would require a whole treatise on physiology and hygiene, if it were the fact that Water-Cure physicians did prohibit meat. But such is not generally the case. All hydropaths agree that the food should be mostly vegetable. Some hydropaths in principle are vegetarians; others believe a little animal food is a useful part of the diet. Those who prohibit meat or advise against its use, do so on the ground that an exclusively vegetable diet is most congenial with health; in other words, that man is not by nature a flesh eating animal.

INJURY OF THE KNEE.—Miss E. H. M., Clarkboro, N. J. Your treatment is good as far as it goes; but the most important baths for your disabled limb would be the wet sheet packing, douche, and half bath. A morning pack followed by a moderate douche, and a half bath at some other time of day—before dinner or supper—with the wet bandage often changed, would form a good plan of management. The pail douche may be used if you cannot get the stream douche.

ALMOST A HYDROPATH.—"A Lover of Truth" very kindly intimates that he will be the annihilation of us, for "basely insinuating" that a certain physician, for whom we entertain very great respect, is almost a hydropath. Now, a lover of truth should never hate the truth. We have the doctor's own statement, virtually, in black and white, that he is almost a hydropath; and an argument in his own hand-writing against being an exclusive hydropath. We shall believe the doctor is exactly what he says himself he is, rather than take the contradiction of our anonymous correspondent.

RICKETS FOLLOWING INTERMITTENT FEVER.—Dr. E. P., Chester, Ill. The child with the spinal curvature ought to have,

in addition to general treatment, gentle but persevering friction made over the back, with a wet cloth followed by a dry one. Moderate douching would be useful. The case of a vaginal tumor you mention, probably requires a surgical operation; but what kind it is impossible to say, without the most careful personal examination.

THROAT DISEASES AND KIDNEY AFFECTIONS.—L. S. P., Palmyra. These affections are not necessarily connected with working among paints, turpentine, &c., for they are common among persons of all trades and occupations. The business of a painter, however, might be among the various causes, if the general habits were not strictly hygienic.

WATER-CURE POETRY.—Mary's verses are pretty, but they are localized in interest. She is capable of singing *instructively* on this beautiful theme. Give us verses, Mary, on the merits of the subject, rather than any particular spot, and our readers will be gratified and grateful.

LIVER COMPLAINT FROM OVERDOING.—S. P. L., E. Pembroke, ought to spend a short time, at least, at a Water-Cure, under the most rigid dietary system, and a systematic and careful adaptation of the bathing processes, after which he might prosecute the cure under self-treatment at home.

ENLARGEMENT OF THE TARSAL CARTILAGES.—"Wounded Nature" might derive considerable benefit from the application of a pretty strong douche to the foot, and a wet bandage worn a long time. If the cartilages are very much thickened, the foot will always be slightly disabled.

PAIN IN THE SIDE.—Mrs. W. W. C., Illinois. Your trouble is from a diseased liver. Use a daily sponge and sitz-bath, wear the wet girdle, and adopt a plain coarse diet, Graham bread, wheaten grist, plenty of fruits and vegetables; and abandon hot drinks and stimulants.

CIRCUMCISION.—R. M. should consult a physician through private correspondence on the subject which he propounds, if he desires information.

Book Notices.

THE BOOK MARKET.—Since our last, there has been great excitement in the Book trade, both in New York and Philadelphia.

Never before have there been so large sales in the same length of time. Booksellers from all parts of the United States have made very large purchases, in order to supply the increasing demand in their respective places. This speaks well for the intelligence of the people. We hope the time will soon come, when there shall not be found an adult of either sex who cannot read and write. This Free School agitation has set the world all agog, and the cry now is, "Books, more Books;" and the newly-invented printing press, the multiplication of newspapers, all contribute to the moral and intellectual development of our people.

The particular direction which the more advanced minds are now taking in the religious world, seems to be towards a higher SPIRITUALISM, while our more scientific men are pushing their investigations into the starry firmament above, the earth beneath, and into the seas.

In the new half century just entered upon, we may look for even grander and more magnificent discoveries in all departments of nature, than have hitherto astonished "the millions." These things will all be ushered in upon the multitudes through

"NEW BOOKS,"

which will continue to appear from day to day, and month to month, until everything within the range or comprehension of the human mind shall be developed, and laid open to the view of every child born of woman. Let us, then, work and pray, with faith believing in the "GOOD TIME COMING."

The following new works have been published since our last: PHYSICO-PHYSIOLOGICAL RESEARCHES—OF THE DYNAMICS OF MAGNETISM, Electricity, Heat, Light, Crystallization and Chemistry, in their relations to VITAL FORCE. By BARON CHARLES VON REICHENSACH—with the addition of a Preface and critical notices, by JOHN ASHBURNER, M. D. 12mo. pp. 456.

THEORY OF PNEUMATOLOGY, in reply to the question, what ought to be believed or disbelieved concerning Presentiments, Visions and Apparitions, according to Nature, Reason, and Scripture. By Dr. JOHANN HEINRICH JUNG-STILLING. 12mo. pp. 286.

THE CELESTIAL TELEGRAPH, or Secrets of the life to come: revealed through MAGNETISM By L. ALPH CABANET. 12mo. pp. 410.

"SUPPLY AND DEMAND" always keep pace with each other. The "waking up" of the inhabitants of the earth, in relation to Spiritual and Physiological Phenomena, are in exact proportion to the multiplication of publications on these subjects.

Our neighbor, J. S. Redfield, in response to this demand, has just published three handsome volumes, entitled as above. That they will be widely circulated, we have no doubt; yet the "stand still" Conservatives will attempt to prevent investigation in this direction; but, as usual, will utterly fail. With the birth of every child comes a desire for knowledge. This desire, mere curiosity at first, is *innate*, nor does it cease with childhood, but continues on, on, on, to eternity, and that man who may suppose himself too old or too *wise* to learn, is in the most deplorable darkness.

We have no fears, even when exploring the unfathomable deep, the vast starry regions, or the limitless spheres of spirits. Truth will triumph, more light will be evolved, and all the elements in nature be subjected to the use of Man, the highest creation of God.

Stifle not, then, the free investigation of all subjects—Physical or Spiritual. We are yet but children in knowledge, and have much need of "light, light, more light."

THE PHILOSOPHY OF SPIRITUAL INTERCOURSE: Being an Explanation of MODERN MYSTERIES. By ANDREW JACKSON DAVIS. New York: FOWLERS & WELLS.

In our last, we announced the publication of this work, since which, a new edition has been printed. It has created an intense excitement—approved by some, and condemned by others.

"It contains chapters on TRUTH AND MYSTERY, GOD'S UNIVERSAL PROVIDENCE, THE MIRACLES OF THIS AGE, THE DECAY OF SUPERSTITION, THE GUARDIANSHIP OF SPIRITS, THE DISCERNMENT OF SPIRITS, THE STRATFORD MYSTERIES, THE DOCTRINE OF EVIL SPIRITS, THE ORIGIN OF SPIRIT SOUNDS, CONCERNING SYMPATHETIC SOUNDS, THE FORMATION OF CIRCLES, THE RESURRECTION OF THE DEAD, A VOICE FROM THE SPIRIT LAND, THE TRUE RELIGION."

These subjects are discussed in a very candid manner, and with every appearance of sincerity; but as there are points in the work not capable of absolute physical proof, of course they will be questioned by the incredulous. We think it will be safe, however, to "examine all things," and hold fast that which is true.

In his Preface, the author says:

"The intelligent individual needs not to be informed that this age is one of unparalleled mental activity. He who reads the popular publications of these times, and has travelled far from the home of his birth, is not startled at the announcement of any new discovery in Science, in Philosophy, or in Theology. And discoveries are being unceasingly unfolded—realities more wondrous and magnificent than the tales and romances of Oriental lands, are being daily evolved from the deep foundations of Nature—and the familiar developments of modern Sciences exceed, in their availability to universal Man, and their powers of accomplishment, all the mystical achievements of magic, and all the traditional wonders of enchantment."

From sundry notices of the newspaper press, we have culled the following. The first we take from the *New York Tribune*:

"In all ages of the world there have been obscure and fragmentary manifestations of invisible and spiritual power; but in no one era previous to this century has there been a clear and incontestible demonstration of spiritual presence and influence. Indeed, men have repulsed every attempt at spiritual manifestation. They have feared to exercise their reason on mysterious and supra-mundane occurrences, ascribing them to agents of the devil rather than to the angels of Heaven."

Never before has there been so much true freedom on the earth—so much actual goodness and universal love—so much general affinity with the spiritual world. Accordingly, there are many indications of the influence of spiritual beings, possessing intelligence and manifesting extraordinary power over material substances.

The moral reflections of Mr. Davis, which are liberally scattered throughout his volume, are of a pure and generous character, showing a profound reverence for the laws of Eternal Justice and Love, and a strong faith in the noble destiny of man."

THE MILLENNIUM will not appear until the jargon and differences of opinion which now divide the world into sects and parties shall be removed. Nor can this be done until "more light" shall illuminate the mental and moral darkness which now pervades.

THE NEW YORK ATLAS says: The book contains Mr. Davis's "interior impressions" concerning the philosophy of spiritual intercourse, and is given to the world in answer to numerous letters from all parts of the Union. To all inquirers after "spiritual" truth, this work will prove to be exceedingly interesting.

THE EVENING POST has the following: It will be seen, from this account of the origin of these communications, that they are nothing less than a new system of electro-magnetic telegraphs, extended not to New Orleans merely, but into another world. All who feel interested, therefore, in the explanation of them, will find copious and instructive details in Mr. Davis's book. They will find, too, what many persons who are engaged in actual trials of the spirits should not forget, that the mode of utterance is quite as new to the spirits as it is to themselves; that the spirits often make mistakes, and that what they say is by no means infallible, or even true. Some of them, it is confessed, are no wiser than we are, and cannot, consequently, be regarded as authorities.

THE PENNSYLVANIA INQUIRER is very apprehensive. He forgets that hundreds of cases may be enumerated wherein insanity and suicides have been produced by religious excitement.

"The author is Andrew Jackson Davis, and the work is certainly curious, although we must confess our incredulity in relation to its statements. Are not such publications, and such ultra-metaphysical studies dangerous—especially to the weak, the credulous, and the fanatical? May not the case of the recent unhappy suicides at Braintree, Mass., be pointed to in the way of solemn admonition?"

The case here alluded to is in no way chargeable upon the writings of Mr. Davis. The parties were imperfectly organized, and quite warped. They would have been quite as liable to an abrupt termination of existence from any slight cause.

The *Morning News* is quite non-committal. It says, "This most remarkable book is the most extraordinary production of its extraordinary author."

The *Day Book* is quite eloquent in advocating its claims to think, talk, and act for itself. Our readers will be interested in the following extract from the *Day Book*.

"This book, like all the works by the same author, is well and beautifully written, containing many propositions at variance with generally preconceived ideas, and antagonistic to the prejudices of the majority of the community. Combined with many errors, the careful and thinking reader will find a large fund of truth; and if he is candid, will be ready to confess that Mr. Davis is honest, even in his errors."

"This has not been altogether inaptly called the "age of humbug" "isms" and "ologies" are rapidly springing up, and as rapidly fading, "like the baseless fabric of a vision." The public eye has become jaundiced—it looks with jealousy upon everything pretending to novelty of idea, and is too apt to denounce everything new as "humbug and imposition." There is a certain class of persons who go through the world with their mental eyes and ears shut, or with their vision turned only on the past, without one thought, or wish, or hope for the future—who stand like lions at the porch of the temple of knowledge, and growl, and roar, and show their teeth, if anything new attempts to find an entrance there. This is the class who denounced Harvey as a quack, and Lady Wortley Montagu as an impious wretch, and excommunicated her from the church: who raised their hands in holy horror and charged satanic familiarity upon Faust when he printed the Bible, and who laughed at Fulton as a dreamer and a maniac when he gave life and tangibility to an idea that has since revolutionized the world. The learned mob hooted and howled at these, as they have howled and hooted at everything new which has appeared under the sun. And what was the result? Harvey, Montagu, Faust and Fulton, are names that stand brilliant as sunbeams upon the page of history and science. Their philosophy is acknowledged, and the results of their genius have carried knowledge and civilization to the four corners of the globe—while their denouncers have long since been forgotten."

"Another class will condemn indiscriminately everything they cannot understand. If it is mysterious, it is untrue. If they would carry out this idea in every-day life, where would their skepticism lead them? Who can tell how fire burns or water runs, or why an apple falls to the ground? They give the cause a name, but what do they know more than the name? and are there not a thousand things occurring to us every day that no man, however wise, has even attempted to explain?"

"The world is full of mystery. The smallest flower that lifts its head above its mother earth, expands its petals to the night, and wafts its incense on the breeze, is all a mystery; the thunder's roar, the lightning's flash, the viewless winds—all we see and hear and feel, is full of mystery. Our very being is a mystery—the soul of man, with all its grasping powers, the grandest mystery of all. 'The earth is all one mystery, and who shall fathom it?' Yet who denies the existence of the earth because he cannot understand it?"

"Without saying, therefore, that Mr. Davis's books are true or false, we insist that they are worthy of a candid perusal by thinking men. If they are preponderatingly false, they cannot stand, but if they are guarded by the panoply of truth, the 'gates of hell shall not prevail against them,' and they can do no man harm whose heart and head are right, and whose principles are founded on common sense and common honesty."

THE NEW YORK HERALD, after devoting upwards of a page to a Review of this work, pays the author and publishers the following compliment.

"And, finally, we warn the landless that the free farm project is an electioneering gull trap, and swindle, and they will be humbugged as usual; and, having done our duty, we wash our hands of the whole business. This devilish, demoniac, damnable, detestable book is sold at Fowlers & Wells's, No. 131 Nassau street. Price 50 cents."

We can say no more. Kicks, curses, and coppers, all come in together, yet we hope the author and publishers will survive and live down all error and opposition. To be martyrs in the cause of new views is noble, and the reward always certain.

THE BALLADS AND SONGS OF WILLIAM P. MULCHINOCK. 12mo. pp. 202. New York. T. W. STRONG.

The name of our young Irish author is familiar with magazine readers. At home he was connected with the *Dublin Nation*, a paper which exerted great influence throughout Ireland during the recent rebellion. This volume breathes forth all the emotions experienced by the Poet. Hope, fear, cheerfulness, sadness, kindness, and anger, are expressed with an ardent heart.

We copy a single piece, appropriate to the season, entitled

SUMMER.

I.

UNCLUDED by shadow,

The sun shines from Heaven,

O'er hill-top and meadow

From morning till even;

The cornblades are springing,

The bright streams are rushing,

The young birds are singing,

Spring flowers are in flushing,

The moonlight and sunlight

Their bright beauties proving,

Seem now but as one light

To young hearts and loving.

II.

Up, up from your pillow,

Of weak hearts thou weakest,

And find by the billow

The health that thou seekest!

There wander a rover,

And thy cheek of whiteness

Ere long will recover

Lost freshness and brightness;

Thy mien will be airy,

The mother that bore thee

Will wonder what fairy

Her bright wand waved o'er thee.

III.

Away, and view nature

While yet she discloses

Her face, with each feature

Bedecked with bright roses—

Old Earth is a Maying,

She does it so seldom,

'Twere a pity to stay in

And flout the poor beldam;

Her green garb arrayed in,

She panteth with pleasure—

Up, young man and maiden,

Tread with her a measure.

IV.

Out, out ere the hoary,

Cold winter bids perish,

The greenness and glory

Of all we most cherish;

Out, out all together!

With laughter clear sounding,

Away o'er the heather

With light step run bounding:

Let care and let sadness

Be from your hearts driven—

There's joy and there's gladness

Forever in Heaven!

The author, in his preface, says:—"If I might offer a word of apology to the American public for adding one more to the countless volumes of rhymed matter, which, during the last decade, have flooded all bookshops, it would be, that these ballads, songs, and snatches of song, are drops of my own heart's blood, and beats of my own quick pulse. In the streets and in solitude, in happy hours and dark days, song has been my natural vehicle of thought. I have not been an amateur of sensibility, cultivating it as a fine art, but I have felt and experienced nearly every line I have written."

INTEMPERANCE IN CITIES AND LARGE TOWNS: Showing the physical, social, and moral effects; also, the means for its prevention and removal. By ROBERT M. HARTLEY. New York. JOHN F. TROW.

In a lengthy, but exceedingly interesting introduction, the author gives us the *history* of Intemperance, from the earliest ages, when man lived in subjection to his animal propensities, and under the influence of animal gods. He ascribes, truly, nine tenths of all crime, poverty, and human woe, to intemperance. A perverted appetite renders the man a beast—yes, worse than that—it places him below quadrupeds, or even fiendish reptiles, and totally disqualifies him for enjoyment or usefulness. God grant that poor, intemperate, fallen man may be brought out of the degradation into which he has cast himself by the improper indulgence of a perverted appetite. The work before us cannot fail to do great good, if the friends of Temperance do their duty. Let every Temperance Society buy up an edition, and place it into the hands of all who can read. It is worthy of universal circulation, and should be widely disseminated.

THE ORPHAN'S ADVOCATE, devoted to the welfare of destitute children, to Benevolence and Social Improvement. Boston.

Edited and published by Misses A. & E. C. FELLOWS—Terms \$1 a year.

[This little monitor continues to dispense blessings among poor children.]

"Its publishers seek to furnish homes for destitute little ones, and for orphans of all ages from early infancy, during the period in which paternal care is usually required, by persuading the more fortunate to adopt them into their families as their own children. And to this end, all who are willing thus to receive the needy, and all who are acquainted with the several wants of particular needy children, are requested to make the same known to the publishers, who, keeping a record of these various applications, seek to bring the two classes together. No charge is made; but the free-will offerings of the friends of the friendless are necessary to support these operations, and are always acceptable."

[With such an object, we regard it the *duty* of every good citizen to lend his influence in promoting the interests of the ORPHAN'S ADVOCATE.]

THE RESTORATION OF THE JEWS—With the Political Destiny of the Nations of the Earth, as foretold in the Prophecies of Scripture—with a Biographical Sketch of the author. By SETH LEWIS, formerly one of the District Judges of the State of Louisiana. New York: J. S. REDFIELD.

An argument most profound, yet by no means convincing. Webster once said, with a view of encouragement to Dr. Sewell, who applied for an "opinion," "If your premises are well founded, the argument is conclusive." So of Judge Lewis. "If his premises are correct," the Jews will be restored etc. Entertaining the views we now do, it is a matter of very little consequence whether the Jews return to Jerusalem or remain in the countries they now inhabit, but others think and feel differently. A complete embodiment of all that has been said, written, and published on this subject, may be found in this volume.

THE PIOUS CHRISTIAN'S FAITH AND HOPE, from the hand of JOHN WHITEHEAD. New York—JOHN S. TAYLOR.

We cannot attempt to give anything like a complete analysis of the contents of this little volume. The author is a near relative of the celebrated Methodist revivalist, yet his views are diametrically opposite to those entertained by this gentleman, owing, perhaps, to the color of his glasses, through which he looks at his subject. The author denounces as mere pretension most of the features contended for by religious people. We copy the following:

"The pious Christians, in preaching to men, that they will go to Heaven if they are very pious, are guilty of astonishing pride, insolence, and contempt towards God and His law—God has given no commandment nor law of anything to be done by man in order to go to Heaven."

Again, the author speaks out more boldly, and quite surpasses even Voltaire or Paine. Hear him.

"What the pious Christians call the Gospel, is a lie. It is a false law which they have invented, which is neither the Law nor the Gospel of God."

Our space is quite too limited for a more extended notice at this time, yet we give a fair "sample of this stock of goods," in the above extracts.

THIRD ANNUAL REPORT OF THE ONEIDA ASSOCIATION: exhibiting its progress to February 20, 1851. Published by LEONARD & CO., at Oneida Castle, N. Y.

A religious community, known as Perfectionists of the New-Haven school. From this Third Annual Report, it appears that the Association are in a growing and prosperous condition. There are two hundred members at the present time, having added thirty-three during the last year.

This is a common property association, each member having an equal interest in all belonging thereto. Those who wish to acquaint themselves more particularly with the plan of the Association, may do so by addressing the Editor of the *Free Church Circular*, published at Oneida Castle, Oneida county, N. Y.

INAUGURAL ADDRESS delivered before the Hahnemann Academy of Medicine, January 8th, 1851. By S. R. KIRBY, M. D., President. Published by order of the Academy.

The Doctor had evidently prepared himself for this occasion. He passed the most eulogistic encomiums upon the mortal Hahnemann, equal to any which have ever been bestowed on our great Priestnitz. Homopathy has evidently "taken a start" since the delivery of this able address.

THE PORTLAND TRANSCRIPT, edited and published weekly, in quarto form. By Messrs. GOULD & ELWELL, of Portland, Me., at \$1 50 a year.

One of the most agreeable papers on our list. There is always a healthful, radiant, and attractive look about it, that pleases our wife (a woman of unquestionable taste,) and is always read with avidity. In its new dress, though always good-looking, it now outshines all others of its class and price.

THE CARPET BAG, Boston, published Weekly, by SNOW & WILDER. Terms, \$1 a year, in advance.

Fun and fancy, sense and nonsense, with columns of sayings, wise and otherwise, by our most respectable Mrs. PARTINGTON, are all done up in parcels, and stowed away in this elegant new "Carpet Bag." Verily, we live in an age of progress; everybody needs a Carpet Bag to keep his goods in, as much as he needs a skull to keep his brains in.

Advertisements.

THE WATER-CURE JOURNAL, devoted to *Physiology, Hydropathy, and the Laws of Life*.—The Water-Cure Journal is published monthly, illustrated with engravings, exhibiting the Structure, Anatomy, and Physiology of the Human Body, with familiar instructions to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete FAMILY GUIDE, in all cases, and in all diseases.

HYDROPATHY will be fully unfolded, and so explained, that all may employ it in various diseases, even those not curable by any other means. There is no system so simple, harmless, and universally applicable, as the Water-cure. Its effects are almost miraculous, and it has already been the means of saving the lives of thousands who were entirely beyond the reach of all other known remedies.

THE PHILOSOPHY OF HEALTH will be fully discussed, including Food, Drinks, Clothing, Air, and Exercise, showing their effects on both body and mind.

TERMS IN ADVANCE.

Single copy, one year . . . \$1 00 | Ten copies, one year . . . \$7 00
Five copies " " " 4 00 | Twenty copies, " " 10 00

Please address all letters, post paid, to FOWLERS AND WELLS, No. 131 Nassau street, New York.

NEW GRAEFENBERG WATER CURE.—Dr. HOLLAND takes pleasure in announcing to his friends, and those invalids desirous of trying Hydropathic treatment at his Establishment, that he has secured the services of B. WILMARTH, M. D., of Milford, Mass., late of Hope Dale Water-Cure, to aid, with his experience and skill, in their restoration to health.

Dr. WILMARTH has had twenty years Allopathic and five years Hydropathic practice. With such experience he feels confident that success cannot fail to crown his efforts.

This Establishment, having been in operation for the last three and a half years, during which time many hundred patients testify to its success, still affords peculiar advantages to invalids.

Connected with the Establishment is a large Ball Alley, kept exclusively for the recreation and exercise of the patients.

TERMS.—From five to eight dollars per week.

Patients arriving at Utica by railroad, will be met at the Depot or National Hotel, by giving a day or two's notice by mail. Address, Dr. R. HOLLAND, or Dr. B. WILMARTH, New Graefenberg, N. Y.

New Graefenberg, April, 1851.

my 1t

NEW YORK COMMISSION AGENCY—The undersigned have made arrangements to import from Europe, by every steamer, PUBLICATIONS of every description.

They will also fill orders for STATIONARY—including every variety of Writing Papers, Envelopes, Gold and Steel Pens, Writing Inks, Sealing Wax, Wafers, Cards, and all other useful articles. Country Merchants, Post masters, School Teachers,

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All or either of the above named works may be ordered and received by return of the FIRST MAIL, at a trifling expense for postage, except the W. C. LIBRARY, which may be sent by express to any place desired. Please enclose the amount in a letter, and direct the same, post paid, to

FOWLERS AND WELLS, 131 Nassau st., New York.

PUMPS, FIRE ENGINES, CAST IRON FOUNTAINS, ETC.—The Subscriber manufactures Double acting Lift and Force Pumps, well calculated for Factories, Mines, Breweries, Iron Works, Railroads, Water Stations, Water Boats, Steamboats and Ships, family purposes, Stationary or Movable Fire Engines, etc.

The above Pumps, from their simple construction and little liability to disorder, are well calculated for supplying Water-Cure establishments with water, (when not supplied by a natural source,) and can be worked in various ways, either by water power, horse power, steam or manual power, besides using the same powers for many other purposes when not in use for raising water, or even at the same time. Water can be carried over the grounds for irrigation, out-houses, etc., or by means of hose and equipments inverted into a fire engine. Garden Engines, for one person to handle with a small double-acting Force Pump, can be used for various purposes—washing windows, wetting plants, or throwing water upon trees for the purpose of destroying worms, etc., arranged on two wheels, that one man can take them from place to place, and work the pump and guide the stream at the same time.

Ornamental Cast-Iron Fountains of various patterns and sizes. Jets of all descriptions.

Cistern and Well Pumps. I also manufacture Lift Pumps, for cisterns or wells, of any depth, either to be worked by horse power or manual power. They are entirely of metal.

Force Pumps for Wells. Whenever water is required at a higher point than the surface of the well, or at any point where water will not flow of itself, and a Force Pump would be preferable, these are calculated for the purpose.

Village and Factory Fire Engines. These engines have a double-acting lift, and force pumps. They are light, easily handled, and worked by few men. Brakes are arranged fore and aft, or across the ends.

They are furnished in a plain but neat style. Copper-ripped hose of all sizes. Stopcocks of all descriptions, Wrought Iron, Cast Iron, Lead, and Gutta Percha Pipes, etc. etc.

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of pumps, etc. G. B. FARNAM, 34 Cliff street, up stairs, formerly D. F. Farnam. my 12t

NOTICE.—Dr. W. A. Alcott wishes to say that his address is not "Newtown," nor "Newtown, Conn.," nor "West Newtown;" but West Newton, Mass. He makes this statement to prevent the delay and expense of having letters forwarded through several Post Offices.

Dr. A. during the last eight or ten years, has prescribed for several thousand persons who were afflicted with dyspepsia, acrofula, neuralgia, consumption, and other debilitating diseases, and has been instrumental in affording relief, greater or less, to all who have perseveringly followed his directions. Terms moderate, to be dictated by the good sense of the patient, but always in advance. my 1t

MATRESSES of all kinds, made of the best materials, at wholesale and retail, by G. B. STACY, 234 Wooster street, New York. Those wishing a good article may rely upon obtaining it as above, as cheap as at any other establishment. ap 3t

MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, Rhode Island. my 2t

WATER-CURE ESTABLISHMENTS.

GLEN HAVEN WATER-CURE.—This retreat for the sick, so splendid in its location, so beautiful in its scenery, with its clear, quiet lake, and its abundance of *Soft Mountain Water*, has been thoroughly refitted the past winter, and is now open. Its BATH HOUSE is in prime order. Walks up the mountain to THE FALLS are being opened. A plunge and a douche bath will be put up at the Glen, for use in warm weather. The treatment is radical but careful; and under the special charge of Mrs. L. E. JACKSON and Miss T. GILBERT, LADIES will have the most thorough attention. Gentlemen will be in charge of my son, Giles E. JACKSON, who is intelligent, prompt, and skillful. In no department shall any of us spare labor to make health come back to the cheeks of our guests.

PRICES.—These we put within the reach of almost all, and those too poor to pay them in full, we will take at a reduction—provided, 1st, we can accommodate them; and, 2nd, that they will satisfy us of their inability to pay, by responsible references. We charge for front room SIX DOLLARS a week; for rear room FIVE DOLLARS, payable weekly. These rooms will never be occupied by more than two persons at a time. We charge NO FEE FOR EXAMINATION, and those addressing us by letter can have all the information we can give about the treatment in the CURE or at home, FREE OF CHARGE TO THEM, provided they pay postage.—JAMES C. JACKSON, M. D., Physician. Our address is SCOTT, Cortlandt Co., N. Y. ap 2t

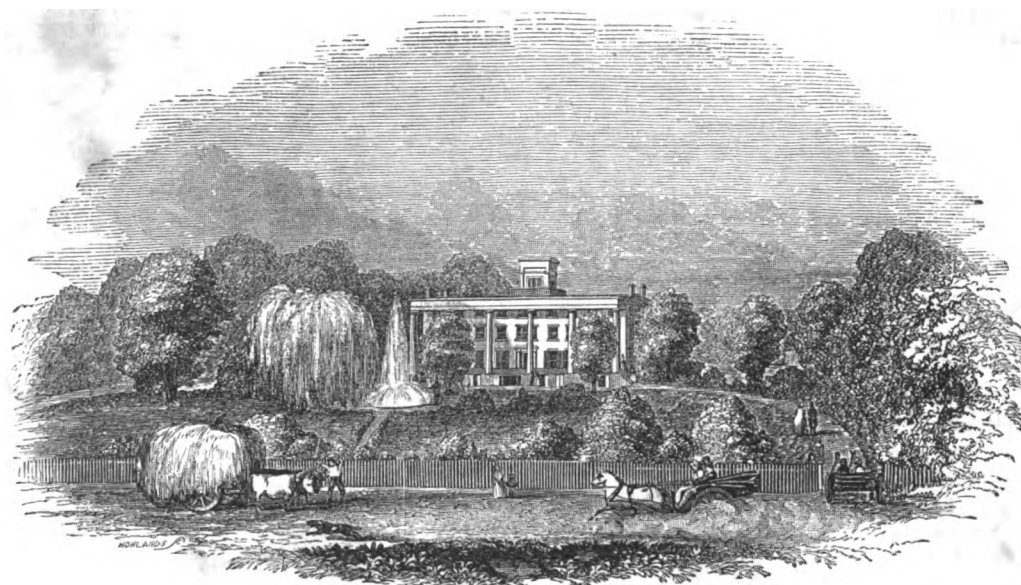
FOREST CITY WATER-CURE—located near Ithaca, N. Y., on the eastern shore of Cayuga Lake. The Medical Department is in the hands of S. O. GILSON, M. D., former Physician to the Glen Haven Cure. Mrs. R. B. GLEASON will take specific charge of the female patients. Persons coming from New York, and from the Southern Counties, can take the Ithaca Rail Road, which intersects with the New York and Erie Rail Road at Owego, and arrive at Ithaca every night and morning. From the North, East, and West, can take the stage at Auburn every morning, or a steamboat at Cayuga Ridge every afternoon for Ithaca. The stage leaves Ithaca every morning for Auburn, passing the Cure.

Terms.—Board, fuel, lights, medical advice, attendance, &c., \$5 to \$10 per week, varying according to room and attention required. Payments made weekly. Each patient will furnish three good-sized cotton comfortables, one woollen blanket, and a linen packing sheet, 13 4 yards long by 1½ yards wide, besides four coarse bath towels. Some old linen for bandages will be desirable. All business letters addressed to Dr. J. F. BURDICK, Forest City P. O., Tompkins Co., N. Y., post paid. ap 6m

CLEVELAND WATER CURE ESTABLISHMENT is now open for the reception of patients. The success which has attended it thus far gives bright hopes for the future, and enables the subscriber to say with confidence to all who wish to make a practical application of the hydropathic treatment, that they can pursue it here under the most favorable auspices for the removal of disease. The location, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired. There is connected with the establishment some forty acres of native forest, which furnishes one of the most beautiful retreats for walks and amusement that can be desired. The best German Bath Nurses are in attendance. The price for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly.

Patients in indigent circumstances, coming well recommended, and willing to occupy second rate rooms, will in certain cases be received at a reduced price. All communications must be post paid.—T. T. SEKLYE, M. D., Proprietor. ap 3t

WATER CURE—Friends of Hydropathy, and the afflicted in general, are hereby respectfully informed that the Water-Cure Establishment of Dr. C. Haez, near Brownsville, Pa., for the cure of chronic diseases, is now in successful operation. The flattering rise of this institution in public favor has induced its proprietor to add yearly improvements for the comfort and accommodation 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. Ap 1y



ORANGE MOUNTAIN WATER-CURE.

This establishment is situated near the village of South Orange, Essex County, New Jersey, five miles from Newark, and fourteen miles from the city of New York, on the line of the Morris and Essex Rail Way, by which passengers are landed at the depot of the establishment, a few minutes' walk from the door.

All the requisites for such an establishment are here found, viz: pure mountain spring water, beautiful and retired walks through the woods and upon the mountains for several miles in extent, and shielded from the winds in winter and the sun in summer; springs of soft water along the various paths, and picturesque scenery.

From many points in the walks where the prospect is not intercepted by woods, an extensive, panoramic view is presented of the cities of New York, Brooklyn, and the towns adjoining; East and West Bloomfield, North and South Orange, Newark, Belleville, Elizabethtown, the waters of New York harbor and Newark bay, Staten Island, its villages, etc.

The establishment is admirably adapted for the Water-cure practice in winter, (which for many diseases is the most favorable period of the year,) being sheltered on the East and North West by prominent mountains; fitted up in a very superior manner, and provided with abundant supplies of cold and hot water. Ladies need not leave their rooms for treatment, as private baths are attached to most of them.

WATER-CURE INSTITUTES—Patients will be treated at all seasons of the year, at the commodious city establishment, 15 Laightst., New York, and at Lebanon Springs, from May 1st to Nov. 1st. Both places hereafter will be under the direction of Dr. R. T. TRALL, and the domestic management of D. CAMPBELL & SON. Dr. Trall will be at the city institution on Tuesdays and Wednesdays, of each week, until November 1st, and daily the remainder of the year. Competent assistants will be in attendance during his temporary absence from either place. The terms will be as reasonable as at any other establishment having equal advantages in the United States.

MAMMOTH WATER CURE OF THE WEST.—This establishment is situated on a commanding eminence adjoining the village of Harrodsburg, in Mercer county, Ky., being twenty-eight miles from Lexington, thirty-five from Frankfort, and eight miles from the navigation of the Kentucky river, near the geographical centre of the State, and is sufficiently large to accommodate five hundred patients. Every person at all acquainted with the West is too familiar with the beauties of natural scenery, as well as the artificial decorations, for which this place is so justly celebrated, to render any description or recommendation necessary. C. GRAHAM, M. D., Proprietor, E. B. THOMAS, M. D., Physician. my 3t

SPRINGFIELD WATER CURE.—This is situated in Springfield, Mass., one of the pleasantest towns in the valley of the Connecticut. It is accessible from all points by railroad. In point of location and conveniences for the accommodation of patients, it is second to none in the country.

The high moral standing of this establishment is well known and appreciated. For further particulars, including terms, etc., address E. SNELL, Physician, or H. R. BARDWELL, Assistant. my 3t

TO PROPRIETORS OF HYDROPATHIC INSTITUTIONS.—Having been engaged in the practice of Medicine during a period of eighteen years, (eleven in Europe and seven in the United States,) and having been for many years in the Hydropathic practice, I feel justified in offering my professional services as principal to a hydropathic Institution. Any persons engaged in the establishment of such an institution, may find it to their advantage. Reference will be given at the office of the Philadelphia Democrat, Phila. my 1t

WATER-CURE AT VERONA SPRINGS, ONEIDA, N. Y.—The above establishment is situated in Verona, Oneida county, six miles south of Rome, four north of Verona, and two miles south of the railroad at Verona Station, in one of the most healthy and pleasant districts to be found in Central New York. The attendants employed to wait upon the sick, are those of judgment, much experience, and kindness, and ever ready to attend to the wants and wishes of the patients. Terms from \$4 to \$7 per week. S. CURTIS, Physician. my 3t

CLINTON WATER-CURE—This institution, now open for the reception of patients, under the medical charge of J. E. GROSS, M. D., from Lowell, Mass., is pleasantly situated, easy of access, and commodiously arranged. Those who are disposed to avail themselves of the hydropathic treatment, are invited to visit this institution, with the assurance that every attention will be given to their comfort and restoration to health. To his numerous personal friends and acquaintances, the proprietor would especially commend this institution. And to all he would say that the arrangements for the present year are, in various respects, superior to those of the last. Expenses in ordinary cases for board and treatment, from \$6 to \$8 per week, payable weekly. H. H. KELLOGG, Proprietor. my 1t
Clinton, Oneida Co., N. Y., April, 1851.

Terms, \$8 and \$10 in winter, and \$10, \$11, and \$12 in summer, payable always weekly. Consultation fee, \$3. Persons occupying the whole of a double room, or requiring extra attendance, will be charged accordingly. Board of private servants, \$3 per week.

Patients must provide themselves with four coarse thick linen sheets, two thick blankets, two thick comforters, and six towels; or when unavoidable, the same may be hired of the Institution, for \$1 per week.

Persons coming to the establishment from New York, leave the foot of Courtlandt street at 8½ and 10 o'clock, A. M., and 4 and 6 o'clock, P. M. The time in reaching South Orange from New York, is about one hour. Visitors can come from and return to the city several times during the day.

DR. JOSEPH A. WEDER, late of Philadelphia, is the physician of the Institution. He is a graduate of the Medical College of Friburg, Germany—has visited the Graefenberg Institution conducted by the celebrated Priessnitz, many of the Water-Cure establishments of Europe, and has twelve years experience in Hydropathy. Letters upon professional business should be addressed to Dr. Weder; all others to the Superintendent, directed to South Orange, Essex county, New Jersey.

RASIN WATER-CURE ESTABLISHMENT.—This establishment is now fitted up in fine order for the reception of patients, and the proprietor has no hesitation in saying to those who wish to make a practical application of the Hydropathic or Water-Cure treatment, that they can do so under the most favorable circumstances.

The location is one of the best in the country, and the water of the very best quality. The building is new and convenient, and everything admirable adapted to the proper treatment of disease.

It is situated about midway between Adrian and Tecumseh, and one half mile from the stage route between those two places.

Patients are required to furnish two comforters, one woollen sheet, one cotton sheet, one linen sheet, one linen or cotton sheet that may be cut in pieces for bandages, and six towels.

Terms, from \$4 to \$8 per week, according to the amount of treatment required. All communications to be post paid, and addressed to GEORGE W. CARPENTER, Proprietor, Raisin, Lenawee county, Mich. Dr. T. F. DODGE, Attending Physician. my 1t

WATER-CURE ESTABLISHMENT—By EDWARD ACKER, M. D., Phillipsburg, opposite the town of Beaver, on the Ohio, Beaver county, Pa.

WANTED.—Agents to sell in each county in the state of Ohio the AMERICAN FARMER'S NEW AND UNIVERSAL HAND BOOK, a book that will be wanted by every family owning as much as a garden. Only a small capital will be necessary to commence operations. The books are delivered in Ohio free of expense to agents. Apply immediately. Address, post paid, Z. BAKER, AKRON, SUMMIT Co., OHIO. Sole agent for the State.

HYDROPATHIC ENCYCLOPEDIA.

A PRACTICAL SYSTEM OF

HYDROPATHY AND HYGIENE.

THE above work is now in press, and will be issued in serial numbers as rapidly as possible. It will consist of eight numbers, of not less than one hundred pages each. Its object is to bring into the most condensed and practical form all the facts and philosophy in medicine and its collateral sciences, pertaining to the Philosophy of Life and Health, and the Water-Cure Treatment of Diseases.

Especial attention will be devoted to the consideration of hygienic agencies, each of which constitutes a fundamental principle in the Water-Cure system. Sufficient prominence has never been given, in hydropathic works, to the remedial and sanatory agents of our system other than water; and in many books which have been written on the general subject, water and walking seem to have occupied almost exclusively the authors' thoughts; hence the idea among many of our friends, and the charge from our opponents, that Water-Cure is a "one-idealism."

One design of the work is to show, that, so far from being a theory based on a single fact or principle, it does in fact comprehend all the laws of constitution and relation by which diseases are cured, health preserved, and longevity attained. These laws embrace all the voluntary habits of individuals, in respect to food, drink, air, exercise, bathing, sleep, clothing, the indulgence and governance of the passions, &c., as well as the hygienic regulations of society.

An endeavor will be made to supply another desideratum in hydropathic literature. In the department of nosology the work will be as complete as possible.



In addition to the subjects strictly appertaining to the scientific departments of the work, a variety of topics seldom noticed in popular medical books will be introduced. An account of the various medical theories which have prevailed in the world will be given, and their bearings upon the present systems of medical practice traced. The existing systems of medicine will be fairly stated, and their principles candidly discussed. The history of bathing will be briefly presented, showing most conclusively that the most eminent practitioners of the healing art, from the earliest ages to the present day, have relied much more on the employment of baths, with dietetic and hygienic regulations, for the cure of disease, than upon drugs. The facts connected with these interesting subjects cannot fail to startle the uninitiated in the secrets of medical history.

The dietetic department will embrace an exposition of the physiological and chemical principles of a correct dietary system, and a practical formulary for individuals, families, and public institutions.

Diseases of women and children, or rather the preservation of woman's health, and the rearing of healthy offspring, than which no subjects are more intimately connected with the well-being of the human race, will constitute prominent features of the work.

The price of the entire work will be \$2 00; each number 25 cents. Orders may be directed to the Publishers, FOWLERS AND WELLS, New-York. The first number will be ready for delivery to subscribers in May.

This Illustrated Work Comprises

- Part I. OUTLINES OF ANATOMY, ILLUSTRATED.
- Part II. PHYSIOLOGY OF THE HUMAN BODY, ILLUSTRATED.
- Part III. HYGIENIC AGENCIES AND PRESERVATION OF HEALTH.
- Part IV. DIETETICS AND HYDROPATHIC COOKERY.
- Part V. THEORY AND PRACTICE OF WATER TREATMENT.

- Part VI. SPECIAL PATHOLOGY AND HYDRO-THERAPEUTICS, including the nature, causes, symptoms, and treatment of all known diseases.
- Part VII. APPLICATION TO SURGICAL DISEASES.
- Part VIII. APPLICATION TO MIDWIFERY AND THE NURSERY. Designed as a guide to families and students, and as a text-book for physicians.