

Water-Cure Journal

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XII. NO. 1.]

NEW YORK, JULY, 1851.

[\$1.00 A YEAR.

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

Contents.

The Water-Cure Visiter, . . . 1	Fable for the Med'l Profession, 18
Hygiene—Committee's Report, 1	A Case of Medical Malpractice, 18
Scarlet, Measles, and Small Pox, 4	A Doctor's Bill, . . . 19
More Home Practice, . . . 5	The Water-Cure in Georgia, 19
The Approaching Contest, . . 6	Lines on Water, . . . 19
Cases of Childbirth, . . . 7	Fatal Mistake of a Druggist, 19
Ancient Water-Cure, . . . 7	Typhus Fever and Codlitude, 19
Bilious Fever, . . . 8	Water-Cure in Newport, . . 19
A Hydropath for Dover, . . . 8	Professor Silliman, . . . 19
Cases in Water-Cure, . . . 9	VARIETIES, . . . 19
Medical Education, . . . 10	Go Ahead! . . . 19
Health a Religious Duty, . . 12	Ladies' Waists, . . . 20
The Science of Medicine, . . 12	Wood Engraving—its Expense, 20
Lectures on the Water-Cure, . 12	The Music World, . . . 20
The Effects of Water-Cure, . . 12	More Nice than Wise, . . 20
JULY MEDITATIONS, . . . 13	Slander, . . . 20
Independence, . . . 13	The Doctor and Sailor, . . 20
Another Volume, . . . 13	New Invention, . . . 20
The City Inspector's Report, 13	Matrimony, . . . 20
Allopathic Cure for Neuralgia, 14	The Science of Advertising, 20
The Anger Cure, . . . 14	River and Harb. Improvements, 20
Thoughts on Domestic W.-Cure, 15	Explained, . . . 20
Applicability of the Water-Cure, 16	Cash Receipts, . . . 20
Reviews, . . . 17	Tight Boots, . . . 20
The Constitution of Man, . . 17	How to Save the Union, . . 20
MISCELLANY, . . . 18	TO CORRESPONDENTS, . . 21
Gossip from Boston, . . . 18	BOOK NOTICES, . . . 21
Glen Haven Water-Cure, . . 18	ADVERTISEMENTS, . . . 21
The W. C. J.—An Acrostic, 18	Hydropathic Encyclopedia, . 24

HYGIENE.

REPORT OF THE COMMITTEE OF THE AMERICAN HYGIENIC
AND HYDROPATHIC ASSOCIATION OF PHYSICIANS
AND SURGEONS, ADOPTED AT THE ANNUAL
MEETING, MAY 9TH, 1851.

The Committee appointed on the 19th day of June, 1850, on the subject of *HYGIENE*, and charged by the Constitution (ART. X.) with the duty of presenting a report at the annual meeting held at the close of its official year, of such facts and arguments as its members may deem proper, have considered the subject referred to them, as well as their various other engagements would allow, and respectfully submit the following

REPORT.

We understand by the term *HYGIENE*, that department of medical science which relates to the preservation of health and the prevention of disease. Perhaps the most natural division of the subject is into *Public* and *Private*: the latter denoting the various laws which influence the health of *individuals*; and the former, of *communities*. On the present occasion, your Committee, passing over the subject of *Private Hygiene*, which has received of late years far more consideration than the other division of the subject, respectfully invite your attention to a few facts and suggestions in relation to what a late writer calls *The Political Economy of Health*. We will glance, in the first place, at the history of the subject, and ascertain what progress *THE OLD WORLD* has made in Sanitary Science: we will afterwards inquire whether everything has been accomplished in behalf of the cause that could be, in *THE NEW*.

HYGIENE, however much or long it may have been neglected in comparison with other departments of medical science, may still be said to date farther back than medicine itself. From the earliest period of the history of the world, "down through the patriarchal ages, there is evidence that the preservation of health was inculcated as one of the primitive duties. The sanitary laws revealed to the Jews constituted a part of their religion. The regulations for cleanliness, purification, protection from contagious diseases, and for the general preservation of health, are said to have

been well adapted to the country in which they lived, and are still observed by the Arabs in that climate.

"The advantages of public health were known in many of the cities of Greece, at the height of her civilization. The Spartans paid great attention to the physical education of young men and young women, and trained them to temperance, sobriety, and athletic exercises. Plato and Aristotle thought that no city could exist without health officers; and Epaminondas, Demosthenes, and Plutarch served in that capacity. Hippocrates considered a knowledge of the causes of disease essential to the physician; and is said to have devoted a great part of his life to exploring the islands of the Grecian seas, and of the Archipelago, in relation to the subject of the health of the inhabitants. His life was spent in tracing nature and in observing and recording facts as interpreted by her. Hence the immortality stamped upon his name and writings."*

"But" (says a writer in *The Edinburgh Review*) "the Romans were the most sagacious and extensive legislators in such matters. They were in many things masters of the practical; and have left vestiges still pregnant with the wisdom of experience. With them, nothing seems to have been deemed 'common or unclean' that could protect the public health. We find Pliny writing to Trajan about a fetid stream passing through Amastria, as if it were an affair of state. The cloace of the Tarquins are still among the architectural wonders of the world. The arrangements for supplying the houses of Rome with water were most minute: while those for ventilation and drainage, still traceable in the several remains of Roman amphitheatres, have struck our most advanced sanitarians with surprise at their remarkable adaptation to their purpose. Indeed, it is easy to see that the rules and operations for the protection of health in Rome, were of a very radical and peremptory character, and allowed no minor interests to interfere with them. It seems to have been a rule with them, that from the time when the foundation of a city was laid, to that of the summit of its greatness, no structural opera-

* Lemuel Shattuck.

THE WATER-CURE VISITER.—In accordance with a mutual arrangement, entered into by the parties concerned, the subscribers to the *WATER-CURE VISITER* will hereafter be supplied to the extent of their subscriptions with the *WATER-CURE JOURNAL* instead. This arrangement will, we are confident, be acceptable to all; and it gives us pleasure to inform our readers that Dr. *SHREW* will thus be enabled to devote a larger portion of time than heretofore in writing for our pages. He proposes giving special attention to the department of *DOMESTIC HYDROPATHY*, and will frequently give cases in illustration of the treatment. The Doctor is, as usual, extensively engaged in city practice, and has thus ample opportunities for testing those principles which he has for years advocated.

A GOOD SUGGESTION.—S. S. M., of Maysville, Ky., when writing to the publishers, remarks, "I would say to all persons desirous of a water-cure physician to settle among them to follow one plan, namely, circulate one or two hundred copies of the *Water-Cure Journal* for a year or two, which will prepare the public mind, and among the converts some will be found qualified to adopt the practice of hydropathy.

tion, public or private, should be permitted to take a shape which might render it a harbor either for disease or crime."

"The cause of public health received a fatal check when Rome fell; what was previously known, perished in the general wreck of civilization. It does not appear that any sanitary regulations existed from the seventh to the fourteenth centuries. In those 'dark ages' the people lived without rule of any kind; and consequently, frightful epidemics often appeared to desolate the land."* And since that period, few subjects have made so slow and so little progress as the science of public health, notwithstanding the antiquity of its origin: indeed, the history of our subject is almost an entire blank from the fourteenth to the commencement of this present nineteenth century, when the first permanent *Council of Health* was established in the city of Paris. From that time forward the subject of sanitary improvement has steadily increased in importance and interest until it has now become one of the greatest questions of the age.

The services of this Council of Health at Paris are rendered gratuitously: still it has always been considered a high honor to belong to it. It was at first composed of four members, but it now numbers twenty-six. Men of the highest consideration appear to have sought a part in its labors, which are so highly appreciated by the government, that the decisions of the council upon matters submitted to it are seldom if ever reversed. Many of its reports—which relate to three great divisions, *health, salubrity and industry*—required in their preparation an unusual amount of labor and scientific research; and when we add that the number of these reports averages eight every week, we may form some idea of the immense amount of gratuitous service which has been performed by this council.

Councils of Health, similar to that of Paris, were established in Nantes in 1817; in Bordeaux soon after; in Lyons in 1822; in Marseilles in 1825; in Lisle in 1828; in Rouen in 1831; and other large cities followed their example. The important results derived from the investigations of these councils stimulated the labors of private individuals, and a large number of interesting and valuable works has since been published in relation to this subject. In consequence of these works, and of the example of England and other governments in the cause of public health, an ordinance was passed on the 18th of December, 1848, for a general health regulation throughout the French Republic; in accordance with which, a Council of Public Health has since been permanently established in each of the 363 *arrondissements* of France, with duties and obligations minutely specified in all their wide and varied details. The city of Paris has special regulations "for the protection of public health."†

In the German and Prussian States, systems of sanitary and medical police exist in great perfection, and have been applied more extensively to society than in any other parts of the world. And in all the governments on the continent of Europe, laws exist by which every birth, every marriage, and every death which take place are

recorded—these records being compulsory and universal.*

In Great Britain, the sanitary welfare and improvement of the people seem to have attracted very little attention until within the last twenty-five years. Boards of Health had existed in many cities, but they were generally void of much vitality. To Edwin Chadwick, Esq., of the Inner Temple, barrister-at-law, the cause of sanitary improvement is, perhaps, more indebted than to any other man. This subject appears to have been "the ruling thought of his life" since the year 1828. From that time to this, no one has labored more efficiently than he, through sanitary commissions and the public press.

Dr. T. Southwood Smith, Professor in the London Fever Hospital—another individual who has been prominent in all the sanitary movements—called the public attention to the causes of fever, in his treatise on that subject, in 1830, and subsequently published a valuable work on the Philosophy of Health.†

The most important sanitary measure ever adopted in England was the "Act for the Registration of Births, Marriages, and Deaths, in England and Wales," which went into operation on the 1st of July, 1837. This act was brought into Parliament by Lord John Russell, and supported by Lord Morpeth (now Earl of Carlisle), the late Sir Robert Peel, and other distinguished members. Under the operation of the system which this act established, "a mass of statistics, relating to life, health, and disease, has been accumulating, which will exert, and is exerting, an immensely beneficial influence upon the physical and moral welfare of the population." The Quarterly Reports of the Registrar General are regarded as of the highest authority—presenting, as they do, a true picture of the present condition of the country and nation, based on "those unerring indices, marriages and deaths." As respects this law, England is divided at present into 11 divisions, 623 districts, and 2,189 sub-districts, from each of which returns are made with so great regularity that it seldom happens that a single one is missing. The deaths by each disease are shown, the prevailing epidemics recorded and exhibited, and every one is traced, from its origin to its termination.

In 1844 and 1845, *Health-of-Towns Associations* were organized in London, Liverpool, and all the principal towns in England, so powerfully had the subject of sanitary improvement seized upon public attention; and on the 31st of August, 1848, the great sanitary measure which had previously been introduced into Parliament by Lord Morpeth (now Earl of Carlisle) became a law, under the title of "*An Act for Promoting the Public Health*." Under this act a GENERAL BOARD OF HEALTH has been organized, consisting of the Earl of Carlisle, Lord Ashley, Edwin Chadwick, Esq., and Thomas Southwood Smith, M.D. It is needless to add that the more recent ravages of the Asiatic cholera have still further stimulated public interest in the cause of sanitary improvement, and demonstrated its importance.

A careful analysis of the various sanitary documents and works which have so far appeared in England (according to Mr. Lemuel Shattuck), com-

pletely establishes the truth of the following conclusions:—

1. That the annual mortality in the whole of England averages 1 in 44; in the most healthy district, 1 in 65; and in the most unhealthy, 1 in 27.

2. That in all parts of the kingdom we can trace the various forms of disease caused by *atmospheric impurities, decomposing substances, damp and filth, and crowded dwellings*, just as surely as such conditions prevail.

3. That disease and mortality fall more heavily upon the town than the country, and particularly upon those who live in *narrow streets, confined courts, damp dwellings, close chambers, undrained, unventilated, and uncleansed cellars*, affecting most severely the infantine portion of the population, and the heads of families between 20 and 30 years of age.

4. That, in such situations, the average duration of life is 5 to 25 years less than it might otherwise be; and that, during this curtailed period of existence, the working power of those who live, and their capacity for enjoyment, are greatly diminished by a constant depression of health and spirits, and by the active attacks of *fever, cholera, scrofula, and consumption*.

5. That the frequency and intensity of the diseases above specified *may be abated* by means of *drainage, proper cleansing, better ventilation, and other means of diminishing atmospheric impurity*; and where the removal of the noxious agencies and other causes of disease appears to be complete, *such diseases almost entirely disappear*.

6. That the annual mortality might be reduced in the whole kingdom from 1 in 44 to 1 in 50; and, in all large towns, as low as that general average.

7. That this unnecessary excess of mortality above 2 per cent., occasions an annual loss of more than 50,000 lives in the United Kingdom—"greater than the loss from death or wounds in any wars in which the country has been engaged in modern times;" and that the causes of these unnecessary deaths occasion *at least twenty cases of UNNECESSARY sickness, on the average, to each death, or one million cases annually, which might have been PREVENTED*.

8. That of the 43,000 cases of widowhood, and 112,000 cases of destitute orphanage, relieved from the poor rates of England and Wales alone, the greater proportion of deaths of the heads of families occurred *from specified removable causes*; and that the average of their ages was under forty-five years, or thirteen years below the natural probability of life, as shown by experience.

9. That the *preventable* causes of disease, and the *unnecessary* mortality, impose upon the people immense pecuniary burdens which might be avoided.

10. That the younger population, bred up under noxious physical agencies, is inferior, in physical organization and general health, to a population preserved from such agencies; and that these adverse circumstances tend to produce an adult population, short-lived, improvident, reckless, immoral, and intemperate.

So much for the progress of SANITARY SCIENCE abroad: on glancing nearer home, we regret to say that we can find but few materials for a cor-

* Lemuel Shattuck.

† Ibid.

* Lemuel Shattuck.

responding sketch. Outside of our commercial cities, where quarantine regulations were early established, as a matter of necessity, the subject does not appear to have attracted much attention, until within the last ten years. Not a single State in the Union, to the best of our knowledge (excepting, perhaps, New York and Massachusetts), has in actual operation an efficient system for the registration of births, deaths, and marriages; without which little, if anything, can be accomplished in the way of sanitary improvement, because we cannot dispense with the knowledge which such statistics afford. A few years ago, an effort was made to establish such a system in this State (New York), by legal enactment, but with less success than it deserved. The number of deaths is pretty well ascertained in the different large cities—especially in our own metropolis (New York city), where no burial can take place, unless a physician's certificate specifying the cause of death, etc., has been previously procured by the sexton or undertaker, who, in turn, is compelled by law to register a copy of every such certificate in the office of the City Inspector. The births and marriages in this State are not registered (we regret to add) with equal precision: and we presume they are not registered in any other State (Massachusetts excepted) much more accurately. A new law relating to registration was enacted in Massachusetts on the 30th of May, 1849; and we are glad to learn, on the authority of Lemuel Shattuck, that "it is becoming more and more popular," though he adds that "a few important improvements should be made in its administration and execution."

The census of the United States, taken during the year 1850, will undoubtedly afford us, when its results are made public, a vast amount of useful information on almost every single subject of national interest. When we know the exact number of the population of the United States, we have a fair basis to work upon as good Sanitarians; but this is not all we wish to know; we must have, in addition, an exact knowledge of the marriages, births, and deaths, to the end that we may ascertain accurately the exact condition of the public health in all parts of the Union. The following extract from the Quarterly Return of the Registrar General, in England, for April, 1850, will show some of the purposes to which such information as this could be applied:—"While the returns of the exports, imports and revenue furnish good indications of the productions, consumption and commerce of great classes in the country, the marriages, births and deaths supply a surer test of the condition of the whole population. It is gratifying to find that the general results of both classes of returns are favorable. The marriages, which in 1847 were so much depressed, and increased almost imperceptibly in 1848, rose to 141,599 in the year 1849; and in the autumn quarter were 43,632, which is a higher number than has ever before been celebrated, excepting in the autumn quarter of 1845. The deaths have also declined; they were 98,607. The country—which, after the failure of the potato crop, in 1846, was covered with funerals, in the train of a multitude of diseases, and of two great epidemics, the fatal influenza of 1847-8, and the more deadly

cholera of 1849—is now in health again. The deaths in the first quarter of 1850 were less by 21,065 and 21,414, than the deaths in the corresponding quarters of 1847 and 1848. Fewer children have been left fatherless; fewer parents have been bereaved of their children. Sickness and suffering—though perhaps not precisely in the same ratio as the mortality—have diminished. The skillful and active industry of the kingdom has been less interrupted by the illness of workmen and the incapacity of masters; the parishes have fewer poor to relieve; the friendly societies fewer sick members to support; insurance societies less to pay on policies; everything dependent on the duration of human life has been relieved of pressure; the minds of the people have not been irritated by hunger, fever and discontent."

In this connection, your Committee take pleasure in paying a just tribute to the recent *Report of the Sanitary Commissioners of Massachusetts*, and to its estimable author Mr. LEMUEL SHATTUCK, of Boston, the head of the commission. In the opinion of your committee, this document is one of exceeding interest and value, and the example of Massachusetts in authorizing such a commission is worthy of being followed by every State in our Union. Mr. Shattuck's *Report* (which was presented to the Legislature of Massachusetts on the 25th of April, 1850) commences with a very well-written account of the progress of the cause of Sanitary Improvement both abroad and at home (to which, by the way, we cheerfully acknowledge our own indebtedness for valuable assistance in the preparation of this *Report*). It then proceeds to recommend a *Plan for a Sanitary Survey of the State*. The measures constituting this plan are fifty in number, and are substantially as follows:—The commissioners recommend a thorough revision of the health laws of the State; the formation of a General Board of Health with a competent Secretary, and also of a Local Board of Health in every city and town, with suitable officers; an alteration of the constitution of the State, so that the next State census (instead of being taken in the same year as the United States census, as heretofore) shall be taken in 1855, and at the end of every subsequent period of ten years: it being one object of the proposed census (under the new arrangement) to ascertain the sanitary condition of the commonwealth; the establishment of a more perfect system of registration of both deaths and marriages; a suitable provision for obtaining observations of the atmospheric phenomena on a systematic and uniform plan, at different stations in the commonwealth; the adoption of a uniform nomenclature for the causes of disease and of death; ample provision, in laying out new towns and villages, for a supply, in purity and abundance, of LIGHT, AIR and WATER; for drainage and sewerage, for paving and for cleanliness; a more strict attention to health in the erection of school houses, churches and other public buildings—particularly as regards their site, structure, heating apparatus and ventilation; the prevention or mitigation of the sanitary evils which arise from over-crowded lodging-houses and cellar-dwellings; the reservation of open spaces in cities and villages for wide streets and public squares—both to be ornamented with trees; spe-

cial sanitary surveys of particular localities; the exact observation of the effect of mill-ponds and stagnant water upon the health of the neighboring inhabitants; periodical house-to-house visitations for sanitary purposes; the investigation of the causes of sickness in general, sickness in schools, and especially of *consumption*; the abatement of nuisances endangering human life and health; the prevention or mitigation of the sanitary evils of *Intemperance*; a revision of the laws relating to coroner's inquests, as well as those relating to insane and idiotic persons, with a view to giving some control in suitable cases to the Boards of Health, hereafter to be established; the proper regulation of interments, so as to show a becoming respect for the dead, and at the same time protect the health of the living; the more perfect preservation of the lives and the health of seamen and of passengers at sea; the transfer of control over quarantine regulations to the Boards of Health; the prevention or mitigation of the sanitary evils arising from foreign emigration; the formation of sanitary associations in all parts of the State; the erection of better lodging-houses for the poor; the establishment of public bathing-houses and wash-houses in all cities and villages; the prevention of the sale and use of adulterated food, drink or medicine; the education of nurses for the sick; a system of family registration; and a more thorough instruction of the young in everything pertaining to physiology and hygiene. All of these measures the commissioners advocate with a most commendable zeal, because—as they prove by unanswerable arguments—they are practical, useful, economical, philanthropic, charitable, and moral; because they involve an important duty, and are imperatively demanded by the progress of the age. The commissioners then proceed to answer the common objections made to such plans in minute detail—namely: that they are "too complicated;" that they are "not applicable to our people;" that they are "too statistical;" that they "interfere with private matters, rights, and interests;" that they "create an unnecessary expense;" that they "promote quackery, alarm the people and interfere with Providence;" and lastly, that "the people have not time to attend to it." All of these objections are shown to be frivolous, short-sighted and absurd. The *Report* concludes with a powerful appeal, in behalf of the subject of Sanitary Improvement, to physicians, clergymen, educated men of all classes, the wealthy and the philanthropic, the people at large, the periodical press, to towns and cities, and finally, to the commonwealth of Massachusetts. For instance, they say: "The sanitary reform we advocate, is not like some of the popular reforms of the age. It rests upon no visionary theories, conceived alone in the closet, or by some impracticable enthusiast. It aims at the establishment of no abstract principle, with no definite, practical bearing or application. It is not radical in its character or tendency; does not seek to overturn nor upturn any social, political, or religious sentiment or institution, nor abrogate any constitutional or statute law; it interferes with no man's rights, pecuniary, social, political or religious. But it takes things as they are; looks upon man as it finds him; allows him to enjoy the institutions with which he is favored, and gives

him the means of living longer, and of enjoying more while he does live. There is in this no transcendentalism, or other *ism* or *ology*, to which any reasonable objection can be made; though it transcends, in its simplicity, in its practical utility, and its substantial, everyday, universal benefits, all other reforms. Every person, in every station, can do something to promote this reform; and every such effort, wisely directed, will increase the amount of his own individual enjoyment, and add to the aggregate enjoyment of the people."

In conclusion, your Committee would respectfully urge every member of this Association to interest himself in the cause of *Public* as well as of *Private Health*, not only in his own town or village, but in his own county, district, section, and State; and, in fine, in the whole UNION. Let each and all labor assiduously, in the collection of useful facts and information, and in their wide and general diffusion and publication. Our constitution has made this one of the two cardinal objects of our society: it has even assigned it a preference over the other; and your committee are confident that the more it is contemplated the more will the cause of SANITARY IMPROVEMENT commend itself to the benevolent, the reflecting, and the enlightened, as one of the noblest of the many which mark the times in which we live. "Ignorant men" (says Dr. Simon, the Health Officer of London) "may sneer at the pretensions of Sanitary Science; weak and timorous men may hesitate to commit themselves to its principles, so large in their application; selfish men may shrink from the labor of change which its recognition must entail; and wicked men may turn indifferently from considering that which concerns the health and happiness of millions of their fellow-creatures; but in the great objects which it proposes to itself, in the immense amelioration which it proffers to the physical, social, and indirectly to the moral condition of an immense majority of our fellow-creatures, it transcends the importance of all other sciences, and in its beneficent operation seems to embody the spirit and to fulfill the intention of practical Christianity."

In behalf of the Committee,

ROLAND S. HOUGHTON, M.D.,
Chairman.

SCARLET FEVER: MEASLES: SMALL POX.

BY CHARLES MUNDE, M.D.

THE numerous deaths occurring in the United States, of the above-named diseases, but more particularly of scarlet fever, which, according to the different papers I have fallen in with, average above 50,000 a year, have attracted my attention from the first months of my residence in my adopted country, and raised a desire to diminish the calamity by publishing and promulgating a method of treatment which, in the hands of European hydropathists, has proved so eminently successful that I have not known of one single case of death for above sixteen years, although my correspondence in medical matters, and my own practice, have been very extensive. In any practical science, and particularly in the healing art, experience is better than book-learning, and that method is no doubt the best which, after a number of years,

produces the most favorable results. Unfortunately, blind faith in the habitual practice and the "*jurare in verba magistri*" on one hand, and a very pardonable misconception of the Water-Cure, connected with a deal of fanaticism, on the other, have hindered our method, the honor of which belongs essentially to Priessnitz, from being universally acknowledged and introduced even in Europe. My writings on Water-Cure and its different inventors and promulgators have proved that there is no water-fanaticism within me, but that I am a careful and quiet, though perhaps somewhat partial, observer. I do not vindicate for hydropathy more attention than it deserves; in this case facts speak for themselves. The patients who were drugged out of life are not met with, because they were buried; but the deaf, the blind, and the disfigured you frequently see, are as many proofs of the unsuccessful result of drug medication as the statement of deaths exhibited in the papers. I never saw any of these organic destructions, nor indeed, any chronic disease following or resulting from hydropathic treatment of scarlatina, morbilli, or variola. If any one has observed the contrary, his publishing the case, with all its particulars, would contribute to the discovery of truth, of which we all—especially physicians of any school—ought to be continually in search, and thereby either show some mistake in the application of water, or limit the apparent infallibility, of Hydropathy in the treatment of the diseases in question. Whoever wants to see truth need not be afraid of light. The object of this article is not to procure victory to one or another system of the healing art, but to prevent millions of tears, and to save fifty thousand heads and as many pair of hands per year to a country whose vast extent requires cultivation, and whose political institutions entitle it to that power which it will, of course, obtain with the increase of a healthy population.

The mode of treatment used by me and several others is very plain and mild, its whole object being to increase the action of the skin and protect the vital organs from the effects of the virus, by drawing the latter to the surface, thereby reducing fever and inflammation, and thus rendering ulceration and destruction of internal parts impossible. Water-Cure here does nothing but what it ought to do in every case, and what ought to be the main, if not the only, object of the medical art in general; it assists Nature in her efforts. The efforts of nature being directed, in these diseases, towards the surface, or the skin, as the eruption clearly shows, the treatment is to assist Nature, if she has not strength enough to produce the exanthema, or if she is checked in her efforts of doing so, as often happens, by catching cold, or by taking medicines which operate as stimulants on the mucous membrane of the internal organs. It ought to be remembered that the mucous membrane, with which the body is lined inside, or the inner skin, is in close connection with the outer skin, and that every worn out or morbid particle in the body must be expelled through either of them; thus, by exciting the surface of the body to action, you increase perspiration, draw the morbid particles to the skin, and help nature to expel them; by exciting the mucous membrane you increase secretion, draw the morbid particles

or peccant matter inside, produce inflammation, and put the internal organs in danger. You act against nature, because nature, in these diseases, chooses, not the alimentary canal, but the skin, as the organ by which to rid the body of the contagion.

From these principles, therefore, if the skin is moist, *i. e.*, active, and no internal organ particularly affected, the physician ought to do nothing or little, especially in scarlet fever and measles, which produce no destruction of the surface. His principal care ought to be to prevent mischief by taking cold, being kept too hot, taking exciting drinks, or medicines "to drive the eruption out;" and thus to paralyse the wisdom of old ladies, who "know how to treat" these diseases, having experienced the effects of gin, pepper, onions, hot wine, etc. In case the throat be affected, the patient has to wear a cold water compress on this part and on the epigastrium or stomach; *i. e.*, a piece of linen dipped into cold water, carefully wrung out, folded up six or eight times (according to its thickness), placed on the skin and covered with a double piece of flannel or another piece of dry linen folded up as above, and fastened with a handkerchief. This compress is changed as often as it becomes very hot, or the pain increases; say, every two or three hours, or every hour, or oftener. In affections of the eyes, a compress is placed on the forehead, another on the back of the neck, reaching half way down the shoulders, and a third around the feet, if they are dry. The compresses on the stomach, on the feet, and between the shoulders have to remain longer than those of the parts affected, their object being to divert the inflammation from those parts by creating heat in the surface of some corresponding region. No medicine to act upon the bowels ought to be given; the bowels will move by themselves when it is time; they ought to be left quiet till the peccant matter is all on the surface; the patient ought to eat little or nothing, and drink cold water (not below 50°, however,) often, in small quantities.

In small pox, packing in wet sheets ought to be resorted to. This is effected by spreading a blanket on a bed, upon the blanket a linen sheet dipped in cold water, and carefully wrung out; the patient is placed naked upon the sheet, which is quickly wrapped around his body, then the blanket is closely wrapped over the sheet so as to prevent air from approaching the latter; finally one or two additional blankets, comforters, or feather beds are laid upon the patient and tucked under each side, as well as under the shoulders and feet, particular care being taken to pack the two latter parts well, and to concentrate the heat, escaping from the body, within the pack. In this position the patient remains as long as he or she feels comfortable; commonly they fall asleep, and begin to be restless soon after they awake, when they ought to drink some water and stay about half an hour longer. The usual time is from one to three hours. If some symptoms of the disease show and the eruption delays to appear, one or two packs will soon decide the question by drawing the eruption out. After the eruption has appeared, the packing is continued once a-day, and compresses placed over the face if this is covered with pustules; the more there are of them, the

oftener the compress ought to be changed, besides a derivative compress being put between the neck and shoulders, as directed above, especially when there are pustules upon the eyes.

These wet sheets and compresses or bandages, besides drawing the peccant matter to the surface, help to dissolve it and to prevent malignant ulceration, so much so that none of my patients was ever marked with small-pox, and I am so fully persuaded of the efficacy of water-treatment in this "formidable" disease, that I would not have any of my children vaccinated, had I been sure that I would be able to treat them myself, if they were attacked with it in later years. I have no desire to deprive the immortal Jenner of part of his well deserved reputation; but I am persuaded that Priesnitz's mode of treating the disease, if generally known and put into practice, will render the prophylaxis unnecessary, being besides a valuable addition in vaccination, to be used when the period of desiccation begins, to expel any peccant matter remaining in the body.

After every pack the patient ought to be washed all over his body with a wet towel or a dripping sheet. The latter is a linen sheet dipt into water from which the chill has been taken, say 60 to 65° F., and but slightly wrung and hung over his body, which is gently rubbed, and then dried, whereupon the patient is placed in a clean and dry bed.

The same treatment is to take place in scarlet fever and measles, if the rash does not make its appearance, or if it disappears suddenly, and internal organs begin to be affected. Only in very dangerous cases of malignant scarlet fever, sitz-baths ought to be resorted to. If the treatment, as directed, is employed in the beginning, and in case of very high fever and inflammation, the compresses and wet sheets used often enough, the scarlatina seldom becomes malignant, and when it does, sitz and half-baths are sufficient to change its malignant character, without the help of the "sacra anchora medicorum," the hell-invented mercury (only worthy to cure one disease little worse than the remedy), with which two thirds of mankind are continually poisoned.

Whether the patient has been packed during the course of the disease or not, cold ablutions (60 to 65° F.), are necessary during and after desquamation (peeling of the skin), in order to strengthen the skin before going out. These ablutions may be made every day from the beginning of the disease, either by placing the patient in an empty tub or on an oil-cloth and using water freely, or by rubbing his body in bed with a wet towel and covering every part as soon as washed. The patient ought not to be exposed for a long time to the air, which may occasion cold, whilst the water produces reaction and makes the rash appear brighter than before. It is important that the body of the patient should be covered immediately after the ablution, and not exposed in light garments to the air; should the patient not be brought to bed after the ablution, walking up and down the room until the circulation is well restored, and the feet quite warm, will prevent taking cold. A few packs will be very useful before going out, to clear the body of the peccant matter which may

have remained behind, and prepare the skin for the change of air.

By following this method, all my patients have been able to leave their rooms in less than a fortnight, in any season of the year. I remember only one case when the patient, in malignant scarlet fever, remained in-doors seventeen days in winter. It would be of no avail to cite cases from the country where I live; I will refer only to one case of scarlatina anginosa, which I treated in New York during my short residence there last winter. The patient, a gentleman of thirty-three years of age, and of not very strong health, walked out with me the eleventh day after the disease had set in, on a rather cold and wet day in January. He has kindly permitted me to use his name for the benefit of others, which any physician or other person feeling interested in the matter may learn at the Tribune or Water-Cure Journal office. I shall be glad to give any farther particulars, if they should be required, and wish this article may do some good until I shall be able to treat the subject more at large in a work on hydrotherapeutics, which I intend to publish. I wish that other papers may be induced to promulgate the subject for common benefit.

MORE HOME PRACTICE.

"A WONDER UNTO MANY."

BY E. M. D.

THE first time I ever saw a number of the Water-Cure Journal, was in November, 1850. Only one copy was then taken in our town, six numbers of which I borrowed, and read carefully and with deep interest. My husband was so much pleased with it, that he raised a club of fifty to commence the new year, and I think it will be the means of great good.

As I read the wonderful effects of water, and the great benefits resulting from its use, especially by the suffering daughters of Eve, I concluded that what women *had done*, women *could do* again in similar circumstances, and why might not I be a sharer in the blessings of cold water? True, I could not leave my family and go to an "establishment;" but why not have a "Cure" at home? So I determined to practise to the best of my ability on the Hydropathic system, to which I was already partly "broken," as I had for years bathed often, used neither tea nor coffee, and had slept on a mattress, summer and winter, unless compelled to take a feather-bed, when away from home. I accordingly commenced operations some three months before confinement. I took the towel-bath daily, night and morning, and for the last few weeks the sitz-bath; wearing the wet girdle and using injections when needed.

My health continued good, appetite good, and sleep refreshing, and I was able to go about and take care of my family to the last.

Two days before my confinement, I was left without help, attended to my domestic concerns, did the work of the family, and took care of my two children. I felt but little fatigue, and slept soundly both nights.

On Monday, the day of my sickness, I rose at five o'clock, bathed, got breakfast, &c., did a large baking, and got dinner. While the family were

dining, I bathed again and took an injection, preparatory to the approaching event, of which I had been warned by pains during the latter part of the forenoon. About two o'clock, I sent for some female friends and for my physician, and all was comfortably over at 4, P. M.

I stipulated for the wet girdle instead of the usual bandage, but the "powers that be," anxious to conform to my wishes, and at the same time to ward off apprehended dangers, dipped it into scalding water, and then cooled it sufficiently to wring it out! but thanks to the laws of evaporation, it felt cold when it reached me, and I knew nothing of the trick until I was told of it.

But before night it needed to be wet again, and I had it my own way. I had intended to take a sitz-bath before bed-time, but my husband, who was my only nurse, hydropathically, was absent until ten o'clock, in pursuit of some one to do the work of the family, and I concluded to defer it until morning. I took care of the babe myself during the night, and rested comfortably. In the morning left bed, walked to the tub, and was seated in that so much dreaded bath! What a luxury! How strengthening! How invigorating! I know not how many have been anxiously watching the result of this first experiment in Water-Cure, thinking that if I lived through it (which they hardly expected), then they would follow suit; but some of them are still holding back, dreading to begin, lest they should "die before their time."

The Dr. called in the morning to see how I was getting along, and asked if I had found it necessary to take any medicine? I told him I had not, and either because he thought there was no need of it, or from regard to my hydropathic notions, he did not prescribe any, and I have not seen him since. This physician, by the way, though a full-blooded allopath, is a subscriber to the Water-Cure Journal, and as he is a rightsensible man, I don't despair of seeing him on the right track yet.

My lady readers will judge how favorably I was situated for a grand "getting up," when I tell them that I had no nurse, took care of my babe every night, and most of the day myself, and during the first week had three different girls in the kitchen! to whom everything was new and strange. After the first week, my husband was absent eight or ten days, leaving me with the care of the three children, and the help of a young and inexperienced, but kind-hearted and willing Irish girl. During his absence, my second child, between two and three years old, was attacked with croup in the night, and awoke me by her struggles for breath. I instantly applied a compress, wrung out of cold water, to the throat and chest, changing it every few minutes for half an hour or so, giving her water to drink as she was able. The breathing soon became easier, and I left her in a couple of hours in a sound sleep, free from danger. The next night she had another attack, which was subdued in the same way. The third night the cough seemed to come from the lungs, accompanied with a burning fever, but it all yielded to water.

But with all these drawbacks, time has slipped away, and my little daughter is now three weeks old, and growing finely. And I am going about as I like, reading, writing, sewing, cooking, and

so on, at just the length of time when, with my other two children, I was considering whether it would be safe and prudent to be lifted from my bed into an easy chair, not daring to put my foot to the floor.

What has caused the difference? What?

THE APPROACHING CONTEST.

BY J. C. JACKSON, M.D.

THERE lies in the distance—not far off, however—a great battle. The forces are slowly gathering—the martial array is being made, and the conflict approaches. God speed the day! Let it come, Humanity will be the better for it. Yes! let it come. The poor, the ill-informed, the lacking in strength can be no worse off than they are now.

Am I asked what is to be the nature of the battle? and who are to be the combatants? I reply. The forces will be those who advocate the use of drugs on the one hand, and those who entirely abandon their use on the other, in the treatment of disease. "The Jacks,"—those who use both—will of course take sides with the drug-users.

It is impossible to carry the Water-Cure Revolution much longer under the load to which it is being subjected. All over the country are springing up *pseudo* Water-Cures, whose treatment of disease is as *anti-hydropathic* as *homœopathy*, *eclectic*ism, and *almost* converted *allopathy* can make them; whose physicians use water till they get a *hard* case, and then down go the pellets, the podophyllin extract, lobelia emetics, medicinal enema, irritating cutaneous applications and various other things for the "reaching of the disease," "the unplugging of the system," "the promotion of the secretions," "the equalization of the circulation," &c.

There are various causes for all this, but the chief are two: 1st The Hydro-druggists are converted *allopaths*, and cannot well abandon their reliance on drugs entirely.

2. Most of the drug-giving water-doctors will be found presiding over establishments whose water is anything but *sorri*.

Now if the Reformation is to be anything but a *still-born* thing, if it ever reaches the dignity of a *Revolution*, sweeping into it men of all ranks, the poor and the rich, the illiterate and the man of education, the old fashioned doctor and his *old fashioned victim*, it must have some avowed *great principles* and mode of action. Abortions in the reformatory as in the physical world are caused by want of constitutional power to give to the embryo development. The unfoldings of Nature in their successive and appropriate stages are checked for want of vivifying *principle*—and the ill-shapen and dead mass pushes itself to the surface, making the eye of the beholder to look away.

Nothing can be clearer to me than that water and drugs are great antagonisms. They have no affinity for each other. They work by different means, they operate to opposite ends; and there is not the man on God's footstool who can find a common menstruum for them. He is a *quack*—I say it on my own responsibility—who, *professing* to be a *Hydropathic* physician, puts water on the outside of his patient's body and some sickening medicine inside. But I have no time to write an

essay. Let the people keep their eyes open. Two classes of physicians are challenging confidence, *professing* to be *Hydropathic* physicians—the one use *soft* water, appropriate diet and exercise, and are careful to study the laws of life, and themselves live them out; the other use hard or soft water as may happen, pay little or no attention to diet and exercise, and in frequent cases—where their treatment fails—dose and drug their patients till they look as if a *regularly* educated *allopath* had had them "by the gills."

I have two cases which I wish to lay before the Journal readers. The first is that of a lady, for whom I have prescribed *home* treatment, inasmuch as at present she is too feeble and poor to try the treatment at "the Glen." I shall report her case under the treatment as I may have opportunity. At present I give *her letter*, describing her case and asking for help. Simply saying that though differing in *kind*, it by no means exceeds in *severity* a numerous class of cases who apply to me for gratuitous advice. But to *the letter*. Read it, and then tell me what you think of a mode of *medicinal* practice, that subjects the patient to such *tortures*. There is not a Water-Cure doctor in all this broad land, unless he is an "ass or a quack," who could not have managed this lady's case with the most perfect ease in its *first stages*. Even now, in judicious hands and the results which *TIME* brings round, I am of the opinion that she can be cured.

MY DEAR SIR,

I have read in the L. P. paper a very kind offer you have made to answer gratuitously any letters, *post paid*, asking for medical advice at your hands.

A lady friend in the helplessness of her case has besought me to write for her. Most cheerfully I do it, and I doubt not you will as cheerfully give what counsel you can. Mrs. — lives in this village. She is one of the *true ones* of the earth, a reformer, and a poor woman. She recollects you and your teachings years ago. As I detail her case, you will see she is indeed one of the suffering ones of earth.

Her disease is "prolapsus uteri." Sixteen years ago she had an abortion, with its bad effects. Three years of suffering and another abortion. Sometimes better, and sometimes worse for eight years, and another abortion. This was five years ago. Profuse hemorrhage, to stop which opium was given, followed by weakness of eyes and swimming of head. Three years since, she had much pain and numbness low in the back and limbs, fainting, and falling sickness; bloating of face and eyes, loss of appetite, and sleeplessness. She took sixteen bottles of Lithontriptic, for *general* weakness; commenced cold showering bath, with iodine of iron. Her prolapsus no better, had retention of urine, pain in the small of the back, took blue pill, and was blistered more than a *dozen times* on the sides for the pains in the back.

She has worn pessaries for two years, more or less, has tried sarsaparilla, has worn a seton on the right side and above the hip. She has had eleven issues along the spine. Was for a while better—a wonder you'll think after such usage.

One year ago was taken again with fainting and vomiting. The doctors actually branded her along

the spine with a hot iron, for bad stomach. No better. Burning, itching sensation in the womb and passage, and copious discharge of clear slimy matter. The physicians now used the speculum, and, as they say, found the womb six times too large, and badly ulcerated. They injected lunar caustic on the ulcers several times. They also lanced the womb to extract blood, but got no blood. Then they used leeches twenty times; frequent cuppings on back and bowels. Also made antimony sores on bowels, and on inside of the limbs.

Last January menstruation ceased; began again two weeks since. Physician stopped it, as she entertains expectations of offspring.

She is now lying on her back, quite emaciated, and has suffered from constipation for years. Is very nervous and sleepless. She is taking anodyne for wakefulness.

This is a succinct history of this lady's sufferings, from disease and doctors, for sixteen years. Do tell her what relief she may expect to obtain by home treatment, also what degree of health she might reasonably hope to obtain by coming to Glen Haven.

Yours, very truly,
—."

My second case is one which has been under my care for *only three weeks*, yet the improvement was so marked, as to give him, and friends, and myself, great gratification. He is a clergyman of *Syracuse*, a gentleman of talent and standing, but a great violator of the *law* of his being, having for many years preached very earnestly, and labored very closely, as a student.

He came to "the Glen" on the third day of April, aged forty years; has had dyspepsia eighteen years; connecting with it great torpor, and some enlargement of liver, and severe constipation. Had dabbled in drugs, drank tea and coffee, went to Italy in 1843—was temporarily better. Has tried Thompsonian and Homœopathic medicines. Skin as yellow as saffron; feet cold; head *dull*; tongue, tip fiery red; back part thickly coated, with deep rhagades in it.

I gave him sheet at 70°, in the morning; sitz at 10 A. M., 72°, fifteen minutes. Pack and half bath at 72°, every afternoon at 3 o'clock. Foot bath at 72°, five minutes—for the *first week*.

Treatment of the *second week*, was half-bath at 72°, in the morning, three minutes; sitz at 10, 72° to 68°, twenty-five minutes; abdominal bandage from 10 to 3 P. M., and all night; pack every *other* day, and half-bath at 72°, with pail douche at 65°, and foot bath at evening, 70°, 10 minutes.

Third week, pail douche at 70°, and plunge every other morning; sitz at 10, 74°, thirty minutes; abdominal bandage all day, after 10 o'clock, and night; pack every day; half-bath at 72°; plunge and half-bath again, for one minute; foot bath 68°, ten minutes, at evening; he was to drink *one quart* of water a day. Took away tea, and the last week, meat and butter.

Within a week his constipation broke up under the diet, treatment, drinking of water, and enemas, and his bowels became entirely regular. He was taken very sick at the stomach, the third day, after

dinner. I gave him a warm water emetic—washing out his stomach *thoroughly*. His skin whitened out, and the second Sabbath of his stay at “the Glen,” he admitted that he had not had such a Sabbath in fifteen years. The whole treatment acted like a charm on him. He was very *grave* in demeanor and demure in face when he came, thinking laughter almost a *sin*, but I enjoined him to lay aside his clerical garb, to forget that he was a minister, to think of himself only as a *little child*, and God’s Kingdom of *Health* would open to him and he could *enter*. He was wise enough to think that I knew better than he did, and so he followed my advice, and left “THE GLEN” after only three weeks stay; a smooth-faced, white-skinned, joyous-hearted man, instead of a withered, dried-up, jaundice-faced, wrinkled minister. Now aside from any skill I exhibited in the matter, I attribute the rapid improvement he made to the very superior quality of the water in my CURE. There is a wide difference between *hard*, brackish water, and pure soft water in the treatment of disease. The PEOPLE will find it out by-and-by. I do not believe that any man could have produced such effects on this gentleman, in the same time, as it was my good fortune to do, by the application of water of an inferior quality. If people did but know it, those who patronize *hard* water establishments, whilst there are soft water institutions in existence, do but illustrate the old saying:

“A fool and his money are soon parted.”

Hard water is better than *no* water, as an external applicant, but as a *drink*, it is villanous; and there are numerous diseases which can *never* be cured by it, let who will say to the contrary. I have various cases of great interest to report to the Journal *from month to month*, which are under treatment “in the Glen.”

Allow me to conclude, then, by a word of explanation. In my advertisement, *notice* is given that I will give advice at my office, in *the Glen*, or in answer to *all* letters post paid, *gratis*. Now I will live this out to the *letter* not only, but in the spirit of the notice. It is due to myself to say, that I wish the benefits of my advice *gratuitously* given, to be had by *poor* people.

The land is full of poor, stricken, smitten men and women, who lie at the brink of healing waters, with *no one* to put them in. If I can do them service, in God’s name let them apply. I will do all I can, by advice and counsel, for their good.

CASES OF CHILDBIRTH.

BY DR. W. P. COLLINS.

MRS. C., of —, was confined under Allopathic treatment, the 7th September, 1850. Two days after confinement, commenced bloating; sent for Dr. —, of Providence, who bled and blistered her; took away twenty-five ounces of blood for the purpose (as he informed the nurse) of seeing what condition the blood was in.

About two weeks from that time, getting no better, but on the contrary growing worse, the nurse, having some slight knowledge of water-cure clandestinely used it, by way of compresses

upon the bowels. Finding slight relief from its application, common sense taught them to have it used more thoroughly. Accordingly on the 23d of the same month they sent for me. I found the lady as pale as death, and exceedingly weak from the loss of blood. She was troubled with stoppage of the water: the physician who was with her during her confinement neglected having it drawn till, when drawn, they drew away more than three quarts. Subsequently he was not willing to have it drawn more than once in ten or twelve hours. Before the expiration of that time she suffered the most excruciating pain.

Treatment.—Two ablutions with repeated injections.

24th.—But little or no improvement. Treatment the same.

25th.—Copious discharges from the bowels, which continued till they assumed their normal state.

Treatment.—Two short sitz-baths and general ablutions; the chill being taken off a little from the water; injections as before; the one at night was to be light and retained as long as possible.

By unmitigated, yet light treatment (for she was so very feeble she could not bear powerful treatment), she gradually improved, till her health has been wholly restored, to the surprise of her friends and neighbors; for all who knew her condition thought she must die.

It might be proper to state that her husband, who had hitherto known nothing of the Water-Cure, immediately purchased hydropathic books and subscribed for the Water-Cure Journal.

ANCIENT WATER-CURE.

BY PROF. I. M. COMINGS.

In reading an old volume, entitled the “Medical and Physical Journal,” published in London nearly fifty years ago, we have been interested in a report of some cases of water treatment, which we think may not be uninteresting to the readers of the Journal.

It is one of the earliest accounts of hydropathic treatment which we have seen, and its success was somewhat in accordance with the practice of the present day. The yellow fever is very mortal under the best allopathic treatment, and notwithstanding the course here described was found very efficient, yet we do not learn that this notice attracted the attention of the public in the least, or induced others to follow it; so I suppose the practice of the hydropathist of the present day may be even more successful than in the cases mentioned below; yet the great mass of the community are so wedded to Allopathy that they will suffer themselves to be drugged to death, while the health-giving streams are flowing on all sides of them.

This old account of water treatment shows its success in that form of disease in which it has been thought to be particularly injurious. But the object of this communication is only to notice this ancient practice of Water-Cure, in Allopathic hands. If we were disposed to criticise, we might speak of the cures effected by *water alone*, and these with

water in spite of the calomel used. Indeed it is somewhat amusing to read the reports of Allopathic cases where water is freely used in connection with drugs; as though the water was merely a simple *auxiliary*, whereas the drugs may have hindered the cure.

But to this report, which describes cases of yellow fever, by Dr. Noble, of His Majesty’s ship *Amelia*, “Tortola, August 27th, 1805.” He says:

“The remedy to which I principally trusted, and to which I owe the salvation of numbers, is cold bathing. The patient was put into a tub of salt water, and soused over head repeatedly, until it would have been dangerous to have kept him longer in water,—until his skin became perfectly cold, and he was ready to faint. By one such immersion, in very violent cases nothing was gained, but a great deal in mild ones; in the course of half or a whole hour in the former, the heat, oppression at the precordia, and general uneasiness were as great as ever; the immersion was then immediately repeated, and continued every hour, or oftener, if the heat of the skin was greatly above the natural standard. I regret that I had no thermometer to mark down the particular degrees the heat arrived at. The way I conceive this remedy to act, is not by giving a sudden shock to the system, but simply by abstracting heat. From particular circumstances I was prevented from renewing the bath to several of the sick in the night-time, as I could have wished; to these I had a wet sheet applied around the body, with the best effects, and either taken off and dipped in cold water as it got warm, or cold water poured over it. Acting upon this principle, I never hesitated about bathing a patient while the skin was moist, or covered with perspiration; for though perspiration coats the surface, cold bathing does it sooner and more effectually, and every moment is of consequence in preventing the great heat from producing incurable debility, or rather from entirely destroying the vital powers.

“In violent cases of fever, the bath was sometimes required sixteen or twenty times: in milder cases the heat would at first take some hours before it returned; that period gradually got longer, and after four or five bathings the fever would be entirely subdued.

“The sickness taking place in the *Amelia*, soon after, gave me a large field for experiencing its good or bad effects, and the following is the result.

“Twenty very violent cases of fever kept on board the ship, and treated with calomel and cold bathing, all recovered. Thirty others, where the symptoms were milder, recovered by cold bathing only. Out of twenty sent to Antigua Hospital, some of which were bathed for the first twelve hours of the attack, where the heat of the skin allowed of that practice, five died, and fifteen were returned in a state of convalescence on our leaving the harbor.”

THE NEW POSTAGE LAW, which goes into operation on the first of this month, (July,) renders it desirable to *prepay* all letters or books which go by mail.

BILIOUS FEVER.

BY DR. WM. E. ROGERS.

Mrs. R., aged 24 years, medium size, sanguine temperament, of healthy parentage, and no hereditary predispositions to disease. She was subject to bilious fever, or bilious attacks, from childhood to the age of twenty-two, when she commenced the water treatment; since that time, she has been constantly improving, and now enjoys perfect health, thanks to a kind Providence, and the Water-Cure. As her case has been of marked interest, I will, as briefly as possible, mention some of the peculiarities of the treatment.

Between the age of five and six years, she had an attack of inflammatory rheumatism, which continued more than six weeks under ordinary Allopathic treatment; during this time, and much longer, she was unable to walk. The system was left with a shock that the disease was liable to return upon the slightest exposure. Soon after this sickness, she would have attacks of fever of the remittent character, as often as every three or four months, which was principally treated with Brandreth's pills. They would generally succeed in breaking the fever, in perhaps one or two weeks, by taking nearly 100 during the course, which would leave her in a very weak, miserable condition; the tone of the stomach much injured, and the mucous membrane of the alimentary canal, very much irritated by this drastic medicine.

When nearly recovered, the same road must be traveled again by another attack; which went on from bad to worse, until all the train of ills had set in, that makes life a burden, and robs the female of her beauty. Costive bowels, pain in the side, cold extremities, and pain and heat in the head, dizziness, weakness in the stomach, leucorrhœa and amenorrhœa (the menses not appearing oftener than once in three or six months). Mrs. R. lived in a very healthy section of country, and was very regular and active in her habits, and practised bathing in cold or tepid water, but the shock her system had received from sickness and medicine prevented her entirely recovering before being prostrated by another attack.

August 25th, 1846, she was married, and after spending a short time in traveling, was so much improved as to enjoy comfortable health for six months, though the menses did not appear more than once in that time. All the remedies for "suppression mensem" were faithfully used, but without any benefit!

Again she was violently attacked with bilious fever, which prostrated her one month. Treated at first with Brandreth's pills, but as she failed so fast, an allopathic physician was called in, who commenced treating with calomel, opium, ipecac, &c. Mrs. R. did not fully recover her usual strength before she was again prostrated with inflammatory rheumatism, (July 12th, 1847). The symptoms were so urgent that three physicians were called in consultation, and she was again carried through a "full course," (six weeks) of drugging.

Her health, by this time, had suffered so much that it was thought that nothing would again restore her but a journey to the salt water, or a sea voyage; consequently business was arranged and a journey undertaken to the rock-bound coast of

Connecticut, to build up what disease and medicine had pulled down. The experiment was in a degree successful; but I will not take your readers through the particulars of a blue pill at evening, and a Seidlitz powder in the morning, &c. As far as the hygienic influences were concerned, they were beneficial, but all these things failed to restore the health.

The menstrual secretion did not appear, though emenagogues were given until they ceased to be a virtue. There was no great change in the symptoms until February 10th, 1849, when she was again brought very low, first with bilious fever, then acute gastritis, and finally chronic hepatitis. For many days and weeks, notwithstanding the attention of friends and the skill of the best allopathic physicians, her life was despaired of, but she finally improved, so as to be able to ride, when her physicians recommended, as a last resort, a sea-voyage, or a visit to Saratoga Springs, and the use of the mineral waters.

It is sufficient here to say that she could not bear the sea-breeze nor the mineral waters of Saratoga; she had taken calomel until it had nearly become an article of diet,—at least it seemed she could not live without it; the liver was torpid, the stomach weak, the bowels not moving without some form of mercurial stimulus, followed by aloetic pills. When this was neglected for a day or two, the whole train of morbid symptoms would return; which would drive her back to the old plan again. Prostrated as she was by this complication of ills, together with the usual premonitory symptoms of cholera, in a cholera atmosphere, Mrs. R. commenced the water treatment, under the direction of William A. Hamilton, M.D., who, with myself, conducted the Saratoga Springs Water-Cure Institution, (June 25th, 1849).

Treatment.—The vomiting was allayed by sipping ice water, and cloths wet in ice water, laid over the stomach. The diarrhoea was controlled by ice-water injections and short sitz-baths: after these urgent symptoms were abated, the wet-sheet pack, followed by sponging the whole person in water about 70 degrees, and the diet exceedingly light. In a few days, with this mild but efficient treatment, the patient was very much improved, and soon able to be up, and enjoy exercise in the open air. It is unnecessary here to follow in detail the treatment, which was active most of the time, for nine months, consisting of packs, half-baths, plunge, bandage, and long sitz-baths, varied according to the circumstances of the case, with this theory in view, that nature would restore the menstrual secretion as soon as the general health was sufficiently improved to require it!

We were not disappointed! After many months persevering in the use of long sitz-baths and general treatment, the menses appeared naturally and continued after the design of nature, until interrupted by another natural process—Gestation!

It will be proper here to remark, that Mrs. R. has been delivered of a fine, healthy daughter, and treated, of course, hydropathically.

It is now three months since her confinement, and the babe is very healthy, without the use of "herb teas, opiates, Godfrey's cordial, or any medicine.

Mrs. R. is perfectly restored to health, as hun-

dreds will witness, and without taking any kind of medicine, but cold water and a regulated diet! There is much omitted in this short sketch that might be interesting to many, but our limits forbid at present saying more than that Mrs. R. is now prepared to commence a life of activity, enjoyment, and usefulness, as the *Matron* of the Summit Water-Cure—Waymart, Wayne County, Pa.

A HYDROPATH FOR DOVER.

BY NINA SMYTH.

MANY thanks, Messrs. Editors, for that kindly word for DOVER, in your March number. It has made the hearts of the Faithful here rejoice, and doubtless they with one accord respond—amen. But while you are about it, it would be well enough to send one of the best. Indeed, none other will answer for this meridian. Located among us may be counted a score, more or less, of physicians of the old school, and, "though I say it," they are a collection of as well-read M.D.'s, as you will find in any other place of our size. So it follows of course that we are used to being doctor in a very scientific way. The initiated will understand that in this, our great abundance, lies our greater need, and that there is plenty of prospective work for a practitioner of the reformed school. It follows, also, that the common-place tyro (if there are any such in the water-cure practice) would do better somewhere else.

And then we have established a sort of a right to a Hydropath of some quality, for we have now and then mustered courage to send a patient, who was given over to die, according to the "Books," to the nearest Water-Cure establishment, that, peradventure, he might be saved in spite of the Books. We think, therefore, we deserve one of our own. Besides, the nearest Water cure is a long way off, and can but seldom be resorted to.

And these little experiences, aided and abetted by a goodly number of Water-Cure Journals circulating among us, have been associating like leaven in the mass, till we not only need and deserve, but are now actually ready for a Hydropathic physician. Not that the whole mass is by any means leavened, but in a very favorable state for the advent of one of the right stamp. One of the right stamp. There lies the pith of the matter. The truth is, that we—that is, the Faithful aforesaid, are a little nervous, as to the qualifications of the Hydro who shall come among us, fully believing that his success will be certain, if he is "all right." We have our Ideal. Is it of impossible realization? It were better that he were neither very old nor very young. Better, also, that he should have had experience in both modes of practice:—very desirable, also, that in his character he should combine those qualities that command respect as a man, as well as a physician. But, not to weary you, he should, in brief, have "skill, with a heart in it,"—with a heart in it! Ah, there I believe lies a great secret. *Entre nous*, it is a pet fancy of my own, that all Water-Cure physicians, must, of necessity, be philanthropists, and judging from the reflection I see of them in the Water-Cure Journal—and this (almost without an exception) is my only means of knowing them—judging of them thus, it would

seem that they are true to their mission. The physician who takes five dollars from a pale sewing girl, for advice, which he squanders lavishly on fashionable attire and gew-gaws for wife and children, is no philanthropist, however complacently he may fold his arms, and hug the coveted title to his heart. Such a man, if he be a Hydropath, "turns Progress into Retrograde." He has not a soul big enough; if souls were tangible, to trigg the wheels of Tom Thumb's carriage, and society would roll backward to the dark ages, for all the obstacle he would be in the way. A true reformer should "keep his conscience," though "he lose his living." But enough; send us a Hydropath, Mr. Editor, and we will almost dare to promise that he shall have a living, and keep his conscience too, if he bring one with him.

I find I have unconsciously addressed you, as "holding the keys," and, in truth, at this distance, we look toward New-York, as a sort of Fountain-head of Hydropathy.

[We feel an echo in Nina's suggestions and therefore present them to our readers. Already, our most glorious cause has been taken up as a mere trade, for speculation and money making. There was a "Judas," even among the apostles. A word to the wise is sufficient.—Eds.]

CASES IN WATER-CURE.

BY JOEL SHEW, M.D.

CASE I.—SMALL POX.

About the middle of February last, Mr. James Carr, of Jersey City, came to my house, desiring me to visit his child, which was, I think, about four years old, in the seventh day of small pox. It had been under homœopathic treatment. The disease assumed the *confluent* form, by which is meant that the pustules are much more numerous than in ordinary cases; so numerous in fact that they run together, and, as it were, cover the entire surface. The fever is incomparably more violent, and the danger proportionably great.

Treatment.—The child was exceedingly restless, and had scarcely slept since the attack. The treatment advised was very simple. The patient was to be bathed regularly in a shallow bath—the water only three or four inches deep in a common wash-tub—once in every four hours exactly, by the clock, the twenty-four hours through; the bath to be continued four or five minutes at a time, and then wet linen cloths were to be put loosely about the body, limbs, and in fact every part where they could be applied. The patient was thus to live, as it were, in the wet sheet. The clothes were to be washed often, and kept as clean as possible, and so of everything about; the bedding to be changed always at least twice a day.

The effect of the treatment was most salutary. The little patient would, of course, worry somewhat at the time of the baths, because of the great soreness of its body. But as soon as it was over and the cloths applied, it would fall asleep; and so it rested a large share of the time, night and day, for a number of days. A little, light nourishment was given it from time to time, and all the water it wanted to drink. But the baths were so often repeated, and the wet bandages kept so constantly applied, but little thirst was experienced.

In a few days the child recovered, and without marks. It would not be possible for parents to follow out the treatment more faithfully in all respects than was done in this case, and the reward was probably the saving the life of the child. But supposing it could have lived without the water treatment, it was saved a vast amount of suffering by the course pursued.

CASE II.

A younger child of the parents above-mentioned was soon taken down with the disease. It assumed a mild form, and was treated accordingly, but in a manner similar to the above. They got along without the aid of a physician, and the child soon recovered.

CASE III.

This case was treated mostly by my assistant, F. W. Meyer. He gives the following account of it:

"On the 26th of April, 1851, a colored man, Mr. William Brady, 49 Watt street, an intelligent man, and a musician by profession, called for Dr. Shew to visit his little son, a boy of about four years of age. In his absence, I went to attend him. I found him a very scrofulous subject, and in a state of intense fever, the pulse had about 160 beats a minute; he had in short all the premonitory symptoms of small pox, to which disease he had been exposed.

We first gave him an injection of tepid water, but the body was so hot and feverish, the water was all absorbed and did not act as injections generally do. We opened the windows to admit fresh air, and gave him a short, loose wet-sheet packing of twenty minutes, the object being to cool the body, then washed him off in a wash-tub with water of about 60° F. This process the parents were to repeat every two hours until the fever should be reduced. A broad, wet girdle was to be worn constantly between the baths. After three or four applications of the wet sheet, the eruption came out.

"After this the wet sheet and baths were continued usually three times a day, and the wet girdle kept on constantly, and frequently re-wet to prevent its becoming too warm. A wet mask was also worn upon the face much of the time. A very light, farinaceous and fruit diet was observed.

"In about two weeks the patient was well and played about the house. He had yet spots upon his face, but no pits."

CASE IV.—WHITLOW OR FELON.

A gardener in the upper part of this city has been for the past six or eight weeks engaged a good deal of the time with his hands in water, working in the wet ground, washing off plants, vegetables, etc. He is apparently of good constitution, and has been in the habit of living what he calls "plainly." But there seems to have been impurity in his system, inasmuch as the effect of water upon his hands has been to bring a severe felon on a finger of each hand. He has been broken of his rest a great deal, going to market very early mornings, and sometimes not going to rest at all during the night. This irregularity and want of rest have doubtless had something to do in causing his difficulty.

Treatment.—He had been attempting to manage the case himself, but did not get along well,

owing to his making the mistake of treating the affected parts only, and in having the water too cold upon those parts. Few even among the practitioners seem yet to understand that in cases of wounds, felons, &c., we should have more to do with adjacent parts than those affected, and that upon the diseased parts we must not use the water too cold. Almost every one would put a cut into very cold water: but this is not the method of Priessnitz, nor is it the true one. Put it in tepid water, that is in water from 70° to 90° F., that which is most agreeable to the feelings of comfort. The cold water we use elsewhere. And so of the felon; the part, if immersed in cold water, becomes more and more painful. But we immerse it in tepid water a part of the time, and for a change at other times give the elbow bath; the whole hand may be immersed in cold water too with advantage, if we can at the same time leave the sore finger out. We use also wet bandages, covered with dry, upon the painful finger, upon the whole hand, and also the arm; the more of the bandaging the better, so that we do not too much chill the diseased part. In this way, then, alternating with the tepid bath to the part affected, the cold elbow bath, the wet bandages and two or three general ablutions daily, together with the packing wet sheet, if that is desirable or necessary, with plain and spare diet, we treat this painful and sometimes dangerous disease.

CASE V.—AGUE AND FEVER.

A strong, hearty looking young gentleman from Pennsylvania, about thirty years of age, had the ague six weeks. He had tried the usual means of "breaking" the disease, but it would very soon return. Sunday the first of June, he came to my Institution to be "put through," as he called it the sick day. He had used water with some success at home, but not to the extent necessary. The chill happened every third day—in the tertian form, as we call it.

Treatment.—He came to us early in the morning in the midst of a severe chill. The pulse was frequent, as is true I believe generally in such cases. The object was to shorten the rigor, and to ward off the fever and sweating that would naturally follow it.

He was first put into the shallow bath, nearly cold, and rubbed fifteen or twenty minutes; he was then showered well with cold water, and then put into a loose packing with a cold wet sheet. Here he remained about twenty minutes. He was then again subjected to the baths as before, using the water entirely cold, that is as the Croton comes at this season of the year, at about 60° F. In this way we kept on using alternately the cold shallow bath with prolonged friction, pouring at the same time a good deal of cold water upon the head, and the short cooling pack—"slip-slop treatment," as some of the water practitioners have been pleased to call it. The treatment was kept up constantly from between eight and nine o'clock, to about one in the afternoon. He was therefore kept all the time in the wet for about five hours; and during this time a vast amount of caloric must have been extracted from his system. The effect of the treatment was gradually to bring down the frequency of the pulse, to keep off all headache,

back-ache, bones-ache, all fever and consequently the sweating. The treatment practised in this thorough manner does in fact convert the sick day into a well one, for the patient, instead of being weak and worn out at evening, as he does after having suffered from the chill, fever, and sweating, feels as well at the close of the sick day as on the well one. I should mention also that he was allowed all the water he desired for drink, and tepid water was used freely internally by way of injection.

Thus much for the management of a case of ague during one day. If the patient can bear a thorough treatment—as for instance four short packs, and as many baths the well day, he may run clear of an attack the next. But whether it comes or not, it can last but a very short time with such a course. If he is obliged to go back and breathe the miasma continually, it may come on again, as in any other method of cure. But I repeat, the water treatment, if properly managed, makes short work with ague when the patient can keep clear of the morbid influence.

W. C. Inst. cor. Twelfth-st. & University Place.

MEDICAL EDUCATION,

AS IT IS, AND AS IT SHOULD BE.

BY T. L. NICHOLS, M.D.

The announcement, in this JOURNAL, of so important an undertaking as the establishment of a MEDICAL SCHOOL OF WATER CURE, which, as it is the first in this country, and, I believe, in the world, I have ventured to call the AMERICAN HYDROPATHIC INSTITUTE, may properly be made the occasion of some remarks upon medical education, as it is, and as it should be. They will be independent, truthful, and, though adapted to the latitude and longitude of the United States, will apply to some extent to other civilized countries.

Dr. TRALL, in the able introduction to his HYDROPATHIC ENCYCLOPEDIA, has made the following observation. "The functions of mind and body are so intimately related, all the powers of the one and the organs of the other constantly reacting on each other, that I cannot imagine how it is possible for the spiritual or physiological teacher to do full justice to man in either relation of his existence, without understanding the laws of both. Nay, I would have the same person exercise the functions of priest, doctor, lawyer, and schoolmaster; and that individual who can present to his fellow-creatures the most harmonious whole of a human being—who can best teach in theory, and most faithfully exemplify in practice, the laws of his being, in his moral, physiological, legal, and social relations, should belong to The Learned Profession, and be a leader among men."

Compare this noble ideal with the actual medical student and practitioner. Now if a boy gives evidence of piety and benevolence, or if the routine of a clergyman's duty seems pleasant to him, he is sent to a Theological Seminary, from which he graduates with a knowledge of technicalities and forms of doctrine, but with an utter ignorance of humanity and its social developments, and often with such a misunderstanding of the

laws of his own being, that his health is ruined before his usefulness begins.

The boy who shows more smartness, more of a worldly spirit, more ambition, and a ready eloquence, or what is coarsely but expressively termed "the gift of the gab," is made a lawyer. He reads novels, makes love, hunts and fishes through his prescribed course;—learns to draw papers, and picks up some common routine of practice, and after an examination, usually of no very terrific character, he is admitted to the bar. If circumstances favor, and he has talent and ambition, he now begins study and may rise to eminence; but the chances are that he adds one more to the number of the drones and pests of civilization. But when a man has a son who is not studious enough to become a teacher, nor pious enough for a minister, nor smart and tonguey enough for a lawyer, but who must still be in a learned profession, there is nothing left but to make him a doctor.

And this is the usual course of study. He enters, with a superficial academic education, the office of some physician as student. He begins, with some ardor, the study of Anatomy, and, of course, runs his head among the dry bones of osteology. He gets as far as the demonstration of the *os sphenoides*, and then it fortunately occurs to him that he has got to attend two courses of lectures, and pay professors for teaching him, which will be more pleasant. Good bye, books. He smokes long nines, chews enormous quantities of pig-tail and cavendish, loaf away his time in the bar-room of the village tavern or sitting on the counter of the store, rejoices in the title of Doctor, awarded him in advance, and indulges in pleasant visions of the lecture term, and the prospective diploma.

So, study is postponed to the lectures, and the student, bothered with hard words, and disgusted with the task of acquiring knowledge, of which he cannot see the use, makes up his mind to be put into the hopper with the rest, run through the mill, and be ground out a doctor. We may admit the regular amount of exceptions to all general rules, which are said to amount to one-eighth, but the rule is as we have stated. At least seven-eighths of our medical students pursue the course above described.

Then comes the first course of lectures. The student comes to New York, perhaps, and enters the medical school of the University. I shall describe the course here from personal observation.

At nine o'clock comes a lecture on chemistry, clear, simple, and sufficiently rudimentary for a new beginner—just what he could read in any good standard school book on the same subject. At ten, a lecture on anatomy, in which every process, spicula, and foramen of a bone, is described, three times over, and whole weeks are wasted on details that cannot be, by the remotest possibility, of any practical importance, while the real matters of interest are commonly crowded into a brief space, at the end of the term, or wholly neglected.

Next comes the lecture on Theory and Practice of Medicine, in which the theories are always contradictory, and often absurd, the practice heterogeneous, under pretence of being eclectic, but governed by no settled principles, with authorities so contradictory, and cases so inconclusive, as to

plunge the inquiring mind into a maze of perplexity.

Next comes the lecture on surgery, the most practical and satisfactory of any, but often made the vehicle for the display of petty vanity, and the exhibition of a ferocious *penchant* for unnecessary mutilation of God's abused image.

At three o'clock comes an hour of prosy description of the various articles in the materia medica, with the *modus operandi* they have on paper, and in the lecture room.

Last comes an hour of flippant talk on midwifery, on which a professor lectures an hour a day for four months, and then manages to leave out nearly all that is really valuable on the subject.

Such is the course of instruction, six hours a day, for five days a week, for four months. It is hard, tedious, dry, uncomfortable; and the student who has postponed study to the lecture terms, is very likely to put it off from the first term to the second.

We hear much of attractive industry, and there is much attractive study, but the student of medicine finds little to attract him. The details of anatomy, given by themselves, are dry and repulsive. They are not enlivened with physiology, nor made interesting by pathology. The student sees no reason why he should be able to describe the perforations of a bone in the base of the cranium, or give the origin and attachment of a hundred little muscles, on which no medicine can act, and which no surgical operation can reach.

Medical knowledge is dealt out piece-meal, and with no regard to its connections and uses. The true science of medicine is like a beautiful machine, in which the action of every part can be seen. Medicine, as taught in the schools, is the same machine with its wheels and springs all separated and thrown into a mass of incomprehensible materials. It is utterly disorganized, shapeless, and without life or soul.

The circumstances correspond with this condition. You will see hundreds of boys and young men listening to a lecture on the vital relations of the atmosphere, in a room so badly ventilated, that the air is made too impure to be breathed in ten minutes. While hearing the professor of physiology, they are exhausting their lives by chewing huge quids of tobacco, and covering the floor with vast puddles from their poisoned salivary glands. They hear a lecture on typhus, in an atmosphere well fitted to produce it. Utterly regardless, and, for the most part, utterly ignorant of the laws of health, they are preparing to heal the sick. At the close of the season you see a collection of pale and sallow faces—the result, they would have you believe, of severe study; but we may as well take into account a total neglect of bathing, improper and excessive eating, the constant breathing of bad air, want of exercise, late hours at theatres, gambling houses, and worse places, and the use of tobacco, tea, coffee, and often of ardent spirits.

And these, O people, are your Apostles of Health! These are your Physicians! The term closes, the examination approaches, and for those who are to graduate, there come a few weeks of earnest but not useful study. Hand books are read over, technicalities committed to memory,

and every nerve strained to be able to pass the ordeal. It is a false alarm, for the professors are as anxious to pass the student as he is to pass. Every college wants the greatest number of graduates and students. It is politic, as well as benevolent, to not examine too severely. In a class of a hundred students such as I have described, there will not be one rejected. Are they all qualified to practise the healing art? Ask, rather, if any one is so qualified. Be assured, not one, unless he has learned more than his professors have been able to teach him.

This is medical education *as it is*. I mean now to describe it, *as it ought to be*, and as, so far as my efforts will go, I mean it shall be. It is the ideal which I shall use all my exertions to convert into the actual.

The physician, male or female, should have a natural adaptation, and a real call, to the work. No profession requires so great talent, so profound learning, so fine intuitions, so pure a character, so lofty an enthusiasm, as that of a physician. A teacher may be very respectable, who is merely the vehicle of thought and invention; but the physician must be able to think and invent for himself. A great lawyer may be a man of routine; a physician must be original. The one explains and applies human laws; the other divine. The clergyman—such as fill the pulpits of this age—may be the merest puppet, or parrot; the physician, if any thing, must be a *man*, or, still better, a *woman*. The notion that any dull blockhead will do to make a doctor of, must be done away with. It could never have gained currency, had doctors been what they should be, and properly performed their noble and godlike work.

The science of medicine is the most comprehensive of sciences, since it includes a knowledge of all the laws of the universe. Man is the key note of all the harmonies of nature. Whoever knows man, knows the universe; and whosoever knows the universe, knows, as far as a finite being can comprehend infinity, the God who made it.

The grand and special science of medicine is Physiology, yet I have known it to be left out of a regular medical course. It is the pivotal science around which the others revolve. It is the trunk of the tree, of which the others are the roots or branches. No one can understand disease, and its cure, who does not understand health and its laws; and medicine, instead of being, as now, a science of disease, should be a science of health. The laws of life, the conditions of health, and all the agencies which promote it, cannot be too thoroughly understood. The proper office of a physician is the preservation of health, in the public, and individuals. To fulfill this office, he must know what health is, and what it requires. He must understand man, body and soul, and all his relations with his fellow-man, and with nature. Compared with this knowledge, the common study of medicine is idle driveling, and the common practice of medicine the merest cobbling and tinkering of this glorious machine; but, for the most part, just such cobbling and tinkering as we should expect from one who does not know its normal condition, and the causes of its healthy action.

Medicine, as it should be taught, and as I desire to teach it, is the grandest, the most sublime, and

the most comprehensive of all sciences. It is a knowledge, not merely of the bones, muscles, tendons, and other organs of the body, but of the springs and passions of the soul. It has to do with spirit as well as matter, and far more with the phenomena of life than the appearances of death.

Connected with the laws of health, and its necessary conditions, is the knowledge of the causes of disease. Of these our books and teachers give the most vague, imperfect, and unsatisfactory generalizations. If they knew more of the causes of disease, they must have found some better methods of cure. The cause suggests the remedy; but in all our medical works, we have no thorough analysis of causes, and some of the most potent and universal are never mentioned, and seem to be wholly unsuspected.

There is no branch of natural science—no knowledge of the works and laws of nature—that is not of use to the physician. The simplest plant, the most imperfect animal, may give him invaluable hints in Physiology. Mechanics, pneumatics, hydrostatics—every branch of natural philosophy, every principle and fact in chemistry, the whole range of natural history belong to him, and may be of the greatest use. In a word, the physician should be thoroughly learned in all that relates to human life.

I do not mean that a physician must go into the minutiae of all these sciences; they would be as useless as three-fourths of the anatomy he learns one day to forget the next. What I mean is, that he should comprehend principles, and be able to apply them. What I mean is, that when he sees the human instrument out of tune, he should know its proper chords, and the means by which he may restore it to its lost harmony. He *must* understand the machine he tries to mend. He must comprehend something of the vitality he would regulate and prolong.

Under the old system, a medical student was required to know a certain amount of Latin and Greek. Every man finds these useful, but words are less important than things. A man may know how to take a machine apart, repair it, and put it together, in running order without knowing the *name* of one of its parts. So a man may know the whole structure of the human body, and be able to perform all surgical operations, without knowing the name of a bone, muscle, or bloodvessel. Still, names are great conveniences with persons and things, and it is well to know them.

But to the thoroughness and completeness of a true medical education, all knowledge is important; especially a knowledge of things. I would have a student versed in the elements of geometry, to aid his comprehension of forms; in chemistry, that he may understand the constitution of matter; in botany, or vegetable physiology, that he may begin with the simplest forms of organic life: in the natural history of animals, from the lowest of the infusoria to the highest of the mammalia. He ought to understand attractions and forces; the phenomena, and, as far as they are known, the laws of the animal kingdom; light, electricity, galvanism, magnetism. He should have accurate ideas of mesmeric and clairvoyant phenomena; of mental and moral influences, and impressibilities; of phrenology, and the ac-

tion of the nervous system; of the influences of society, its truth and falsehood; of passion, attractions and harmonies. In a word, he must know *MAN*, in all conditions and all relations, physically, mentally, and morally or passionately; and every branch of science which aids in this—and I know of no real science that does not—is useful to the physician. When physicians are so educated, and when people expect such knowledge of the physician, all quackeries will be at an end.

I wish to do my part in promoting such a medical education. In the course preparing for the Institute, I shall carry out these views, as far as circumstances will admit, and I shall encourage no man or woman to become a Water-Cure physician, who will not enter earnestly upon a course of study which must lead to these results. We wish for no student, who in his own person violates the simplest laws of health; we wish for none who is governed by mercenary considerations, or who has not the ambition to go far beyond the "regular" standard of medical education.

And I am proud to say that, thus far, the applications for admission, about equal in numbers of both sexes, have been from persons of some maturity of thought, of resolute purpose, and a pure philanthropy—persons fitted to do credit to the Institute, and to the medical profession. In several cases men and their wives have applied to study together. In others, heads of families, and one sensible and energetic lady of sixty, has expressed her intention to attend the first course of the Institute, to qualify herself to practise the water-cure among her children and relations. This is in the true spirit, and I doubt not that in time many will be found to follow her example.

It is not possible to fix upon the time it will require to enable a person to begin the practice of Hydropathy. There used to be a law in this State, requiring three years, but now no term is required, no study, and any *smart* man, by a little management, can get a regular diploma in six months; while at some of the irregular colleges, they are sold like groceries to every customer who can pay for them.

In the law, a man is admitted to the bar whenever he can pass examination—in the church, a man may be ordained as soon as found qualified to preach. So should it be in medicine. If one man is able to learn as much in a month as another is in a year, it is manifestly unjust to keep both to a specified term of study. The qualification is what is wanted, not the time consumed in acquiring it, nor the sources of information.

Among all the reforms of the age, none is more loudly and imperatively called for, than this of medicine; and medical education must be reformed before we can expect any radical and thorough reform in medical practice. I have given a hasty sketch of medical education as it is, and as I think it should be; it is not all that I intended, but it may suggest all that is needful to the thoughtful reader. As I can hardly choose a more profitable theme, I may revert to it in future numbers of the Journal.

How often do men mistake the love of their own opinions for the love of truth!

HEALTH, A RELIGIOUS DUTY.

BY A CONVERT.

The American Messenger, a religious paper of recent date, contained the following very significant article. Our Author has evidently considered the NATURAL laws, and has become convinced of their importance. We think the violation of a *physical* law as great a *sin* as the violation of a *moral*, or any other law, but until quite recently, our religious *presses* and pulpits have *entirely* overlooked, and neglected to teach their flocks the conditions requisite to insure a "healthy body," always so indispensably necessary to secure a SOUND MIND. But now that the *religious press* speaks on the point, give ear, ye wicked ones; confess your sins, and become converted, at least to the truths herein proclaimed.

"We live in an age of light and progress. Health, an admitted essential qualification for usefulness and enjoyment, has become a subject of general discussion. We have lectures on physiology and proof in every form, that our people, ever alive and watchful, are awakened to this great subject. We have hopes that when two or three generations have passed away, we shall have robust mothers and blooming girls—that we shall have children who will not fall, like flowers under the scythe, at the first touch of those diseases incident to childhood, and young men who shall be men with sound minds in sound bodies, and old men and old women who shall enjoy a serene, instructive old age. But this reform will never be effected until knowledge of the laws of health shall pervade society, and a conscientious sense of responsibility to God for the use of the bodies he has fearfully and wonderfully made, fitly and beautifully framed, shall have redeemed us from transmitted diseases. There is no armor but Christian armor of proof to resist the temptations that assail vitiated appetites from morning till night, and from night till morning.

It was but last week that we chanced to meet a young man in a rail-car, with a structure of bone and sinew fit for a young Goliath, a frame to have done him good service for seventy years; but the poor lad was shaking and sawly, as he confessed, from the excessive use of tobacco. His physician had thoroughly frightened him. He was going home for nursing, and with strong resolutions against indulgence. He was in that state when the unsubdued appetite is easily provoked. He could think and talk of nothing but his just-forsaken habit, his present misery, and his hope for the future. Opposite to him sat a good-natured looking man, who was taking in this poisonous stuff literally by handfuls, and showering its juice on the matting in the passage-way between the seats, to be absorbed by the dress of the unfortunate woman who should next pass. Next him sat an elderly, kindly-looking man, discussing with the tobacco-chewer a religious topic. They interchanged their tobacco, the odor of which evidently incited the young man's appetite. They coolly asked him if he had got over his desire for it, laughed at his scruples, and predicted that if they met him this time next year, he would have his box in his pocket. Now, if these gentlemen had looked upon the preservation of health as a religious duty, they would not have laughed at the weak, struggling youth. No, till health is cherished as a talent to be strictly accounted for to the great Giver, we shall not do all that we ought to preserve and improve it.

We hear the mortifying question constantly asked, Why are the American women so pale, so weak, so broken-down, so unequal to the burdens of life, so incompetent to the task of mothers? We cannot give a fully satisfactory answer, but we would suggest a few causes. To begin at the beginning: Children are fed at all hours, in season and out of

season. If they are on a journey, the mother's little traveling-basket is crammed with cake and candies to keep them quiet—a forlorn hope. With a large class of boys, the mischief is in some measure counteracted by an out-door life. But the poor little girl is sedulously kept from the air lest she should take cold, and from the sun lest it should tan her. Then she is sent to school—if a farmer's girl, in the country to a district school, where she is shut in with sixty, perchance eighty other little human beings, thus condemned for no crime, unless the voluntary ignorance of their parents be crime—in a room without ventilation, shivering or stewing with the alternate heating and cooling of a huge stove for six hours of the blessed day. If she be a city child, and her parents favored by fortune, she is sent to a boarding-school, where lessons are poured upon her from morning till night, till her head is giddy and her mind about as much fertilized as is the ground around a cistern by the water that is poured into that reservoir. She takes perhaps one funeral walk in a gloomy procession immediately after her dinner—this is *all*. And as if to fill up the twenty-four hours with every possible means for the deterioration of health, she sleeps in an *unventilated* dormitory with from ten to forty other air-consumers. We speak advisedly. Is it strange, that with such training, the beauty of our young women fades before it ripens, or that the first strain of life reduces them to chronic invalidism? Few of our women take habitual out-door exercise. We say nothing of the vices of dress, for vices they are. Our limits confine us merely to hints.

Formerly, when a woman took a jolting stage-coach journey, it was a prescription for health, an almost sure resuscitation. But now she goes to the station of a rail-car, and for perhaps a half hour before starting she sits, with the other female passengers, in the close, dry heat of the stove-warmed "ladies' saloon." If any one of them does such an extraordinary thing as to seize these precious moments to fortify herself for the tedious sitting of the day by pacing up and down the outside platform, she is stared at as "a little deranged." And if this same anomalous person is so covetous of God's life-giving air as to raise a window in the car, whose air is overheated by these same life-destroying stoves, and corrupted by repeated breathing, she is assailed with entreaties and remonstrances from this "lady who feels the air," and that lady "who is afraid of taking cold," and another "who has an infant"—poor thing, gasping for one breath of this blessed fresh air. And not only the ladies, but all the ladylike gentlemen shiver and shrink as if one had opened upon them Pandora's box instead of a window. We are treating this subject briefly and of course superficially; but among your multitudinous readers, we hope some thoughtful mothers will kindly take our hints and apply them, and elevate what they may have considered but an earthly care unto a religious duty.

"We do our nature wrong
Neglecting over long
The bodily joys that help to make us wise;
The ramble up the slope
Of the high mountain cope,
The long day's walk, the vigorous exercise,
The fresh luxurious bath
Far from the trodden path,
Or 'mid the ocean waves clashing with harmless roar,
Lifting us off our feet upon the sandy shore." S.

LECTURES ON THE WATER CURE.—We are informed that Dr. D. A. Harsha, of Washington county, N.Y., intends to visit the Western part of the State, during summer. He will deliver courses of lectures whenever and wherever it may be convenient. His object is the promulgation of Hydropathy among the people.

THE SCIENCE OF MEDICINE.*

By G. W. BOURNE.

"Medicine has received its quietus, in its own house. Homeopathy, in teaching that infinitesimal drugging is better than the wholesale practice, has struck the death-blow to that monstrous system of stupidity, cunning, and crime; and now comes Hydropathy or the Water-Cure to engulf it for ever, in due season; so piece by piece shall crumble away the ignorance, superstition, folly, cant, and hypocrisy of the past and present day.

"The dreaming world awakens! Morning's call
Rolls round the Earth in numbers clear and strong.
On distant isles the welcome sound shall fall,
And on the tawny tribes of Asia's throng,
While Africa's sunburnt children, doomed to wrong,
Shall join the Japhet race, and swell on high,
The life-command, the world's redemption song,
Till Heaven's full beam shall fill the azure sky,
And in unending day the morning's light shall die!"

(WM. OLAND BOURNE.)

The Water Cure is a great reformer. Wherever it is received in a spirit of kind inquiry, it opens men's eyes most wonderfully. It leads to universal investigation, and when man finds how he has been duped in medicine, he begins to cast about him, to see where the duplicity exists in other hitherto unsuspected things. Some have been greatly astonished: ingenious souls! Water-Cure embraces the whole philosophy of life in the most simple and harmonious manner. Its teachings inculcate wise truths in diet, air, exercise, clothing, occupation, waking, sleeping. It teaches circumspection, frugality, the moderation of appetite; the proper use of that which is right, the avoiding of that which is wrong. It is the system for all mankind, everywhere. It finds man all foul, and in cleansing him, inspires self-respect, enlarges his understanding, gives him confidence in his own powers—for he soon comprehends the system—and increases his independence. As now understood, it is the system of our day. It is the angel which has come down to our troubled waters, mighty to the cleansing of *all* who step in. Its strides are rapid, and an investigation of the system is imperative upon all who are wise, and there be many to win the appellation."

THE EFFECTS OF WATER-CURE.—We have only one objection to Water-Cure. Invalids who are cured by it are apt to become heretical to the orthodoxy both of Church and State. Water and a simple diet has a marvelous effect, as well on the interior man as his outward covering. It calms the senses, opens the perceptions to beauties in Nature before undreamed of, and makes men look through the shows and conventionalities of society into the truths they obscure. Success to Hydropathy and its advocates. The baptism of water must precede the baptism of the spirit.—

We clip the above from the *Alabama Tribune*: of the correctness of these inferences, we need not speak. Those only who have had *experience*, can fully realize its sublimity.

* We copy the above from a volume, entitled VOICES FROM THE PRESS, or the Printer's own Book, a large octavo, of several hundred pages, containing articles from the leading writers for the Press, in the United States.

New-York, July, 1851.

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

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

FOWLERS AND WELLS,
No. 181 NASSAU ST., NEW YORK.

JULY COGITATIONS.

BY R. T. TRALL, M.D.

INDEPENDENCE—Patriotism is a good quality, and political freedom is a great blessing. We love to witness, on each recurring anniversary of our national independence, demonstrations in commemoration of the virtues of our forefathers, and of our own good fortune, as contrasted with that of the people of all other countries. But we are not among those radical conservatives who imagine that whatever was proper for our ancestors to do at one period of the world's history, under one set of circumstances, is appropriate for all ages, under all circumstances. Progress is clearly written on all created things, and manners, customs, arts, sciences, institutions, and governments, are no exceptions to the all-pervading law. The time is far distant when human wisdom shall limit the improvement which is destined to take place concerning human beings, in their individual or associate relations.

We like the social gatherings, the intellectual entertainments, the speeches, the music, the parties of *real* pleasure, which go to make up the Fourth of July jubilee. They are in keeping with the spirit of *this* age. But we dislike, we hate the dissipation, the drunken revelry, the riotous gluttony, which usually desecrate this day; while we abhor the whole villanous saltpetre part of the performance, from the snapping of fire crackers and hissing of powder and turpentine serpents, to the war of the flame-emitting cannon; and especially do we abominate the suffocating smell of the sulphurous atmosphere we are compelled to inhale; and deeply do we deplore the destruction of property, the burning of houses, and garments, the desolation of homes, and the loss of lives and limbs *always* attendant on the powder part of the ceremony. These things are mere relics of barbarism; they belong to the *past*.

But there is a higher virtue than patriotism, and a greater blessing than civil and political liberty. That philanthropy which contemplates the enlargement of the whole race of mankind in its boundless scope, is certainly more ennobling than that patriotism which regards only the interest of a single State or nation.

And that emancipation which places the individual in right relations to all things around him, and the different departments of his being, in harmony with each other—individual freedom—is of more intrinsic worth, than the greatest possible amount of external liberty. The protection of property, wholesome laws, free institutions and good government, lose the greater part of their value to those who are in disorder with themselves. The slave to false habits and fashions around him, and to debasing propensities within him, is a poor specimen

of a *free* man, though he live under the most enlightened and liberal governmental institutions on earth. While therefore we would not detract from the honor due to those who labor in freedom's cause, in any sense, socially, civilly, politically or religiously, we would aim to lay the foundation of a complete and universal liberty; and we ask all true philanthropists to work with us to achieve that crowning glory in freedom's diadem, **THE EMANCIPATION OF THE MAN.**

ANOTHER VOLUME—Generous reader, we are "forced into this breathing world" before our time; not, we trust, like that monstrosity of humanity, which the poet has designated as "scarce half made up;" nor lacking much of those due proportions, and that fine symmetry with which we delight to appear in public. We, of course, means the July number of the Water-Cure Journal; not we editors, correspondents and publishers, for, begging the reader's pardon for a momentary appearance of vain-gloriousness, we, the last mentioned, are all right. It is true that we (in the latter sense) calculated largely on an increasing intelligence among the people, and an increasing circulation of this Journal. It matters not which we regard as cause, or which as effect, if either. It is enough to know that both are rapidly increasing. But the parties concerned in the "make up" of this periodical, did fall into a slight mistake. Their calculation, though very large, were not large enough. Though the publishers issued thousands of extra copies, in anticipation of a call for back numbers, there is now a demand for thousands of back numbers, and none in existence. This single fact tells all the story we care about mentioning, relative to the past influence and future prospect of the Water-Cure Journal. But this demand on the part of the public must be met; and after a consultation at head-quarters, it has been resolved, unanimously, to "take time by the forelock," by issuing the first number of the twelfth volume early in June, with a very large edition, so that all new subscribers can be served from the commencement of the new volume.

For these reasons, we, the Journal aforesaid, have agreed to be born a little before our almanac existence commences.

One word more, and all other topics under this head shall be found in the publishers' business department. It is a historical fact that this Journal has distanced all other medical and health journals ever published in this country, and, as far as we know, in any country. It has run up in two years from less than fifteen hundred to nearly **THIRTY THOUSAND**! Is it too much to expect, as its circulation is now extending more rapidly than ever before, that it will soon count **ONE HUNDRED THOUSAND SUBSCRIBERS**? Think of the immense influence a periodical devoted to teaching the true Philosophy of Life, and learning all people the great lesson of taking care of themselves, must wield in the advancement of the human family, to wards a physiological millennium not only possible but certain on some future day, when universal health and happiness shall be the lot of mortals on this earth—think of this, we say, and then assist us to obtain the largest possible circulation, if you feel that you can at the same time do a service to the cause of humanity.

THE CITY INSPECTOR'S REPORT.—We have looked over, with considerable interest, the report of A. W. White, the City Inspector for the year 1850. The whole number of deaths during the year was 16,978, which is nearly two thousand less than that of the preceding year, a diminution mainly attributable to the existence of cholera in 1849. The statistics show the usual, but not less disgraceful result—disgraceful to the name of civilization, and a stigma on the popular medical system, that about two-thirds of all the deaths were of children, being 10,567 to 6,411 adults. Well does the Inspector remark—"The great mortality of children, compared with that of adults, seems so disproportionate as to be truly alarming."

Another feature in the report will strike the reflective mind as remarkable, though previous reports show that it is not unusual; we mean the great number of accidents occurring in childbirth. The "accidents" during the year amounted to 1,335, resulting in 1,152 still-born children. A table is given exhibiting the ratio of mortality in childbirth since 1805, which shows that this kind of mortality has been for the last fifty years steadily on the increase, being now more than five times as great in proportion to the population as it was fifty years ago. Another fact which we do not find in this report may be mentioned in this connection. It is this. The accidents of childbirth and the mortality among infants have increased during the last fifty years, in almost an exact ratio to the increase of medical schools and the multiplicity of drug doctors!

In the catalogue of diseases of children, we find 1,288 deaths from convulsions; two-thirds of these were of children under one year of age. What a sad commentary on bad management somewhere!

Among adults, as usual, consumption was the constantly prevailing malady; the deaths were 1,928. It is worthy of note that the mortality from this disease was nearly equal in each month; only a few more deaths occurring in the very coldest and the hottest parts of the year. This fact proves conclusively that something beyond or aside from "changes of weather" must be looked into to discover the predisposing and proximate causes of this curse of civilization.

The Inspector notices a remarkable exemption from stone and urinary diseases, as contrasted with years preceding the introduction of the Croton water, and, doubtless correctly, attributes this immunity to the greater purity of the water now used by our citizens.

The Inspector gives a slightly encouraging account of the progress of hygienic reform under the action of the municipal authorities. Bone and flesh boiling establishments, and depositories of offal and carrion within the city, are among the nuisances which have been nearly rooted out. The nuisance of manure heaps within the populated parts of the city, we are told, is only "slightly abated." Slaughter houses in our densely inhabited streets, producing a stench of rotting, decomposing animal matters, absolutely insupportable to all lungs and noses except those who have become "acclimated" by long residence among them, still continue to shock the moral sensibilities of the humane, and the physiological sensibilities of the pure in body

The nuisance of filthy streets, gutters and yards, occasioned by filling them with slops and offal, is mentioned among the death-producing causes which our City Fathers might but do not abate. Licentiousness, intemperance and vagrancy are commended to the consideration of the Common Council as frightful sources of disease and death. We have small faith, not amounting to the hundredth part of a grain of mustard seed, that the Fathers will do anything for their dear children in relation to these nuisances, although we would join the Inspector in urging it upon them as a duty.

The reprehensible practice of erecting dwellings on rear lots, and the mean, miserly and outrageously wicked cupidity on the part of landlords, that crowds the poorer classes of tenants into close, ill-ventilated apartments, suffocating garrets and damp cellars, is severely and judiciously commented on. But among the many zygomatic or air-infecting nuisances of the city to which the Inspector calls attention, there is one he does not mention. We mean the tobacco-smoke source of bad air. The whole atmosphere of the city is kept constantly foul by hundreds of thousands of cigars whose filthy *smudge* poisons the air of every street by day and by night. Those who live in the city are compelled to breathe this narcotic poison, whether they like it or not. By what moral or legal right may one-fourth of our people, who delight in this nasty entertainment, defile the air for the remaining three-fourths who dislike or detest it? We do not ask legal enactments to prevent people from doing as they please with their own air; but we do protest against any inalienable right they do or can possess to poison *ours*. We hope the Inspector, in next year's report, will not forget this among other nuisances.

The following paragraph from the report, ought to be referred to a committee of the whole—the whole people:

"Allow me to add, in concluding the subject of the prevention of disease, that physicians and statisticians on the subject of mortality compute that more than one-third of the mortality of all large cities might be prevented; thus the loss, last year, of more than five thousand of our citizens and of more than ten million dollars might have been prevented, had the laws of life and health, the causes of disease and means of prevention, been more known and observed. It becomes the city authorities, it becomes every citizen, to seek out and remove, as far as possible, every cause of disease and death, wherever it may be found."

We think the calculation might be doubled in relation to the dollars, and more than trebled as far as the lives are concerned. But why do not physicians, instead of making endless computations of the evils of ignorance, teach us wisdom? Why do they not, instead of piling up mountain heaps of statistics, about the particular manner and way in which lives are lost from ignorance of the laws of life and health, tell us precisely what those laws are? Here is where the medical profession is deplorably deficient. The regular faculty is ever eloquent with the records of mortality, but never ready with words of instruction. Where, among the Professors of the chartered medical schools of the United States, is there a single teacher of any rational system of hygiene? Where, among the medical periodicals of the day,

is there one that teaches or even pretends to teach, the laws of life and health? There is indeed one, and but one; and that one is this Water-Cure Journal. And until we can make those having authority in our city, state or national government, readers of and believers in the doctrines it advocates, we prophesy that the greater part of the sanitary measures so earnestly commended in the report we have been considering, will have little effect with and excite still less action on the part of our municipal or legislative "powers that be."

THE PEPSIN HUMBUG AGAIN.—Since our exposure of the imposture of the pepsin business, we have been assured that this Dr. Houghton, of Philadelphia, by whom it is carried on, is none other than the renowned individual who advertises himself as "Roback, the Astrologist." The following notice of his doings is from "The Map," published at Schuylkill Haven, Pa., April 7, 1851.

ROBACK, that Prince of Humbugs, has been held in \$1000 bail, to answer a charge of swindling in obtaining money from James Washington, a colored man, resident of Camden, for the cure of his wife by conjuration. He was arrested when in full regalia, and was conducted through the streets, having on his head a fanciful-looking cap, decorated with a crescent and stars. The colored man paid \$18, and was to give a like amount when his wife was cured of her disease.

The following letters are specimens of the manner in which the "professor" compounds with his good-natured dupes:

"I can make you draw in a lottery from \$50, up to \$500 for \$5, from \$100 to \$1000, for \$10— from \$100 to 5,000, for \$20—from \$500 to \$10,000, for \$40,00 when higher conjuration power is taken the price would be so much higher I have made thousands rich in one year by this wonderful conjuration power it will make you lucky during life, and give you power over your enemies."

"I have noticed your remarks in reference to your sight you can be restored in from 3 to 7 weeks that you will see so well as ever in your life and a standing cure I have cured hundreds of of worse cases. I have done a close Astromonical and Astro'l calculation and find by your nativity you can be cured by conjuration in the said time if you will remit me a fee of \$40, or if not convenient to send the whole at once \$20—and the remainder as soon as you can make it convenient."

"phil'a july 13d 1849

Dear Mrs

yours of the 10th inst is at hand, and in regard to your injury; I can cure your husband to never Drink liquor more in his life; he will be hated to them Some Lues it, I have cured hundreds in this city and its vicinity, and all to full satisfaction; and my fee is \$40,00, as soon as you remeet me this fee, I will speedily after receiving it. Send you the power & that will stope him, that will also make you and husband more lucky in every thing you undertake, I have give luck in business & lottery & happiness in marriage, & luck in every thing During life, I have given out thousands of power, and all to full satisfaction, I have brouth 200 stolen property back: all in this city and its vicinity, I enclose a circular, for you to See more particular

Respectfully yours

C. W. Roback
71 Locust Street above
8th Street phila.

Mrs. L. Mc——

We could reflect severely on the silly gullibility of the people of the Keystone, who could be for an instant misled by such trash, but we are re-

minded that a still more foolish and self-evidently absurd humbug is having an extensive run nearer home—in this greatly enlightened city of New York. Those who notice the solemnly hypocritical and blasphemously lying twattle in the papers about a "nervous cordial" will understand us.

AN ALLOPATHIC CURE FOR NEURALGIA.—We are willing to give publicity, for the special benefit of our allopathic brethren, to all the new discoveries they may make in either the art of curing diseases or the art of killing patients. Whenever an allopathic cure-all is announced, as a new discovery, no matter on whose or what authority it is put forth, we know there are at least ten thousand times ten thousand chances to one that it will eventually turn out a mistake. On this principle, in connection with another principle called common sense, we prophesy the following wonderful discovery will have but a brief existence. The cure is said to be the discovery of a *young* doctor; and we should think the one who speaks of the doctor's being "profoundly convinced of the science in those affections," was a *very young* editor.

"A young doctor of the Paris Faculty of Medicine has just made a discovery which we deem of importance to communicate to our readers. neuralgic affections are, of all others, the most impervious to the art of medicine. M. Desterne, profoundly convinced of the science in those affections, so common and so terrible, has devoted himself zealously to researches upon the physiological action of the nervous system. Taking, for the starting point of his researches, the remarkable results of the cure of neuralgia by the cauterization of the "helix," he has discovered a method of curing, instantaneously, and without disturbing any organ, all neuralgic affections of the head, attacks of megrim, and pains resulting from teeth in an advanced state of decay. What renders this discovery truly marvellous, is the promptness, at once, of the cure, and its perfect success in more than two hundred cases, which have presented themselves since the 22d of December, the date of the first experiments.

M. Desterne proposes presenting to the Academy of Medicine a memoir upon this important discovery. The presentation of the memoir is only retarded by the hope which the author entertains of preventing, by the same means, hysterical and epileptic attacks, and his desire to make a more complete work.

THE ANGER CURE.—This is a new Allopathic discovery, still more remarkable than the preceding. In the Northern Lancet, of May last, is one of the strangest and we think most abhorrent specimens of doctoring ever recorded in any periodical claiming either science, decency, or respectability. A Dr. Cleveland, of Waterbury, Vt., in a series of articles on Endemic Influences, as affecting Epidemic diseases, relates a case which we shall copy in full in his own words, as it is apparently deep with disgraceful meaning:—

"During the winter, the Erysipelas was prevalent once more; in fact, many cases were met with in the fall, but not near as large a number as in the preceding year. There were cases sufficient, however, to keep the physicians actively employed, and of sufficient severity to cause much anxiety to all interested. A few deaths occurred from this disease, but none I think in this region from the

puerperal variety, which had proved so generally fatal to lying-in women, the previous year, that it came to be considered almost certain death to a woman to bear a child. The *peoplesoon* learned what the *practitioner* still stoutly denied, that this form of the disease was eminently contagious in its character, and now refused to be attended on by their former physicians, during child-birth, preferring to rely on the unassisted powers of nature, for a safe delivery, rather than to risk inoculation by infectious matter from other patients.

During that year (1843) I saw but one case of Erysipelas attacking the matrix (womb), and that was in an *unmarried* woman who was attended by her mother, who, just previous to rendering this assistance, had visited a neighbor who was sick with the disease. I record this case, as I have reason to think the patient was relieved by a *violent fit of anger*. When called to see her, three days after confinement, the abdomen was much swollen, hot, and tender; the integuments of that region dark and livid, while the rest of the surface was pale and cold. The lochia had ceased to flow; the patient in great distress, and very fearful of death. I doubted the power of remedies to recall the blood to the extremities of the vessels, and thus relieve the local congestion, and at once resolved to endeavor to affect the body through the medium of the mind.

Anger to a furious degree was readily induced, the face became flushed, the patient used all the exertion she was capable of—fear gave place to the stronger passion; and by the time tranquillity was restored, she was bedewed with perspiration—and a little general treatment was all that was needed to insure a favorable termination."

We are left in the dark as to the *manner* in which this violent fit of anger was induced. Why this concealment? The patient was an *unmarried* female, and had a disease which should have secured her the most delicate and cautious management on the part of her medical attendant. She had also given birth, a few days before, to an illegitimate child. Should this have exposed her to insult in her peculiar situation? But *how* did the doctor get up the anger? What mean these strange expressions? "*The patient used all the exertion she was capable of,*" and "*fear gave place to furious anger.*" If anything can astonish us more than such a report from a medical man, it is its publication in a respectable medical journal, without note or comment. We ask the author through the Northern Lancet, for an explanation. Dr. Cleveland has given the case to the public, and now the community has a right to know what particular prescription he found so prompt to raise a *furious passion* in an *unmarried* woman, a few days after confinement!

THOUGHTS ON DOMESTIC WATER-CURE.

BY JOEL SHIEW, M. D.

It is undoubtedly true that water-cure has been the means of accomplishing a much greater amount of good in this country in domestic practice than elsewhere. There are many times more patients in these United States who are practising upon themselves at home, than there are in the establishments or under the care of physicians. I do not, however, wish to be understood as advocating that we should not have public hydropathic institutions, or think we should not have physicians who devote their time and talents to the subject; the more we have of both the better, so that they be reasonably supported. But in the present

order of things, a majority of those who would of choice avail themselves of the advantages of the new method in an establishment, or under the immediate care of a competent physician, cannot by any possibility do so. It is, therefore, a question of great importance with such persons, as to how they are to proceed in a matter which concerns them so much.

I have from the first advocated that water-cure is pre-eminently calculated for a domestic or home treatment. As I have before observed in some of my writings, every family has a wash-tub, sheets, towels and bedding, and access to water. With these simple contrivances, strong work may be done in the most humble cabin. And yet people should everywhere study faithfully, year in and year out, a subject which concerns them so much as that of health. Nor should they wait till disease comes upon them with its iron grasp; they should study often and faithfully these principles of hydropathy, or in other words, principles of nature, which are in themselves always so beautiful and true. Then, when they become ill or meet with an accident, they will not at once fall into a state of consternation, as if their all depended upon their getting the advice of some physician whom it is impossible to get. They should know, at least, how to proceed safely in whatever they may undertake to do; and if it is not possible for them to do all that might be in the premises, they can yet be certain of accomplishing much good, and avoid the almost universal evil of drugging the system in disease. I repeat, then, that water-cure treatment powerful as it is for harm when improperly used, and equally powerful for good when properly used, may, by faithful study, in a short time be so far understood by persons of an ordinary capacity, that they may in a multitude of ailments prescribe safely and effectually for themselves, and thus avoid the expense of having a physician, and the evils of taking drugs.

Considering the wide and unprecedented circulation of the Water-Cure Journal, I may suppose myself addressing a large number of readers who are beginners in the water-cure. The readers of this paper number many who have for years been on intimate terms with the new method, and who have found it ever to stand by them like an old and well tried friend. But there is at this time yet a larger number who are just commencing their investigations of hydropathy: most of them, too, are sufferers from disease. To such, then, I will say a few words.

In this country of thrift and overflowing abundance, there are everywhere many who are suffering from chronic disease. It is now generally acknowledged, that as a general fact, drugs do no possible good but only harm in cases of this kind. What, then, are we to rely upon? The natural means of water, air, exercise, sleeping, attention to diet, and the avoidance of the causes of disease,—these are the only means that can here be relied on.

It may be laid down as a general rule, that persons, of whatever age or sex, and in whatever condition in life, should have, at least, a daily bath. Who would think of omitting in the morning to wash the hands and face? And there is as much need of washing the whole surface as of these

local parts. The best that can be done in the present habits of society, all are subject in greater or less degree to the causes of disease. The cleaning and invigorating powers of water, therefore, are needed daily.

Suppose a person wishes to commence daily bathing, and is doubtful how to begin. If he is able to go about and expose himself to the open air, he may commence in some such way as the towel bath, or, which is still better, if he can get a little aid from some one, he can take the rubbing wet sheet. It seems a very simple thing to wash the body every morning with wet towels, wet hands, or the rubbing wet sheet. But let any one who is skeptical as to the good to be thus obtained, try the practice for one month. Let him rise early in the morning, perform the ablution, take a draught of cold water, and then into the open air. Suppose he does become a little fatigued at first. He will soon find his strength to improve, and not only the strength, but the spirits—the body and mind in every respect. If the habits are not physically active, the ablution may, with advantage, be repeated two or three times a day, particularly by the studious and those who have much mental labor to perform. The towel or hand bath, or the rubbing wet sheet, like all other baths, should not, as a general rule, be taken until three hours or more after a meal.

Those who are very feeble, and are confined in bed, may have this given by assistants, the surface being rubbed, part by part, exposing only a little at a time. The water should be of a temperature suited to the patient's strength. It may be used at 70, 80, 90, or even as high as 95° F., recollecting always that the cooler, the more tonic or strengthening, if it be well borne. It is best to begin safely, and then, from time to time, the temperature may be lowered, as it is found can be endured. With these frictions and ablutions alone, persevered in day by day, wonders may, in many cases, be accomplished. Feverish patients are often thus greatly relieved, and, in case the animal heat rises above its natural standard, the sponging or rubbing bath may be practised many times in the day, as often as the heat augments.

If the feet are apt to become cold, rub them a few minutes in cold water, not when the parts are cold, but warm; and practise frictions and exercise, to cause circulation in the extremities after the bath. Fire warms the feet for the time, but weakens them afterwards so that they become cold, and the whole system is injured thereby. Troublesome corns are soon driven away by the cold foot-bath. If pains are experienced in any part of the body, the wet or moist fomentations, bandages, &c., will be found very useful. If a joint is painful, put about it a wet bandage, with a dry one. If there is much heat, change it as often as it becomes too warm; if it feels too cool, cover it with flannel until it is comfortable. Injections may be made in the bowels, and the same general principles applied in every case. If there is increase of heat, the cooling means are to be used. If pains are what is called numerous, and unattended with increase of heat, as in some forms of colic, spasm, &c., warm fomentations are useful. If, in any case, cold increases pain, heat diminishes it, and the contrary. The fomentation is the best and most con-

venient form of poultice that can be had. It may be used either a part or the whole of the twenty-four hours, as is found best.

If there is constipation of the bowels—a state of the system now-a-days exceedingly common, and always troublesome, and attended, sooner or later, with serious consequences—great benefit will be experienced from perseverance in the use of injections of pure water. Water is not in its nature like irritating drugs, and need not be feared in this application, even if used daily for a long time. It may at first be taken tepid, if the person is weak; two, three, or more pints may be used at a time, and repeated as often as necessary. The early morning is, in general, the best time. On going to rest, a half tumbler full, or more, (but only a small quantity can be retained in the bowels) is a good mode, the larger injection still to be taken in the morning. In this state of the system, everything should be done that may be to invigorate the general health. Diet has much to do; avoiding concentrated substances, as butter, lard, sugar, fine bread, &c., is necessary. Rye mush, cracked wheat, or wheat meal mush, brown bread, hommony, and the coarser forms of food only should be eaten. A moderate use of milk and a very small quantity of molasses, or sugar, may be taken as a condiment. The apple, as a part of the meal, is good.

In diarrhoea, dysentery, cholera morbus, and the like, the injections are not less useful than in constipation. As often as the bowels act in an unnatural manner, give full injections, if it be one or ten times a day. If the bowels are weak, and the system, rather than otherwise, cool, the injection should be moderate enough not to shock—lukewarm, as we say; it should be made comfortable. Infants suffering from that so often fatal disease, cholera infantum, are thus greatly relieved, when drug opiates wholly fail.

In cramps of the stomach, colic &c., caused by improper food or substances in the stomach, drinking quickly many tumblers of water, until vomiting is brought on, is lightly salutary. Vomit again and again, until the stomach is thoroughly cleansed; administer injections if need be; use fomentations, and by these simple and yet efficacious means, dangerous attacks will very often be at once arrested, and more good a hundredfold accomplished than can be by any amount of drugs, blisters, leeches, and the lancet constantly. In case that there is need, persevere a long time in the use of these simple means, recollecting that cold water leaves nothing behind. A patient treated by powerful drugs is often injured for life; a water patient recovers without any bad after effects.

Need I again say that water as a daily beverage is incomparably the best? Why is it, in these days of temperance, so few are found willing to adopt water as the exclusive drink? Tea and coffee always do mischief, always deteriorate the general health. Sick headache, indigestion, constipation, nervousness, palpitation of the heart, decay and blackening of the teeth, paleness and sallowness of the complexion, all these, with many more ills, too numerous to recapitulate, are in multitudes of cases caused by these everywhere common beverages. Say what we will to people, and even con-

vince them of the evil effects of these articles, they yet continue the custom, and, as it were, rush blindly and heedlessly on in their downward career. Can it be possible that things shall always thus be?

I have been led to these remarks, by the fact of an individual from the Far West, a good friend of Water-Cure, having just called and informed me that for years he had been in the habit of curing fevers, dysentery and other maladies in his family, diseases for which they had formerly been in the habit of being salivated, physicked, &c., in a most injurious manner. All this he has accomplished, failing not of the most complete success in every case, by reading "Hydropathy or the Water-Cure," (Vol. I. Water Cure Library), "The Water Cure Manual," and the "Water Cure Journal." May the like success attend the efforts of all who will faithfully and diligently study that best of all medical systems, THE WATER CURE.

W. C. Institution, Corner Twelfth-st, and University Place.

APPLICABILITY OF THE WATER-CURE. IN CHRONIC DISEASES.

BY E. A. KITTREDGE, M.D.

In addition to the "ways and means" alluded to in our last, the sitz-bath will be found invaluable; it is the "blue pill" of the Hydropath, and will as certainly, if not so quickly, produce all the good effect of that so often used and terribly pernicious drug.

The sitz-bath, to produce the "alterative" effect upon the liver, must be long continued, say from twenty to forty-five minutes, and repeated twice or thrice in twenty-four hours, if you would keep up the effect.

Not only in liver complaints are these most exceedingly useful, but in kidney diseases, chronic inflammation of the spleen, and all kinds of visceral congestions.

The temperature of the sitz-bath must be varied according to the constitution of the patient, and the condition of the nervous system. As a general thing, 60 degrees is about right; but where there is much torpidity of the liver, the colder the better, provided the patient has a decent constitution, and is not particularly nervous; for such, 70 degrees is not too warm.

A more powerful bath, and in many cases far more efficacious, is the half-bath. Especially good is this bath in erysipelatous inflammations, where the liver is always seriously implicated. In these cases, particularly those about the head, you will find the cold half-bath, continued from five to thirty minutes, more useful than all others combined: I mean when the stupor is on, which would most assuredly end in death, if something were not done to rouse the liver and produce a determination of the blood from the brain to the lower extremities.

A case in point:—

Mr. J—, of this city, was taken with ordinary symptoms of erysipelas of the head, but being, unfortunately, in a very phlogistic and inflammatory condition, accompanied by great disturbance of the liver, his symptoms, in spite of active treatment, rapidly assumed the most obstinate character.

The pain in the face and head was almost intolerable; so much so, in fact, that it seemed as if he could not possibly have endured it, had not the water been most assiduously and unremittingly applied; as it was, he suffered much and long.

The most alarming of his symptoms was the proneness to stupor, which was the greatest in this case of any I ever knew, and which must have terminated in fatal congestion of the brain, had not the most active measures been taken.

At first we relied upon sitz-baths, but soon they ceased to produce the desired effect, and we commenced the use of the half-bath.

It was mid-winter and exceedingly cold, but we used the water as cold as it came from the fountain, and kept him in the bath (a common tin bathing tub, five feet long, in which was some five or six pails of water) sitting down, with one to hold him, and two to rub him ten minutes, usually rubbing him most briskly the while, after which we rubbed him well and put him to bed between the blankets, covered him warmly, and in the course of two or three hours, a most profuse perspiration would ensue; none of your common every-day perspirations, but one of those that mean something; it was not only copious, exceedingly so, especially in the lower extremities, but even "ropy" or viscid to a great degree.

The effect was truly beautiful; he invariably began to rouse as the perspiration began to issue, and never was mist or fog more clearly and effectually dispersed by the rising sun, than was this vapor on the mind, this fog upon the brain, by these simple half-baths.

The allopathic course consists in giving mercury, and blistering, and otherwise irritating the extremities—"as fast as one blister heals, clap on another."

The superiority of the Hydropathic way will be apparent to those who are willing to see. In the old barbarous way by blistering, &c., the patient has to suffer the most excruciating pain at times and constant irritation after all the good they could do was done, making the patient almost loth to "come to" again from an insensible state—especially if of a nervous temperament—ay, well may such exclaim, "Lord deliver me from my friends," if such are their only reliable ones!

But the main difference is the powerful counter-current produced by the bath, and the consequent perspiration that ensues, which is as much better than any other kind known to the allopath, as any other kind of righteousness is better than sin.

"But," says the allopath, "you don't know but 'medicine' would have done the same thing as well."

Fortunately, I do know, not only from hundreds of cases similar, where I relied upon medicines, but in this very case!

It so happened that the old family physician came into town, and called to see this same patient, and I was requested to consult with him. I did so, and, as I expected, he wanted me to give him calomel; I told him I did not believe in its necessity, but if he did, he might give it. He accordingly gave it in small doses once in an hour or two, as long as he pleased, but with no good effect; in fact the patient was worse afterwards than he had ever been previously.

In this case, I kept the patient, as I invariably do, in all "liver cases" especially, without food entirely, and though "desperately sick," and for weeks beyond all hope—in the estimation of his friends—yet, agreeably to my predictions, he got well, and is now as well as usual.

And many a bitter opponent of the Water-Cure, who saw this patient during his sickest moments, have been heard to declare that it was "almost incredible that simple cold water could do such things," and yet they "were convinced that without it he must inevitably have died."

Reviews.

THE CONSTITUTION OF MAN considered in relation to the NATURAL LAWS By George Combe. Adapted to the use of Schools. New York: Fowlers & Wells, Publishers. Price 25 cents. Mailable.

Who, among our school teachers, has not read THE CONSTITUTION OF MAN? Doubtless there are a few; yet we are confident that no one can be found who has not heard of it. Previous to the publication of this school edition, there were in the United States seven sets of stereotype plates in constant use, on which thousands of copies were printed yearly. The diffusion of this work has been almost universal. In Europe it has been translated into all the principal languages, and adopted as a class-book in many of the leading literary institutions. Considering the great value and importance of this work, especially to CHILDREN AND YOUTH, the publishers have just issued a new, cheap, though beautiful edition, designed as a class-book for schools.

In his Preface the author says:

"The education of children should embrace their physical, moral, and intellectual natures, and the laws which govern these; also the importance of obedience to them, and the consequences of disobedience. Too often education is merely an intellectual one, and the child is left without a proper cultivation of his moral and physical natures.

With the physical nature of man, and the causes of health and disease, children should grow up familiar. They should be taught that violations of these laws by dissipation, excessive indulgences of appetite, or in any other manner, will surely bring punishment. With some it may possibly be delayed for many years, owing to the great strength of the powers of nature with which they have been blessed, yet it will surely come as dregs in the cup of life. These thoughts should be indelibly stamped on the minds of youth, and in no better way can this be accomplished than by making it one of the subjects to be studied in our common schools.

The moral and intellectual natures, and the laws which the Creator has assigned them, should be known to all, that every man may foresee and avoid the misery resulting from their infringement. Children should be taught to behold the wisdom and goodness of God, as manifested in his works and laws.

As health is of the greatest importance in the economy of life, as obedience to the moral laws is absolutely necessary to happiness, and as an understanding of the intellectual laws of our being is so important to their full development and the greatest usefulness to man, so should the study of these laws be made one of the leading pursuits in the education of the young.

How incomparably superior such an education to one the chief aim of which seems to be how to acquire wealth, honor, or office! Education should promote health and happiness, and INCREASE MIND. It should render the people industrious, and physically, morally, and intellectually happier. It should prepare man for higher and nobler callings than selfish ambition—it should instruct him in self-government, and practical obedience to all the laws of his Creator.

It is in view of these important considerations, and for the purpose of making an effort toward accomplishing so desirable an object by furnishing a treatise adapted to the use of schools, and the instruction of the young in these important principles, that this work is now presented to the public in its present form. It is most sincerely desired that all parents, teachers, and guardians of the interests of education may give this work that candid attention which its subject justly demands."

To illustrate and still further explain to parents and teachers the great objects of the CONSTITUTION OF MAN, we copy the following from the Introduction to this new school edition.

INTRODUCTION.—1. To enable us to form a just estimate of our duty and interest as the rational occupants of this world, we may inquire briefly into the constitution of external nature, and of ourselves.

2. The Creator has so arranged the external world, as to hold forth every possible inducement to man to cultivate his higher powers, nay, almost to constrain him to do so. The philosophic mind, in surveying the world as prepared for the reception of the human race, perceives in external nature a vast assemblage of stupendous powers, too great for the feeble hand of man entirely to control, but kindly subjected, within certain limits, to the influence of his will.

3. Man is introduced on earth, apparently helpless and unprovided for as a homeless stranger; but the soil on which he treads is endowed with a thousand capabilities of production, which require only to be excited by his intelligence, to yield him the most ample returns. The impetuous torrent rolls its waters to the main; but as it dashes over the mountain-cliff, the human hand is capable of withdrawing it from its course, and rendering its powers subservient to his will.

4. Ocean extends over half the globe her liquid plain, in which no path appears, and the rude winds oft lift her waters to the sky; but there the skill of man may launch the strong-knit bark, spread forth the canvass to the gale, and make the trackless deep a highway through the world. In such a state of things, knowledge is truly power; and it is highly important to human beings to become acquainted with the constitution and relations of every object around them, that they may discover its capabilities of ministering to their own advantage.

5. Further, where these physical energies are too great to be controlled, man has received intelligence by which he may observe their course, and accommodate his conduct to their influence. This capacity of adaptation is a valuable substitute for the power of regulating them by his will. He cannot arrest the sun in its course, so as to avert the wintry storms, and cause perpetual spring to bloom around him; but, by the proper exercise of his intelligence and corporeal energies, he is able to foresee the approach of bleak skies and rude winds, and to place himself in safety from their injurious effects.

6. These powers of controlling nature, and of accommodating his conduct to its course, are the direct results of his rational faculties; and in proportion to their cultivation is his sway extended. Man, while ignorant, is in a helpless condition. But let him put forth his proper human capacities, and he then finds himself invested with the power to roar, to build, to fabricate, and to store up provisions; and by availing himself of these resources, and accommodating his conduct to the course of nature's laws, he is able to smile in safety beside the cheerful hearth, when the elements maintain their fiercest war abroad.

7. Again: we are surrounded by countless beings, inferior and equal to ourselves, whose qualities yield us the greatest happiness, or bring upon us the bitterest evil, according as we affect them agreeably or disagreeably by our conduct. To draw forth all their excellences, and cause them to diffuse joy around us—to avoid touching the harsher springs of their constitution, and bringing painful discord to our ears—it is indispensably necessary that we know the nature of our fellows, and act with an habitual regard to the relations established by the Creator between ourselves and them.

8. Man, ignorant and uncivilized, is a ferocious, sensual, and superstitious savage. The world affords some enjoyments to his animal feelings, but it confounds his moral and intellectual faculties. External nature exhibits to his mind a mighty chaos of events, and a dread display of power. The chain of causation appears too intricate to be unraveled, and the power too stupendous to be controlled.

9. Order and beauty, indeed, occasionally gleam

forth to his eye from detached portions of creation, and seem to promise happiness and joy; but more frequently clouds and darkness brood over the scene, and disappoint his fondest expectations. Evil seems so mixed up with the good, that he regards it as either its direct product, or its inseparable accompaniment. Nature is never contemplated with a clear conception of its adaptation to the purpose of promoting the true enjoyment of the human race, or with a well founded confidence in the wisdom and benevolence of its Author.

10. Man, when civilized and illuminated by knowledge, on the other hand, discovers in the objects and occurrences around him a scheme beautifully arranged for the gratification of his whole powers, animal, moral, and intellectual; he recognizes in himself the intelligent and accountable subject of an all-bountiful Creator, and in joy and gladness desires to study the Creator's works, to ascertain His laws, and to yield to them a steady and a willing obedience. Without undervaluing the pleasures of his animal nature, he tastes the higher, more refined, and more enduring delights of his moral and intellectual capacities, and he then calls aloud for education as indispensable to the full enjoyment of his rational powers.

11. If this representation of the condition of the human being on earth be correct, we perceive clearly the unspeakable advantage of applying our minds to gain knowledge of our own constitution and that of external nature, and of regulating our conduct according to rules drawn from the information acquired. Our constitution and our position equally imply that the grand object of our existence is, not that we should remain contented with the pleasures of mere animal life, but that we should take the dignified and far more delightful station of moral and rational occupants of this lower world.

Since the above was written, we have received the following testimonial:

"Secretary's Office, Department of Common Schools, Albany, New York, June 2d, 1851. Dear Sir—I have received, through the kindness of our friend Miles, Messrs. Fowlers & Wells's edition of COMBE'S CONSTITUTION OF MAN, for the use of schools; for which you will please accept my best thanks.

I know of no work, an intimate and familiar and thorough acquaintance with which is more desirable to the young of both sexes, than Mr. COMBE'S 'CONSTITUTION OF MAN.' The abstract of the work, which has been prepared by Messrs. Fowlers & Wells, for the use of schools, is, in my opinion, an admirable epitome of the whole; and I should be glad to see it generally introduced as a text-book in our schools. In connection with Physiology, its importance in the communication of an accurate and enlightened knowledge of our complex physical, intellectual, and moral nature, cannot well be overrated. Yours truly, S. S. RANDALL, Dep. Supt. Com. Schools."

THE HARTFORD DAILY TIMES of recent date says:—

"It is justly placed at the head of its class as a text-book of physiology, and an expositor of the intimate relations of body and mind. This work, in the form of a schoolbook, and its general use, must be of incalculable benefit to the rising and future generations; it conveys that kind of knowledge which is most needed, and which should form the basis of all education. It is much to be regretted that such a study has not been common long before this, for if prosecuted in the right manner, its results would have been a material addition to human health and happiness."

THE SYRACUSE DAILY JOURNAL remarks:—

"A thorough use of this work in the school-room will aid materially toward giving a proper and complete education."

We could add the testimony of thousands, were it necessary, to establish the claim of this almost universal favorite with men of mind—THE CONSTITUTION OF MAN.

Miscellany.

GOSSIP FROM BOSTON.

BY NOGGS.

DEAR GOSSIPS,—I have but the old story to tell you—viz., Water Cure is daily and hourly gaining the confidence of the people in these parts; and the allopaths think it is intolerably successful! and they say something ought to be done to stop the spread of the "heresy."

But we flatter ourselves that this is a thing not easily done. Were it not so, it would have been stayed long, long ago; for the combined energies of thousands and thousands who represent the medical faculty, with all their several worshippers, and the druggists, and their particular friends, all—together, with the mighty power of their money and influence, have not been able to prevent it from going ahead, as never any reform, however important and successful at last, went before.

I scarce meet an intelligent man anywhere who is not in favor of hydropathy, even if he know nothing of it practically.

The greatest drawbacks, outside the faculty, are the Homeopaths, who "damn with faint praise" the water-cure, and insist upon it that the little doses of medicine are the only reliable things!!

This class and the pretended Hydropaths who have stolen the livery of the Court of Hydropathy to "raise the devil" in—ay, raise a fiend not easily quelled—are worse than avowed enemies, for those we know where to find and how to take.

The Allopaths point to 'em and say, We are as much Hydropaths as they—"We only give a little medicine."

But let these things pass. Society is as it is, and must be till it's more so.

My best love to "Dr. Quoggs," whose last letter was as welcome as flowers in spring, and as racy as the purest sparkling water.

In reply to his queries, I can only say that I know not what has become of the tender-hearted little Allopath of the Medical Journal, unless he has fallen a victim to his sensibilities and mourned himself away, grieved to death that the Lord had not provided more oil for the lubrication of the skin, or didn't foresee the terrible rage for cleanliness that would exist in the nineteenth century.

The last I heard of him was at Newport, last fall, where he walked the beach, exhorting the bathers to save their 'ile, "as there was no knowing whether the Lord would give them any more!"

But notwithstanding, I learn that great preparations are being made for the coming season at Nahant and Newport for the enjoyment of sea-bathing, the people of upper-tendom madly persisting in impinging their uncoiled skins against the roughly rolling breakers which "wash the beach" at those delightful places.

The bathers say, that according to Dr. Medico's idea, all the oil they had was washed off years ago, or at least the first few times bathing, and as they like it hugely, they determined to "go it" and trust to nature one more season anyhow, and she if she won't, as heretofore, get up some way of warding off the consequences,—so terrible, according to Dr. M—re,—resulting from the indulgence of her own desires! Well, Nature is awful clever. Who knows but she will?

As to Quoggs' other query respecting the frequent meetings of the august faculty, I can only guess. It's barely possible that the salt of the fraternity has lost some of its savor! It may be—I say it tremblingly—that the omnipotency of drugs is not so self-evident as it is supposed by some to be; and they think it best to tell the people now and then, that the power to heal is vested in the "regular physicians" not—as has been

asserted in this age of humbug—in nature; that God who made all the diseases, of course made also at the same time a medicine that would cure them! This, of course, say they, is no more than fair, "and to us has it been given to suit the medicine to the disease."

More anon; in haste, thine truly.

GLEN HAVEN WATER CURE.—Gentlemen of the Journal: Have you ever visited Glen Haven? If you have not, I would advise you to run away from the dingy city the very first opportunity, and come up here, where you can fill your lungs with this invigorating air. It is perfectly charming here; the green woods, the bright flowers, the sweet birds, and the blue waters. Nature seems to revel and luxuriate in her own beauty. Such an endless variety of wild flowers, and in such profusion, too, I have never before seen in any one locality. And the birds instinctively make this their home, just as if they had (as they have) a sense of the beautiful, and pour out their joyful hearts in glad song. The most striking feature of the place is the innumerable landscape views. From every point, whether you wander along the shaded pathway by the lake side, climb the precipitous hill, or jump into the skiff and go out on the bosom of the lake with a friend by your side to whisper "solitude is sweet"—you have an entirely different landscape. I can, from as many different points of observation, show you a hundred, and will not range more than a mile from the house, and each one shall fill you with delight, and make your hearts leap up and your hands clap for joy. Well, this is a beautiful world, and this is one of the most beautiful spots in it. No drug shops or saddle-bags "scarce ever come here" to mar the beauty of the scene. Pardon me for alluding to such nauseous subjects, when speaking on such a joyous theme. But there is a water-cure here, you know; and it is such a constant feeling of gladness to see the guests growing young again, under the influence of these healing waters, administered by the ready and skillful hand of Dr. Jackson, that I cannot help thinking of their past sufferings; for you must know, that with all or nearly all who resort to water-cures, it is as a forlorn hope. They are like a certain woman who had an issue of blood for twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse.

Do you know Dr. Jackson? You may know him through his writings; but to see him as he is, you must see him in a water-cure. He is then in his element, He has a perfect passion for hydropathy. He studied medicine many years under the old dispensation, but having no penchant for blistering and blood-letting, calomel or cathartics, never went into practice. Five years ago he entered the new dispensation, and finds his knowledge of physiology and anatomy and extensive medical research of avail; for while water is not so dangerous an element in the hands of quacks as mineral poisons, it requires as much knowledge, skill and judgment to administer it successfully as a remedial agent, as is required in any other mode of practice. The marked success of this establishment is not owing to skill alone. The water of Glen Haven, in softness, purity, abundance and life, is not surpassed by that of any institution of the kind which I have visited in this State or New England.

I know of no place where a skin crisis is so rapidly and easily produced as here. There is a lady here over forty years of age, who has been sick fourteen months, confined to her bed for the last eight weeks, who came here a week ago, and can now walk forty rods with ease. Like nearly all the rest of us, she had passed through the hands of the regulars and irregulars, to say nothing of the quantities of sarsaparillas, chologogues, universal pills, and other patent medicines, that had been devoured. A gentleman who had suffered eighteen years from bilious dyspepsia, was able to leave in three weeks, feeling like a new man.

These, however, are extraordinary cases. The length of time required to effect a cure by hydropathy (other things being equal) depends, of course, upon the amount of vitality or strength of constitution of the patient.

Let those, then, who are feeble not flatter themselves with a speedy recovery by water treatment. I am satisfied that diseases which are curable are within the reach of hydropathy, and that all or nearly all the ailments which "flesh is heir to," if taken in their incipient stages, may be removed or essentially modified by this mode of treatment.

I wish you could look in upon us. There is very little of the appearance of a hospital. Hopefulness and cheerfulness reign triumphant. There is great freedom here. We can whistle or sing, walk or run, lie down on the grass, or climb trees. There is no conventionalism or fashion, with its iron rule. To use an expression of one of our facetious patients, "*nater capers*."

The first thing the ladies have to submit to is, to dispense with their whalebones, and are allowed and advised to put on Turkish attire. Many of them avail themselves of the opportunity, and present a more comfortable appearance.

Having experienced so much benefit here myself, and seen the benefits which others have received, I can most cheerfully recommend Glen Haven to all who are in search of health. COSMO.

THE WATER CURE JOURNAL.

AN ACROSTIC.

BY CHARLES H. DOTY.

Thou star of hope!—thou welcome harbinger!
Hail we thy dawning o'er the clouds of sin.
Earth needs thy healthful beam—thy cheering ray.

When will the *habit-stridden* nations learn
And feel the import of the awful truth,
Transgression PHYSICAL is sin? When shall
Each sufferer know the laws of life, and, quick
Returning from his error, learn and live?

Cast in thy fruit each month—thou tree of HEALTH!
Unto all nations may thy leaves be strewn,
Reclaiming, blessing, spreading forth the pure,
Eternal principles of true REFORM.

Joy to thy mission! Now we see, that God
On ev'ry hand has placed the remedy,
Unbounded, pure and free for all our ills.
Rich is His mercy: in obedience
Now take the cure presented to thy lips;
And learn the great injunction sent from heaven,
Leprous and dying, "WASH YE AND BE CLEAN."

A FABLE FOR THE MEDICAL PROFESSION.—A distinguished lord, going from home, left his watch hanging beside his bed. A tame monkey, who was in the habit of imitating the actions of his master, took the watch, and with the aid of a band, fastened it to his side. A moment afterward he drew it forth and wound it. Then he looked at it, and said, "This goes too fast." He opened it, put back the hand, and again adjusted it to his side. A few moments passed, and he took it in his hand once more. "Oh!" said the imitator, "now it goes too slow. What a trouble it is! How can it be remedied?" He winds it again with the regulator, then closes it, and applies it gracefully to the ear. "This movement is wrong, still," and he wound it with the key in another way. Then bent to listen to it. "It does not go well, yet." He opened the case, looked and examined every part; touched this wheel, stopped that, moved another; in short, injured it so much by altering and shaking it in his hand, that it at length ceased all motion. Guard us, O propitious heaven! from physicians who deal with, and experiment upon man, as the monkey did with the watch.—*From the Italian.*

A CASE OF MEDICAL MALPRACTICE.—In the case of

Dr. George Hays and his wife, who were arrested on a charge of having caused the death of Mrs. Austin, the coroner's jury rendered the following verdict:

"The jury are of opinion that the deceased came to her death by an overdose of opium, or some of its preparations. The jury are also of opinion, that there is sufficient evidence against Mr. and Mrs. Hays to call for a rigid investigation of the case at the hands of the Grand Jury."

Hays and his wife will be retained in custody till they procure bail, in the sum of \$2,000 each.—*New York Tribune*.

[This seems to be a clear case of malpractice—a state prison offence—when a conviction can be procured. A brief explanation may interest our readers. Dr. Hays and wife are called "*Clairvoyant Physicians*," and belong not to the "regular school," while they use some of the "*regular remedies*," as in the present case. The experiment was unsuccessful. The patient died. The allopathic doctors pronounced it a case of murder—(not regular,)—and the officers of "*Justice*" were called upon to incarcerate these Clairvoyant Physicians in the City Prison, more generally known as "*THE TOMBS*," there to remain for trial, when, if convicted, they will be sent to STATE PRISON. We regard this in the light of *persecution*. Is it worse for one class of drug doctors to make mistakes than another?]

A DOCTOR'S BILL.—In a case which came before the Judge of the County Court at Leicester on Thursday, a doctor's bill (which was for medicine, &c., supplied to a lady in fourteen months; was held up to his honor, and the person who had possession of it was about to express his opinion of it, but was checked. The following is an epitome of the bill:—

Three applications to the throat, 2s. 6d. each.
Examination of the chest, and attendance, 7s. 6d.
Exploration of chest, 5s.
5 blisters, 1s. 6d. each.
19 plasters, 1s. 6d. each.
20 single boxes of ointment, 1s. 6d. each, and 5 double ditto, at 2s. 6d. each.
7 pieces of lint, 1s. each piece; and
7 ditto, at 1s. 6d. each.
398 bottles of mixture, at 2s. 6d. per bottle.
62 ditto of cough ditto, at 2s. 6d. ditto.
51 ditto of tonic ditto, at 2s. 6d. ditto.
14 ditto of chalk ditto, at 2s. 6d. ditto.
43 ditto of cod liver oil, at 2s. 6d. ditto.
26 ditto of embrocation, at 2s. 6d. each.
131 boxes of pills, at 1s. 6d. per box.
272 draughts, at 1s. 6d. each.
7 evening visits, at 2s. 6d. each.
Total amount of bill . . . £113 10s.
Total number of bottles of medicine . . . 870!!!
—*London Economist*.

[FIVE HUNDRED AND OUR DOLLARS AND FORTY FOUR CENTS!!! (\$504.44.) This is what a water-cure doctor would call "big pickings," yet it is no uncommon thing among drug doctors. The more medicine they can get into a lady or anybody else, the more money they get. Nor does the payment of their bills depend on the result of their experiments. "Kill or cure," it's all the same to them. Reader, are you willing to permit your body to thus become the prey of those who fatten on the sufferings and diseases of poor crippled, outraged, and dying humanity? You are hereby warned. Heed it, or suffer the consequences.

THE WATER CURE IN GEORGIA.—Dr. C. COX, of Marietta, Cobb county, a regular physician of fifteen years' standing, has recently opened a Water-Cure Establishment, as above, with good prospects of success.

SAVAGES DO NOT BLEED THEIR FRIENDS.—Lafontaine, in his voyage to North America, (published in London in 1703, vol. ii., page 49,) says:—"The Indians are yet more astonished at our custom of bleeding, for," say they, "the blood being the tapet of life, we have more occasion to pour it in than to take it out, considering that life sinks when its principle cause is moved off; from whence, 'tis a natural consequence, that after loss of blood, nature acts but feebly and heavily, the entrails are overheated, and all the parts

are dried, which gives rise to ALL the diseases that afflict the Europeans!"

Sensible savages! The Academy of Medicine must black-ball them, or fudge up an indictment against them. Brutes that they are, how dare they blaspheme the holy lancet of the blessed Sangrado?

ANOTHER SAVAGE!—Dr. John Forbes, of London, Queen's Physician, says, in the *London Lancet*, (queer place to say it in,) that *excessive bloodletting is frightfully misused*. Where is the Grand Jury?

P. S.—SAVAGES ALL ROUND.—Dr. Reese, in his last *New York Medical Gazette*, refers to "the hue and cry which quackery (?) has raised [against bloodletting] and to which popular ignorance and superstition has [have] succumbed." Which means, being translated, that patients will no longer stand the swindle of their life-blood by the lancet of Sangrado. That accomplished traveler, Sir William Temple, says, that "the Chinese never let blood." Sensible chaps, those Chinese!—*New York Sunday Courier*.

[PRETTY GOOD. Indian doctors were respected, until their good name was stolen by those Patent dock-root vegetable-slop doctors, who have degraded themselves and disgraced the Indians?]

WATER.

BY A. S. A.

Water, bright and beautiful water,
Pervading everything in Nature,
In the dew-drop on the leaves,
In the ocean's curling wave,
In the crystal fountain leaping,
In the lonely grotto sleeping,
In the springs and deep-cut wells,
In the silent shady dells,
In the rills with hues of silver,
In the rapid flowing river,
In the cooling shower refreshing,
In Niagara's cataract dashing,
In polar climes of snow and sleet,
Forming winter's winding sheet,
In the span across the sky,
Where rainbow hues delight the eye,
All pervading element of nature,
Who can half thy goodness measure?
For burning fever, aches, and pains,
Water-cure the balm contains,
The "packing," "sitz," or "dripping sheet,"
Will quiet pain, encourage sleep;
The 'plunge,' the 'douche,' 'half-bath,' and
Will inflammation soon o'erpower, ['shower,'
With proper action, food, and air,
Water will all our ills repair.

FATAL MISTAKE OF A DRUGGIST.—An inquest was held yesterday at No. 221 Wooster street, N. Y., on the body of John W. Dowse, a child about four years old, whose death was caused by an overdose of Dover powders. The prescription sent by Dr. Fields, who had been in attendance during the child's sickness, directed three grains to be made into six doses, but the druggist, mistaking the quantity ordered, made three doses of the six grains. About six hours after the medicine was administered the child died. The druggist's name is George Chandler, and his store is on the corner of Fourth and Wooster streets.—The coroner's jury returned a verdict that the deceased came to his death by the effects of an overdose of Dover powders.—*City paper*.

[Our readers will never know of more than one case in a thousand, which are daily transpiring under the allopathic practice; cases innumerable—quite similar to the above, of which no notice whatever is taken. The person gets sick, sends for a doctor, takes medicine, gets worse—dies, and is buried with a drug shop in his stomach. His friends mourn, while the doctor assures them that "*all was done that could be done*," and the priest fulfills his sacred mission, consoling the survivors with the usual declaration, that the "Lord giveth and the Lord taketh away; blessed be the name of the Lord, whose ways are mysterious and past finding out."

TYPHUS FEVER AND COCHITUATE WATER.—Since the introduction of Cochituate water, and the conse-

* Physicians in all ages, according to John Wesley, have always branded as quacks "those who understood only how to heal the sick."

quent passage of large quantities of it through our drains and sewers, cleansing them of a great deal of impure matter which heretofore accumulated, the number of deaths by typhus fever have rapidly decreased, as have also many other kinds of fevers. If the latter result is a consequence of the former, it may be classed as one of the chief blessings of the introduction of pure water.—*Boston Traveller*.

[How thankful the citizens of Boston ought to be to the "Regular Allopathic Doctors," for thus introducing the *water-cure*. We have no doubt it will prove more beneficial than any other modern discovery which they have made, excepting only "*pure genuine cod liver whale oil*."]

WATER CURE IN NEWPORT.—Miss L. Smith, for some years' past a pupil of Dr. Nichols and Mrs. Gove Nichols, has taken up her permanent residence at this delightful resort, where, assisted by her brother, and encouraged by the patronage of some of the most estimable citizens of that place, she is prepared to dispense the benefits of the water-cure with skill and judgment. We cordially recommend her to all, especially of her own sex, who require her services.

HAS PROFESSOR SILLIMAN RECOMMENDED THE CHERRY PECTORAL?—We find on the cover of the *American Journal of Science and Arts*, for March, 1851, the following:—*Vermont Chronicle*.

"TO THE PUBLIC.—The recommendation of the *Cherry Pectoral* (so-called), signed by my name, is a forgery.

B. SILLIMAN, Senior."

"New-Haven, 1851."

Is that all? If the manufacturers have committed this one forgery, is it not natural to infer that they have committed others? Is it true that Prof. Hitchcock has sold himself to this miserable slop doctor? We don't believe it.

Varieties.

GO AHEAD.

GO AHEAD—and do not tarry,
Nought is gained by standing still;
What though you at times miscarry?
Let not fears your bosom fill;
Search the causes of your errors,
Gather wisdom from the past,
To the wind give idle terrors—
And you'll get ahead at last!

Go ahead—in useful daring,
Let your motto be—"I'll try;"
He, who ever is despairing,
Bankrupt heart and hopes is nigh.
What though wealth and you are strangers?
Onward, upward be your aim;
And those real or fancied dangers,
Soon you'll put to flight or shame!

Go ahead—the world reforming,
In civil, moral freedom's name,
All those forts, and outposts storming,
Which your enemies may claim;
Yield no bulwark, take no quarter,
Compromise no cherished right,
Freedom's treasures never barter,
But stand for them with your might.

Go ahead, then—don't defer it,
Life's short span soon flies away,
If you'd finish aught of merit,
You must ply your task to day.
Set the ball in instant motion,
To keep it going strain each nerve,
Nor doubt, ultimate promotion
Will yield the laurels you deserve!

[This is such medicine as we can "confidently recommend." It will be good for all to take, even in Allopathic, i. e., large doses. It is well adapted to old and young, rich and poor, and is a very common remedy among all "live Yankees."]

LADIES' WAISTS.—Mrs. Swisshelm, in a savage article against the magazine fashion plates, says:

"We know women now who are dying; dying by their own hands, and piously saying their prayers every day, and for their death the magazine publishers are accountable at the bar of the Eternal. They are murdering them as truly as ever David slew Uriah by the sword of the Amalekites. No human agency can teach those victims of fashion plate mongers, that the long whale-bones sticking down in their sides, the tight strings tied around the small of the back, and weight of skirts dragging on them, are crushing their lives out and dragging them to their graves. They will not believe they are entailing misery, and disease, and death upon their children. But yet many of them do know it, and with all their vaunted love for their offspring, would rather see their little ones suffer ten thousand deaths than they themselves should fail to look 'like Prometheus in my picture here'—a long sided funnel set on a jug."

WOOD ENGRAVING—ITS EXPENSE.—We are often interrogated on this subject by persons who have occasion to employ draftsmen and engravers. The cost for drawing and engraving such views of buildings as are frequently published in this Journal, is from twenty to thirty dollars—the difference in cost depending on the size, fineness, and quality of the work.

PORTRAITS of the usual size, such as are published in books and newspapers, cost ten, fifteen, twenty, thirty, and sometimes forty dollars; while those the size of life, done in fine style, cost from \$100 to \$150.

The cheap or low-priced wood engravings are usually done by boys—new beginners—or "turned out" by machinery.

Such engravings as are used for ANATOMICAL or PHYSIOLOGICAL illustrations cost from \$5 to \$15 each.

STEEL ENGRAVINGS are more expensive than wood. A single "Fashion plate" costs from one to two hundred dollars; but fine wood engraving is fast superseding the more costly steel. We regard the improvements which have been made in wood engraving, during the past few years, as among the most interesting and useful of the arts.

THE MUSIC WORLD.—During the spring our citizens have been agreeably entertained by numerous melodious voices. First came the HUTCHINSONS, who drew "multitudes" of people to their concert. Then came the ALLEGHANIANs, on their annual visit. They were greeted by "hosts," who had before been charmed by their exquisite melodies. They have secured the affections of all who have heard them. Then returned our JENNY LIND from the sunny South, where she had spent the winter. All we could say of this much loved woman would be words, words, words. Her quality is above our power of description. We can compare her to no other singer. She surpasses all. Her voice seems like a great fountain of spiritual light, which completely illuminates every moral sentiment, humanizing selfish man, inclining him to look more kindly upon his fellows. Her music awakens the most holy conceptions imaginable, and, according to our judgment, is nothing less than Divine.

MORE NICE THAN WISE.—The *Presbyterian* of the West, in noticing a recent exhibition of the Steubenville (Ohio) Female Seminary, gives the opinion that young ladies should not be allowed to read their essays before the public, but that their essays should be read for them by a gentleman.—*N. Y. Eve. Post.*

INDEED! What can be the objection? Why not have their singing done for them also by "a gentleman?" Is it more vulgar to read than to sing in public? We had quite as soon listen to a sensible woman as a "gentle" saphead. Why not exclude women from appearing or talking in public on any occasion? Or if they are permitted to appear, why not compel them to veil themselves so, as to hide their faces? In

short, would it not be as well to put them into a nunnery, and thus secure them from the gaze of vulgar "gentlemen" and other animals?

"What a pity" that woman should venture so far beyond the rules of propriety as to "read an essay" even in a school-house. We suppose the editor of the "*Presbyterian of the West*" considers himself a very proper person, and that women who "read essays," pray, sing, or "speak in meetings," are very improper persons. How unfortunate that he should ever have been born of woman or anybody else! We reckon if he were to show himself down-east, among our Yankee girls, they would fit him out in a "long dress," with a bustle, and "string him up" for a show. Oh dear, and oh dear!

SLANDER.—A Miss Saunders, of Caddo parish, Louisiana, week before last, recovered \$12,000 damages against William C. Shaw, for slander and defamation of character.—*The papers.*

IS IT POSSIBLE? We would refer this young "gentleman," Mr. William C. Shaw, to the editor of the *Presbyterian of the West* for consolation; who, no doubt, would think Miss Saunders a very improper young lady for thus commencing "public" proceedings in so "public" a manner. Miss S., in our opinion, is a powerful magnet to thus subtract so much from so little.

NEW INVENTIONS—BIG NAMES.—The community were startled not long ago by the announcement of a new invention under the significant name of "The North American Rat Trap." Next in order came the "New England Double Back Action Hen Persuader," the object of which was to induce hens to resort to the "nest" more frequently. We have not heard of the success of this machine. We shall probably get the particulars in the World's Fair Report. In a recent Boston paper we find the following thrilling announcement!!

"The wonder of the age! Wash and be clean! Beware of Imposition. The only genuine and original is the North American Electric Washing Fluid, manufactured and for sale wholesale and retail by BUNGTOWN & Co."

We copy from the same paper as follows:—

"This is the only genuine article to be found in the world, and possesses double the power of anything ever discovered."

Since the explosion of the "thirteen trees" swindle, we had supposed no further attempt in this line would be made, especially by one Yankee on another.

"EXPLAINED.—An apothecary originally carried his medicine about in jars—he was a pot-carrier; and from thence came the word A-pot-he-carries."

[Modern apothecaries sometimes employ a man and a horse to carry medicines about, with a gig, in saddlebags. Blood-suckers only are carried about in pots now-a-days.]

FEATHER BEDS vs. WIRE BEDS.—We long since abandoned "nice downy feather beds" and took to the MATTRESS, HAIR, STRAW, or a "HARD BOARD," rather than suffer, smother, sweat and sicken on feathers, especially in the summer season. A recent invention has been made, which DR. ALCOTT describes as follows: "A bed is now for sale by Mr. John Putnam, 169 Fulton street, New York, so constructed that we rest on spiral wires as softly as on feathers, without one of the objectionable properties of the latter. The body does not rest on a few points, but on as much surface as if feathers or down were under it." After a trial, we shall again refer to this new wire bed. See advertisement

THE DOCTOR AND SAILOR.—Professional pomposity is well taken off in the following anecdote, which we found in a late English paper. SHIELDS DOCTOR (looking learnedly and speaking low)—"Well, mariner, which tooth do you want extracted? Is it a molar or an incisor?" JACK (short and sharp)—"It is in the upper tier, on the larboard side. Bear a hand, you swab; for it is nipping my jaw like a bloody lobster."—*Boston Investigator.*

To cure the tooth-ache, various remedies (?) have been invented—sold—swallowed—and have done no good very much. We presume the HYDROPATHIC ENCYCLOPEDIA will contain special directions in regard to the water-cure treatment of the tooth-ache, and all other aches of the same agreeable nature.

MATRIMONY.—"You ought to marry."

"Never."

"I know a good girl for you."

"Let me alone."

"But, perhaps, you don't know her? She is young."

"Then she is sly."

"Beautiful."

"The more dangerous."

"Of a good family."

"Then she is proud."

"She is tender-hearted."

"Then she is jealous."

"She has talents."

"To kill me."

"And one hundred thousand dollars."

"I'll take her."—*Exchange paper.*

[And this is what you call "what God hath joined together," and so forth. Well, as a general thing, we guess those who marry for money will wish they hadn't, before they eat much of that "bread and butter;" nor will they agree with the philosopher who said "all that is, is right;" nor that it was God who joined them together—i. e., the man to the money.]

THE SCIENCE OF ADVERTISING.—We clip the following familiar and pathetic advertisement from the *Fond du Lac Journal*, published in Wisconsin:

"*Fond du Lac*, May 18, 1851.—My Dear Friends: This is to inform you that we are all well and enjoying good health, and hope these few lines may find you enjoying the same blessing. It has been very dull times here this winter; but the railroad prospects, we are in hopes, will make it better. I have moved my carriage and blacksmith shop to the old stand," etc., etc.

Then we have a very minute description of the new establishment, terms, etc.; closing with the following modest request:

"Give my best respects to all inquiring friends, and much oblige Truly yours, JASON WILKINS."

P. S. Please pay the postage."

RIVER AND HARBOR IMPROVEMENTS.—We hope we shall not be charged with political aspirations, when we proclaim our views on this great question. Well, then, "to venture"—we hope an appropriation will be made by our next Congress, for the improvement of rivers and harbors. All water-cure folks go in for these great national improvements. We shall keep our eye on those politicians who oppose this most important measure.

THE CASH RECEIPTS OF THE AMERICAN TRACT SOCIETY for the month of March, 1851, were SIXTY-FOUR THOUSAND EIGHT HUNDRED SEVENTY-ONE DOLLARS, AND TWENTY-FOUR CENTS!! Enough to print a very large edition of *Water-Cure Journals*.

TIGHT BOOTS.—The editor of one of the Maine papers says that he has had a pair of boots which were so tight, that they came very near making him a Universalist, because he received his punishment as he went along.

[Besides the pleasure of raising a "crop of corns," the man who wears tight boots may enjoy the hope of saving sales.]

HOW TO SAVE THE UNION.—Send all the lawyers to California, to work in the mines, and set the politicians and office seekers at work on the Who-suck tunnel.

To Correspondents.

TO OUR CONTRIBUTORS.—We are very thankful for the generous contributions which have been sent to us by those so deeply interested in the Water-cure. Notwithstanding an occasional double number, we have been unable to give place to all of the valuable articles which have been written for our pages. Such articles as we wish to serve up to our readers, will not "spoil by keeping."

ORGANIC GRANULAR AFFECTION OF THE KIDNEYS.—W. M. M., Sharon, Alabama, asks advice in relation to a complaint his physicians designate as above. The history of this case is instructive. It was preceded by an extreme prostration of the functions of the skin, consequent on over-heating and over-fatiguing the body; the patient has been extensively drugged, and now the joints of the body are tender, and there is a general tendency to dropsical enlargement of the whole body; a very natural result of such drugging under such circumstances. Tepid hip-baths or half-baths, the wet sheet pack daily for thirty or forty minutes, if the whole body is not inclined to be very cold, followed by the dripping sheet, and the wet girdle to the abdomen, very often changed, are doubtless the appropriate bathings. Mental labor must be wholly discontinued or no cure will result.

RHEUMATISM.—O. G., Compton, Canada, asks us to give a remedy for Rheumatism and hip complaint, and chronic lameness in the hip and back. All this probably means *lumbago*. The best practice in the case mentioned is the cold rubbing wet sheet to the whole body, and the warm douche to the parts affected, employed daily.

SLEEPLESSNESS WITH CONSTIPATION.—E. F., Monroeville, Ala. In addition to the treatment mentioned in your letter, use wheat meal or rye meal mush, with apples or other good fruit as a part of the diet; besides thumping and kneading the abdomen, gently yet perseveringly. Tepid injections are often desirable for a while.

D. L. P.—We know of nothing better than a thorough course of hydropathic treatment, including the regimen. You will find this the only sure remedy, although a chronic case of that character may require a long time and much patient effort to conquer it.

BLEEDING AT THE LUNGS.—E. M. Noble, New-Milford.—In addition to your present means, wear the chest wrapper, or wet jacket, through each day, leaving it off at night. Be careful to wet it as often as it gets nearly dry or very warm.

Book Notices.

THE SCIENCE OF SWIMMING, with practical instructions to learners—showing its importance in the preservation of Health and Life. Illustrated with numerous engravings. By an experienced swimmer. FOWLETS & WELLS, New York, publishers. Price only twelve and a half cents. A new edition of this exceedingly useful little guide has been printed. "Everybody should learn to swim, male and female, old and young. By following the plain directions laid down in 'The Science of Swimming,' all may learn without fear of accident or danger.

THE USE OF TOBACCO. Its Physical, Intellectual, and Moral effects on the HUMAN SYSTEM. By Dr. WM. A. ALCOOTT. Price 12½ cents. New-York: FOWLETS & WELLS, publishers.

Those who read the WATER-CURE JOURNAL, will not require "a book," to convince them of the deleterious effects of Tobacco. That point has long since been established, but with a view of fortifying the young against its use, and persuading the old to abandon the most loathsome habit which ever degraded degradation itself, we advise all to read this little book.

TEA AND COFFEE: Their Physical, Intellectual, and Moral Effects on the HUMAN SYSTEM. By Dr. WM. A. ALCOOTT. New York: FOWLETS & WELLS, publishers. Price 12½ cents. Mailable.

The universal prevalence of tea and coffee as a beverage, and their destructive effects on the bodies and minds of those

who use them, induced the author to examine the subject in a medical or physiological point of view. The work under notice contains the result of his investigation. It is clearly shown that a vast amount of suffering may be traced to the use of those stimulants. Those who would avail themselves of the experience of "one who knows," may do so for a York shilling.

THE NATURAL HISTORY OF MAN; showing his three aspects of PLANT, BEAST, and ANGEL. Illustrated with engravings. By JOHN B. NEWMAN, M. D., President of Harrodsburg Female College, and author of various works on the natural sciences. New York: Published by FOWLETS & WELLS. Price for the mail edition, 50 cents.

A work of about three hundred pages, with the above comprehensive title, has just been issued from the press. At present, we have space only to announce its publication. We shall give it a more extensive review at another time.

The author has divided his work into three parts, as follows:—

- I. PLANT LIFE—Comprising the nutritive apparatus.
- II. BEAST LIFE, or Soul—The Phenological Faculties.
- III. ANGEL LIFE, or Spirit—Jehovah's likeness in man.

This work will attract attention. The subject is more interesting than any other. Give us the "Natural History of Man," and the future may be revealed. We shall, after a thorough examination, again refer to this new work.

THE COLLEGIAN—A monthly Journal of Science, Literature, and Art; published monthly, at \$1 per year, by B. W. LACY & Co., at Washington, Pa.

Our friend, J. S. Lobinger, has sent us a copy of this new candidate. We wish the *Collegian* every success to which its merits entitle it. It will serve to qualify those who write for its pages for more responsible stations in the "Literary world." Every college should establish a serial, through which each pupil might be permitted to develop his talents for writing.

THE ANGLO AMERICAN NEW CHURCH REPOSITORY, and Monthly Review, devoted to the Philosophy and Theology taught in the writings of Emanuel Swedenborg, conducted by GEORGE BUSH, A. M. Terms \$2 a year, in advance.

The distinguished editor and author, Professor BUSH, seems to increase his zeal with each successive number. To all who would investigate the doctrines of Swedenborg, we would commend this work.

Advertisements.

THE TERMS for advertising in this journal will be as follows: For a full page, one month, \$40. For one column, \$15. For half a column, \$8. For a quarter of a column, \$5. For less than a quarter of a column, twenty cents a line.

No advertisements of an improper character will be admitted, and but a limited number of any kind.

BULWER AND FORBES ON THE WATER TREATMENT: A Compilation of Papers on the subject of Hygiene and Rational Hydropathy. Edited, with additional matter, by Roland S. Houghton, M. D. Price, in muslin, 75 cents; mail edition, 50 cents. The work contains—

CONFESSIONS OF A WATER PATIENT.—By Sir Edward Bulwer Lytton, author of "Harold," "The Last Days of Pompeii," "Rienzi," &c., &c.

A REVIEW OF HYDROPATHY. By John Forbes, M. D., F. R. S., F. G. S., Fellow of the Royal College of Physicians in London, Physician in Ordinary to Her Majesty's Household, and Consulting Physician to the Hospital for Consumption and Diseases of the Chest.

TWO CHAPTERS ON BATHING AND THE WATER TREATMENT. By Erasmus Wilson, M. D., F. R. S., author of "Wilson's Anatomy," Consulting Surgeon to the St. Pancras Infirmary, &c.

A MEDICAL INVESTIGATION OF THE WATER-CURE TREATMENT. By Sir Charles Soudamore, M. D., F. R. S., &c.

THE COLD WATER CURE; its Use and Misuse. By Herbert Mayo, M. D., F. R. S., formerly Surgeon of Middlesex Hospital, London, &c., &c.

OBSERVATIONS ON HYGIENE AND THE WATER TREATMENT. By Roland S. Houghton, A. M., M. D.

Recently published by FOWLETS & WELLS, 131-Nassau St., New York.

Five copies will be sent by mail for \$2 00; single copy, 50 cents.

"A compilation of the most sensible and profound opinions on the subject.—New York Courier and Enquirer."

WATER-CURE INSTITUTE.—Patients will be treated at all seasons of the year, at the commodious city establishment, 10 Lighthouse, 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 Dr. CAMBEL & 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 the same advantages—in the United States.

N. B.—Dr. TRALL has secured the assistance of Dr. J. L. HOSFORD, who will be in constant attendance at the Springs the present season. They are prepared to treat those displacements and other local affections of females, requiring unusual attention to manage successfully, for which purpose they are provided with all the requisite mechanical and physiological appliances.

THE SUBSCRIBER proposes to Dispose of his Residence, as a Water-Cure Establishment. The property, which is situated within two miles of the beautiful and romantic village of Cooperstown, consists of 40 acres of land, ten of which are in wood. The house was intended by Mr. Cyrenus Clark, a carpenter, for his own use, is built thoroughly and substantially, and was papered and painted inside and out the last fall.

There is an unlimited supply of soft spring water, conveyed into the house by a hydraulic ram through gutta percha pipes, and a large swimming-bath has already been constructed. It is suggested, that the expenses of such an establishment might be reduced to one half or one third, by raising everything required on the farm itself—poultry, eggs, milk, butter, meat, grain, vegetables, &c. The land is a rich sandy loam, and unites great fertility with perfect salubrity. The fishing in the lake is first rate, as many as 200 lbs. of fish having been speared in one night this spring within a few rods of the house. The site is also admirably adapted for a summer tavern or boarding house, which might be combined with the Water-cure; the want of both these means of health and enjoyment being greatly felt by the inhabitants. The village has already a world-wide reputation of being the birthplace and residence of Fenimore Cooper. He has made it the locale of one of his most charming novels; and the lake and the surrounding pine clad hills are to the last degree romantic.—Application to view it may be made on the spot, or post-paid letters directed to Messrs. FOWLETS & WELLS, will meet with due attention.

Cooperstown, N. Y., June 1, 1851.

11

CENTRAL MEDICAL COLLEGE, ROCHESTER, N. Y.—The next annual course of Lectures in this Institution will commence on the first Monday in November, 1851, and continue sixteen weeks. In issuing this announcement, the Board of Trustees have the gratification of advertising to the unparalleled success of the School during the past six courses of instruction, as affording undoubted evidence of its appreciation by the public, its permanent establishment, and future prosperity. The Faculty have received renewed assurances from that portion of the profession among whom their labors have been cast, and who have had an opportunity of judging, that their course meets their cordial approbation and will be sustained.

Central Medical College is permanently located in the city of Rochester, which, from its central position, convenience of access, large population, wealth and morality, must be acknowledged as the most desirable location in the State. In consequence of the number of ladies who have attended during the last three terms, and at the request of others who propose attending the next session, the Board of Trustees have established a Female Department, which is in charge of Mrs. L. N. Fowler, M. D., who from her spirit of investigation and scientific and medical acquirements, has obtained a widespread and merited popularity.

FACULTY.—L. C. DOLLEY, M. D., Prof. of General, Descriptive and Surgical Anatomy; LEVI REUBEN, M. D., Prof. of Physiology and Forensic Medicine; O. DAVIS, M. D., Prof. of Obstetrics; S. M. DAVIS, M. D., Prof. of Principles and Practice of Physic; W. W. HADLEY, M. D., Prof. of Materia Medica, Therapeutics and Pharmacy; A. K. EATON, A. M., M. D., Prof. of Chemistry; W. BEACH, M. D., Emeritus Prof. of the Principles and Practice of Medicine; J. H. TILDEN, M. D., Demonstrator of Anatomy; LORENZO N. JONES, Janitor.—Female Department: Mrs. L. N. Fowler, M. D., Prof. of Midwifery and Diseases of Women and Children.—Fees.—Aggregate cost of Professor's Tickets, \$60; Demonstrator's Fee, \$5; Matriculation Fee, \$5; Graduation Fee, \$15. Good Board can be obtained at \$2 and \$2 25 per week. Graduates of Medicines in reputable Colleges, Clergymen and Theological Students will be admitted to the Lectures on the payment of the Matriculation fee. Students are advised to furnish themselves with text books—Old School works as well as Reform publications. All will be consulted collectively.—For further information address WM. W. HADLEY, Dean of the Faculty, Rochester, N. Y.

WATER-CURE ESTABLISHMENT at LEHIGH MOUNTAIN SPRINGS, NEAR BETHLEHEM, PA., continued successfully, Summer and Winter, since 1846. Location well known to be beautiful; water is excellent, cold, pure and soft. Communication from New York, foot of Courtlandt Street, by Somerville Railroad and Bethlehem stage, 6 o'clock, A. M. From Philadelphia, three stages daily.

OYSTER BAY WATER CURE.—This commodious Institute, pleasantly located in the beautiful village of Oyster Bay, L. I. 25 miles from N. Y., is now just completed and open for patients, under the medical direction of W. W. STREW, M. D., Resident, and R. T. TRALL, M. D., of N. Y., Consulting Physician.—Address W. W. STREW, M. D., or W. MOORE, Proprietor, Oyster Bay.



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

- VI. SPECIAL PATHOLOGY AND HYDRO-THERAPEUTICS, INCLUDING THE NATURE, CAUSES, SYMPTOMS, AND TREATMENT OF ALL KNOWN DISEASES.
 VII. APPLICATION TO SURGICAL DISEASES.
 VIII. APPLICATION OF HYDROPATHY TO MIDWIFERY AND THE NURSERY.

BY R. T. TRALL, M. D.

The object of this work is to bring together, in the most condensed and practical form, for public use and professional reference, all the facts and principles in medicine and its collateral sciences, pertaining to the Philosophy of Life and Health, and the Water-Cure Treatment of Diseases. It is therefore designed as a guide to students and families, and a text-book for physicians.

Especial attention will be devoted to the consideration of Hygienic Agencies, each of which constitutes a fundamental principle in the Hydropathic System, and all together forming a perfect and harmonious whole, embracing all the laws of constitution and relation by which diseases are cured, health preserved, and longevity attained.

While the general rules which govern the application of water as a remedial agent are kept prominently in view, every malady recognized by physicians as a distinct disease, will be particularly described and its appropriate treatment specified.

A leading feature in its therapeutical department is the endeavor to supply a bedside adviser for domestic practice or home treatment. The experience of a quarter of a century, and the results of many thousands of cases of nearly all forms of acute and chronic diseases, treated hydropathically

in different parts of the world, afford ample data upon which to predicate correct and intelligible rules for the management of the great majority of ordinary complaints, by non-professional persons, without the attendance of the practising physician.

The time will surely come, and the physiological salvation of the human race requires that it *soon* come, when all well educated persons will understand for themselves, *all* the departments of the Healing Art, and be as competent to take care of their own health, and defend their own lives against morbid causes as they are to procure their own food, raiment, houses, and lands.

With the hope of being instrumental in hastening a "consummation so devoutly wished," the author and publishers have spared neither labor nor expense.

This work will be issued in eight numbers of one hundred or more pages each. The price of the entire work will be Two Dollars; each number Twenty-five Cents. Orders may be post paid and addressed to the publishers, FOWLERS AND WELLS, 181 Nassau Street, New York.

N. B. Number One now ready. Succeeding numbers will be issued as rapidly as possible.

WORCESTER WATER-CURE INSTITUTION, No. 1, GLEN STREET.
 —This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. The location is retired and overlooks the city.

TERMS.—For full board and treatment, \$6 to \$10 per week, according to rooms occupied.

A medical fee of \$2 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M.D., E. F. ROGERS, Superintendent.

A PHYSICIAN WANTED TO GO SOUTH, as an Assistant in a first class Hydropathic Institute. To one, master of his profession, and who would be willing to devote his entire time and energies to the duties of his calling, a liberal salary will be paid. Address, Dr. Shew, corner of 12th Street and University Place.

Also, in the same Institution, is wanted a Gentleman, of liberal education and good character, to conduct the business department of the Institution. Apply as above. je 2t

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

W. P. COLLINS, Hydropathic Physician, Spring Green, North Providence, R.I. jy 1f

PUTNAM'S SPRING BEDSTEAD.—PATENTED.—This style of Bedstead, which has been strongly recommended by physicians, landlords and editors in Boston, presents advantages over all other articles of a similar kind ever offered to the public, combining cheapness, durability and elegance, with a luxuriousness of ease wholly unsurpassed. In cases of sickness it is invaluable, and for the ordinary purposes of rest, it commends itself to all. Its simplicity of construction, and convenience to such as may have the daily care of it, must insure its general if not universal use. No housekeeper, especially the keepers of hotels and large houses, should purchase without examining this article, which is offered in various styles and patterns, at PUTNAM'S Bedstead and Bedding Warerooms, 169 FULTON STREET, New York, and 404 Washington street, Boston. jylt

DR. WESSELINGH'S WATER-CURE ESTABLISHMENT, AT BRATTLEBORO, Vt., is situated on Elliot street, and consists of two neighboring houses, united in front by a saloon for social recreation, and in the rear by wings from each house, containing a large bathing house and rooms for patients. One of the houses is for ladies, the other for gentlemen.

In each house are all kinds of douches, spacious rooms for sitz-baths, two plunge-baths, supplied by a spring in the rear, and in the bathing-house two swimming-baths, each 25 feet by 15.

The establishment can furnish rooms for 120 to 130 patients. A number of rooms and bathing accommodations are besides to be had in the village.

Each patient is supplied with a good bed, consisting of a hair and palm-leaf mattress, and suitable furniture, which he is expected to return in good order. The rooms are all warmed in winter either by a stove or an open fire.

The dining-room, 80 feet long by 25 feet wide, is in the new building in the rear of the main houses, and connected with them by a piazza all around, affording a pleasant and extensive walk in sultry or wet weather. Patients, who cannot leave their rooms, have their meals brought to them.

Besides the baths in the house, there are four douche-houses within half a mile from the establishment, a spring and river douche with a showering apparatus, each with double rooms for dressing. In the spring douches is an eye and ear douche, and an apparatus for fourteen hip-baths of flowing water, and three rising douches. Shady walks, beneath the trees on the hill-side, lead to the douches and springs, with seats all around.

A short distance from the spring douches is a wave-bath, which receives its water from a branch of the Connecticut.

In every direction are found fine springs, and a beautiful and picturesque country affords the most delightful walks.

For the amusement and exercise of patients, as well as for orthopedic purposes, a large gymnasium, a billiard-room, and a bowling-alley, are attached to the establishment.

From Boston, New York, and Albany, patients can come by steam to Brattleboro.

The price for board, lodging, treatment, use of all baths that are considered wholesome, assistance of attendants, washing of bed-linen and chamber-towels, is for each patient \$10 a week in summer, and \$11 in winter; payment weekly. Patients residing out of the establishment pay \$5 a week. If they require special attendance, they are charged accordingly.

It is necessary for each patient to be provided with the following articles for their own use during treatment:

1. At least two large woolen blankets.
2. A feather bed or three comforters.
3. A linen sheet which may be cut, or at least a piece of linen 6 quarters of a yard long and 6 1-4 wide, as well as pieces of linen and cotton for bandages.
4. Two coarse cotton sheets.
5. Six towels.
6. An injection instrument.

These articles may also be bought in the village or establishment, or hired at fixed prices.

For gentlemen who keep horses, there is a stable near the house, and an ostler in attendance.

A sufficient number of waiters and nurses are always engaged, in proportion to the number of patients.

Very sick and helpless patients, or such as suffer under critical diseases of some violence during the treatment, have to hire a nurse or waiter, and to pay board for them at \$2 50 per week.

The doctor has, during the daytime, his office in the establishment, and takes his dinner there. He directs the patients how to proceed, instructs the nurses and waiters, and gives advice at any time when wanted. He does not suffer any use of baths without his advice, or of food which he considers inconsistent with the treatment.

As the number of places is still limited, patients will do well to make applications in advance.

All communications must be post-paid.

On letters of advice a moderate fee will be charged. je 3t

MOUNT PROSPECT WATER-CURE.—This Institution is situated at the base of the Mountain from which it takes its name, and in the immediate vicinity of the beautiful and flourishing City of Binghamton, at the junction of the Susquehanna and Chenango Rivers, and is at all times accessible by the N. Y. and Erie Railroad—East and West.

The buildings connected with, and belonging to the Institute, have been recently erected without any regard to expense, but with a strict view to the comfort and happiness of those who may require its services.

Probably there is no establishment of a similar character in the United States, which combines with it so many advantages as that of the above Institution. Possessed of a

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. Its 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. SKELL, Physician, or H. R. BARDWELL, Assistant.

THE CHEMISTRY OF LIFE.

BY THOMAS ANTISELL, M.D.

THE rapid progress which chemistry has taken within the last few years, and the many applications which have been made of it to the arts of life, renders it one of the most useful branches of study to those engaged in the useful arts of manufactures. When we turn our attention from inanimate nature to the study of the lives of plants and animals, we find that the various principles which go on within their frames, and which have for their object the enlargement and support of the individual, are regulated by laws, which, until very lately, have been termed *vital laws* or *forces*, borrowed from a notion long prevalent, that there was something distinct and even antagonistic in what regulated matter, while in the body, from that which regulated the same matter external to the body. That opinion, born in the school of the solidists, is fast losing its hold upon the minds of men, and there are few, except some medical men who have not kept pace with the progress of organic chemistry, who believe that the human body is regulated by any other than the common laws of physis and chemistry.

The insight which modern chemistry has given to us, with regard to the changes which go on in the animal economy, is truly wonderful. We arrive at an exact knowledge of the constitution of fluids and solids of the system, and the relation which these bear to food, air, and exercise; the different rate of change which is going on in these parts in the young, the mature, and the aged. The relation of the plant to the air, the water, and the earth. The relation of the animal to the plant, and to external circumstances. These are points upon which every day we are gaining new light, and deriving fresh aids from hygienic and remedial treatment. Whether we consider it in a physiological or a remedial point of view, it appears that it is to the explanation which chemistry may be able to afford us, we are to look for a solution, (and the only true one) of the intricate changes which occur in the human labyrinth.

This has been impelled so forcibly upon our attention of late, that we have resolved to present the readers of the Water-Cure Journal with a series of articles upon the CHEMISTRY OF LIFE, which we are confident will possess much interest for them; and while it will bring into notice the latest known facts connected with organic chemistry, it will, we are confident, prove the truth of what is now taught by every intelligent physiologist, that there is no functional god sitting within the frame of man, and regulating his secretory and excretory organs at his special will, no *Deus in machina* specially controlling life, but that the latter is dependent for its origin and enjoyment upon the exercise and influence of the same laws of physics and chemistry which regulate the external world, and that life, so far from being opposed to the ordinary laws of matter, is in harmony with and truly an expression of these laws themselves.

We propose to commence the series in our NEXT NUMBER.

The articles on PHYSICAL EDUCATION, in previous numbers, by the same writer, are a sufficient voucher for the complete elucidation of the CHEMISTRY OF LIFE.

PROSPECTUS TO THE NEW VOLUME

OF THE

Water-Cure Journal,

COMMENCING JULY, 1851.

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 apply 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.

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

REFORMS in all our modes of life will be pointed out, and made so plain that "he that runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

TO INVALIDS, no matter of what disease, the principles of Hydropathy may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.

TO THOSE IN HEALTH.—Without health, even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be forever banished, and succeeding generations grow up in all the vigor of true manhood. It

will be part of our duty to teach the world how to preserve health, as well as cure disease.

WATER-CURE AT HOME.—Particular directions will be given for the treatment of ordinary cases at Home, which will enable all, who may have occasion, to apply it without the aid of a physician.

TO WOMEN AND MOTHERS.—It is universally conceded by all intelligent practitioners, as well by the old school as the new, that the Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to women. The Journal will contain such advice and instruction as may be considered most important in all these critical yet unavoidable cases.

THIS JOURNAL will be published on the first of each month, containing the best matter with reference to the application of this system to Life, Health, and Happiness, adapted to all classes, on the following extremely low

TERMS, IN ADVANCE:

SINGLE COPY, ONE YEAR, - - - -	\$1 00
FIVE COPIES, ONE YEAR, - - - -	4 00
TEN COPIES, ONE YEAR, - - - -	7 00
TWENTY COPIES, ONE YEAR, - - - -	10 00

Sample numbers sent GRATIS.

BOOKSELLERS, POSTMASTERS, EDITORS, CLERGYMEN, TEACHERS, and PHYSICIANS, are authorized agents, who will receive and forward subscriptions to the publishers.

Please address all letters, POST PAID, to

FOWLERS AND WELLS,
No. 131 Nassau-street, New York.

TESTIMONY.—We copy a few paragraphs from the HYDROPATHIC ENCYCLOPEDIA, giving the opinions of distinguished men, with reference to the use of water, as a remedial, or curative agent.

Hippocrates wrote much in favor of the good effects to be derived from water both in health and disease.

Galen placed water in the highest rank of his materia medica. He regarded the bath, followed by exercise and friction, as one of the chief parts of a system of perfect cure.

Hoffman pronounced water a universal remedy. His language is: "We assert that water is a remedy suited to all persons, at all times; that there is no better preservative from distempers; that it is assuredly serviceable both in acute and chronic diseases; and, lastly, that its use answers to all indications both of preservation and cure."

Haller, as a testimonial of its value, drank nothing but water; and the same is recorded of Demosthenes, Milton and Locke.

ing but water; and the same is recorded of Demosthenes, Milton and Locke.

Floyer certifies: Water resists putrefaction and cools burning heat and thirst, and helps digestion. He recommended cold bathing in a variety of diseases.

Rev. John Hancock, an English clergyman, in 1722, published a tract in advocacy of water as the best remedy for fevers and the plague. He cured agues, scarlet fevers, small-pox, measles, jaundice, and coughs, by copious water-drinking.

Dr. Forbes, present editor of the ablest medical journal of Europe, and one of the physicians to her Majesty Queen Victoria, confesses that in a large proportion of the cases of gout and rheumatism the Water-Cure seems to be extremely efficacious.

Dr. John Bell, author of the ablest historical work on bathing extant, has treated scarlatina in the Pennsylvania Hospital for many years by cold bathing, with the most satisfactory success.