

WATER-CURE JOURNAL



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Physiology, Hydropathy, and the Laws of Life.

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ILLUSTRATIONS OF PHYSIOLOGY.

NO. III.

BY T. L. NICHOLS, M.D.

It is a comfort to be criticized. Few things please a writer better. Censure is better than indifference. When a man finds that a woman will not love him, the next best thing is to get her to quarrel with him. One finds fault that my Physiology is not religiously orthodox. Perhaps not. As I did not make Physiology, I can't answer for it. If God has made man, so that his Physioly is contrary to Scripture, let those whose business it may happen to be, settle the matter. As a man of science, I have never thought it my duty to "reconcile science with religion." I have never even thought about their being at variance. I leave that to Professor Silliman, and the learned pundits. Science, I feel quite sure, does not conflict with my religion; and whenever they do conflict, I feel pretty sure that one or the other is not worth having.

I am quite aware, also, that these first chapters of mine are somewhat rudimentary. They are not written for the learned; but for the many thousands of worthy people who will become learned in time, if those of us whose business it is to teach, only do our duty. There is no truth they are not capable of comprehending, if they can only have a little time and the right way to come at it. I do not despair of imparting all that I know to the readers of the Journal—but it can't be done in one article, (I rather flatter myself;) and in all things we must begin at the beginning.

In Physiology, these beginnings are a little hard to find. Life is a circle. Suppose I were to begin with the life of the fetus, the microscopic globule, that is to become a man. This germ is the end of a whole series of vital processes. It is the result of the last and highest of the organic functions. In the last number I spoke of respiration; in this, I will say a few words on the circulation of the blood.

If there is anything central, it is this vital fluid. The blood is thought to be about one-fifth of the entire body. The doctors differ here as elsewhere. One says there are eight pounds,—another thirty. More or less it pervades every portion of the

system. Prick the skin anywhere, and blood follows. Seventy times a minute, two ounces are sent from the right side of the heart into the lungs, and the same quantity from the left side over the whole body. A gallon a minute is a pretty good stream. A large portion of this is sent to the brain, by four arteries, which unite together in a curious way, so that if one, or two, or even three of them should be cut off, the brain would still be supplied with blood.

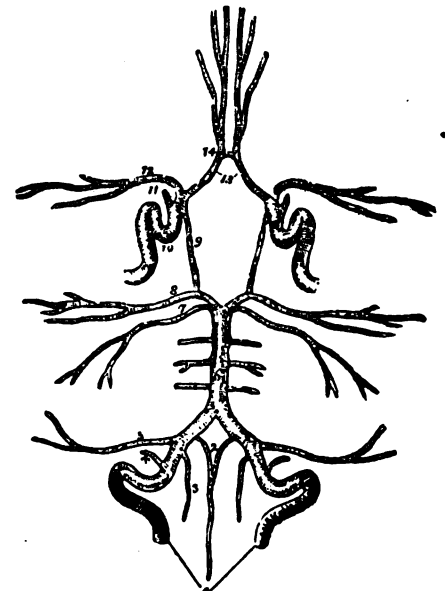


Fig. 1.

Here are the arteries in the base of the cranium, where blood is received from the two internal carotids, and the two vertebral arteries.

Everywhere the arteries which carry the blood from the heart, have the same kind of terminations. They divide and sub-divide, until they become much too small to be seen by the naked eye, and then, if you watch them, they become large again, and if you could get astride of a globule of blood, and ride through an artery into a capillary, the first you would know you would be going back to the heart in a vein. These capillaries, where we

TO EDITORS.—The non-reception of our Journal, by some of our recent exchanges, has induced the belief that we had "cut them off." This is an error. Nor could a "greater error" be entertained. Since our commencement as PUBLISHERS, aware of the fact that the views and interests we advocate were comparatively new, we determined at once to place them before those whose high office it was, and is, to direct and instruct the public mind through the press, that they might judge of their importance and utility. On this principle we have ever acted, nor refused in a single instance, to exchange with any other serial in any language, in Europe or America, when solicited to do so. Therefore, editors who fail to receive our Journal, will impute it to some other cause than that of refusal on our part. Besides, the frequent and generous notices which "THE PRESS" bestow upon our publications, are a sufficient remuneration for all they receive in return. When possible we shall take pleasure in re-sending missing numbers, of all our Journals.

R. P., [and half a hundred others,] wish to know if we will receive subscribers for, and send the Journal to Europe, at club prices, as many wish to make a present of it to their friends in England, Ireland, Scotland, etc. In answer to which, we have to say: The price of the Journal, in clubs, (no matter where the subscribers reside,) will be the same, viz., Twenty copies for \$10. But when we send the Journal "out" of the United States, we are compelled to pre-pay the postage per number, as follows:—
To Canada, one cent. To Scotland, two cents.
To England, two cents. To France, two cents.
To Ireland, two cents. To Germany, two cents.

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have the transition from arteries to veins are found everywhere, in the skin, the lungs, and in all the viscera; and everywhere these little vessels interlace with each other, or *anastomose*, as we say, when we wish to be learned. Let us borrow a magnified frog's foot of Dr. Trall, and see how these vessels look. If you had the live foot itself under a good microscope, you could see the globules or disks of the blood, making their way through all these channels, like pumpkins through the mouths of the Nile or Ganges after a freshet.

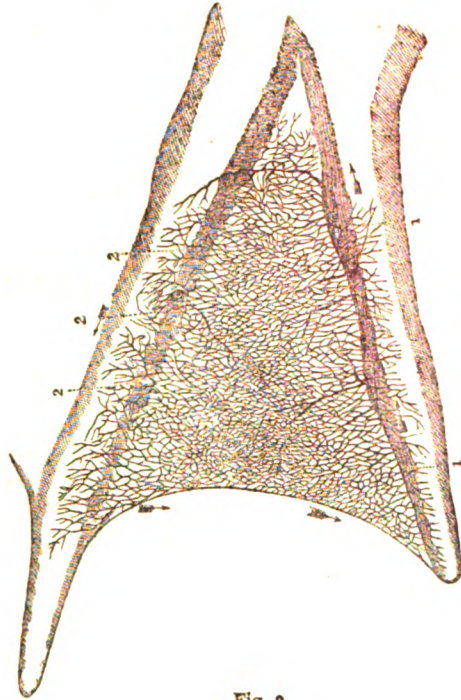


Fig. 2.

The limb asks for blood, as the stomach asks for food; the heart sent it as far as it could, but it was left for the nervous power, to open the passages by which it could be supplied.

The manner in which larger arteries than those in a frog's foot anastomose is finely shown in this plate of the distribution of arteries to the intestines. Fig. 3 is a view of the mesenteric arteries, distributed upon the large and small intestines.

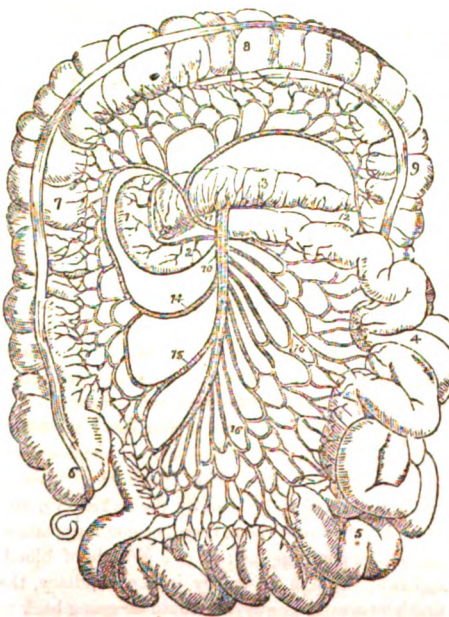


Fig. 8.

This *anastomosis* of blood vessels is found everywhere, both in arteries and veins. It is a beautiful provision of nature, by which every part of the system is supplied with blood, in spite of many accidents and diseases, and by which the equilibrium of the circulation is maintained. When the large artery that supplies the leg is tied, the limb is cold at first, but after a little time it becomes warm again. Examine the limb, and you will find that the branches above the ligature, interlacing with those below, have enlarged, and the blood necessary to the life of the limb has found its way through self-expanding channels.

Before going into this question of the circulation which has puzzled the doctors for three centuries, we must first take a glance at the centre of this system, the heart. This is a double organ—it is in fact two hearts joined together. We read a great deal about the mysteries of the human heart, but in an anatomical, and mechanical point of view, the human heart does not differ from that of a sheep or an ox. In structure and function they are precisely alike. You can examine one just as well as the other. Each side of this double heart has its separate function. The right side receives the blood from the veins, and sends it to the lungs for

purification and oxygenation. The left side receives the blood from the lungs, and sends it over the system. Here are two regular force-pumps, which work seventy years, and sometimes more than a hundred, at an average of seventy strokes a minute. There's machinery for you. How seldom these pumps get out of order! Not half so often as the doctors would make us believe.

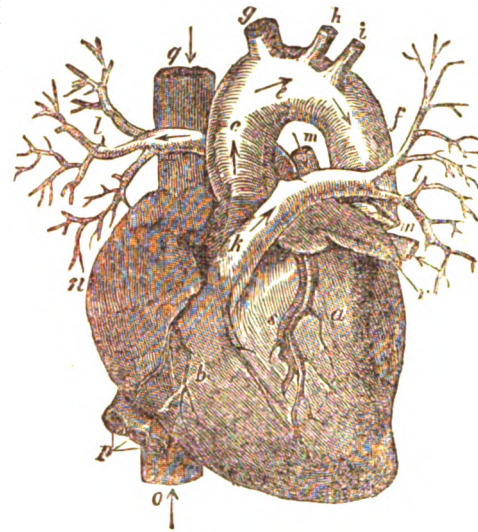


Fig. 4.

These pumps are supplied with valves, to keep the blood from going back into the veins, or returning from the arteries. In Fig. 4 there is a view of the heart; *k.* is the pulmonary artery, branching off to the lungs, and carrying the blood from the right heart; while *a.* is the aorta, coming from the left. The large vessels, *o. g.* are the great veins, bringing the blood to the left side of the heart. The two *auricles*, which receive the blood, are in the upper portion, and the two *ventricles*, by the contraction of which the blood is expelled, are below, towards the apex. The walls of the auricles are there, requiring no great power of contraction; those of the right *ventricle* are thicker, having force enough to throw the blood into the lungs, while those of the left are much thicker and stronger.

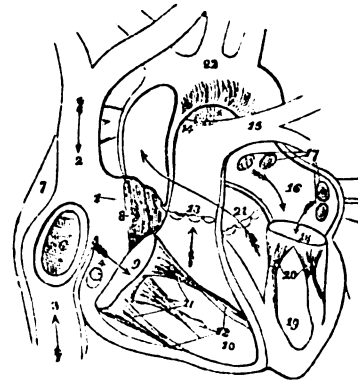


Fig. 5.

Fig. 5 is a diagram of the same heart laid open, so as to show the valves, and the course of the blood indicated by the arrows.

These two hydraulic engines work with a force variously estimated. The left is several times stronger than the right, as it ought to be, and the walls are thicker. The force of the contractions of the left side has been estimated at over fifty pounds; but I shall show that this is not the chief force employed in the circulation, and I shall endeavor to show what it is.

The heart of a fish is single, and the same impulse sends the blood to its lungs or gills, and so on over the whole body. But a whale, as everybody knows, is not a fish. He is a warm blooded animal of the same class as man and the pigs. He has a regular built heart, with two auricles and ventricles, and a tremendous engine it is, throwing gallons of blood, at every pulsation, through arteries like the hose of a fire engine. Such a machine as a whale's heart is something tremendous; and its working must be like that of the engine that drives a steam-boat.

The heart, in a rudimentary shape, is one of the first formed of our organs. First is the blood, then the vessels to contain it, then a central heart to give it impulse. As the lungs are not used in foetal life, there is only the systemic circulation, and at a certain stage of development the human being resembles a fish in more than one particular.

In my next I shall try to throw some light upon the moving forces of the circulation of the blood, and its offices in the animal economy. If I am not profound enough, I have only to dive, and we shall get deep enough before we get to the bottom of the subject.

"Nor is it left arbitrary, at the will and pleasure of every man, to do as he list; after the dictates of a depraved humour and extravagant phancy, to live at what rate he pleaseth; but every one is bound to observe the Injunction and Law of Nature, upon the penalty of forfeiting their health, strength, and liberty—the true and long enjoyment of themselves."
MADWATINGS.

SCABIES OR ITCH.

BY JOEL SHEW, M. D.

[A benevolent young lady, in the country, who has herself experienced, in a marked degree, the blessings of Water-Cure, communicates to me the following request :

"I write this evening to ask a favor, not for myself but for others, that wish it. That *old-fashioned* disease, the *itch*, has again made its appearance; but they say it cannot be cured as it used to be, with brimstone. I know of two children that have had it a year, and everything has been tried that has ever been said to be good, but all in vain. A neighbor of ours has a daughter that has it. Her mother tried her best to cure it for about three months. I then persuaded her to try the Water-Cure, but knew not what baths were best adapted to the complaint, but concluded it would be the wet sheet pack. She has taken it two months, and for a time it seemed to be curing the humor; but it rages every now and then, as bad as at first. Now what I wish is, if it is convenient, that we may have a chapter written upon it for the next No. of the WATER-CURE JOURNAL."

Upon receiving this timely hint, I looked among my papers for an article which I had written on this subject some time since, and which I herewith present :]

Who does not remember the time, when in his boyhood days, his mother made him swallow brimstone and molasses, roasted brimstone ointment in upon his cuticle and made him sleep night after night in clothes saturated with sulphur, which were afterwards to be burned?

This disease makes its appearance mostly about the wrists and ankles, between the fingers and toes, sometimes upon the front of the body, in the arm-pits, but most of all about the roots of the thumbs. It is seldom if ever seen upon the face. It is said to be seen, far more frequently at the roots of the thumbs than anywhere else; then at the wrist; next between the fingers, at the ankles and between the roots of the toes, and next on the front of the chest.

This affection could not possibly have a more appropriate name. The itching is both intense and incessant; and the relief from scratching the parts affected by it is so great, that the patient cannot restrain himself from this exercise. James I., King of England, said that no subject deserved to have it, on account of the great pleasure to be derived from scratching the affected parts.

VARIETIES.—Dr. Good describes five varieties of this disease :

1. *Papularis* or *rank itch*, in which there is an eruption of miliary, aggregate pimples; with a papulae, slightly-inflamed base, and vesicular apex; pustules scantily interspersed tips, when abraded by scratching, covered with a minute, globular, brown scab.

2. *Visicularis* or *watery itch*, in which the eruption is of larger and more perfect vesicles, filled with a transparent fluid, with an uninfamed base, intermixed with pustules; at times coalescing and forming scabby blotches.

3. *Purulentia* or *pocky itch*, in which the eruption consists of distinct, prominent, yellow pustules, with a slightly-inflamed base; occasionally coalescing, and forming irregular blotches, with a hard, dry, tenacious scab.

4. *Complicata* or *complicated itch*, in which the eruption is complicated of pustular, vesicular, and papulae pimples, co-existing; spreading widely over the body; occasionally invading the face; sometimes confluent and blotchy.

5. *Exotica* or *mangy itch*, in which the eruption consists chiefly of rank, numerous pustules, with a hard inflamed base, rendering the skin rough and brownish; itching extreme, abrasion unlimited, from excessive scratching. Produced by handling mangy animals.

CAUSES.—It is important to observe that as a primary disease, it is, in every instance, the result of

personal uncleanness and an accumulation of sordes, or in other words of foul matter and excretions on the skin. Such is the testimony of all accurate observers on this subject. True, cleanly children may and often do, contract the itch; but as Dr. Good well observes, "it always appears most readily when close air, meagre diet, and little exercise are companions of personal filth; for here the skin is more irritable and more easily acted upon by any morbid cause."

It is common for itch to appear after fever. Dr. Elliotson indeed remarks that it is *very* common in such cases. Now, if this be a fact, of which we have no reason to doubt, are we not to account for the circumstance as occurring in consequence of the uncleanly manner in which fever patients have generally been treated in the old modes. To keep a fever patient anything like clean it is necessary to wash his whole surface at least two or three times thoroughly every day, and to change both his body and bed-clothing, as often. But these things are never done in the old practice as every one knows.

In the latter times of transcendental speculation it has been supposed that this disease has an animalcular origin; or that it is a small insect that burrows in the flesh, and causes the mischief upon the skin. "The immediate cause of the itch," says the Library of Medicine, "is now ascertained to be the presence of an insect,—the 'acarus scabci;' at least, the existence of this insect is now placed beyond doubt by the recent researches of M. Rennie, which confirm the former assertions of Avenzoar, Hafenseffer, Bonomo, Castoni, Ingrassia, Joubert, and Monfret. The acarus is to be found, not in the vesicle (as Gale asserted, and thus misled observers,) but at the end of a small reddish furrow, sometimes straight, sometimes crooked, about two lines in length, which begins at the vesicle, and finishes with the insect. A minute subcuticular spot is often perceptible near a distinct vesicle; on raising the cuticle with a pin, a small white corpuscle, which moves when lifted with the point of the pin, becomes visible; this is the acarus. The serosity contained in the vesicles does not appear sufficient to produce the itch, whilst the acarus immediately produces the vesicles; but it yet remains to be explained, why the itch is so easily caught, by only touching the hand of a person infected with it; for it is difficult to extract the insect furrowed under the cuticle."

There is no doubt but that an insect is found sometimes in connection with itch. Whenever any part or organ of the body has become weakened in its action, it is apt to become the habitation of worms or insects, and a place in which they may even generate their kind. This is true in regard to worms in the bowels, for vermin in this part of the body is always indicative of weakness of the digestive organs. So too we see maggots and worms in ulcers that are not properly attended to, especially in hot climates. It is no doubt true, moreover, that a sort of insect is sometimes found in connection with itch, as also in some other cutaneous diseases. But these, whenever they appear, are not a *cause*, but a consequence, of the disease. How, too, can an insect that is difficult to extract from the skin, be the cause of a disease which is so easily communicated from one to another, as the itch? And why does not the insect, if an insect be the cause of itch, attack all parts of the surface, or one part as soon as another?

Treatment.—"There are few complaints," says one distinguished author, "that have been treated with so many remedies, and none with so many pretended specifics. Sulphur, zinc, acids of all kinds, bayberries, white hellebore, arsenic, alum, muriate and other preparations of quicksilver, alkali, tobacco, and tar, have all been used externally in the form of lotions or ointments, and sulphur and sulphuric acid have been given internally, and strongly recommended for their success."

It is admitted, however, that, after all, there is no

certain specific known in drug treatment for the itch. Sulphur, externally, seems to be the most reliable of these so-called remedies; internally it does no good. But there have been cases which have resisted all methods of the drug kind, but which have afterwards been cured by the force of nature alone.

It is the notion with those who believe in the insect theory respecting itch, that sulphur, or whatever substance is used, cures by its property of destroying the animalcule. According to the experiments of M. Albin Gras, the insect lives sixteen hours in the vapor of burnt sulphur; three hours in water; two hours in olive oil; one hour in the acetate of lead; one hour in pulverized brimstone; three quarters of an hour in lime water; twenty minutes in vinegar and spirits of wine; twelve minutes in a solution of sulphuret of potash; and only from four to six minutes in a solution of the hydriodate of potash. Hence, if poisoning the insect is the only object to be arrived at in the treatment of this affliction, the latter substance, the iodide of potassium, (improperly called hydriodate of potash,) is the best of those mentioned. No doubt a solution of tobacco would quickly put an end to these vermin. But it is to be remarked that the insect is not the cause of the disease, but only an attendant in some cases, but not all. Hence, we are to look farther than to the mere killing of the vermin in the treatment of this loathsome complaint. In the use of poisons, too, it should be remembered, there is always danger of doing serious harm to the constitution; so that, while destroying the disease, we may bring on a much worse state of things than that for which the treatment is administered. This fact has often been exemplified in practice.

"The itch," says Dr. Good, "is not difficult to cure, and seems only to require an application that will excite a new and more healthy action in the cutaneous vessels." Now if the opinion of this learned author is correct—and there can be no doubt of it—we see how admirably well calculated the water processes are to effect the object. What other treatment can possibly exert so good an influence on the skin as this? What treatment in the wide world is there that will "excite a new and more healthy action in the cutaneous vessels" like the Water-Cure?

And then there is the other circumstance so intimately connected with this disorder—the filth and uncleanness of those in general who have it. "A word to the wise" is sufficient on this point.

Who does not know that it is the dirty children for the most part that get the itch? "But," says an objector, "we all of us had it when we were children, and do you say we were not kept clean?" The answer is, that wearing a woollen shirt one, two, or three weeks, night and day, without changing, or having it washed, and never for the whole winter washing the body at all, does not accord with our ideas of cleanliness. The only wonder in regard to such habits is, that children do not get the itch oftener than they do.

The itch being then primarily a disease arising from uncleanness, we see how admirably fitted to its PREVENTION water treatment must be. And in pursuing it we could hardly go amiss if we but so manage as to ensure the strictest cleanliness, and manage to promote the patient's strength. We may with advantage use tepid baths, cold baths, the wet pack, and with particular advantage the rubbing sheet. This, be it remembered, is an admirable remedy for the skin. The wet bandages also would be highly salutary.

What in the whole range of medical substances can at all compare with water as a remedy for the intolerable itching in this disease?

If we were to go upon the plan of treating the disease as being one of insect origin only, water would be a good remedy, as everyone knows. It is notorious that vermin and water do not at all agree with each other; and as we have seen, the insect that is sometimes found in connection with itch, lives only three hours in water,

while in the vapor of burnt sulphur, which has been so much recommended, it lives SIXTEEN HOURS! At all events, look at it in whatever light we may, water is an admirable remedy for this as well as all other disorders to which the living body is subject.

CASE OF CHOLERA BILIOSA.

ON the 25th of February last, at ten o'clock, P. M., Mr. Dowden, a married man of thirty years of age, short, rather muscular, bony, and bilious constitution, regular and temperate in habits, (like everybody in this neighborhood,) was attacked by cholera, after having felt unwell for some days previous. Living alone with his young and inexperienced wife in a silk factory, and she not daring to leave him to go for medical assistance, he was exposed for nine hours and a half to all the horrors of the disease, without any other remedies than some hot tea, which had no other effect than to favor the discharges from the stomach and the bowels. When I was called by the agent of the factory, Mr. S. L. Hill, the bilious discharges had ceased long ago, being supplied by the peculiar rice-water discharges of the Asiatic Cholera; the patient's eyes were glassy, wide open, void of any other expression but that of terror; his face was contracted; his skin pale, cold, bloodless; his hands, feet, and the muscles of the abdomen contracted, and, as were also his cheek bones, nose, and chin, of a livid hue. He complained of an intense pain in his stomach and spine, which distracted his mental faculties; from time to time violent cramps seized him, with excruciating pain in his heart, stomach, and spine; his pulse was scarcely perceptible.

I saw there was no time to be lost.

I sent for a washtub of sufficient size, half filled with quite cold water, into which he was lifted, after having been rubbed with a wet towel. Four men began to rub him with their hands, often dipped into the water; in the beginning, the cramps became more and more violent, but rubbing the parts affected very hard always produced immediate relief. His skin soon began to color, but the cramps in the extremities increased; also the muscles of the abdomen were convulsively contracted. The pulse did not improve for some time. After forty-five minutes' constant rubbing of the extremities, spine, and the rest of the body, the cramps began to abate, the skin was quite red, the face looked more natural; the discharges had stopped from the beginning of the operation. He was shivering, and requested to be released. We continued rubbing for some minutes more, then placed him in a woollen blanket, previously warmed and spread on his bed and, wrapping him tight, covered him with comforters so as to make a regular pack. After some minutes, the cramps appeared again; his pulse was again almost insensible; he groaned "his heart was cold—he must die;" the pain in the stomach returned. I had to open his pack and, being left alone with him, to repeat rubbing under the blanket, in which I was assisted by his wife after a while, and by Mr. Hill, who had returned. He frequently drank cold water, and swallowed little pieces of ice, which I put in his mouth, to allay his thirst. Neither vomiting nor diarrhoea reappeared. After he had lain there for about an hour, being rubbed every time the cramps returned, the pulse began to revive, the cramps ceased; he became easier, but still the pain in the stomach and spine, and "coldness of the heart" continued. The windows had been open during this two hours' operation, and I ordered them to be left open until the patient would be well.

I had to leave, to see another patient. When I returned, about noon, I found Mr. Dowden considerably better. His pulse was regular and stronger, although still weak enough; his features and eyes more natural; the livid tint of his face, hands, and feet had dis-

appeared; his skin felt moist, though very little. I placed a fresh bandage on his stomach, and gave him ice-water to drink. Towards evening he felt bad again; on drinking freely, he vomited again some bile, after which his skin became moist, and he felt relieved. He kept changing bandages, which had been put upon his stomach and bowels soon after the operation in the sitz bath, and continued to be well covered, but the windows open, with a fire in the room.

During the day, the priest called to take care of the patient's soul, but soon began to meddle with the body also, strongly disapproving the use of cold water in such a disease as that. I directly perceived the impression his uncalled-for interference had left, but soon succeeded in restoring confidence and banishing the remedies which he had advised, in which I was assisted by a former successful Hydropathic treatment of the same patient.

Next day, the 27th of February, patient was much better; still complaining, however, of his stomach and spine. I continued the bandages, and packed him. After a three hours' pack, he took a dripping sheet. The windows continued to be kept open. Patient eat some gruel and crackers. Was up for a few hours.

On the 28th, patient sat up almost the whole day; his appetite returned, but he felt still weak. Could not remember anything of our first proceedings in the sitz bath, his mind having been too much distracted by the sufferings of the body, and his vital power too much exhausted. I dismissed him with the advice to take two or three packs more.

Not wishing to repeat whatever may have been said about Cholera in the Water-Cure Journal, I give this case without further remarks, as an additional proof of the efficacy of Hydropathic treatment in this formidable disease.

What do our readers say of *ninety-one* per cent. of the patients dying of ship fever in the New York immigrants' hospitals? There is no water used; the windows are closely shut up to keep the miasma, developed in the airless steerage of the vessels, in the most concentrated state possible; although every physician knows, or ought to know, that air and water are the best remedies to destroy it. And there, the poor immigrants, who were fortunate enough to escape from European tyrants and misery, are systematically killed with the best intentions to save them. I once tried to introduce Water-Cure for typhus in the hospital on Ward's Island, but although the directing physician then was a German who knew me, his conscience would not permit him to take the responsibility of Priessnitz's method, as long as the pharmacy gave him the necessary remedies for the disease." And I dare say he was proportionably successful at the time, the number of the dying being (if I recollect right) no more than sixteen or twenty per cent. His American successor has improved the business as above stated!

The results in Allopathic treatment of cholera has averaged, up to this day, fifty-five per cent. dead; in the Hydropathic treatment, as far as I have been able to ascertain, nine per cent.

CHARLES MUNDE,
Florence (formerly Bensonville) Water-Cure,
at Northampton, Mass., March 5th, 1852.

HUMANITY.—A German Homœopathic physician, previous to rallying forth, armed, to take part in the Berlin struggle for freedom, was observed subjecting his bullets to some chemical process. His comrades, supposing that he was poisoning the lead, remonstrated with him.

"Gentlemen," he replied, "you totally misconceive my intentions. Humanity is my aim, and shall ever be the only object of my life. Observe, if you please, that this is not poison in which I lay my bullets, but *tincture of arnice*. The oxide thus produced serves as an infallible homœopathic cure for the wound, which, if not at once fatal, is certain to be healed before morning."

WATER-CURE DIRECTIONS AND PROCESSES.

MANY of our subscribers having requested a brief explanation of the various appliances of Water-Cure, we cannot better satisfy them than by publishing the following circular directions of two of our city establishments. That of Dr. and Mrs. Nichols was published several months ago, but it will be new to many thousand of subscribers whose names have been received since.

DR. AND MRS. NICHOLS'S CIRCULAR.

DIRECTIONS IN WATER-CURE.—Dr. T. L. NICHOLS and MARY S. GOVE NICHOLS, Water-Cure Physicians, have prepared the following rules of treatment, diet, and regimen and explanation of processes, to aid their patients, and facilitate the home practice of the Water-Cure. These directions are to be followed strictly, and not varied from without consultation.

The mind of the patient must be free from all care, trouble, anxiety, sorrow or irritation. Avoid gloomy conversation and thought. Shun repulsive occupation, and unpleasant society. Be cheerful, and hope for the best.

Labor or exercise so as to produce moderate fatigue, but not exhaustion. No greater fatigue should be incurred than a night's rest will remove. Exercise in the open air, and as many muscles as you can. If walking is too exhausting ride on horseback or in a carriage. If not able to take exercise, be rubbed freely over the whole body.

Be much in the open air, and have all your rooms well ventilated. Windows should be open at top and bottom with no impediment from shades and curtains. Breath pure, fresh air, night and day. Have your rooms light as well as airy.

The dress must be light, loose, clean, and comfortable in regard to temperature. No article must be worn at night, that is worn by day; and all clothing, for person or bed should be thoroughly aired, daily and nightly. Wear cotton under-clothing, and flannels over, if necessary.

Sleep on a mattress of hair, wool, straw, &c.; not on feathers. Be covered with sheets and blankets; not cotton comforters.

A Water-Cure Diet excludes all fat, greasy, oily substances, except a small quantity of good butter; all smoked, very salt, or preserved meats and fish, pickles and preserves; all pork, lard, sausages, mince pies, geese, ducks, veal, eels, and all oily fish, and all high-seasoned made-dishes, gravies, sauces, rich cake or pastry, spices, or condiments, except a moderate use of salt and sugar, honey, or molasses. Tea, coffee, spirits, tobacco, and all medicinal drugs, are strictly prohibited.

A Water-Cure Diet may include the following articles, which we have endeavored to place in the order in which we prefer them, under their several heads:—

1. *Farinacea*.—Wheat, unbolted, as bread or mush; oatmeal, mush or gruel; Indian-corn bread, hominy, &c. rice, tapioca, sago, arrow-root, &c.
2. *Fruit*.—Apples, peaches, pears, strawberries, whortleberries, blackberries, plums, bananas, melons, oranges, figs, dates. In winter, stewed apples, peaches, prunes, &c.
3. *Vegetables*.—Potatoes, common and sweet, green peas, green corn, turnips, squashes, beets, brocoli, Savoy cabbage, shell and string beans, oyster plant, spinach, spring greens, &c.
4. *Animalized Substances*.—Milk, cream, butter, mild and tender cheese. Eggs, soft boiled, poached, scrambled, or made in a custard or omelette—and, in all cases, lightly cooked.
5. *Fish*.—Scale fish, fresh and in their season. Oysters, do., raw or cooked rare. Dried salt fish well freshened.
6. *Flesh*.—Lean mutton, beef, venison, and similar wild meat; chicken, turkey, wild fowl of a similar character.

The best cures are made upon a simple vegetable diet. A strict diet consists of a few of the best articles of farinacea and fruit, with a little milk, in all not exceeding six ounces of nutriment a day.

A moderate diet may include a greater variety of articles, and ten ounces of nutriment.

A full diet, suitable to a condition of health, may vary from twelve to sixteen ounces of nutriment a day.

N.B. Ten ounces of nutriment is contained in about twelve ounces of uncooked wheat, rice, corn, or oatmeal; forty ounces of uncooked flesh, and still larger quantities of many

fruits and vegetables, the rest of the weight being water, and innutritious substances.

Eat slowly, masticate thoroughly, and be sure that a single ounce more than the stomach can readily digest, without easiness, acts as an irritant, and exhausts vitality. Rest mind and body after every meal. Take no bath for half an hour before, or two hours after eating. Eat at regular intervals. Let the last meal, at night be lightest. If in pain, or wearied, or without an appetite, *fast*. Fatigue, before eating, may hinder digestion, as may labor, excitement, or any exhausting process after it.

No food should be put in the mouth hot; and none should be *swallowed* cold.

Milk being classed as food, the only drink should be pure, soft water. Where the spring water is hard, filtered or clean rain water is better. The quantity drank may be in proportion to thirst or exercise, but even pure, soft water may be taken to excess. If drinking chills, sip it slowly, and in small quantities at a time.

Where the capital stock of *vitality* has been reduced, it must be husbanded with care. Amative excitement and indulgence, of whatever kind, and under whatever circumstances, must be carefully avoided. More vitality may be lost in one moment, than can be gained by weeks of persevering treatment. In the young, of both sexes, the debilitated, those laboring under chronic disease, in female weaknesses, and during gestation and lactation, there should be no excitement of the reproductive system. Parents cannot too carefully guard their children against the health and life-destroying abuses of this function, from which the period of infancy is not always exempt.

WATER-CURE PROCESSES.—The water for bathing, &c., should be freshly drawn, and living, and used cold, when not otherwise directed. Fresh, cold, hard water is better than the soft, which is flat and warm, except for purposes of cleanliness. Salt water bathing differs but little from fresh of the same temperature.

Cold water ranges from the freezing point to 60 deg. according to the season.

Tepid water is 80 or 90 degrees.

Warm water, from 100 to 120.

If the stomach is disordered, drink rapidly several tumblers of tepid water, and eject it by tickling the fauces. The cathartic effect of water is obtained by drinking a wine-glassful every ten or fifteen minutes, without exercise, until it operates.

If costive, or troubled with bowel pains, take full, and, if necessary, repeated injections of cool, or cold water. Inject one or two pints, if an adult, and so down to a gill for an infant. Let the injection be retained, and if it do not operate repeat it in fifteen minutes.

The best instrument is the pump syringe, costing from \$3 to \$5. But very good metal syringes may be obtained at from 50 cents to \$1.50. There are small syringes, for infants of metal and glass, costing two to four shillings.

The best vagina syringe is the eight or ten ounce metal syringe with curved tubes. One of these, with tubes for both uses, with our improved packing, costs \$3. It may be used from once to four times full of cold water, which may be thrown with some force upon the uterus. This is the only proper kind to use in and after child-birth.

In all baths, the head is to be first thoroughly washed. The length of the bath may be in proportion to the shock, and the reactive power. The quicker the bath, the less chill will follow it. In cold weather, and always by delicate persons, the bath should be taken quickly, and followed by rubbing enough to excite a vigorous reaction.

The plunge bath is the erect immersion of the body

The pouring bath, is standing or crouching in a tub, and having one or more pails of water poured quickly over the whole body.

The sponge or towel bath, is any thorough application of water to the whole surface, by the aid of these articles.

The dripping sheet is a full bath, taken by having a dripping wet sheet thrown over the whole person, and being briskly rubbed with and over it.

The sitz bath may be taken by putting one or two pails of water in a common wash-tub, and sitting in it the prescribed time—usually fifteen minutes. The clothing need be only partially removed, and a blanket thrown over the shoulders. The feet are not in the tub.

The douche is a stream of water of any diameter, falling from a height of from five to twenty feet. It is taken chiefly on the back and limbs; but the full force of the water must not strike the head, which must be first wetted as usual; or by breaking the stream with the hand.

Head baths, hand baths, and foot baths, are any convenient application of water to those members.

The wet compress is a towel wrung out of cold water, folded in four or six thicknesses, and laid upon the part as directed. The *heating compress* is covered; the *cooling* is left uncovered.

The wet bandage or girdle may be a piece of towelling—not crash—of one, two, or more thicknesses, eight or ten inches wide, and long enough to pin around the body. As usually worn, it is wrung out of cold water, drawn closely round the abdomen, and pinned before. If it produces chilliness, a dry one may be worn over it.

Wet bandages are also worn upon the limbs, the head, the neck, or any part affected by disease.

The wet-sheet pack.—Lay a cotton comforter upon the bed; spread upon it three or four blankets; wring out a medium-sized sheet of cold water, more or less dry, according to the amount of heat in the body; spread this upon the blankets; let the patient lie down upon this, with his arms at his sides; fold the sheet over, first one side, then the other, from the neck to the feet. Do the same with each blanket in succession, tucking in at the neck and packing tightly. Bring over the comforter, and fasten it. If the head is hot, apply a cooling bandage, or compress. If the feet are cold, warm them by rubbing, or a bottle of hot water. Take the patient out when thoroughly warm and on the point of perspiration; this may be in from half an hour to two hours.

The partial wet-sheet pack is the application of the wet cloth to a portion of the body, from a bandage round the chest or abdomen, to a half, or three-quarters of a sheet—that is, a wet sheet down to the hips or knees.

The sweating blanket pack is given in the same way, but with dry blankets instead of the wet sheet. This process must be used with great care, and always under directions. A full cold bath of some kind must be given after each pack.

We never suspend treatment during menstruation.

All the sheets, bandages, and towels used in water-cure, must be thoroughly washed after each operation, and boiled as often as once a week. The blankets, &c., used in packing, must be thoroughly aired after every pack. Cleanliness is the first principle in water-cure.

FROM THE CIRCULAR OF DR. R. T. TRALL.

WATER-CURE PROCESSES APPLICABLE TO HOME-TREATMENT.

1. *Wet Sheet Packing.*—On a mattress two or three comforters or bed-quilts are spread; over them a pair of flannel blankets; and lastly, a wet sheet (rather coarse linen is best), wrung out lightly. The patient, undressed, lies down flat on the back, and is quickly enveloped in the sheet, blanket and other bedding. The head must be well raised with pillows, and care must be taken to have the feet well wrapped. If the feet do not warm with the rest of the body, a jug of hot water should be applied; and if there is a tendency to head-ache, several folds of a cold wet cloth should be laid over the forehead.

2. *Half-Bath.*—An oval or oblong tub is most convenient, though any vessel allowing the patient to sit down with the legs extended will answer. The water should cover the lower extremities and about half of the abdomen. While in the bath, the patient, if able, should rub the lower extremities while the attendant rubs the chest, back, and abdomen.

3. *Hip or Sitz-Bath.*—Any small sized wash-tub will do for this; although tubs constructed with a straight back, and raised four or five inches from the floor, are much the most agreeable. The water should just cover the hips and lower part of the abdomen. A blanket should be thrown around the patient, who will find it also useful to rub or knead the abdomen with the hand or fingers during the bath.

4. *Foot-Bath.*—Any small vessel, as a pail, will answer. Usually the water should be about ankle deep; but very delicate invalids, or extremely susceptible persons, should not have the water more than half an inch to one inch in depth. During the bath the feet should be kept in gentle motion. Walking foot baths are excellent in warm weather where a cool stream can be found.

5. *Rubbing Wet-Sheet.*—If the sheet is used drippingly wet the patient stands in a tub; if wrung so as not to drip, it may be used on a carpet or in any place. The sheet is thrown around the body, which it completely envelopes below the neck; the attendant rubs the body over the sheet (nrt with it), the patient exercising himself at the same time by rubbing in front.

6. *Pail-Douche.*—This means simply pouring water over the chest and shoulders from a pail.

7. *Stream-Douche.*—A stream of water may be applied to the part or parts affected by pouring from a pitcher or other convenient vessel, held as high as possible; or a barrel or keg may be elevated for the purpose, having a tube or any desired size. The power will be proportioned to the amount of water in the reservoir.

8. *Towel or Sponge-Bath.*—Rubbing the whole surface with a coarse wet towel or sponge, followed by a dry sheet or towels, constitutes this process.

9. *The Wet-Girdle.*—Three or four yards of crash towelling make a good one. One half of it is wet and applied around the abdomen, followed by the dry half to cover it. It should be wetted as often as it becomes dry.

10. *The Chest-Wrapper.*—This is made of crash, to fit the trunk like an under-shirt, from the neck to the lower ribs; it is applied as wet as possible without dripping, and covered by a similar dry wrapper, made of cotton or light woolen flannel. It requires renewing two or three times a day.

11. *The Sweating-Pack.*—To produce perspiration the patient is packed in the flannel blanket and other bedding, as mentioned in No. 1, omitting the wet sheet. Some persons will perspire in less than an hour; others require several hours. This is the severest of the water-cure processes, and in fact, very seldom called for.

12. *The Plunge-Bath.*—This is employed but little, except at the establishments. Those who have conveniences will often find it one of the best processes. Any tub or box holding water enough to allow the whole body to be immersed, with the limbs extended, answers the purpose. A very good plunge can be made of a large cask, out into two near the middle. It is a useful precaution to wet the head before taking this bath.

13. *The Shower-Bath.*—This needs no description. It is not frequently used in water-cure, but is often very convenient. Those liable to a "rush of blood to the head" should not allow much of the shock of the stream upon the head.

General Bathing Rules.—Never bathe soon after eating. The most powerful baths should be taken when the stomach is most empty. No full bath should be taken less than three hours after a full meal. Great heat or profuse perspiration are no objections to going into cold water, provided the respiration is not disturbed, and the patient is not greatly fatigued or exhausted. The body should always be comfortably warm at the time of taking any cold bath. Exercise, friction, dry wrapping, or fire may be resorted to, according to circumstances. Very feeble persons should commence treatment with warm or tepid water, gradually lowering the temperature.

General Dietetic Rules.—The food should always contain such relative proportions of bulk and nutriment as will keep the motions of the bowels at all times free, easy and natural. Graham bread, wheaten grits, hominy, wheatmeal biscuits, with plenty of good fruits, constitute the essentials of the best dietary system. Other farinaceous preparations and vegetables may be used for variety. Those who use animal food should eat fresh meat, but never more than once a day. All gravies, greasy meats, swine-flesh, shell-fish, and old cheese, should be religiously abstained from. Fresh butter may be tolerated if used very moderately, but is not to be recommended. Salt, sugar, milk, and sweet cream are the only admissible seasonings, and all of them should be employed in moderation. Light puddings may be made of Graham crackers, cracked wheat, hominy, coarse Indian meal, and rice, with milk and sugar. Comparatively healthful pastry may be made of Graham flour, shortened with sweet cream, and mealy potatoes, with green or dried fruits, seasoned with sugar or molasses.

Crisis.—Those general disturbances of the system, transfers of morbid action, or aggravations of symptoms, constituting crises, do not occur as frequently nor with as much severity in home practice as under the more thorough and systematic course at a water-cure. Nevertheless, they do occasionally occur; and then all the patient has to do is to moderate the treatment in precise ratio to the violence of the crisis. Keep quiet and cool, taking no more exercise than is agreeable to the feelings, and let nature have her course. After it is over, if the patient is not cured, the treatment may be resumed as before.

THE POSTAGE ON THE HYDROPATHIC ENCYCLOPEDIA, to be prepaid at the Office of Publication, is 50 cents, on the two bound volumes, within 500 miles, and \$1.00 within 1,500 miles, \$2.00 within 2,500 miles, \$4.00 for 3,500 and upwards. It will be cheaper, therefore, when possible, to have the work sent by Express.

PHYSIOLOGY THE BASIS OF EDUCATION.

BY T. L. NICHOLS, M. D.

EDUCATION must be conducted upon Physiological principles—in accordance with the Laws of Life. Every variation from these, must necessarily produce false development, instead of the true we aim at. It must be understood that man has a definite constitution; that there is such a thing as "human nature," and an individuality belonging to each member of the human family. Education cannot create; it may modify, it may cramp, suffocate and destroy. He who cannot make one blade of grass, may destroy millions; and though educational institutions can never create genius, talents, and character, they may pervert and stifle, as well as give them development and direction. Education must be adapted to man's nature—to his physical, mental and moral constitution—in other words, it must be **PHYSIOLOGICAL**. The term **PHRENOLOGICAL** has, in its full sense, the same meaning, for Phrenology supposes all Physiology, and Physiology includes Phrenology.

All common systems of Education outrage nature by the violation of her Laws. These laws are the principles of physiology—laws written by the Almighty in the constitution of Man, and they cannot be violated with impunity. Such violation is sin; sin for which there can be no atonement. In education, as in all the forms of life that spring from education, these laws are violated in man's physical, intellectual and moral nature—in his whole varied and complex being.

Education comprises two things: development, and direction. It is cultivation, training, discipline, information. It needs to be integral in its character, and harmonious in its action. It relates to the growth of the body, as well as the mind. It must observe, in respect to both, the conditions of health, the laws of exercise, the need of alternation and recreation, and the necessity of a joyous activity. In a true education, attraction must be the ruling force; happiness the constant excitement.

What is education, as commonly conducted, in violation of physiological laws? From the lowest to the highest, with few exceptions, it is an utterly false and barbarous process, worthy only of its consequences. I ask the attention of Water-Cure people—of those who are students of Nature, sitting at her feet, and reverently receiving her lessons—to the transcendent importance of the true education of the young, to the progress of the race. If early education be false, repressive and perverting, instead of true, developing, and wisely directive, it is a stumbling block in the path of our race.

Let us look a moment at the facts. In a primary school, hundreds of children are crowded for six hours a day, into rooms which, in a majority of cases, are badly lighted, worse ventilated, and inconveniently arranged. Here they are cramped in wearisome postures; they study till learning is a tiresome task, and for days and weeks this monotonous work goes on, with loss of health, loss of ambition, and a deprivation of all the comfort and enjoyment which belongs to the period youth. Boys, with their lusty plays, make some amends; but to the poor girls, especially in our towns and cities, schools are scenes of suffering, and causes of disease. We have pale faces and languid eyes, where there should be sparkle and roses; poor, attenuated forms, narrow chests and curved spines, consumptive coughs, and the spiritual correspondences of these physical evils. The boy is the father of the man; and these girls are the mothers of our women.

Education, based on a sound physiology, would give us women developed into strength, symmetry, and beauty of person, clearness and vigor of mind, and purity of feeling; all that goes to make a noble and harmonious character. In the last chapter of my work on Women, after giving an account of female education, development and character in all countries and ages, I have given my idea of what the education and

sphere of woman should be, and will be, as the result of human progress; and I feel assured that in no way can that progress be so much hastened, as by beginning now to give a thorough, practical, and integral education to young women.

Such an education must, of necessity, embrace all the conditions of health. It must give pure air, and a dress in which it can be breathed; a pure diet; systematic gymnastic exercises, alternating with the hours of study, and relaxation; bathing, and all the processes of Water-Cure necessary to the health; the formation of the manners based on Benevolence, Self-Esteem, Approbativeness, Ideality, and all the qualities brought into play in the social intercourse of a perfect lady; the discipline of mind by a kind of intellectual and moral gymnastics, which will call into exercise, and consequently healthy development, all the higher faculties; the acquisition of sciences and accomplishments, by their inherent attractiveness; with a thorough knowledge of the whole science of physiology, and its connection with all the conditions and relations of man.

There is now an urgent want of institutions based upon these principles; but none exist, nor do I know how they are to come. Few understand, or can practically apply the principles upon which they must be founded. If there is now such a school in the world, I am not aware of its existence. Mrs. Nichols, who has been a teacher of her own sex, young and old, feels, as I do, this necessity, and we wish to do something in this direction. We wish to put forth our thought and make a beginning—to educate, at least, a few; some of whom may teach others. We have, therefore, decided to receive a class of young ladies, on the 1st. of June next, at Prospect Hill, for a course of such instruction, and training, as I have endeavored to indicate. We can take but few, but to those we shall devote our time and energies. Those parents who feel the importance of this movement, are referred to our advertisement, and to the circular, which we shall promptly send them, upon application.

We are healers of the sick; but this is the least part of our mission. Prevention is better than cure; and we feel that our true mission is that of teachers of the Laws of Life; and promoters of the development, progress, and consequent happiness of the human race. In this work, we seek the sympathy and aid of every true man and woman; assured that we shall have it if we deserve it by our works.

INTERESTING EXPERIENCE IN HOME PRACTICE.

BY E. B.

A FRIEND has suggested that I should offer the public a statement of my experience in hydropathy, and if my testimony will add a feather's weight of encouragement to others to try for themselves, I feel in duty bound to give it.

I inherited the constitution of a feeble and short lived mother. Pernicious customs and a succession of rather formidable mental disturbances tended to waste and deteriorate, instead of augmenting my small fund of vitality; and at the age of twenty-five I was but poorly qualified to assume the duties of wife and mother. I suffered much, and lost the first two babes; one still-born, the other lived but four weeks after birth—the latter time very narrowly escaping with my own life. I was confined to my room nearly six weeks, and part of the time so weak that my head could be raised from my pillow scarcely long enough to take a drink, without causing fainting. I was scientifically drugged with calomel, alum, nitre, and acetate of lead.

In the spring of 1847, I was in very poor health, suffering almost all the ills usually attendant upon gestation. I had a troublesome cough, pains and soreness

in the loins, giddiness, nausea, swelling and stiffness of the limbs, with inability to sleep, and great prostration of the whole system. Some of my friends thought me in consumption. Gaining partial relief towards the end of the third month, I directed my attention to hydropathy, and being solicited by my husband to adopt it, I concluded about the fifth month to try it, as far as I could without advice, for I have never had the good fortune even to see a hydropathic doctor or patient. I began with using the Schuylkill water at the natural temperature, it being in June. Taking a common washing tub half full, I bathed the head first, until the temperature was reduced to a degree the most comfortable. Neck, shoulders, and chest were then bathed till quite cool. Then slightly wringing the towel thus used, I spread it over my shoulders, and seated myself in the tub. A large shawl or light quilt was then pinned round the neck in such a manner as to hang over the edge of the tub. I thus sat with book, pen, or needle in my hand, from twenty to thirty minutes; then rose, bathed the extremities, put on a wet jacket, made of two thicknesses of muslin, long enough to cover the hips; over this a long night gown, and slept on a mattress, between two open windows, with covering enough for comfort, and no more. Upon rising in the morning, I took a general ablution, put on a wet abdominal bandage, and wet cloths whenever and wherever pain or redundant heat indicated a want of them. This course, with some improvement in diet, was continued to the last, and the results far surpassed my most sanguine expectations. Headache and dizziness disappeared, stiffness and swelling of limbs was gone, my countenance, instead of being flushed and swollen, was thin and pale; sound and refreshing sleep, instead of weary, restless nights. I experienced a freedom of thought and action, and buoyancy of spirits which I had not felt for a long time, and perhaps more clearness of mind than I ever before enjoyed. As far as domestic duties would permit, exercise was taken in the open air to the end of the term, which closed on the twenty-second of October, after three hours' moderate labor, by the birth of a little boy, whom we called by the name of the founder of the water-cure. I was attended by a female relative, of experience in the practice of midwifery, under the Thomsonian system, but unacquainted with Hydropathy; I therefore took the responsibility of prescribing for myself. Immediately after the birth, I had the wet bandage, with wet cloths about the hips, and also about the head and neck, as long as they seemed to contribute to comfort. My attendant placed hot brick to my feet, which seemed to abate afterpains. I should have mentioned that, about a week before confinement, I exposed myself rather imprudently to cold and fatigue, in cleaning house, the day being unusually cold for the time of year; I worked till late in the evening, and retired without my bath, much fatigued and chilled. The consequence was a bad cold, and some of the fruits severe afterpains, and phlegm and sickness on the part of the child, which allowed nothing to remain on his stomach for a day or more. I passed the first night tolerably well, seemed to have lost but little strength. I had eaten no supper, and thought best to eat very little breakfast. My diet for the first week consisted of boiled rice, sago, or oat meal, with milk and cranberries, and such other fruit as the season afforded; particular attention was paid to quantity. Next morning I proposed a cold bath, but my medical attendant expressing doubts about the matter, I did not urge it; but at the dinner hour, when she left me, I rose up, lifted a pail of water into a chair by my bedside, and took a general bath, getting out on the floor to bathe my extremities. My husband, hearing me, came and gave me some assistance, and when my kind and watchful friend returned, she found me comfortably fixed in another bed, much refreshed by the bath. Partial baths were taken as occasion seemed to require, and a general ablution twice a day. On the third morning, after bathing and dress-

ing myself, I performed the same for the child, and went down stairs; but, owing to the inclemency of the weather, I thought best to spend most of the day in my room. I daily ventured further until, on the seventh day, the weather being fine, I had a pleasant walk, two miles distant, enjoying the fresh air off the Schuylkill, and the rural scenery from the wire bridge, and returned with a child, which accompanied me in an omnibus. I will not attempt to describe the emotions which crowded my mind at this bountiful reward of my humble efforts to obey the laws of nature; for neither my space nor ability are sufficient. But if any woman who has suffered as I have done from disobedience and allopathic interference in the hands of a gentleman (?) in such cases, will set herself to work in good faith to study and obey the laws of her organization, and her spirit does not leap for joy, and kindle with adoration at the degree of relief obtained from bodily and mental suffering, her experience will differ widely from mine.

On the 19th of January, 1851, I gave Hydropathy a second trial, in case of parturition. Having paid such attention to bathing and outdoor exercise as circumstances would permit. Labor commenced about ten, P. M., and in little more than an hour a female child was born. Wet cloths were immediately applied, yet afterpains set in, which were soon conquered by frequently renewing the cloths till the temperature was reduced. In twelve hours I rose, took a bath, dressed myself, and took some exercise in the room. In another day I went out of doors, at liberty. I attended to bathing and dressing the child myself, except the first time. The wet bandage was worn as long as it seemed to contribute to comfort, with general bath night and morning.

THE TEETH.—NO. V.

BY DR. J. W. CLOWES.

ALL agree in acknowledging the loss of teeth to be a great evil; yet how few of this number make any effort to preserve them. The common expressions, among many (in other respects) sensible and discerning people are, "So soon as I see a 'speck' of decay in any tooth of mine, I go and have it pulled immediately." Such persons, of course, have no faith in the preservation of these most useful organs, by any human appliance. And the reason why they have them thus early removed (even before they become painful) is, to escape that too highly exaggerated bugbear, the toothache. There is another kind of people who, like the former, lack faith, but unlike them, want courage sufficient to undergo the extraction of the "specked" offender, until the "speck" has become an extended caries, and this in time the cause of intense suffering. When this has been borne for weeks, months, and sometimes years—when many a sleepless night has been passed—when the physical frame has been racked with pain—the nervous system unstrung—camphor used by pints—Kreosote by the vial—Hot Drops and poultices in proportion—in fine, when the whole animal economy has become impaired in its strength and usefulness, then, and not till then, does the patient submit to an operation. There is still another kind of people whose condition is even more pitiable than the last, viz: those who "never give up the tooth." Who while they live are moving exhibitions of disease and misery—who never look upon the bright skies, and the green fields, with emotions of pleasure—who hear the sweet voices of birds and the merry laughter of childhood, only to cherish ingratitude for their Maker, and dissatisfaction with themselves. Why lack they faith? Is there no truth in the assertion, "If a cavity in a decayed tooth be timely and properly plugged with some indestructible material, it will not decay any more?" If we say there is

no truth in it, our words dispute the positive evidence of many of the best and wisest of our race. That the profession of Dentistry is a science, at once ancient, laudable, and useful, no proofs from us are required to substantiate. It dates its beginning farther back than the records of medicine carry us. It has ever been surrounded by charlatany and gross quackery; but like the precious ore of the mine, it shines out from the midst of this dross, brighter and purer, and with a steadier light, as the solar rays when they burst from the fetters of a cloud, that has only for a moment obscured them. Need we say that in this city (for those who are anxious—earnestly anxious to preserve their teeth—emphatically their best friends) may be found Dental operations that have stood the tests of twenty years! Twenty years more may circle away, and we know that they will then retain their present condition still. We have seen teeth that have been preserved in their strength and beauty for a quarter of a century, by the magic appliance of a plug—we have seen, too, (with sorrow) teeth which have decayed and crumbled away with increased celerity because of the plugs which had rested in them but a score of days. This difference is not in the name by which the operation is known—it is in the hand that performed it, and in the manner of its performance. To all we say, trust not such delicate and important organs as your teeth, to the hands of pretending quacks. You may be allured away by the fascination which the saving of a few dollars and cents may hold up to your view. But remember that if you expend your money, you can at least hope to obtain more; if you lose your teeth by malpractice or neglect, you can never, no, never enjoy even a hope of regaining them again—once lost, they are lost forever. Let no man touch your teeth to abuse them. Be first well assured "of his ability to perform well and truly all the duties of his profession." Then give him your whole confidence. If you can do this, bid him act as seemeth best to him, and you will seldom or never err. The consideration of dollars and cents, paramount to the consideration of the teeth and their preservation, has more to do in nourishing imposture and quackery in the Dental profession, than all other causes united;—it is the very life-blood which sustains them. Until mankind will place a just estimate upon one of Heaven's best gifts; until they can look reflectively on a tooth and its importance to the whole animal economy; until their sight shall be uninterrupted by a pecuniary medium, there will always be many miserable quacks, and but few skillful operators. We say then, look well and early to your teeth—they are the gifts of an omniscient God. Neglect and abuse them, and you cannot escape the penalty of a violated constitutional law.

COLLOQUY.—NO. II.

BY L. R. P.

SCENE.—A street in a retired part of the city.

Enter THIN GENTLEMAN and GROCERY DEALER in fierce discussion. Face of GROCERY DEALER considerably flushed; THIN GENTLEMAN calm and concentrated.

Gro. Deal.—Well, sir, as for my part, I hold that position entirely untenable. You may argue as you please, and you can't make me believe it; you can't make me think that that fellow knows what he's about, and I'll be hanged if you catch me listening to such nonsense again. Doctor, I've seen a great many things come up and go down; but I tell you, I never seen a man of your sense and respectability whipt into the crazy processions that march after such detestable humbuggery. I don't see how you can reconcile it with your standing in society, especially your relation to the Christian church. When I hear you talk, and see how you feel, I am astonished. Indeed, I don't know what this poor world is coming to.

Thin Gent.—My friend, you—

Gro. Deal.—I tell you, if these things go on sapping at the foundations of our time-honored institutions in this way, it won't be long before we shall see men who will hold, that this world is not cursed of the Almighty, but that man, as that fellow said to-day, has cursed himself, and that poor, imperfect, sinful man can of himself remove all his imperfections. Don't you see? It's strange that you don't see what that will lead to.

Thin Gent.—I'll tell you, my friend, if you will give me chance. Surely our lecturer said, that man has cursed, and is still cursing, himself; and if you had listened carefully and candidly to the manner in which he clinched his statements, you would, I believe, have been convinced. I would like to ask you a question or two, and have you ponder them earnestly.

What think you of Divine agency in the case of the inebriate, or in the case of him who by imprudent conduct has induced spinal complaint? of the man who, by the use of unnatural stimulants, by partaking of unwholesome food, finds himself, in the prime of his years, bowed to the earth with incurable dyspepsia? Do you think the first would have been a drunkard had he avoided spirituous liquors? the second would have been overtaken with spinal disease had he been prudent in his conduct, as he might have been? or that the moody, ambitionless dyspeptic would have been the same had he avoided the known causes of that disease? I am afraid, if we trace carefully to the cause every affliction that poisons human life, we shall find that it lies in the power of every individual to avoid these different causes mainly, and in the power of man, as a race, to avoid them all.

Gro. Deal.—But that's nothing to the curse that through Adam fell upon all men. I want to hold you to that, Doctor; it's a serious question.

Thin Gent.—I have no disposition to escape any consideration which will enlighten your views, or confirm my own. That curse I dismiss at once, by saying, that our degradation has been progressive, Adam being the starting point. We have to do with what surrounds us. Why, my friend, as you lack conviction here, suppose you had been born with an excrescence upon your face, as is sometimes the case; and on applying to me to have it removed, I should tell you, you ought not to think of such a thing. Suppose I should say to you—You came into this world with that excrescence, and it must be a fragment of the primal curse; now, as you value that time-honored belief, I advise you to let it remain. It will be a bad example—may lead to licentiousness in religious matters. You would tell me, you did not care for that; you wanted the thing removed, and you would stand the consequences; wouldn't you?

Gro. Deal.—Well, I don't know but I should; but—

Thin Gent.—Just so I say in regard to that which we are debating. I will labor, head and hand, to the end of my days, to remove these excrescent appetites and excrescent diseases which afflict my fellow men, and abide the consequences. I tell you, my friend, it is a fact too long lost sight of, that Nature in its purity cannot be improved by man, but Nature in its deformity can be improved. The former state is the work of God, the latter invariably the work of man. Losing sight of this has been productive of more misery to man in every sphere of action, in every phase of existence, than anything else: in fact, it is the corner stone of the edifice of iniquity which man has for so many ages, and with so many inventions, striven to rear. Disease and its companion, immorality, are not a passive curse, as some have supinely supposed, resting like a great fog upon humanity: on the contrary, they are the dreadful penalties of laws transgressed—laws which daily experience and observation show that we may keep or break, as we choose.

Gro. Deal. (aside.) I swan! there's something in that, anyhow. Well, Doctor, suppose I grant that our concern is with the present altogether—that we ought

to do the best we can by ourselves, running the risk of interfering with fixed beliefs. Suppose I grant this, what have you to say to his statement that meat is uniformly injurious, directly or indirectly, to us? There's an absurdity for you.

Thin Gent.—Not at all, sir. I will examine that so far as my knowledge will enable me to with the greatest pleasure. You remember he objected principally to pork, a thing, he said, productive of more physical disease, and at the same time of more moral degradation than any other one thing in the catalogue of physically destructive or of demoralizing agents. My experience and observation furnish too much corroboration of the statement. The reasons of its destructive power I suspect to be these: in general, pork is mostly made up of an oil very difficult of digestion. If the stomach be in any degree impaired, and it will not remain perfectly sound under the influence of it, this oil creates an unnatural irritation, which retards the process of digestion, rendering that process imperfect, thus imparting impurities to the blood; for the blood cannot remain pure when digestion is imperfectly carried on. Pork, then, being composed mainly of such an oil, must be a poison to our organizations. More than this, the way in which our pork is fattened engenders more or less disease in it, and this disease, being imbibed by our systems, must take a virulent form sooner or later. Concerning the reason of its demoralizing effect, I will refer you to my general position, that no diseased body can contain a healthy soul. Indeed, how can a body filled with impure blood, which is perpetually irritating our animal propensities, giving them dominion over our moral aspirations, carry with it a pure, exalted, moral nature? Must not the whole man be degraded? Must he not suffer under a curse worse than that which drove Nabuchadnezzar out from among men? I may repeat the general objection urged by our lecturer against all meat artificially prepared, that the process of fattening always imparts disease to it; for it is a well known fact, that neither man nor animals can contain above a certain proportionate amount of fat, without being in an abnormal state; and you know very well what is considered the best test of meat, namely—extreme fatness.

Gro. Deal.—All humbug, Doctor, gross humbuggery. I've eaten tons of meat, you know, and it never hurt me at all. But there's something in what you say that's new to me, anyhow; and perhaps it may be true in some cases; but it's all folly to think of fixing a general rule for every body. What's one's poison, is another's meat, you know.

Thin Gent.—Yes, I know it is so said; and I know, too, that it was said once that man's stomach was the seat of his soul. But they are both equally nonsensical.

Gro. Deal.—I hope you don't object to wild meat.

Thin Gent.—No; if people would confine their meat eating entirely to wild game, the injury would be too slight for serious notice. But I am sure that when men come to confine themselves to that, they will soon leave it off altogether.

Gro. Deal.—Well, sir, when they come to that, I hope I shall be dead and in my grave,—that's all I have to say about it.

[A long pause in which they walk on in silence.]

Thin Gent.—You don't think meat injures you. Are you not sometimes troubled with drowsiness after dinner? and don't the nightmare thrust her ghastly countenance into your dormitory during the silent watches of the night, now and then?

Gro. Deal.—What of that?

Thin Gent.—Dizziness occasionally on rising suddenly from a sitting posture? Are you not a good deal troubled with alternate constipation and diarrhoea, inordinate flow of blood to the head, bleeding at the nose, oppressive corpulency?

Gro. Deal.—What if I am? I'm not going to deprive

myself of the pleasure of eating bacon and steak for such trifles, I assure you.

Thin Gent.—I don't suppose you will, until you are persuaded that your moral nature does not remain unscathed, while your physical nature is subject to such things.

Gro. Deal.—I—don't—know. I don't believe meat causes them, do you?

Thin Gent.—Most assuredly do I believe that meat is the chief cause of them. You have much exercise, use no tobacco nor strong drinks. What else can you ascribe them to?

Gro. Deal.—Well, I don't know.

Thin Gent.—You drink moderately of tea and coffee, and use spices moderately, because of a constitutional sensitiveness of the mouth, I believe. For my part, I can give no other cause for them than the meat, and accompanying oils which you eat.

[Another long pause, during which a manifest melancholy settles upon the face of the Grocery Dealer. They at last arrive at the dwelling of the Doctor.]

Gro. Deal. (Making a vigorous effort to clear his throat of nothing.) Wh—hen does that fellow lecture again?

Thin Gent.—Day after to-morrow, in the afternoon. Will you go and hear him?

Gro. Deal.—Yes, I guess I will, if you'll call. Good day!

Thin Gent.—Good day to you! I hope we shall convert you yet. [Exit.

AN APPEAL TO PROSPECTIVE MOTHERS.

BY MRS. J. H. HANAFORD.

SEVERAL months ago, while pursuing the course of water treatment prescribed in Dr. Shew's "Water-Cure in Pregnancy and Childbirth," and recommended also by Mrs. Nichols and a host of other Hydropathic writers, I resolved that, if water treatment proved efficacious in my own case, I would ever after earnestly defend the Water-Cure, and use every effort to spread Hydropathic principles in society. I would now fulfil that purpose, and as I now sit writing with our infant son in my lap, my heart is full of gratitude to God that He has so blessed us with a knowledge of the Water-Cure, and the health which attends a consistent course of treatment. Under God, I verily believe that I owe my past immunity from long-continued suffering, and present health, to the Water-Cure. I do not now regret a single moment spent in that course of preparation, by which, as I believe, my system was strengthened for my trial hour. Were I to live over again those seasons, I would not change my course, save to be more and more earnest and faithful in water treatment.

I would now urge upon prospective mothers the importance of pursuing a preparatory course of water treatment, that when the hour which shall usher their infant into this world arrives, they may greet it with smiles instead of tears.

Are, you, whose eye is now resting upon this page, about to become that blessed being—a mother? Are you anticipating joy when your arms shall enfold the babe whose embryo-existence, and future physical welfare so much depend upon your conduct? Do you long to gaze into the clear depths of those little eyes, and take those tiny hands in yours, and trace, as day by day its features and characteristics are unfolding, some likeness to its parents? Methinks you answer in the affirmative, but there is a sadness resting on your brow, that almost belies the assertion. You are thinking of the hours of mental and physical suffering and exhaustion ere the time of birth arrives, and more than all of the intense agony which many suffer in the hour of parturition. "Shall I live through it all?" is the question you frequently ask yourself, and by night

as well as during the day you are incessantly dwelling with alternate hope and doubt upon that trying hour to come. Let me whisper "peace" to your troubled spirit. Let me assure you "there is balm in Gilead: there is a physician there," for beside your own door may glide the sparkling rill, from whence much consolation may proceed. "Abana and Parphar, rivers of Damascus" are not more gifted with a healing power, nay, not even the Jordan may prove more beneficial to health, than the springs and streams around your own dwelling. Fortify your system with frequent baths in these: pursue a consistent course of Hydropathic treatment, and fear not—all will be well! Many an hour of exhaustion will the sitz bath prevent, and in the daily use of the syringe you will find much present benefit, while you are all the time becoming stronger and better able to meet the season of parturition. I speak from the depths of my own experience, and I appeal to you as a lover of duty, of your own life and health, and of your unborn infant, in behalf of the Water-Cure. Providing Hydropathy were nowhere else successful, and did no other good than in diminishing the pains and perils of the parturient state, it is worthy of consideration. Duty demands that you take proper care of your health so as to prolong life, and thus prolong your season of preparation for eternity; if then, the Water-Cure will assist you in the performance of such duties, are you not bound to adopt its practice? Life is sweet to all, and especially to the prospective mother who longs to clasp her infant to her breast, and because you love life on this fair, bright earth, which God has made so beautiful, should you not practice the Water-Cure which will prolong existence, and add to it the blessing of health without which life would scarcely be desirable?

And love for your offspring should lead you to this practice. Already have you, in fancy, beheld that darling child an ornament to society and a blessing to the world. And if you would have such glorious anticipations realized, strengthen your own system, now, during the period of gestation, and thus bestow upon your infant that physical health, and vital energy which will assist him to become what you desire. You would not like to see that child puny and diseased, for, love for your offspring would lead you to pity its sufferings. Listen, then, to my earnest appeal, extended to you out of love, and from a sense of duty, and seek to know, "in propria persona," the benefits of Water-Cure in your present state, and its conclusion. Prospective mother, may God help you to choose "the good part which shall not be taken away," but will bring joy and gladness to your heart and home.

Nantucket, Mass.

DRIPPINGS FROM A WET-SHEET, NO. III.

BY A. S. A.

PRINCIPLE is a fundamental truth, co-existent with right and duty. It is the main spring that ought to control men: like a time-piece in running order, it should be the motive power to action under all circumstances.

Opinion is a preconceived notion or idea, founded upon the judgment of men. It is no evidence of truth or falsehood, men may differ in opinion and none of them be right.

By the education, culture, or development of the mind, at the expense of the physical system, we have become degenerate as a race. The harmony that should exist is supplanted by discord. The effects of a violation of Nature's laws, has in some instances completely overpowered the moral sensibilities of mankind; and the intellect—the throne where reason ought to sit triumphant—has manifested no loftier aspirations than the brute. Hence men think more of establishing a theory upon their opinion, than they

do of inquiring what is truth. They consider their judgment equivalent, or paramount to an established principle. Their theory to them, is of as much importance as a wooden god is to a Braman.

It is no uncommon thing to hear people say "I don't believe it," with such firmness and decision, as almost to lead one to suspect it is a knock-down argument to the point in question—the subject of debate.

That water will cure every sick person, or that cold water is all that hydropathy calls to its aid, or that one week or one month will cure a scrofulous or consumptive person and restore them to perfect health, no sensible advocate or practitioner of Hydropathy will pretend; neither do they believe in giving a sick person that which will kill a well one; and none but an ignoramus or bigot will charge them with it. But they do claim that water is one of the best remedial agents for the prevention and cure of all diseases. That air, exercise, clothing and proper food are also indispensable to the preservation of health. That water will subdue pain, "break a fever," strengthen the weak and heal the wounded, better, quicker, and CHEAPER than any other system of practice extant.

Methinks I can hear a few who chance to read the above paragraph say "I don't believe it," with such a knowing lear and consequential air that one would think indeed, that in ignorance there was bliss. But another voice from a thousand grateful hearts will cheerfully response "I KNOW IT."

HOME TREATMENT.

Last August, Mr. A—, of Morris, N. Y., was bitten by a large half-blood bull dog. In ten minutes after it was done, I helped him get off his boot, took a teakettle, filled it with cold water, and poured it on the foot; which had swollen as thick as my three fingers. I continued pouring and rubbing about fifteen minutes, and then wrapped a large wet cloth around it which completed the first dressing. This was repeated three times a day for two weeks. In the mean time if it felt as if it was going to ache, (for it did not ache after the first pouring) he would occasionally plunge it, bandage and all, into the water trough. During the third week the treatment was the same, only not so thorough; for at the end of the fourth week it was well.

That was all that was done; and it did not cost a cent, nor lay him up a day.

Some may think that this was not much of a bite; but reader, put your finger on your right foot half an inch to the right of the protuberance called the instep, and imagine, if you can, how it would feel to have a piece of ivory three-fourths of an inch long driven down there; then move your finger down about two inches and a half farther and "stick another pin there." The dog's jaws were brought together as hard as to make the little front teeth count on the leather; but the shape of the boot and sole saved the inside of the foot, where the under jaw came, except a slight scratch.

For the first two or three days, my father was a little suspicious that water alone, was not enough; and would say half solicitous, "I guess 'taint best to do anything more for it, is it?" My answer was "Does it ache?" "No." "Does it look or feel any worse?" "No." "Then let it alone." He did so, and now believes in Water-Cure.

It requires a person with a good deal of firmness and perseverance, to practice Water-Cure in sickness, with no friend to counsel or advise,—relying entirely upon his judgment and experience, and the teachings of the JOURNAL OF MANUEL to guide him; with all his friends and neighbors opposing him at every step: they calling in every day and remarking, "How badly the patient is," "How sick," "How much worse," "He will die if you don't stop using so much water," "Water is good; but not in this case," &c.

Such are some of the remarks that were made in regard to Mr. P—, of this village; who was very severely attacked with the bilious intermittent fever, a

few weeks ago. Being a man of not very strong constitution at the time, and having been years ago doctored (scientifically) almost to death, he resolved to run no risk by calling a doctor, but to take the chances of water treatment.

He was packed every day in a wet sheet, ice water constantly applied to his head, his bowels kept open by tepid injections, and his diet was the hunger-cure and gruel. The fifth day he was about the house a little too smart. He had a relapse and then came the "tag of war." This case was a subject of gossip, thoroughly discussed throughout the neighborhood. I don't think they wanted him to die, but my opinion is, that there would have been quite a rejoicing, had he been cured more scientifically, or in other words, been obliged to call on a physician of the "old school."

He was now packed twice a day, (and the packing) followed by the dripping sheet and friction; and in five days the fever "gin out;" but left him with a severe pain in the left side; although on 'tother side this was considered as proceeding from the liver, and was treated first with hot fomentations (as he could not bear cold ones) and finally with the common wet bandage, under which treatment he continued steadily to improve. Perhaps it would be well to say; that, years ago he used to be troubled with the liver complaint, and he had to quit business on account of a pain in his side.

REPLY TO DR. KITTREDGE.

BY T. L. NICHOLS, M. D.

THEY who have read my articles on Medical Education, and my inaugural address, delivered at the opening of the American Hydropathic Institute, and published in the November number of the Journal, can scarcely require any reply to the remarks of Dr. Kittredge, in the last number. Others, however, will expect me to reply, and justice to the pupils and graduates of the Institute requires that I place this matter in its proper light. I have no wish for controversy, but only for a correct understanding.

In the prospectus of our Medical School, we offered to receive "qualified persons;" and I believe we have had no student who has not been already, to some extent, acquainted with Water-Cure, and with the basis on which it rests, in Chemistry, Anatomy, and Physiology. In most cases we have directed a course of preparatory reading, and our students come to us as well posted up, often far better, than the majority of medical students, when they attend their lectures. Several of these students had graduated at universities, or were members of learned professions. I have never seen a medical class of which so large a proportion were of mature age, and had received thorough and classical educations. I do not say this boastfully, but in simple justice.

I cannot give a better idea of the extent and thoroughness of our course of instruction, than by telling precisely what it is, and leaving the reader to judge of its efficiency. I begin with a course of twelve lectures on Natural Philosophy and Chemistry, chiefly organic and animal chemistry; then follow twenty-four lectures on anatomy; thirty-six lectures on general, comparative, and human Physiology; forty lectures on Pathology and Hydrotherapeutics, with special attention to Diagnosis; and twenty lectures on Surgical Anatomy and Surgery. Added to this, Mrs. Nichols gives sixty lectures on Physiology, Pathology, and Obstetrics, treating specially of the diseases of women and children. Lectures are also given upon collateral sciences, Phrenology, Physiognomy, and the Moral and Social Relations of Man, by able professors.

Here is a course of more than two hundred lectures, of one hour each, in which there is no talking against time, nor idle story telling, but all earnest, faithful work, in which there is, on the one side, the desire to

communicate the greatest possible amount of good, and on the other, an equally earnest desire to receive it. I have never seen medical classes so attentive, industrious, and progressive. The whole ground of medical science, which relates to Water-Cure, is thoroughly explored—not merely the science to be found in books, but that which belongs to our own experience and investigations. I should be very sorry to think that we spent so much valuable time in repeating what might be just as well read by our pupils.

As to the result, I challenge an investigation. I believe that there is no person who has ever received our diploma, who would not pass as good an examination as Dr. Kittredge himself. The whole class is examined every Saturday, and we know their capacities and progress. Many of our former graduates are in good and successful practice; some are giving courses of lectures on Anatomy, Physiology, and Water-Cure, with entire acceptance. There is not one, so far, who is not a credit to us, and to Water-Cure. Can any Allopathic College say as much?

If Dr. Kittredge wants a regular Hydropathic College, with its six professors, its requirement of three years' study, and all the other antiquated nonsense of these "old fogy" institutions; or if the people want one, what hinders their having one? I ask no monopoly of Education. Mrs. Nichols and myself have simply offered ourselves as teachers of medical science, and especially of Water-Cure, claiming to know what we are about, honestly performing our work, and taking whatever time we find necessary. We know that one person will learn more in a month, than another will ever know. When we find that a pupil has acquired what we believe to be the requisite knowledge to practice Water-Cure safely and successfully, we give our certification to that effect, and not before. It is a mistake to suppose that every student graduates in one term. They graduate when they can pass examination. Some of our pupils are attending their second term, and others will not present themselves as candidates for a diploma.

The only question is, whether we understand our work; whether we faithfully do it; and whether we gain the result we aim at. We refer to those who have received our instructions, and to their practice.

There is a disposition, especially among physicians who have passed many years in Allopathic practice, to bring their old hunkerism into the Water-Cure; to keep up the "art and mystery" of the profession; to discourage domestic and unauthorized practice. I have never looked upon the matter in this light. I believe that it is for the people to learn the Laws of Health, and the causes, nature, and treatment of diseases; and that it will not be twenty years before the children in our public schools will know more of these matters than many a graduate of our Allopathic colleges.

In the meantime, while Water-Cure physicians are wanted, and especially teachers, we shall do what we can to supply this want. If there are better teachers, let them come forward. We will cheerfully give place to them. If the earnest young men and women of this country can find those who will teach them Medical Science in all its branches, and in all the depth of its philosophy, more thoroughly, more devotedly, and more successfully than Mrs. Nichols and myself are doing, let them go to them, in God's name; and we shall be relieved of a great responsibility. The moment a better school of Hydropathy is established, we promise to abandon this sphere of labor. If the Water-Cure sentiment of the country demands a "regular college," and will furnish the funds and the professors, it will soon be had; but I have as yet seen no movement in that direction. In the meantime we must do our work—how we do it let those decide who know most about it, and who are most interested. If our students are satisfied with our teachings, and if their patients are satisfied with their practice, I beg to know who has any right to complain?

A WORD WITH THE THOUGHTFUL.

BY E. A. KITTREDGE, M. D.

It is strange, "passing strange" how much alike men are, and yet how different.

See what a difference there is between two doctors of the same school, educated in one class, and every way equally endowed, apparently. The one believes in bleeding and blistering in almost every case, and the other thinks it absolute cruelty to use such means in any case short of the "direst emergency." One will give mercury in nine cases out of ten, and antimony in all. The other boldly affirms that such remedies should only be given in extreme cases, and then cautiously. One of them gives wine, brandy, opium, and quinine in fevers, and the other as pertinaciously pursues the opposite course. And yet, notwithstanding all this marked difference, one of these doctors succeeds as well as the other!

This would seem singular if we were not allowed to peep behind the curtain. But, as it is, we see at a glance the wherefore, it is simply owing to the wonderful capabilities the recuperative power possesses, it's elasticity which enables it to come up in spite of all the brutal treatment it receives.

"Truth crushed to earth will rise again."

To the observing it proves this, that two diametrically opposite causes can't produce the same effect, and if one is wrong why not the other?

Only look at the multitudinous ways and means conjured up to cure disease. No two agree, scarcely, of the same school, and no two schools will even speak to each other! I doubt whether half of the allopathic profession would feel justified in pulling a man out of a pit, knowing him to be a Thomsonian or Homoeopathic physician!

There must be something wrong somewhere. The fact is, they are all wrong in principle. The Thomsonian says and feels, that his patients get well as soon as the "mineral doctors" do, and so perhaps they do, and hence he thinks he has just as good a right to boast as the allopath, and so he has. All either of them have to boast of is, that they didn't give poison enough to prevent the recuperative power from exerting her supremacy, and so she, in spite of the brakes they applied to her wheels, accomplished her end! And the "doctors" cry out, "What a great man am I!"

The multiplicity of the inventions of man sought out for the cure of diseases, don't alter Nature's plan at all. There is but one way to do anything, and that is the right way.

"I know it," says the inventor; "but my way is the right way." But what becomes of the hundred other ways, and is it not as likely, after all, that yours is wrong, as it is that a hundred others should be wrong?

"But," say they all, "it is not as possible that Hydropathy may be wrong as either of us?"

We say no, and we think we can prove, and have proved, that the curative power of the Hydropathic system is self-evident, for it is simply the system of obedience to the laws of health and being. If any other can show any good and sufficient reason, why violating the laws above mentioned, still more should prove a cure for all former violation, we will admit that there may be some sense in giving irritants and poisons.

Everybody admits, now-a-days, that violations of the body's laws, long persisted in, is what causes disease, and it is consequently all in vain that men get up beautiful theories of like curing like, or, that a great irritation will cure a little irritation. The principle of them is at war with God and common sense, the day of specifics is gone by, and the druggers must prove first, how medicines, that will make sick, and if persevered in, kill a well man, can possibly be made to cure a sick man. They can temporise and even shift the diseased action from one part to another, till such a time as Nature has required for the natural cure, and

then, "being in at the death," claim the credit of having killed the disease!

O man! what art thou that thou should'st so love to be gulled? How long will you continue to lavish your means for that which only tends to frustrate Nature in her best efforts? When will you learn that obedience to God is the only cure for sin, physical, moral or intellectual?

"But Nature needs aid sometimes." True; then help her as a Christian should, not by giving her unnatural stimulants that shall make her waste her energies, and dethrone her reason, and make her in her exasperation pull down the gates of the whole mighty fabric, and, Sampson-like, perish in the attempt.

Answer me, ye sticklers for potent drugs, ye doers of evil that good may come, ye believers that a little poison can do a great deal of good: What would you say of that man who should boldly affirm that stealing horses was the cure for sheep-stealing? or that like curing like: you had only to commit the same crime in a smaller way to cure the large ones already committed?

Why take a steam engine to lift a little child over a ditch a foot wide? or shoot a cannon ball at an old infirm woman, to help her along on her journey, because it may be getting dark?

In short, you may cut out as many turnpikes to the heaven of health as you please, but you will find that the exorbitant toll you have to pay, will ten times counter-balance any facility you may gain—you will find invariably that though travelling rapidly, you are further in the end from the goal of your wishes, than when you set out—the bright illuminations caused by stimulants, which you mistake for light-houses or "toll-houses," telling of a haven of rest nigh at hand, are only the phosphorescent exhalations of the marshes, the "ignis fatuus," that lures but to destroy.

Be not deceived, then, friends, remember, that the glow produced by "tonics" is no indication of health, any more than hectic flush of the consumptive is; neither is the power to digest a hearty dinner caused by stimulants, any indication of natural tone in the digestive organs, any more than the increased speed of the worn-out horse, produced by the application of the whip, is of restored power or lack of weariness.

Every one knows that forcing any kind of mechanism to go when out of order, is ruinous to the machine; put it in order, by removing false conditions, and then a gentle shoulder to the wheel will be all that is necessary to do all that can be done—so says Hydropathy.

WATER-CURE IN AMERICA.

Warren, Pa., Dec. 5, 1850.

MESSRS. FOWLERS AND WELLS:—Having been benefitted in an eminent degree by Water-Cure, I feel desirous that all the pioneers in this department of improvement receive due honor.

More than thirty years ago, I resided in Buffalo, N. Y., (since Black Rock) and employed Doct. Daniel Chapin as family physician; he was a kind, friendly old gentleman, not greatly addicted to exorbitant charges, and rather sparing of poisonous drugs. He put into the hands of my wife a book, telling her that by perusing that book she might get such information as would save much sickness and expense for doctors, &c. He said he valued the book highly, and should bequeath it to his daughter (Mrs. Walter Norton). This book was full sized octavo of 4 or 500 pages, it treated of the various diseases, particularly those of women and children; and gave directions for using water, cold water, as a means of preserving health (and here he laid much stress) and allaying sickness. Women in pregnancy were recommended to use water. The sitting bath was recommended for piles. I made use of it myself with decided benefit, and though I did

not persevere to obtain a perfect cure I was seldom troubled with it for twenty years, and the same application always abated it; also, an inflammation in the knee-joint, which was swollen and painful, was abated by the use of ice-water, in a few hours time. It was also serviceable in our family, of eight or ten children.

Possibly you know more of the author of that book than I do, but I have nowhere in the Water-Cure Journal, or otherwise, seen any reference to his name; I think it was Ure, or something very like it, a Virginian; the object, to supercede drugs by substituting water, and save expense, and to teach mothers a better way.

Mrs. Norton lives (or did live) only a few rods from the Cold Spring Water-Cure, near Buffalo, N. Y., and I mention this because, if you should feel desirous of knowing more about it, I presume the head of that establishment could find the book.

Very respectfully your obliged servant,
NATHANIEL SILL.

WATER-CURE FOR THE PEOPLE.

BY W. S. BUSH.

EVERY professed reform relies for success upon its adaptation to the wants of the people. If they are convinced of the necessity of its success to their present and future welfare, the fact gives new courage to its advocates, and dampens the ardor of its opponents, and foreshadows the dawn of its final triumph, which to the prophetic eye of its devotees is clearly not far distant.

Not less true is it of the Water-Cure, than of other reforms, that it will succeed or fail, as its meets or fails to meet the wants of the people. Had it been a system of unmixed error it would have perished in its first inception. But sprung as it was from the midst of the "masses" of Continental Europe, born like the Saviour, in the haunts of peasant life; its first practitioner, a peasant untitled and unlearned in medicine, save in intuitive perception of the laws of Nature; it appealed to the "poor and lowly" of the people for recognition and support of its claims. Nor did it appeal in vain. Those peasant souls, though cramped by ignorance, and fettered by false social arrangements, yet saw daily the divine face of Nature, and thus kept in ever-living remembrance an intuitive knowledge of her laws. True, Doctor-craft was powerful in Austria, and vowed to crush in the bud the New System of Healing. Backed by the government influence, it made the attempt and most signally failed, because TRUTH was on the side of its intended victim. The learned M.D.'s analysed the spring water, examined with most scrupulous care the sponges, bandages, and other appliances used by Priestnitz, and questioned his patients rigidly to discover the secret medicament by which they supposed he effected his cures. In their learned stupidity, they saw no way to alleviate and cure disease, but by the administration of drugs. They had forgotten the recuperative power of Nature, and only after a long and sifting examination did they get sight of the fact, that the healing power of Nature under favorable conditions will successfully control diseases. A fine commentary this, upon the oft-repeated assertion of the Medical Profession, that all that is valuable in the Water-Cure, was known and practiced by them ages before Priestnitz's day. If they knew so much, and so thoroughly understood the virtues of water, why did they not detect at once the simplicity and rationality of his methods? Why did they attempt to prosecute Priestnitz for using drugs, contrary to law, without a license, and the laying on of medical hands? Evidently, because they believed then, as drug doctors do now, that there is virtue in drugs, much more than in Nature.

Thanks to their learned stupidity and dogged determination to convict Priestnitz of imposture. It taught

some at least of the Medical Profession, that there were natural laws which demanded obedience in diseased as well as healthy conditions of the human system. It awakened the best minds of Germany to the merits of the Water-Cure, and they then gave their adhesion to it, and explained scientifically its principles and mode of operation. It taught the people to emancipate themselves from the dominion of drugs and doctor-craft. Books and pamphlets strewed the length and breadth of Germany, carrying to every peasant-home the "glad tidings" of physical salvation. The public became aroused to the propriety of applying its principles for the preservation of health as well as the cure of disease.

So, too, in our own country, the mere announcement of the healing virtues of water thrilled the hearts of thousands who were waiting in hope for the dawn of a brighter day in the Healing Art. The curse of drugs had lain heavily on them. The lancet, mercury and its kindred host of poisons had ravaged fearfully in their midst, maiming, marring and destroying the "human form divine." Untrue priests spread the dark pall of falsehood over these daily scenes of professional homicide, by preaching submission and reconciliation to "the mysterious providences" of the Creator. It was nowise strange that these victims of drug-medication should have been goaded on by their sufferings to tear off the flimsy veil of falsehood thrown over these "mysteries," and dare to emancipate themselves at the first dawn of a truer system of Healing. The enormities of the Old School had produced a retroversion in their feelings, and they turned to Nature to listen to her voice and obey her teachings.

In cases of acute disease, the Water-Cure knows no equal. It acts in harmony with the efforts of Nature, and is efficient and safe. The whole range of inflammations is entirely within its control. Where, too, there are complications of chronic disease with acute, there are no remedies which will operate so speedily and safely as those of the Water-Cure. Given then, the requisite knowledge of the disease and of the use of the Water-Cure processes, and the treatment of acute diseases, is placed in the hands of the people. Drugs may be banished from the land if the people will investigate and act for themselves. Far the more fatal conditions of acute disease are produced in many cases, by the unnatural remedies of the drug system. The acute symptoms of disease are the result of the effort of the vital forces of the system. Whatever, then, like poisonous drugs, interferes with these efforts, diminishes the vital energy and hinders a cure. Many simple cases, if left alone, would be healed by Nature, and often are healed by her in spite of bad drug treatment. Were Nature far more trusted her superiority to drugs would be more palpable.

Lastly, the Water-Cure adapts itself to the wants of the people, by its enabling them to prevent the inroads of disease. It learns them to obey the Laws of Life in health, and thus free themselves and their posterity from the curse of disease. It is more of a Godsend to them to have the means of prevention, than to be given ten thousand "sure cures." Thanks to the noble efforts of Water-Cure practitioners and publishers, the means of acquainting themselves with the requirements of the laws of their physical system are now being placed within the reach of the people. As their knowledge increases, their skill and confidence in the system will gain. Even now they are compelling the practitioners of every school to use the Water-Cure processes to some extent. The mania for drugs and heroic treatment is fast dwindling in the popular estimation. The Cause is onward and upward, and demands renewed devotion and effort on the part of its friends to make it what it is destined to be, the POPULAR as well as the scientific method of HEALING.

[We like this "popular" view, for we have no sympathy with parties, or cliques. We work for no state, county, town, or school, but for the world. Nor can

our glorious principles ever be made the basis of a sect, or party. They are as boundless as the heavens, and as universal as the air we breathe. To banish doctors, drugs, and the whole paraphernalia of the trade, would be among the greatest of temporal blessings. Doctors have experimented long enough. They have destroyed human lives enough. Let us exterminate them, and thereby permit the innocent to live. The universal diffusion of the Laws which govern Life and Health, as revealed through Hydropathy, will do the work.—Eds.]

HOME PRACTICE AND EXPERIENCES IN WATER-CURE.

WERE it desirable, we could fill the Journal monthly, weekly, yes, *daily* with accounts from all parts of our country as truthful, simple, successful, and astonishing as the following:—But an occasional paragraph will be sufficient to convince all readers of the entire practicability of the "Home practice of Water-Cure." We may as well here state, that it is our fixed determination to break up the present foundations of medical practice, including the manufacture, trade, and consumption of patent, mineral, vegetable, and animal medicines of every shape, shade, flavor, and color. We promise to show no quarter, to make no exceptions, no compromises, but hereby declare war against one and all who thus make it a trade to experiment on the lives, the health, and the pockets, of helpless humanity. But while we intend to annihilate these old, deep-rooted and corrupt practices, we shall try to point out to our readers the *right and proper way* to HEALTH and LONGEVITY.

We have found Hydropathy—as we interpret it—to embrace the LAWS OF LIFE AND HEALTH, which, if observed, will enable "THE PEOPLE" to dispense ENTIRELY with doctors, *drugs*, and all varieties of patent medicines with which our dwellings and our stomachs have hitherto been blockaded, inundated and deluged. In this connection, we present extracts from the letters of several witnesses attesting the safety and success of HYDROPATHY AT HOME, where it shall be our endeavor to place it.

If the preservation or destruction of our own souls depend on ourselves instead of on the priests, then the preservation or destruction of our bodies depends on ourselves and *not* on the doctors. Every man and every woman is accountable, not to priests or doctors, but to the Deity. The same laws, physical and moral, which govern *all* human beings—the rich and the poor, the high and the low, the good and the bad, the doctor and the priest—all are *equally* subject to these laws, equally punished for their violation, equally blessed for living in obedience thereto. What folly then to remain ignorant of these great principles, subjected to the necessity of being bled, blistered, fooled, and experimented upon by these hungry, starving doctors. Let "the people" doctor themselves, and let the doctors go to work.

"I have a daughter five years of age, when eighteen months old she was very costive—we sent for a doctor, he called every day for eight weeks, poured the medicine down her throat, it always operated just as he calculated, it should, but the child was no better at the end of eight weeks than she was when he made the first visit. My wife became discouraged and dissatisfied, she told him not to come again. I commenced taking the Water-Cure Journal at the time when our child was sick, we had three numbers of 1849, by reading which we felt encouraged, and thought our child could be cured. Well, my wife went to work and cured the child, and I will tell you how, she bathed her often, gave her tepid water injections, and in four weeks she got her bowels regular, and I believe in a natural state. Two years ago she had the measles, chicken pox,

scarlet-fever, and canker-rash, and the whooping-cough, all of these in succession and not a drop of medicine did she take, people told us we would kill our child, but instead of that we cured her, and all the praise we give to the Water-Cure Journal.

Last summer I was taken very sick, sent for doctor, he told me I had a severe attack of the pleurisy-fever, he left me medicine to take every four hours. As soon as he was out of the house, my wife got a tub of water and some sheets, she wet them, and I got into them, sweat bravely for an hour then got up, sponged off in cold water, rubbed dry, exercised as much as my strength would admit, laid down, went to sleep, slept two or three hours, got up and felt much better. Threw the medicine out the window, took another sweat, and repeated the process. Next morning when the doctor came, I was sitting up in a chair. He thought his medicine operated to a charm, I told him I thought it had. I then told him what I had done. He immediately left the house, and that was the last we have seen of him. So much for the Water-Cure at Home. F. P. K.

Lawrence, Massachusetts.

TESTIMONY OF A WOMAN.—Here is a plain matter of fact account which cannot fail to inspire confidence in all who read it. This is Water-Cure at home, without the interference of doctors of any sort.

To the Editors:—I have been a reader the two past years of the "Water-Cure Journal," also a number of your other publications, and not without profit.

I have seen too much good result from Water-treatment at Home, to think of using drugs in this present enlightened age. I think I am almost an Hydropath. I have used neither tea or coffee for the last fifteen years (and am some less than thirty years of age,)—abandoned a feather bed and slept with open windows for the last six years, have bathed daily with but two or three exceptions, for the past five years, and am gradually accustoming myself to an Hydropathic regimen—have had two children, went through a course of preparatory "Water-Treatment," with complete success, was up and took two six baths the day after the birth,—second morning took my usual sponge bath, also two six baths in the course of the day, and so on, in less than one week I was all about the house and out doors, even the rain not preventing,—my health never was better, and the babe is as well and fat as any mother could wish. Other cases of measles, croup, scarletina, I have seen treated with equal success. Yours truly, C. K.

DENMARK, IOWA.

GENTLEMEN.—Two years since, but one copy of your Journal was taken in our place, last year the number was increased to eight, and now I send you twenty-two names, which in addition to several that were sent on last July, will cause the Journal to visit almost every family in our place, for you must know that Denmark, is but a small village numbering some 350 inhabitants, and we are mostly an agricultural people,—but then, we are awake, and sympathize most cordially with the Spirit of Progress and Reform, which is the characteristic of the Age. Then the School Master has been here, for we have a flourishing Academy in our midst, and two District Schools, overflowing with our future men and women; and last, though not least, a Health Society, organized during the past year. We are blessed with two Regular Physicians, and yet, strange to say, our village is, and has been, remarkable healthy.

Both these gentlemen, however, take the Journal and one of them has supplied himself with the WATER-CURE LIBRARY, and in many cases, relies solely upon Water to effect a cure:—

Water-Cure is gaining the confidence of our community, and there are few families amongst us in which it has not been practiced to some extent. I might

mention several interesting cases of HOME TREATMENT, but will only give the details of two—both of which occurred during the past summer. The first is that of a young lady, about fifteen years of age, who, some two weeks after commencing her first school, returned home very ill, and with strong symptoms of a brain fever. She was immediately "packed," cold wet cloths applied to her head, &c. and the next morning felt so much better, that she insisted upon going into her school, when owing to the care and anxiety incident to her position, she induced a return of all her unpleasant symptoms, only more violent than before. They would not yield to ordinary remedies, but it was necessary to pack her in the double wet sheet, four times in succession,—each pack followed by the dripping sheet, before the fever could be subdued, and then within three hours, the heat would be as great as ever. This treatment however, together with pouring large quantities of cold water upon her head, at short intervals, wearing the wet girdle, drinking freely of cold water, and abstaining entirely from food—faithfully persevered in day and night for four days, entirely subdued the disease and she recovered.

The second case that I shall mention was that of a Mr. J—, who had long been subject to attacks of fever and ague. He had been indisposed for some time and was, at last prostrated with his old disease, the Ague. He sent for the Doctor, who administered the usual remedies, and with the usual effect. The "chills were broken," for that time, but in a few days he was as bad as ever. His wife is a woman of considerable energy of character, and having faith in Water, she came to me for advice. I gave her directions and she went home to practice them, but as the event proved, she had reckoned without her—husband, for on the next morning, when his chill was expected, he entrenched himself in his bed, and resolutely resisted all her entreaties, that he would come forth, and submit himself to her treatment, he "guessed he should not have any chill," and when at last his chattering teeth gave evidence of its presence, the patient begged his wife to give him some of the medicine the Doctor left for him.

"Well," said she, "you will have to sit up to take it," and as the unconscious victim raised himself in the bed, he was saluted with the contents of a bucket of water, thrown full in his face, and before he could get his breath another, descended upon his back. By this time he had contrived to extricate himself from his "watery bed," and as his feet touched the floor, his whole person received the benefit of the third bucket of the pure element, which his wife at that instant threw on him.

"Now," enquired his better half, "will you get into a tub and take a bath, as you ought to do?" "Yese-s," was the trembling reply, and the spirit of rebellion being entirely quelled, he submitted to his wife's requisitions with a good grace and in a few moments was well covered up in a warm bed, where he shook as man never shook before, he says, for about an hour. But now the best part of the story remains to be told. He then rose free from fever, and feeling perfectly well, from that time to this has enjoyed excellent health. He is, of course, a convert to Hydropathy, and takes the Journal.

C. L. S.

CLEVELAND, OHIO.

GENTLEMEN.—Permit me to express my convictions, in regard to the vast influence your Water-Cure Publications are exerting upon society; you have set a mighty ball in motion, which is increasing its momentum, and will in future like the hurricane that sweeps every thing before it, clear from the land the poisonous system of Drugs. You have laid the foundation for a grand revolution in medical treatment. I have traveled in many different States of this Union and in every part of the country your useful works are having the desired effect, the principles you advocate are not like the flash of a meteor, but are destined to stand

like the mountain, a lasting monument to your memory, thousands of precious souls are being saved, strengthened, and purified, by your invaluable teachings. Every man, woman, and child, should read the Water-Cure Journal. I wish to say one word in respect to the abominable practice of using tobacco. I think that if every sensible person could be induced to read your work entitled "TOBACCO, its history, nature, and effects on the body and mind," they would at once discontinue the use of that destroying weed. I feel that I owe my health, and perhaps my life, to your publications.

Yours truly, W. S.

[We could in a very short time, record more than 100,000 cases not less positive or interesting. The whole tenor of which go to prove that Hydropathy is sufficient for any and every disease, which is capable of being reached by any known remedy. And furthermore, that when "the people" become acquainted with its principles, they may apply it at HOME, without the aid of Allopathic Doctors, Homeopathic Doctors, Botanic Doctors, Eclectic Doctors, or any other sort of Doctors of whatever profession, name or pretension. The health of humanity, may be saved as well without Doctors, as with them. Therefore, neither they, nor their saddlebags, or other traps, will ever be needed in the "good time coming," when all shall become acquainted with the laws of life and health, as unfolded through the Water-Cure Journal.]

LEAD VS. ZINC—PUBLIC HEALTH.

Since the introduction of Zinc Paint in this country, some three years ago, by the New Jersey Zinc Company, we have been asked, repeatedly, if White Lead is really poisonous and dangerous, as chemists and medical men assert. We answer, yes! The simple fact of repeated poisonings by lead water-pipes, leaded cisterns, &c., is abundant proof that lead, in its simplest form, is dangerous for certain uses—especially in water-pipes and paint. Whoever will read the able octavo treatise on Lead Diseases by L. Tanquerel, an eminent French *savant*, translated by Prof. Dana, of Boston, will be satisfied, without our assertion, of the poisonous influence of lead in various ways. If other competent authorities are necessary, consult Drs. Dalton, Adams, Webber and Chilton.

There are five diseases specially resulting from contact with Lead—and more particularly Lead Paint—to wit: Colic, Rheumatism, or Neuralgia; Paralysis, Loss of Sensation, Delirium and Coma, &c. *The British and Foreign Medical Review*—standard authority—in an article on the subject, states, that, during eight years, in the single Hospital *La Charité*, Paris, 2,161 persons, many of whom died, were treated for Lead Diseases; 1,213 being Lead Colic. A large proportion of these were persons who had been employed in the manufacture and grinding, or painting with White Lead. Chemists and medical men agree that buildings painted with lead should not be tenanted for several months after. Thousand of painters become diseased and die over their paint-poisons, without dreaming that the cause lies in Lead. The public suffer proportionately. Nor is this a matter of wonder, when it is known that various forms of poison are plentifully evolved from Lead in its different states, by contact with substances and gases.

We speak now of this matter, because the season is at hand when the painter is to be specially busied over his poisons. There is no plea of profit or necessity for the use of lead for any of the common purposes, such as Pipe, Paint, etc. Zinc is better, cheaper, more durable, and entirely free from sanitary objection. The pure Zinc, from the New-Jersey Mines—and we allude to this because it is the best if not the only pure Zinc yet discovered—is, for any use we have mentioned, 50 per cent. superior to lead, commercially speaking—and incalculably superior, when health is

considered. It has been tested to this end, thoroughly, by chemists, and painters. As a paint, Zinc White, as a mere question of dollars and cents, is about 40 per cent. cheaper than White Lead; besides, it is a pure white, spreads better than lead, is more brilliant and durable, and retains its freshness for years. The Colored Zinc paints form directly a metallic surface on wood, brick, iron, &c., and are nearest fire-proof of any paint known, owing to the great amount of mineral condensed in the Zinc Colors, and the small amount of oil used. No house-owner, after trying zinc paint once, will ever submit to the use of lead again, and no painter who investigates the subject will work with lead if he can get zinc. And consider, that some 50,000 tons of lead paint-poison are used in this country per year.

The French Government, always foremost in adopting discoveries of public utility, has for some years past ordered all public buildings painted with Zinc Paint, for reasons of both profit and health. The example is being generally followed in France. It would be worthy of our Government to think of matters of this kind. We might add a volume, but we have said enough, we trust, to satisfy our querists, and to commend the subject to the investigation of painters, paint-consumers, and the public.—*New York Tribune*

LET NATURE AND CAPACITY CONTROL.—An article appeared under this heading in the Sept. No. of the Journal. I adopt the sentiment exactly, but think the author forgot part of her text; based the argument on *capacity*, and left *nature* mostly out of the question.

Nothing is more evident than that *nature* has made men and women *unlike*, not to say *unequal*. The author of the article alluded to says, "The assumption that sex, as such, has rights, is the fatal idea which has kept us in the *unequal* and circumscribed position we occupy." Here seems to be the great mistake, that the sexes cannot occupy different positions without being *unequal*. "Can the hand say to the foot, I have no need of thee?" They perform different offices, as nature designed they should, and yet, are they not equal?

I think obstetrics, as an art, should be entirely in the hands of our own sex. I am far from being willing to admit that my own sex have not the capacity; as well as the men, for all kinds of medical practice. Man may have the *capacity* to practice obstetrics, but *nature* revolts at the idea. Who does not know that many a parturient patient has had her pains greatly increased by the *unnatural* presence of a male obstetrician? For my part, I cannot see why, in this trying hour, a male practitioner should have anything to do with that which has hitherto been sacred to the husband, and to him alone. It is here that I have seen the greatest blessings of Hydropathy. It has enabled many women to pass safely through these periods, with no other assistance than the husband, or nurse.

I do not wish *custom* to decide when and where our sex shall go, or what duties they shall perform; let *nature* and *capacity* decide that. Rules established by *custom* are always arbitrary, but *nature's* rules are never arbitrary. The fashions are a sad illustration of this subject. What can be more destructive to our sex than the prevailing modes of dress? Surely, they were never dictated by *nature*.

Nature is perfect, as is its Author; therefore, let us study nature, and perfect our ways. H. M. S.

POSTAGE ON LETTERS FROM THE STATES TO CANADA.—[A Canada correspondent thus writes a New York paper:—]

Many of our New York correspondents put three cent stamps on letters to us, instead of ten cent stamps, the amount necessary to carry a letter over the frontier. Anything less than ten cent stamps are only thrown away, as they are not credited at all.

New-York, April, 1852.

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

OUR DEAD LETTER OFFICE.—We have received several important business letters, without date, State, county or town, which, of course, cannot be answered. Besides several now in the New York office, on which the postage has not been paid. More care should be taken, to secure the object desired.

ADVERTISERS will do well to specify the number of times they wish to have their cards inserted, unless ordered in for a specified number of times, they will appear but once.

TO PREVENT MISCELLANEOUS, all letters and other communications relating to this Journal should, in all cases, be post-paid, and directed to the publishers as follows:

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

APRIL MATTERS.

BY R. T. TRALL, M.D.

HYDRO-DRUGOPATHY.—All the medical journals in the country are finding fault with the Water-Cure Journal, because it advocates its own system and does not advocate theirs; because it contends for its own system of medical practice *exclusively*, without mixing it up with any other; in a word, because it is just what it pretends to be.

It is known to most of its readers, that there are two classes of professedly Water-Cure doctors. One excludes all internal drug-medicines, except chemical antidotes in some cases of poisonings. The other class may be subdivided into several orders, genera and species, from those who use very little druggery to those who use very considerable; indeed, with some of them it is hard to tell where hydropathy ends and allopathy begins. There is also a variety of some species of this latter class who eschew all the druggery of all the apothecary shops in all creation, but who cling with wondrous faith to dirty and drugged water as a remedial agent. With these salt, sulphur, lime, chalk, magnesia, silica, iodine, and ferruginous impregnations, which are so mischievous when mixed up in a common drug-shop, are marvellously innocent, sanitary and remedial, when found in any pool or puddle of "mineral" or "medicated" water. Our dull vision is unable to comprehend the difference.

Some profess to be three-fourths, others seven-eighths hydropathy proper, the *improper* (so to speak) fractional part being made up of allopathy, homoeopathy, eclecticism, or something else; and some indeed there are who manage to get along by an eclectic selection from all the pathies known among men.

Our position is generally known. We are "exclusive," "ultra," "radical," "revolutionary." The same is true of several among the most prominent practitioners and active advocates of the new system. That others who differ with us, who advocate a practice one-half, two-thirds, three-fourths, or seven-eighths hydropathic, are equally intelligent and conscientious, we have the modesty to admit.

But, all personal considerations aside, the important question presents itself, who is right? The truth alone is what we should labor to demonstrate, and is what the public are only interested to know. We have of course many reasons, more or less weighty to advance in support of our great

faith in hydropathy exclusively. Others, who differ with us on this point, have, doubtless, reasons to them conclusive, why drug-treatment should be an auxiliary to water-treatment. Perhaps a candid, frank, and friendly discussion of this matter would serve to elicit truth and eventually bring us all together on one or the other platform.

In the American Magazine for February, published in Cincinnati, and devoted to both Homoeopathy and Hydropathy, we find an article from the pen of Dr. Charles Munde, who is at the head of a water-cure establishment at Northampton, and who claims to be "the oldest disciple of Priessnitz now living," from which we take the following extract:

"Let us stand firm on the platform Priessnitz has prepared for us; let us never depart from the principle not to use drugs when we can do without them; but for God's sake, let a patient's life or health not be sacrificed thereby to the honor of our system, if we know a remedy, beyond its limits, to save him. Who can hesitate to acknowledge that it is better, in doubtful cases, to sacrifice the system to the patient than the patient to the system. For my part, although one of the first disciples of the immortal Priessnitz, by whom the great master proclaimed that he had been thoroughly understood, and one of the most zealous promulgators of his system, I shall not hesitate, nor did I ever, to save a patient's life or health, or to relieve his sufferings, through the application of any remedy within my reach, if I find water insufficient for the purpose. It is a great and useful principle never to use drugs except in cases of need; but it is an error, a gross error, to believe that all the researches and experiments made by so many deserving and enlightened men, through two thousand years are altogether nonsense."

Nobody will dispute the above writer on the score of duty. Nobody will deny that the physician is bound to preserve the health and save the life of his patients by the use of any remedy, no matter to what system or school it belongs. But what we desire to know is, *if there are any cases*, and if so *what cases*, wherein water-treatment will fail and drug treatment succeed. The spirit of the above quotation implies that there are such cases. We are prepared to abandon our present position at once, whenever the above implication is proved. We therefore, respectfully solicit, for the edification of the public, Dr. Munde's facts or reasons on this question. All we ask is that one case be fairly presented in which water-treatment has failed or will fail, and in which a drug remedy has cured or will cure. If one case can be shown, a hundred or ten thousand may be presumed; and then the inference would be logically irresistible that the platform of Priessnitz is just no platform at all.

SHIP FEVER.—This disease still prevails among us, more particularly among our immigrant population. Since the death of Dr. Doane, health officer of this port, and that of several police officers, our newspapers and medical journals have had a good deal to say about the cause, nature and prevention of the disease. We have not, however, yet noticed a syllable in the allopathic journals respecting its treatment. They declare this fever now to be as fatal as the plague ever was, and regard an escape from death as a mere possibility, after its access.

We do not believe the disease is of necessity generally fatal. We have full and abiding faith

that very few would die if treated from first to last hydropathically. We have evidence of this beyond mere theory. We have treated apparently bad cases and always successfully with water-treatment; and other hydropaths in this city have done the same. There is nothing peculiar about ship fever. It is the ordinary form of typhus fever modified by long confinement to highly carbonized and irrespirable airs, and gases charged with effete animal matters; precisely what every one who understands the physiology of respiration would expect to be engendered and accumulated in crowded emigrant boarding and lodging houses and hospitals, and in the close holds and cabins of ill-ventilated ships. The type of ship fever is highly putrid, indicative of a general pravity of the blood, this resulting from its imperfect purification in the lungs. The proper and the only rational treatment is exceedingly simple. Abundant ventilation, and copious ablutions, are its essentials. The wet-sheet pack seems to draw the miasm from every pore of the skin like a suction pump. How ridiculous the idea of puking and purging the poison from the stomach and bowels when it is not there at all! It is diffused throughout the whole vital domain; it pervades all the circulating fluids, penetrates every gland and follicle, and attains every secretion; and it can only be deterged through the millions of millions of pores opening on the surface of the body. There nature, instinct, reason and common sense, direct us to apply our processes to aid and assist nature.

WORMS.—The strangest conceits imaginable exist in many minds on the subject of worms in children. It is a very general opinion that worms in the bowels of young children are essential to health; the only difficulty arising from the animals becoming too numerous or too large, or too restless, or too voracious. Correspondents are continually writing us about worms. A sample of a whole pile of communications on this subject is the following:

"Will not some of the able contributors to your Journal, write a treatise upon the causes and treatment of worms in children? Is it true, what "old people" tell us that children could not live without being thus troubled? The thought that such a thing is absolutely necessary to life, tends to destroy much of the reverence I entertain for One who made so beautiful a piece of mechanism as the human frame."

Our correspondent's doubts are the natural promptings of common sense, while his apprehensions are the relics of error, superstition or tradition. Nothing is more common than for us erring mortals to mistake our own aberrations for the order of nature; to mistake the consequences of our violation of a natural law for the law itself. The popular system is full, surcharged, with just such blunders.

The notion that worms are indispensable to health, is not to be charged wholly to the whims of old people, since some of the most eminent authors in the medical profession have taught the same doctrine. The celebrated Dr. Rush, of this country, and the equally distinguished Dr. Parr, of England, entertained and advanced this absurd phantasy.

The ordinary sources of worms are impure water and bad food; and this simple fact very

clearly indicates the remedial course. Our correspondent, and others who wish to understand this subject more fully, will do well to consult the Hydropathic Encyclopedia; also Dr. Shew's recent work on the Diseases of Children.

ADULTERATED LIQUORS;—The Boston Medical Journal says: "Having read Adolphe Wolfe's frightful account of the vile mixtures that are sold under the name of gin, port wine, brandy, &c., favorite articles with a large body of men throughout the United States, we are constrained to confess, if his statements are true, that the legislature could not do a more humane act than to interdict the sale of the whole of them." Connected with this idea is another idea. Could physicians do a more humane act than to cease prescribing these vile compounds of alcohol and drugs in the name of medicine!

DRUG-PRACTICE ILLUSTRATED.—A correspondent of the Boston Medical Journal, who signs himself *Medicus Anonymus*, gives the particulars of a case which he prefaces with the following words: "It is unfortunate for the medical profession, and still more for those who are the subjects of their ministrations, that while their successful exploits are blazoned to the world, their failures and mistakes are carefully concealed."

The case is reported thus: "June 20.—Mrs. J.—sent to me for medicine for menorrhagia. Without seeing her, or ascertaining accurately the symptoms or urgency of the case, I sent a prescription of acetate of lead (sugar of lead,) with verbal directions. Exactly what quantity she took, or how soon it had the desired effect, is not ascertained. On the 28th of the same month the patient died. Dr. Anonymus, after giving the details of the woman's sufferings for six days after taking the medicine, thus concludes the story:

"I was much in doubt about the nature of this case, and my doubts are not fully resolved yet. I incline to the opinion that she was poisoned by the lead, inasmuch as I know of no other cause for just such an assemblage of symptoms; and I believe that there was no symptom that might not originate in that cause. My counsel kindly attempted to relieve my doubts by suggesting malignant disease of the uterus; and disavowing entirely the suspicion of lead-poison. But I was not satisfied. I did not think of looking for the blue line on the gums in those days; if I had, I might not have the comfort of a doubt now. I leave the case, having made as full and fair a statement as I could from my meagre notes, for every reader to decide for himself."

OLD FOGYISM ON TEMPERANCE.—Several of our leading, commercial, and political newspapers, which profess to be the very pinks of consistency on all temperance matters, are chopping ridiculous logic in their attempts to serve God and mammon in the same paragraph. Some of them have attacked this Journal because it takes but *one side* of the great question of temperance reform, instead of keeping on both sides after their example. The *Commercial Advertiser* well represents all of these papers. A late number thus defines its position:

"We are free to say that we have been much perplexed in deciding upon our public duty with respect to the present movement in favor of making the Maine liquor law the law of this state, and hence has arisen our comparative silence upon

the subject. This journal has always been the consistent advocate of temperance, and we would not even seem to say anything that might be construed into discouragement of its friends in any judicious or even well meant efforts to promote the cause."

Never did a rum-seller denounce the "fanatical" movements of temperance men who were laboring to destroy his legitimate business, and injure the *cause of trade* generally, without first declaring his *consistency*, and then uttering his fear and trembling that the cause of temperance might be injured. How a man who reveres God and loves humanity more than he regards liquor and worships traffic, can be perplexed as to the course of duty, surpasseth our comprehension quite. But the Commercial develops its grand idea of temperance further along:

"Let us look candidly and temperately at these facts. It must be borne in mind that New-York city is a great sea-port—the sea-port of the Union. The importation of wines and spirits forms a very heavy item in its commerce."

Aha! The State of Maine, where legal suasion has effectually suppressed the soul-destroying traffic, is *not* a "sea-port town!" The liquor trade there was a smaller item of commerce than here. Thus is the whole moral aspect of the trade revolutionized by a single commercial statistic. "One murder makes a villain—many murders make a hero."

Another argument urged against the Maine law in this state, is its impracticability—it can't be enforced. Says the Commercial:

"It by no means follows that because the law can be enforced at Portland, Maine, it could *therefore* be enforced at a great port like this of New-York city. In the one case the importations of wine and spirits are but an inconsiderable item in the trade of the port—mere local supplies: in the other, they form an important branch of commerce, furnishing supplies for the whole country."

Not a syllable about the effects of this extensive traffic or the character, morals, habits, and lives of the people! All is trade—trade—trade—and the rum-trade at that. But something must be done. The Advertiser admits that the whole city is demoralized by the traffic; but it must be done in some way that will not injure the traffic. Was ever anything more puerile, double-sided, self-stultifying and twattleish than the project shadowed forth below:

"And now what can be done! All the energy that has been evoked and the interest awakened, all money expended, must not be wasted. Something can be done, something ought to be done, and something *must* be done, to stem in some degree the tide of intemperance and demoralization that sweeps along the streets of this great city. The dealers in intoxicating liquors are probably as well convinced of this as the friends of the temperance cause. They would not oppose a reform measure as they would a radical one—and reform would be a mighty step towards the annihilation of the traffic. Now we think that if the friends of temperance would unite upon two points, they might carry them with but very little difficulty;—the entire, absolute suppression of the *Sunday* liquor traffic, and the isolation of the retail trade, or its separation from any other branch of business, so that intoxicating drinks should only be sold in what would be publicly known as liquor stores and liquor stores *only*, the owners or tenants being forbidden to sell anything else."

ALLOPATHY ADVERSUS WOMAN.

BY R. T. TRALL, M. D.

THE times are portentous. Every body is beginning to talk, think and write on all sorts of subjects. Men and women all over the area of civilization are discussing arts, sciences, social relations, political rights, individual duties, &c., &c. What is to become of the professions? Our profession, the medical, is in imminent danger of being—understood. Even the women, married and single, Bloomers, and not very blooming, are prying into the mysteries of the healing art with a "when-she-will she-will," sort of pertinacity, which threatens to result in their becoming their own doctors, if not—dreadful to contemplate—ours also. Our only hope in retarding such a consummation, hangs on our brethren of the old school. They are conservative. They go for keeping things as they are; or rather "as they was." Their great strength lies in looking backward; and whenever it is desirable to make resistance or interpose obstacles to the uneasy and impertinent wheels of innovation or progress, we turn to them as instinctively as the "Austrian Snake" did to the "Great Bear" in the late Hungarian outbreak.

But there is help for us. When Dr. Hooker's "Refutation of Homœopathy," emerged from the press a few weeks ago, the Boston Medical Journal, in ecstatic transport exclaimed: "After years of unobtrusive devotion to the arduous duties of his profession, Worthington Hooker, M. D., of Norwich, Conn., has broken forth like a new constellation." Borrowing for this occasion this beautifully magnificent astronomical figure, we have to say, that, after witnessing for years the attempts of females—maids, matrons, *old* maids and widows, by means of going to school, female colleges, woman's rights conventions, and other "devices of the adversary" to wrest from our hands the very-well-paying and correspondingly important practice of midwifery, Dr. Augustus K. Gardner, of New York city, has "broken forth" in a loud strain, rivaling in earnestness, if not in truthfulness, the important discourse once delivered by Baalam's eloquent donkey. Our aid and comfort against the aggressions of the *other sex*, appears in the shape of a printed book of thirty-two pages; and this is its title:

"A History of the Art of Midwifery. A Lecture delivered at the College of Physicians and Surgeons, November 11th, 1851. Introductory to a Course of Private Instruction on Operative Midwifery, showing the Past Inefficiency and Present Natural Incapacity of Females in the Practice of Obstetrics. By Augustus K. Gardner, M. D., Fellow of the New York Academy of Medicine; Member of the Massachusetts Medical Society, &c.; Author of Old Wine in New Bottles; or the Spare Hours of a Student in Paris, &c., &c."

The most timid and disheartened among men cannot fail to recognize, in this formidable title page, a champion, "armed and equipped as the law requires," to defend us men-midwives from the female "enemy." This book is admirably calculated to make the dear creatures—we mean the rebels—continue to "love, serve and obey" us Lords of creation, and especially secure all that relates to the *service* and the *obedience*. Not having room to notice the whole work, we must content ourselves with calling attention to a few of its most brilliant gems. The introduction to the book thus opens:

"Within the last few years, an attempt has been made to interest the public in favor of a scheme for the education of females, and their subsequent employment as practitioners of medicine. More particularly their special adaptation by sex, nature, and moral perceptions and endowments, for the office of assistant in the perils of child-bed, have [?] been urged, as if its advocates supposed this to be the only argument of any weight that they could adduce."

Some persons might suspect the construction of the above sentence to be ungrammatical; and it has been insinuated that those who write false grammar are apt to think slipshod logic. The next sentiment we shall

notice, is the doctor's idea of the *nature* of woman. Mr. Weller thought that women always went "contrary to natur," but Dr. K.'s philosophy is, that women have two natures, one contrary to the other. His language is:

"Woman has too much kindness of heart, sympathy and sensibility, to properly fill this important post. Granted that all women do not possess such acute perceptions, she is then denaturalized; she is not a woman in all that makes a woman lovable and valuable. I have known many professed midwives—I have seen the portraits of many more most celebrated in their calling, and their lineaments all betray—not the sensitive heart alive to human woes, throbbing in sympathy—but cold, hard, calculating, mercenary."

Here we have the woman feminine, and the woman masculine. The former is too much of a woman for the business; and the latter too much like a man. A prudent controversialist always keeps on both sides of all doubtful propositions! The introductory winds up with the following announcement:

"By the advice of distinguished professional friends, it is now published, an *index* alike of the past, and a *guide* to the future."

Following the "guide," we find on page 12, the following astounding intelligence:

"From the foundation of the world, man has been born of woman; and, notwithstanding that his inventive genius has discovered steam, the great Briareus of the nineteenth century, and harnessed him to his chariot, and sends the lightning to do his bidding over the almost boundless extent of the world, yet we cannot hope that any change can be effected in this particular."

We will, then, henceforth, consider it as settled that the steam engine and galvanic battery are *not* to be so applied as to effect any change in the manner of being born. We hope those females who are *assuming* the duties of midwives, will see the bearing this fact has upon their pretensions. We think, however, the learned gentleman has carried his history back beyond the beginning. He should have excepted "Adam, the first man."

The next period absolutely confounds us. "But, although men's entrance into this world was always in this manner? (what manner?) the art of midwifery was of much more recent origin."

More recent than what? than "always?" or than "in this manner?" There is profound meaning somewhere, but we can't dive deep enough to fetch it up. Next comes several pages devoted to the Bible history of midwifery, from which the author draws the inference, that females *must have been* very awkward midwives "from the foundation of the world," if not before.

On the important theme of propagation, the author has collected the following highly entertaining data:

"While I am upon the Bible history of the art of midwifery, it may not be amiss to mention an instance of the most rapid propagation mentioned in any work. After Joseph was settled as Governor of Egypt and his father had gone with all his house to join him, 'all the souls of the house of Jacob which came into Egypt were three score and ten,' which evidently refers only to the males—the descendants, excepting the tribe of Levi, were numbered by Moses, the second year after leaving Egypt—which is variously considered to be from 210 to 430 years. The number at this time was 603,350 fighting men above 20 years of age. A calculation is gone into in the Talmud, which has been very much ridiculed by many. Allowing for the early marriages capable of being contracted in a warm climate, and ordinary length of life, it is found that for this increase it is necessary that there should be six children at a birth. Those believing this have been jeered at, because it was stated that there never was an instance recorded of so many human beings being born at once. But, recently, a woman at Sydney, New South Wales, was delivered of this number, which has proved the thing possible, though none the less miraculous."

Passing along through several pages of rather dull historical gleanings from medical books, we come to the great improvements made by male accoucheurs in the art of midwifery. After eulogizing the inventors of several instruments, the doctor speaks of ergot in the following non-committal terms:

"In 1807, the first addition to the obstetric art from America was made by the discovery of the peculiar virtues of Ergot in exciting uterine contractions, by Doctor John Stearns, late of this city. The general virtues of this very valuable medicine were for a long period but little known to the mass of practitioners, and its use confined to the younger members of the profession, and those of the elder who have sided in its favor; many and long were the controversies respecting its virtues. Its value as a medicine in various diseases of women is still under investigation."

As our author leaves the character of this drug, which has been extensively employed for about forty-five years, somewhat in the dark, we add, in this place, the opinion of several of Dr. G.'s medical contemporaries. Dr. Ward, of New Jersey, testifies that its action is very injurious to the child. The late Dr. W. Moore, of this city, said: "It appears to be injurious to the child at all times; for in every case in which I have seen it exhibited, the child has been still-born." Dr. Hosack gave the ergot in three cases, and the result was three still-born children. Dr. Chatard, of Baltimore, gave it in twelve cases, six of which resulted in death to the child. Dr. Church reports giving it in seven cases, five of which resulted in still-births. Dr. Holcomb declares it generally fatal to the child. Dr. Perkins, of this city, has certified that it not only destroys the child, but produces sterility in mothers. Professor Huston declares it a most dangerous and destructive drug. Coincident with this testimony is that of Professor Dewees, of Philadelphia; Dr. Rambotham, of London; Dr. Peterson, of Glasgow; and M. Dubois, of Paris.

On page 27, our champion remarks, "The student of the history of midwifery will in vain seek to find a single instance recorded of any useful practical discovery made by the midwife." In other words, no female physician has ever introduced a single medicine like unto the ergot aforesaid.

Of the practice of midwifery among the ancient Greeks and Romans, our author acknowledges he knows nothing, but with remarkable shrewdness *presumes* the women made awful work of it:

"During this period we can learn little of the duties of the midwife. This individual seems to have been a remarkable busybody. It is highly probable she did too much, rather than too little. She busied herself about everything which interested women, and was the oracle respecting everything relative to their outward embellishment, the color of the skin, the shape, the breasts, all sequelae, probably numerous enough, of confinement. She made marriages, procured abortion, and cured sterility; in short, the Cleopatras, Aspasias and Agnodices of Ancient Greece, were very similar and probably more ignorant than the infamous Restells and Costellos of our day."

Other historians do not represent these Cleopatras, Aspasias, and Agnodices, in quite the same light that Dr. G. does. In their day the medical faculty procured the enactment of a statute prohibiting women from practicing midwifery. All this was done, of course, out of pure love for the health and morals of the people, with due regard to the dignity of the profession, and reasonable fees; hence, all who violated the law were infamous beyond measure; and if the Cleopatras, etc., did not actually commit the offences, and meddle with various affairs, as Dr. G. *suspects*, they did that which was ten hundred thousand million times worse. They *resisted* the mandate of the profession, when that mandate was backed by the law of the land, and refused to cease the practice of midwifery, by which perversity the faculty was robbed of much honor, and deluded out of many fees. Yea, history informs us that one of the above personages, to wit, Agnodike, did continue to serve the women of Athens, to their great acceptance, and to the great scandal of men-midwives, in defiance of law and physic combined. Yea, further, she persisted in this defiance until the statute, which was obnoxious to every woman of Greece—ain't women perverse?—was repealed! Wasn't that infamous? Why wasn't she hung?

Our author passes from ancient to modern times by

a single bound, and in the next paragraph gives a killing slap at various kinds of nonsense:

"At the present time there is a proposition mooted—springing from the same high source which advocates woman's rights, the Bloomer costume, and other similar nonsensical theories—to give again the portion of the healing art of which I am treating, if not the whole domain of medicine, to the females."

Woman's rights! What an absurdity! Women have *duties*. The "rights" belong to the *stronger* sex; the "duties" to the *weaker*. Such is the order of the whole animal kingdom; and man is an animal—a *human* animal; so is woman—all except the human. The present condition of the human race also proves this position. Look at Russia. See Siberia. Go to Tartary where the plowman drives his team of a cow on one side and *his wife* on t'other! View the Esquimaux, the New Zealanders, the Kamtschatkadales, the Fejee Islanders, the Flat-Head, and Snake Indians. See everybody, everywhere, except right about Boston, Lowell, New Haven, New York, Providence, Philadelphia, Baltimore, Cincinnati, New Orleans, St. Louis, and a few other fanatical and rebellious localities. Well has our redoubtable defender of man's prerogative wielded this tremendous word "nonsense" against our *natural* foes, the fair sex!

But we have, like skillful actors on the great drama of life, reserved the best part of the performance for the last:

"The dark ages seem to be again reviving. Hand in hand with the infinitesimals and the water wonder-worker, comes the hard-faced midwife, tintured with both theories, (for theory means absurdity now, and professor is a term applied to mountebanks and quacks.) We have lecturers and lectresses, and female colleges, where the very large and highly intelligent classes are taught how to get children, and especially how not to get them. The Women's Rights Convention cannot see why women should bear children more than men, and while waiting some plan to equalize this matter, they refuse to bear them themselves."

The curtain drops. If our readers have never heard of anybody "dying a laughing," they probably will now. There are such things as killing by cruelty and by kindness; but it was left to our hero to conceive the method of killing off his foes by the shafts of wit. If any of them can survive this excruciating onslaught, we can only protest they have no right to; they are in duty bound to become defunct, as soon as they can possibly blow their breaths out of their bodies!

Reviews.

THE HYDROPATHIC ENCYCLOPEDIA.

This great work is now completed and ready for delivery to subscribers. It makes two large volumes, comprising nearly one thousand pages of closely condensed matter, illustrated by three hundred engravings. There is, we venture to assert, no work in the English language, probably not in any language, in which so many subjects are treated of in so small a space; nor which contains so great a quantity and variety of matter in proportion to the number of pages. Were its contents spread out with large type and open spaces, as in ordinary medical works, and not trimmed of every superfluous word, they would make two thousand pages instead of one, and cost the purchasers two or three times the present price. It is therefore the cheapest medical work extant.

Almost every topic within the whole circle of the medical sciences is briefly yet clearly presented, while the departments of Hygiene and dietetics are more fully and thoroughly discussed, than in any other medical work. As far as the work has yet been circulated it has not only given universal satisfaction, but has received the warmest eulogies from all classes who desire the redemption of humanity from diseases and drugs. And we feel very sure that if a copy of this book could be soon placed in every family in the United States, there

would be a rapid diminution of the rate of mortality all over the country, besides an immense saving in doctor's fees, apothecaries' bills, loss of time, etc., to say nothing of exemption from painful suffering, and the increased prospect for length of days.

Dr. James C. Jackson, of Glen Haven Water-Cure, thus speaks of this work:—

MESSEURS. FOWLERS AND WELLS.—You have kindly laid on my table the work of Dr. Trall. Though not personally acquainted with him, I had good reason to suppose, from his acknowledged abilities and the reputation you have for publishing works only that are adapted to the wants of man, that this work would be of value. I have examined it, and thank the author for preparing it, and you, gentlemen, for publishing it. It answers my expectations. The work will become a text-book in our Academies, Schools, and in Medical Colleges where Progress and Common Sense are recognized Deities. But above all will it be a text-book for the People. From its pages we may draw wisdom as well as understanding, which is more than can be said of most volumes undertaking to treat of the subjects which this treats of.

It gratifies me beyond measure to see intelligence relating to the Human organism spreading among the masses. And books like this communicate it. The man who can devote himself with care and exactness to the compilation and writing such a book as this, weaves for himself a winding sheet that shall preserve him from decay in the memories of men. He insures himself against forgetfulness. He builds his monument and places it on his resting-place before his hour for the long sleep comes. For he teaches men the TRUTH, and what is additionally advantageous, he teaches it in their own language *mainly*. It is no small credit to the author of the Encyclopedia that he has so expressed himself as to make his book take with the people. For the people must read to *know*, and barbarous terms will not convey knowledge. And the People must *know* if it is wanted or expected that they will *do*. Under what rule is it to be expected that men will obey Physical law, if they do not understand the structure and uses of their bodies. The law must set forth a reason for obedience—and this reason—its very life—is the relations of parts of the organism to each other, and to objects, and influences external to itself. The body of a man is greater than the law that regulates it, as much so as the soul of man is greater than the truth which benefits it, would it be an object worth attaining to have man honor the *laws* of his being, teach him first to honor his *being*. And the way to do this, is to teach him of what and how he is made. You may prate till the crack of doom to the millions, of disease and death, of the troops that daily throng death's high-way, by reason of inattention, and it is as useless as to sing David's Psalms to a fool with a view to awaken in him the spirit of devotion, unless their interest in the mechanism and uses of the human body is awakened. Once awakened there is no limit to the enthusiasm which follows. Into what a sublime field does he step who undertakes the investigation of the *human system*. Around us are great mysteries—Over our heads are the clearest proofs of the Divine presence, and under our feet are evidences of God's existence; but man is Heaven's greatest secret, whose resolves it is a workman. This writing a work on Anatomy and Physiology may by many be considered of little significance; but it is far from being so. For the redemption of the race to a very great degree lies through processes that shall acquaint the people with their Physical natures.

One Physiological author is worth a score of Divinities. One public teacher who exemplifies his theories in a *well ordered life*, is of more benefit than a troop of preachers of theology. The man who *debauches* in diet, or drink, or excesses of the nervous system, will not, cannot be a *holy man*. His prayers may be long, but passion predominates; his ritual extensive, but

they have special reference to his own benefit, his enthusiasm great, but it ebbs like a tide, and a fit of Dyspepsia or the Gout makes him forget God and quarrel with all who approach him. The high-minded man the true Spiritualist will always be found to be one who sees life in others,

"Than beef steak and plum pudding,
Capon sauces and wine."

He is one who knows that the lusts of the flesh deprave the soul, and, that by parity of reasoning—to keep the physical system in harmony with its laws, gives the soul opportunity to make practical its upward tendencies. But already, have I much exceeded the limits assigned in my own mind for a review of this book, and so in conclusion would congratulate the writer in having found you to publish, and you in finding so good a work to give to those who in the department of knowledge embraced in the book are seeking light.

[THE AMERICAN PRESS, have spoken plainly and warmly, in regard to the merits of this excellent work. We annex a few brief remarks from the *New York Daily Tribune*, as a fair sample,—reserving for another time and place, other commendations which we may be disposed to present to our readers.]

"THE HYDROPATHIC ENCYCLOPEDIA," by R. T. TRALL.—This useful work is, at length completed, forming a collection of elaborate and instructive treatises on various important topics of anatomy, physiology, hygiene, dietetics, and other collateral subjects. The title of the book does no justice to the extent and variety of the information which it contains. In preparing it, no pains have been spared in collecting and consulting the most valuable authorities. The editor, however, has by no means confined himself to the work of compilation. He has enriched the Encyclopedia with the results of his own observation, and stated them in a lucid and attractive manner. For popular reference, on the subjects of which it treats, we know of no work which can fill its place. Without any parade of technical terms it is strictly scientific; the language is plain and simple; the points explained are of great importance; devoted to progress, the editor is no slave to theory; he does not shock the general reader by medical ultraisms; while he forcibly demonstrates the benefits of modern improvements. Of all the numerous publications which have obtained such a wide popularity, as issued by Fowlers and Wells, perhaps none are more adapted to general utility, than this rich, comprehensive, and well-arranged Encyclopedia.

Miscellany.

THE PROPOSED DISCUSSION AGAIN.—We have not yet been able to find an opponent in the ranks of Allopathy who is willing to go before the public, in a fair controversy with Hydropathy. But we cannot believe our invitation will remain much longer unaccepted. If our opponents are honest in their own system, which we will not doubt, and if they really believe we are teaching unsound doctrine, which they pretend, how can they satisfy their consciences in not exposing our errors, when we offer to let them do it at our expense? We would not object to paying them a reasonable compensation, if they will bring out their tallest champions. We desire them to recollect that denouncing our system in *their Journals* does no possible good, because their readers are already in their way of thinking, and our readers do not read their fulminations. Gentlemen of the drug-system, we offer you our oolums to prove to our one hundred thousand readers, that we are misleading them. Can we do any thing more for *your side*?

PUBLISHERS.

QUACKERY IN WATER-CURE. By Joel Shew, M.D.—A friend, in a distant State, sends me the advertisement of an individual who styles himself not only an M.D., but has several other titles attached to his name, and who advertises that he is about to open a "Water-Cure."

The principal object of this advertisement, however, is to herald forth certain quack nostrums which have great sounding names attached to them, and for which the said nostrum monger must have the money in advance, before the medicine can be sent.

Now, according to the custom of medical impostors, this individual claims that his nostrums will cure all cases of consumption, and that for dysentery, they never fail of curing the patient *right straight from the mark*. Female complaints of course come in for the usual share; and as for all fevers, they are with certainty cured in a few minutes, and in a day or two the patient is sure of being as well as ever.

The friend who sends me this advertisement in common with many others, fears very much the result of such imposition upon the public, and believes that it will do great harm to the noble cause of Hydropathy. But I am of a different opinion. Water-Cure stands, and always must stand, on its own intrinsic merits. If a man sets up to cure disease with water, merely because "he thinks he can make it profitable," he is sure to fail in the attempt. He knows nothing of the system, and how can he succeed? Even the honest workers in the reform, those who know most of it, must, necessarily, work to a great disadvantage now, in the beginning of the movement. This is true of all reformers. A reform must always be attended with sacrifice in its beginnings.

I do not, then, for one, fear the doings of those impostors who would speculate in the Water-Cure. They can never succeed. And even the temporary harm that they may do, will be more than counterbalanced by their bringing Water-Cure into notice, in a bad way though it be.

GOSSIP FROM OHIO.*

BY A PLOWBOY.

DEAR PUBLISHERS—I herewith send you the names of ten subscribers for the Journals, accompanied by the necessary amount of cash, the pleasant result of a three days' tramp. I should think that I had been very successful; did not an article in the Journal remind me that its writer had done twice as much in "a few hours?" He must be endowed with an inconceivably greater gift of the persuasive than myself, or live in a more progressive community; perhaps both; for I have labored three days, faithfully, to obtain the above number; but, "to whom little is given, little shall be required," and "vice-versa." Why, brother Hills, if I could get subscribers at that rate, I would do nothing else, until I had added at least five hundred to the list.

The new volume looks very attractive. That "colloquy," in the January number, is worth the cost of the Journal; and the Illustrated article by R. T. TRALL, is richly worth four times that amount to anybody. The Water-Cure Journal is certainly progressing in excellence, as well as in its circulation; and it does one good to behold the inexpressible satisfaction which lights up the countenances of those who can reply, "I do take it," when solicited to subscribe; and, also the eager willingness with which those whose "year is out," renew their subscriptions. Such silent, but hearty acknowledgement of its true worth, speaks for this most welcome visitor, that unfeigned praise which "can be felt;" these are the fountains which will flow together, and, rolling on in an irresistible flood, drown old Avarice, with his brother Bigotry, and wash king Alcohol and his concomitants, tea, coffee, tobacco, and apothecary shops into everlasting oblivion, and thus purge our race from its mental and physical degradation, that it may attain to a standard of excellence, worthy of beings formed after the likeness of their Creator.

* This earnest, hopeful, and encouraging epistle, was received some time ago, yet it is as good as ever.

The Pathics Illustrated; or, the Wrong and the Right Way.

THE pith of the story, explanatory of these illustrations, is taken from Arthur's Home Gazette. It is substantially as follows: John Jeremiah Higgins Jones, the only and hopeful son of John Jones, for the furtherance of his education and the improvement of his morals and manners, was placed under the discreet government of his aunt, Mrs. Tabitha Higgins, widow of Jeremiah Higgins.

After the departure of the nurse, Mrs. Tabitha entered on her duties with the amiable intention of fulfilling them in the most exemplary manner; and, in order to do so properly, had provided several books of Domestic Medicine, and a goodly array of vials labelled—"Godfrey's Cordial."

A natural result of his aunt's much vaunted plan of education, had been, to make him a glutton, and he could devour any given or bought quantity of cakes and candies, to the astonishment of all who beheld him in the act. He was an unfailling and constant customer to the little shop round the corner, sometimes munching gingerbread horses, and, again, cannibal like, swallowing candy men, women and babies, sour drops, black jack and molasses candy. The particular occasion—unfortunate for Johnny, but fortunate for the artist—was that of a surfeit. Johnny had eaten and stuffed until the symptoms became alarming.

Whilst the servant ran for the doctor, Mrs. Tabitha after helplessly resolving in her mind certain outward applications of an emollient nature, suddenly resolved on administering a dose of Castor oil.

Master Johnny watched all the preparations with a heavy eye, too full or too stupid to speak, until aunt Tabby approached him with a bowl in which the oil was temptingly mixed with scalding hot milk, and sweetened with molasses. Softening her cross voice into coaxing tones, she endeavored to induce him to swallow the medicine, bribing him with unlimited promises of cakes and candies at some future time; but it was in vain that she plead and entreated; Master John Jeremiah had a fixed aversion to physic in general, and Castor oil in particular, besides distrusting with good reason the treacherous lures of aunt Tabby, whose particular creed was that "promises, like pie crust, are made to be broken."

As Mrs. Tabitha had neither the patience of Job nor his good temper, she soon tired of being amiable, and angrily protested "if he did not take the stuff by fair means, he should by foul"—and calling Lucy to her assistance, she attempted to force down the nauseous dose.

The struggle that ensued, in which the bowl was overturned, the loud cries that alarmed the doctor and Mr. Jones, who were just entering the house, the scene that met their eyes as they went into the room, and caused the latter to retreat hastily, muttering something about "the wreck of matter and the crush of worlds," are they not pictured by the magic pencil of Croomer?

As according to the most improved allopathic practice, the doctor ordered John Jeremiah an emetic, calomel, and another dose of Castor oil, accompanied with cold applications to his head, warm ones to his feet, and a very hot one to his stomach in the shape of a blister, we may hope he came out of the ordeal a wiser boy.



Mrs. Tabitha at least felt very virtuous in doing so much for the "poor motherless child," and when he at last struggled through his trials, considered the event as an evidence of her good nursing and the doctor's skill.

Mr. Jones had his own thoughts about the matter, but wisely kept them to himself.

Now if Master Johnny had been fed and clothed and washed hydropathically, the occasion of the above interesting scene would have been lost to the world, and to the artist. Johnny, however, might have caught an ordinary cold on some extraordinary occasion, and then the following demonstration—might it not have been pictured by the magic pencil of the same Croomer?



TO NOGGS AND QUOGGS.

FROM SCROGGS.

THE battle thickens, and the brotherhood swells its ranks. Unlike Odd-fellowship, it has but one password—one token of affiliation, one sign or note of knowledge, one counter-sign in the darkest night, on the most troublous day. That pass-word is, NATURE, the name of the Deity whom we worship. Whoso follows her, is one of us. Amid so much of effort that is destructive to her best endeavors, so regardless of her wisest teachings, is it not heart-cheering to find up rising

“from every brake and knoll of heather”

valiant ones who abjure the *false*, though it be the faith of their fathers, to cling to the true, though it has for its parentage none but God? Is it not doubly cheerful to see a gradual, yet steady enrollment of men and women who, neophytes though they are, are enthusiastic in their adherence to the *Water-Cure*, and their abandonment of drugs? It is so much better than to stop at a *medium* point, a *half way* point. In philosophy, there is nothing meaner than a *medium* philosophy. In practice, the height of folly is seen in attempts to reconcile antagonisms, and take up *neutral* ground. In personal life, the most characterless man is he who plays the *fool* in vain attempts to stand intermediately on great principles or events, and swing from side to side as the pendulum of time and circumstances vibrate.

As stout a lie as ever came from the lips of a Heathen, came from him who uttered the sentiment

“that Truth lies between extremes.”

It is not so. History disproves it, facts belie it daily, God denies it. Truth lies in extremes. Pray, how can one tell whether a principle is *true* till it is tested to its utmost *legitimate* application? Any where this side its utmost verge as a *test*, its application is useless. Pray, tell, how can *human* character be known, unless under circumstances to *tempt* or try it. Virtue unassailed, is virtue unproved; and, for aught one knows, may be weakness handsomely draped, pleasantly disguised. Glad am I, brothers, to see daily, evidence that no *half way* workers are the *Water-Cure* Revolutionists to be. They leave Mesopotamia not to stop till they get to Canaan. They know the difference 'tween a Hydropathist and a Hydrodruggist, to be deep and absolute. They know that *Hydra*-druggists are numerous, and that *Hydro*-druggists are their *offspring*, the difference between them being only that of an *o*, and an *a*, and that is not greater than is oftimes seen in father and son. Why should I not rejoice? Drugs and water were never made to go together. To an observant mind, nothing is more evident than that water adapts the system so that drugs take hold of it with deeper force, and keener relish; and if by this admission it is sought to show that they should combine, because of the greater effect of the drug in its healing capacity can produce, I have only to say that its power to irritate is quite as largely increased. As drugs oftener than in any other way *irritate*, how much do the half-way-house Doctors gain by giving water treatment? They add to the probabilities that drugs will act with fatality, and in wilder fierceness. That is all. Let the readers of the Journal keep clear of *drugs*, and those who deal in them. Death's great whet-stone with which he keeps his old ragged scythe to an edge, so that

“He mows down all
Both great and small”

is to be found in the drug-shops of the universe. Old man, if you want to die in peace, let drugs alone. Young man, do not be fool enough to touch them. Young maiden, they will take the peach bloom out of your cheek, about as speedily as the most thorough dissipation. Let them alone, one and all; and if your doctor does not know how to deal with you unless he gives drugs to you, let him alone. Why should one

take drugs? Is a sedative needed? Dr. Bell, of Philadelphia, declares that water is a most powerful sedative. Is a stimulant in demand. The Douche can do that job up, as some of the doctors would find, would they try it. Must one have a diuretic? Water appropriately applied will reach the case, as well as fox-glove, milk weed, juniper berries, codfish and coffee, or any other terrible poison. An emetic! Does madam need one? Well water just warm will upheave the foundations as surely as tartar emetic, or ipecac, and with this greater advantage, that it leaves no poison behind. A diaphoretic! What will sweat one more handsomely than a vapor bath, and what will tone up the system better than the plunge after it? Cathartics! If by them is meant an agent which *cleanses* the bowels, for cleansing is the English of the word; then, most unhesitatingly do I say, that in the whole materia medica nothing can be found like good, soft, pure water.

I lately received a letter from a young man, smitten by man, and afflicted. He begged of me to advise him. He said he had been in a *Water-Cure* the better part of a year, and was no better; said the water was hard, and after the physician had treated him about six months, told him one day that he thought his stomach wanted toning up, and so gave him gum-guac and brandy, strong beer, porter, &c. The patient is nearly dead under the administration. If a professed medical man can be a *quack*, what else is he who can so impose on the confidence of his patients as to give gum-guac and brandy, and call it *Hydropathic* treatment? Such men will, as far as their influence goes, hand over the *Water-Cure* to general contempt.

A young man in my neighborhood, was thrown from a horse and fractured his skull. A surgeon was called, an operation performed, and the patient dosed with calomel. Within two days his tongue protruded out of his mouth double its size, his gums sloughed to the jaw, and many of his teeth pulled by the finger, so loose were they. Excellent treatment this for a *cracked skull*!

A young woman has been confined in “THE Huddle,” where I reside. She foolishly exposed herself, took cold, and was blessed with a swollen breast. The Allopathic Doctor prescribed *physic* and flax seed poultice; the *physic* “worked,” and the poultice “drew,” but the swelling went on. When I saw it, 'twas hugely swelled, and the nurse was yet putting on by the doctor's orders, hot flax seed poultices, to “rot it to a head.” One other beautiful feature of the case is, that a “little tiny critter” lay at the other breast a-suck

“as though its life hung on the issue.”

A man, not a hundred miles from this, was taken with hemorrhage of the lungs. An Allopathic Physician was called, he knew of nothing better than to give morphine to stupefaction, ipecac to “lessen the circulation,” a hot mustard poultice to produce counter irritation, and a blister on the back to “stop the heart's flutter.” The patient was a thorough hydropathist, but his family was not confident in their own skill. They, however, applied for wet compress on the chest, and the physician thought it might “make the blood spout anew.” Brothers, this is a goggle-eyed world, but let us *hope*. The *Water-Cure Journal* is abroad, and a Hydropathic College is established, and the people in whom Kossuth said is a Divine Instinct to know the right, are rallying to the cause. Let us *struggle* on, success is born of struggle.

A NEW QUACKERY.—The exposure of the varieties of phases of medical charlatanism is one of the most important functions of an independent reform journal. It is a duty not to be expected from papers who draw a large part of their revenues from the advertising of nostrums; and the feeble cries of “Stop thief,” which come from the Allopathic medical papers, have little effect, for two reasons: they are not read by the peo-

ple, and there is a musty proverb against the pot improving the kettle. There is no apparent reason why a man may not deal out poison by aid of the newspapers, as innocently as by authority of a sheepskin diploma.

The vicinity of New York is infested with a class of medical mountebanks, who deal in some speciality, hail from the city of New York, where they profess to have great reputations, but where they have never been heard of. They go to the small neighboring cities, post handbills, advertise, and, in some cases, lecture—repeating, parrot-like, a lesson they have got by heart; impose upon popular credulity by a display of pretended science, and the asseveration of miraculous cures, reap golden harvest, and are never heard of again.

One of the latest of this class of “humbugs” has recently been put in practice in this vicinity; and as it is a taking theory, and adapted to a fearfully prevalent disease, it bids fair to be successful. But if people are plundered by this means, it shall not be for want of such enlightenment as we can give them. As usual, the disease to be cured is pulmonary consumption; and this is the method:

Consumption, according to these mercenary philosophers, is a purely local disease, consisting of the deposition of carbon in the lungs, in the form of tubercle. The reason why the carbon is deposited, is because the patient has not breathed enough oxygen to burn it up. The cure is to breathe oxygen. The tubercles rapidly disappear, and the patient is cured. All that is necessary is to breathe through an apparatus, in which is a sponge moistened with a peculiar chemical liquid, which converts the air into pure oxygen. Inhaling for a short time every day, for a few days, cures the most hopeless cases!

When Richard Adams Locke wrote the Moon Hoax, everybody believed it, because it was so scientific. Now this pathology and treatment of consumption is just as scientific as the Moon Hoax, and just as true. Let us look it over, and see how many falsities it contains.

1. Consumption is not a local disease. It is a well-settled fact that there are never tubercles in the lungs, without their being also found in other organs. Consumption is one development of scrofula, a disease which pervades the whole system, but which sometimes centres upon particular organs.

2. Tubercles are no more composed of carbon than the healthy tissues, and not so much as some of them. The ultimate analysis of tubercle is:

Carbon,	53.888
Hydrogen,	7.112
Nitrogen,	17.237
Oxygen,	21.767

Tubercle, in fact, contains five per cent. less of carbon than the basis of all the animal tissues. Comparing tubercle with some other animal products, we find that while it has a little less than fifty-four per cent. of carbon, albumen contains a little more; foematin, sixty-six per cent.; and the fatty principles contain as much as seventy-five per cent.

3. Oxygen does not cure tubercle, since it, of itself, contains nearly twenty-one per cent. of this principle. The effect of pure oxygen upon the lungs is feverish, exciting, and corrosive. It has no power to remove any deposit, but its evident tendency would be to aggravate any diseased condition. Oxygen, in the proper proportions, is necessary to the health of the blood; but it can have no direct action upon tubercle.

4. The atmosphere contains exactly the proper proportion of oxygen, and no human art can improve the mixture. The atmosphere is composed of about seventy-nine parts nitrogen, twenty-one parts oxygen, and five parts in a thousand of carbonic acid. The nitrogen possesses very little active properties; the carbonic acid is in very minute proportion. Oxygen is the active principle, and is combined with the

nitrogen as brandy is mixed with water. The nitrogen softens and dilutes it, but in no way alters its proper action. The pure air, as God made it, is just what we require. The air was made for the lungs and the lungs for the air; we cannot add to or take from its natural ingredients and proportions, without mischief.

5. The "crowning glory" of this quackery is the pretence of giving oxygen by separating it from the air in an inhaling apparatus. Oxygen may be procured by the decomposition of water by galvanism; by passing steam through iron pipes filled with heated charcoal; and it may be separated from some of the metallic oxides. But the pretence of separating it by moistening a sponge with a liquid which will absorb the seventy-nine per cent. of nitrogen, and the half per cent. of carbonic acid, is an arrant imposture, and will subject the charlatan who practises it to the penalties of obtaining money under false pretences. There is no such liquid or process. In all cases, it is the oxygen that would be absorbed, if either—never the nitrogen.

The probability is that the liquid in which the sponge is wet contains some anodyne or stimulating property, which is taken into the lungs, and which, though it may produce a temporary soothing effect, must ultimately prove mischievous. If nothing but water is used, it is comparatively an innocent swindle, and those who practise it deserve nothing more than to be compelled to refund the money they have taken, and made to get a living by laboring in some honest calling.

The great and increasing popularity of the Water-Cure has put these itinerating quacks, as well as many others, up to a new "dodge." They unhesitatingly denounce the old practice, which too much resembles their own, and declare that they are in favor of Hydropathy, and have no objection to combine it with their particular methods. Whenever this is done in any mode of practice, we are sure to find that if the water does the work, the drugs get the credit of the cure.

T. L. NICHOLS, M. D.

THE TRUE SYSTEM OF MEDICINE. By Giles E. Jackson.—[With this, we introduce a new co-laborer, in the person of our young friend Jackson, who is yet, we believe, in his "teens." The reader will judge of his ability and future prospects. We now leave him to "speak for himself," as shall every one who aspires to teach the public through the Water Cure Journal.—PUBLISHERS.]

Health consists in a perfectly organized structure, and in a proper and harmonious performance of the functions of the body.

Disease consists in a malorganization of structure, or in an improper performance of the functions of the system, or both.

Curative measures must consist in such agencies as will repair malorganizations, and reestablish the proper performance of diseased functions.

Injuries done to the structure of the body, by means of accidents, displacement of organs or joints, poisoning, collections of fluids in the cavities of the body, degenerations of tissue, forming cancer, &c., formation of ulcers, tumors, &c., growth of parasites, &c., belong to the province of surgery, and oftentimes require the aid of mechanical means, such as the scalpel, trochar, truss, ligatures, and bandages.

Undoubtedly, the first curative indication, in cases of functional derangement, is—the nature and causes of the disease having been ascertained—to remove the directly exciting causes of attack. Nothing but mitigation can follow any treatment, so long as the causes are in full operation. Let me illustrate. A case is presented of fever arising from suddenly checked perspiration: the fever cannot be subdued until the excretion from the skin is resumed.

Coincident with the removal of the causes of the disease, should be the removal of all habits and condi-

tions which, though perchance not causing this disease, still act injuriously upon the system, and thus retard the restoration of the patient.

This implies the establishing of such conditions and habits as are conducive to the regaining and preservation of health, thus placing the system in the best possible condition for the action of curative measures.

In considering curative measures, it should be borne in mind, that if the measure be a proper one, and is properly carried out, no harm will result from it, either now, or at a future period.

If harm result from the pursuance of a measure, one thing is certain: either the measure was not applicable, or it was improperly conducted.

Unless this is conceded, it must be admitted that "the lesser of two evils" is the proper principle for the foundation of medical practice. A true system of medical practice, when perfected, should comprise curative measures, harmless, yet efficient when properly applied, in the cure of every disease. I do not mean efficient to cure all cases of disease, or in every stage of disease; but that the remedies, when properly applied, shall generally control the disease. It should also comprise a system of measures, which, when carried out, should as far possible prevent disease; for true medical practice should, by no means, be confined to the cure of disease, but should also extend to the prevention of disease.

What are the claims which the Water-Cure system offers, to be considered the true system of Medicine?

Inseparably connected with the Hydropathic system are changes in the modes of living, tending to produce healthier states of body, thereby lessening the liabilities to disease, and establishing its claims as a system of prevention.

Can it remove the proximate causes of disease? Yes. Take the case I before cited, of fever: the excretion from the skin can be again produced.

One of the cardinal principles of the Water-Cure system, is the removal of all conditions that act injuriously upon the human system, and the establishing of conditions and habits conducive to the regaining and preservation of health.

Are the measures of the Water-Cure harmless? Experience answers, Yes! when properly applied.

Are they efficient? Medical science has not yet arrived at such perfection, that a perfect diagnosis is always attainable; but where such a diagnosis can be made, its results place it so far above other systems as to leave it without an equal.

It may be true, that all diseases are not curable by it; but as yet, the trial has not been made, and its happy results generally, give a prospect of the brightest future.

A MERITED TESTIMONIAL.—The following, from the *New York Daily Times*, will be read with interest by those having teeth, and desiring still to retain them. Mr. Leigh was the Temperance candidate for Alderman of the Ninth Ward, at our last city election, and is a prominent advocate for the Main Law, and hence a *hydropathist* of the right sort.—SUBSCRIBER.

LETTER FROM C. C. LEIGH, ESQ.

"MR. EDITOR:—The subject upon which I am about to express myself briefly, is regarded by many in this community with a sceptical eye. This fact impresses me with the necessity of speaking plainly, and to the point. Among the great questions which the present generations are considering, there is scarcely one of more vital importance (the Temperance cause, perhaps excepted) than that of preserving their teeth. It is a great question, because the mental equilibrium and the physical health depend upon them. Who ever knew good health and had teeth to be a simultaneous possession of the same person? The two conditions, in connection, are impossible. Hence, as a medium of health or disease, the teeth have become matters of not only great, but grave, importance to all concerned. Can they, then, be really and permanently saved? Conscientiously, I believe they can. My own experience has taught me this answer. For years pre-

vious to 1849 I had made various attempts (through the operations of several distinguished dentists) at saving my teeth, but all in vain. They seemed a doomed set of organs. I had no longer any faith in human appliances for their preservation. One day, while suffering from a dull grumbling ache in a tooth which had been but recently plugged, a friend advised me to consult Dr. Clowes, now of No. 7, Eighth-avenue. He enforced his advice so earnestly that (though still unbelieving) I was constrained to pay the Dr. a visit. I requested him to examine the grumbling tooth aforesaid. I said, "Can you save that tooth?" He replied, "I can." At this moment, I felt very much as thousands have felt, and are still feeling under like circumstances, and did not believe one word of it. I desired him to explain how he could do that which others had failed to accomplish. His explanations were so plausible that I requested him to plug that tooth as a test of his ability. He proceeded to do so, and my surprise then was not greater than my admiration now (nearly three years after) at the complete success of his skill. That tooth, a large grinder, is to this day a beautiful illustration of health, utility and comfort. Having saved the worst tooth in my mouth, I gladly gave the entire care of all my teeth into his hands. How well he acquitted himself of the task then imposed, let the past and the present answer. Before his operations my teeth were a source of continual annoyance; since then, they have been an ever present help and satisfaction to me. In view of these facts, I believe, and have written this, that others may believe also.

C. C. LEIGH, No. 232, Bleeker-street.

A LETTER FROM DR. BOURNE.—New Brunswick, N. J., March 10, 1852. To the Water-Cure Journal. *Friends*—You say to me, "Watchman, what of the night?" "What the signs of promise which it offers?" To which I reply, that as far as my vision penetrates, its gloom is dissipating, and the dawn of approaching day is becoming more and more manifest.

Engaged in discoursing upon Water-Cure and Progressive subjects, as I am, my opportunities for forming opinion are constant, and I can bear testimony that the inquiring mind is enlarging its bounds—that men everywhere are less easily led than formerly—that the idea of going on in the good old way is largely repudiated; so much so, that it takes a deal of "whipping-up" to keep "the people" from "kicking out of the traces."

Perhaps you have ere now heard that our Jersey friends do not enjoy the highest repute for their alacrity in seizing upon the novelties of the day. The effect of this reputation has been, and is still to keep at a respectful distance those "peripatetic philosophers" whose delight is to carry about progressive knowledge; and it seems plain to my apprehension that the loss is on the part of the sister state.

I have passed nearly the whole winter in the State, however, and must say I have found ample encouragement to hope for the future; although I have had occasion at times to buckle on all the fortitude and endurance at command.

The copious showers from the Water-Cure Fountain, with the sound seed of Water-Cure Journal and Works, subsequently sown by me, will yield its crop in due season. With unpolished speech, but earnest sincerity, I have planted and sown: now, let not the polished and the eloquent fall through indifference or fear, to endeavor to reap the crop; but sickle in hand, come into the field. Our Jersey friends will be ripe for the harvesting. Your co-laborer in the good cause is
Yours, truly, G. M. BOURNE.

THE WYOMING COTTAGE WATER-CURE is announced by advertisement as having now entered upon its second season. The pleasant location, pure water, and beautiful surroundings cannot fail to attract a large patronage. The managers and proprietors are competent to ensure success in whatever they undertake, and will, in every respect, fulfill their promises.

THE NEW LEBANON SPRINGS ESTABLISHMENT is also ready for the present season. New arrangements are announced in advertisement. The same proprie-

tors will continue its management—Dr. Wilmarth, physician. The celebrity of this charming place is world-wide, and is visited yearly by thousands. If lost health cannot be regained here, where can it?

Business Notices.

SPECIAL FAVORS.—Occasionally we are solicited to grant special favors besides those which we offer in our prospectuses; such, for example, as a request to send single copies of the Journal at club prices. Now, we are always glad for an opportunity to exercise our benevolence on the most extended scale, but we cannot grant these special favors to one, and not to another. When we offer to send Twenty Copies of the Journal a year, for \$10, we expect those who avail themselves of it to derive quite as much advantage from the transaction as ourselves. For, be it known, our profits on club prices are very, very small, yet we do not lose even at those rates.

But we should not, on account of the very few requests for "special favors," parade this matter before our other generous, liberal, and whole-souled co-workers, who have sent us tens, twenties, and even HUNDREDS of subscribers, without ever asking for the smallest favor. They work for "the good of the cause," and are satisfied with our very liberal wholesale terms and premiums.

In this connection, we may say it will give us pleasure to send extra numbers of the Journal to such persons as may be in need thereof, who are unable to pay for it. But we cannot possibly reduce our terms, while paper, types, ink, printing, etc. cost present prices; to say nothing about the cost of brains, clerk hire, wrapping paper, subscription books, etc. But enough of this. Next summer we shall try to "work for nothing and board ourselves," when we may be able to grant "special favors."

THE WATER CURE IN OHIO.—[From all parts of the "Buck-eye" State we are daily receiving testimony and "material aid" like the following, which shows pretty conclusively which way the wind is blowing, and indicates the EARLY DAWN of a BRIGHTER DAY for sick, suffering, and dying humanity.]

§ MESSRS. FOWLERS AND WELLS:—Enclosed I send you twenty-six dollars and fifty-two subscribers to your valuable Journals, which I have obtained in the last two weeks. Having taken them last year I wished to continue them, (and who does not after taking them one year,) and no agent coming along, I thought I would take the matter in hand and see if I had any faculty in obtaining subscribers, not dreaming that I could get fifty names in our village, hardly hoping to get a club of twenty, but I found that the few copies taken here last year had been circulated and read with much interest, and many were anxious to subscribe. One lady remarked, "I am glad you are endeavoring to circulate them, I heartily wish they might be placed in the hands of every family in the village." The good cause must prosper, and I hope much good will result from these fifty copies. I received the January numbers, but have used them as specimens and they are soiled and would like to have them sent again. Those sent to other places, I intend as presents to my friends, and I hope they may prove to be seed sown in good ground which may yield you an HUNDRED FOLD. As brevity is what you wish in all communications, I will close, with the wish that you may receive strength from above, and "material aid" from thousands of warm and kindred hearts, so that you may be enabled to push on the glorious cause until drugs are washed from our land. Yours truly,
Elyria, Ohio. E. H. N.

A SUBSCRIBER, writing from Fort Madison, Mo., says:—"I hope we may make up a club of fifty for next July. We are going to try. Please to remember the Water-Cure statistics you promised. Expectation here is on tip-toe, to see them." The St. Louis Weekly Union is out on Bloomerism. In a late number they say, Mrs. Bloomer in her own paper, says "she is ashamed of her simple movement." "Does Mrs. Bloomer edit a paper?" † Phillips, Editor of the Union, advocates Jesuitism. God prosper the Water-Cure Journal. Give it to drugs and to tobacco. Yours truly,
D. M'C.

[* We have not yet been able to complete the list.

† It is a falsehood, and the man who said it, is bad—and we all know what becomes of bad men

‡ Yes. She edits THE LILY, published in Seneca Falls, N. Y. It is a Ladies' Temperance and Literary paper.

§ Well, we do hope to wash them all away.]

STRONG LANGUAGE.—The Boston Path-Finder, of a recent date, thus discourses:—"The effect of a careful reading of this work [the W. C. J.] is to put each man's health and that of his family in a great degree, (and to some extent their lives

also.) in his own keeping, and to enable him to dispense at once with the whole retinue of doctors, drugs and apothecaries—a burden "which neither we nor our fathers have been able to bear." In short, we do not hesitate to declare our conviction, as we have done before, that this is the most valuable publication in the world; and though this may seem the extravagance of enthusiasm to some, yet we venture to say that any one who will put in practice the information to be gained from its pages in a single year, will acknowledge it to be a joyful truth—and thank us for affirming it."

OVER-CHARGING.—N. G. of York Springs, Pa., says:—"I should have obtained many more subscribers this year, had it not been for the fact, that our Post Master, (who by the by is a doctor,) charged the subscribers last year, three cents per number, or nine cents per quarter, it being almost four times more than the lawful postage, according to your statement."

[Then you may prosecute and recover by law, such excess or over-charge. Thank fortune, we have a remedy even for such doctoring, and those who read Water-Cure will apply it, if there shall be occasion, so "toe the mark," Mr. Doctor Post Master.

THE WATER-CURE JOURNAL maintains its interest as the most valuable journal relating to physiology and the laws of life extant. We sent for a club last week, and expect to be able to send for another soon. The "Sewing Machine" we mentioned last week is said to be "death on tailors." This reform Journal may be truly said to be "death on physicians."—*Conneautville Courier.*

[Not exactly death on physicians neighbor, but only on their trade. No, we would not kill even those who are known to have killed others, we would not officiate as common hangman in any emergency.

L. D., of Tyre, N. Y., when sending the names of new subscribers, thus writes:—

"Some unknown friend has had the kindness to send us a copy of the Water-Cure Journal the past year; it is decidedly the best journal we know of,—it is like a fountain of clear pure water to the thirsty and weary traveller. Its bold and fearless exposition of truth, and its reforming spirit find an echo in our inmost souls, and as we turn to it from the cares and concerns of life, feel strengthened in the hope of the "good time coming," when all shall know the laws of life, and obey them, and we wish to cast in our mite to accelerate the car of progression."

[This is complimentary, both to the writer, the donor, and the Publishers, proving that good seed was sown on good ground, which has taken root.]

A LIFE SUBSCRIBER.—I am no ways anxious to flatter you with regard to the character of the Journal, but truth compels me to say that such is my relish for its usual contents, that a failure to send you the paltry sum of one dollar at the end of the year, shall never separate me from the Journal as long as we are contemporaries. A. S. Center Alabama.

It is funny to hear the unwashed talk about Water-Cure. One says it is a humbug, another that it is merely a catch-penny concern, whilst a third thinks it is "good for nix" because it is new. But I have raised you a club from amongst that class of our citizens who are not afraid to investigate for themselves. I hope they will appreciate the virtues of the element. Next year I will try to get you a hundred, and doubt not, I can do it. Yours, wet or dry. R. C.

REQUEST.—Miss M. H. requests gentlemen who sneer about the "American Costume," to put on a long "street sweep," and carry a pan of milk up stairs, that is all. Mrs. M. says she shall adopt the Bloomer Dress to do her work in next summer.

Varieties.

LIFE IN CALIFORNIA.—It is well known with what frequency the ears and eyes of our people, were greeted with reports of murders, robberies, and other hideous crimes, from the first discoveries of Gold, until within the past few months, but we are led to believe that a better state of things may now be looked for. A recent exchange paper has the following very significant paragraph:

"The fact that the social and moral condition of the country is rapidly improving is attributed to the recent larger increase of the female population. Mrs. Farnham's project, of which she was the pioneer, may yet socially revolutionize the country."

THE AMERICAN COSTUME.

Good morning Mrs. A. how do you do?
"Very well I thank you, how are you?"
I see you wear the 'Bloomer' to day:
What are its great advantages pray?
"I'll tell you some of them with pleasure
The rest you can learn at your leisure;
In doing my work about the kitchen,
'Tis not against the kettles switching.
In getting into sleigh or wagon,
'Tis neither tread upon or dragging;
And when I choose to go to meeting,
It does not do the side-walk sweeping.
The pants are lined which makes them warm,
And protects me from the wind and storm;
My shoes are calf, with heavy sole,
Which keeps my feet from wet and cold;
My lungs are free to breath the air,
Which for health will nought compare.
The heavy quilted skirt we shun,
Which leaves us free to dance or run.
Every muscle—organ—bone,
Has proper action, healthy tone.
Say nothing about the looks or beauty,
In wearing it we do our duty;
And for ease and comfort, cost and wear,
No Costume with it will compare."

[The advocates of this dress reform, have this fact to console them, namely, that it meets with no greater opposition than have all other GREAT REFORMS, not excepting the Christian religion.]

CONCERT EXTRAORDINARY.—The Baltimore Clipper has lately had the good fortune to be one of an audience at a grand frog concert lately given in a marsh in the vicinity of the monumental city. He is quite enthusiastic in his description of the entertainment, as will be seen by the following extracts:—

The grand overture representing the breaking up of the winter, was exquisitely performed—the trumpet solo was particularly fine, and added much to the musical reputation of Signor Gamblenous. The representation of a thaw was admirable, frying-pan obligato. The solo, "Titteri, titteri Kung," by the prima donna, Signorina Stellawig, was sung in a clear, melodious strain. We transcribe the recitative, as near as we can remember it, the aria being lost by an envious tree-toad's interfering ever and anon with the exquisite performance.

"Kung de nung—kung, tung,
Koo te kung, te Koo:
Titteri, titteri nung,
Titteri, titteri koo."

The bassoon solo of Signor Bloodynous, "Music on the waters," with variations, was performed with wonderful execution. Then came the grand chorus from the unwritten opera of "A frog he would a wooing go." It was apropos and effective.

Full Chorus.
Rung de kung—kicka ku!
Te te wee noun de koo.

Solo Soprano.
Tiddery pe de we de kung,
Pee de weet, pee de weet!

Chorus of Bass Voices.
Kung, kung, trata kung.
Diggory kum, de kum te boo.

Tree-toad Solo.
Tr—a—a ta weet!
Weesterry dee!

The effect was truly astounding; the stars blinked, and the balmy zephyrs stopped to catch the enchanting melody. [Our country friends who are blessed with the music of nature, will be able to appreciate the above.]

IMPORTANT TESTIMONY.—S. P. Townsend, the Sarsaparilla man, [whiskey and molasses man.] says his books exhibit an outlay for advertising, in the course of five years, in the various papers of the United States, of \$300,000. He says, for six months he cut off all advertisements, to see if his medicines [slops to make drunkards] would not go off on their own merits [obviously not without lying] just as well as by advertising. He lost three hundred thousand dollars by it! The sales dwindled down to nothing; for his competitors seeing him drop off, went on advertising, and got the start of him.—*The Papers.*

[That "money makes the mare go," is a truth too old and well known to require more than a mere repetition. That judicious advertising is necessary in any kind of business, is equally certain. But is it not wickered to advertise and commend that which only damages, which makes the poor poorer, and the sick sicker? If "the partaker is as bad as the thief," then those who advertise, deceive, and sell such poisonous stuff, have much to answer for.]

"FULTON constructed the first Steamboat in 1807; now, in 1862, there are about three thousand steamers traversing the waters of North America, on the Atlantic and Pacific sides of the Continent."

"In 1827 the first railroad was constructed in the United States; now there are about ten thousand miles in operation, on most of which are Locomotive Engines, being propelled by steam at an average rate of twenty-five miles per hour, while in England a much greater speed is obtained by means of superior constructed railroad, the American built engine being equal to any in the world."

In 1843 Professor MORSE successfully put in operation the Magnetic Telegraph; now, 1852, about twenty thousand miles of wires, extend through the United States alone, affording altogether, to the public at large, facilities of immense importance.

FEMALE UNIVERSITY AT AUBURN.—A bill has passed both houses of the New York Legislature, at the present session, to incorporate the Auburn Female University. The citizens of Auburn have subscribed liberally for its endowment, and the necessary buildings will go up in the spring.

A good example, this, for every other city of 10,000, or 15,000 inhabitants. Educate woman, and she will educate her children. Many thanks will be awarded to those who aid in all such enterprises.

"To improve and elevate woman, is but to elevate and improve man. By nature, our rights, interests, and privileges are one. For either to assume the supremacy would be only to degrade the other.

"That our spheres are different, no one will deny. Woman is the natural educator of children; and if it be a FACT that education forms the common mind," then the question as to who exerts the greater influence, may at once be solved. How important, then, that woman be properly qualified to discharge this most responsible obligation."—*From WOMAN, HER EDUCATION AND INFLUENCE.*—By Mrs. Hugo Reid.

"WOMAN wields the Archimedean Lever, whose fulcrum is childhood, whose length is all time, whose weight is this world, and whose sweep is eternity."—*American Pænetological Journal.*"

RECIPTS.—The following domestic medicines and receipts may be relied upon. They are handed down from a very ancient period, and "no cure, no pay."—

"A stick of brimstone wore in the pocket is good for them as has cramps."

"A loadstone put on the place where the pain is, is beautiful in the rheumatism."

"A basin of water-gruel, with half a quart of old rum in it, or a quart, if partic'lar bad, with lots o' brown sugar, going to bed, is good for a cold in the 'ead."

"If you've got the hiccups, pinch one o' your wrists, and hold your breath while you count sixty, or—*get somebody to scare you and make you jump.*"

"The ear-ache—put an inyan in your ear, after it is well roasted."

"For tooth-ache, have it filled with cloves or kill the nerve with a red-hot knitting-needle."

NEWSPAPERS AND PERIODICALS.—One hundred and fifty years ago there was not a single newspaper in England; and it is not two hundred years since the first idea of a regular newspaper was conceived in that island, to rouse the people to resist the Spanish Armada. Now in the United Kingdom there are 547 newspapers. In the year ending January 5th, 1849, 90,928,408 newspaper stamps were issued in the kingdom, of which 76,190,832 were in England alone. After full and careful examination, it is estimated that the aggregate yearly issue of newspapers, magazines, and reviews, from the City of New York alone, in the year 1849, was 72,810,267, of which between nine and ten millions were periodicals.

MOCK AUCTIONS.—Our country friends on visiting New York and other cities, will do well to look out for mock-auctions, pocket-book droppers, land sharks, gamblers, and other lawless swindlers, robbers, &c. People residing at a distance, should require references before trusting strangers with their money or other property, for, we are sorry to say, there are a great many thieves and robbers out of prison, and murderers unking. Our criminal records enlarge with our increase of foreign population, so beware.

"Why, Doctor," said a lady, "you give me the same medicine that you are giving to my husband. Why is that?" "All right," replied the Doctor, "what is sauce for the goose is sauce for the gander."

[Wonder if it ever occurred to medicine takers, that precisely the same drugs are given for diseases widely different in their nature, causes, and condition?]

To Correspondents.

BY R. T. TRALL, M. D.

SUBSCRIBERS, when asking questions to be answered through the Journal, will lessen our trouble by writing them out on slips of paper, separate from that containing other business.

N. B.—Under the above head, Dr. Trall engages to give brief explicit answers to any questions propounded by our subscribers, relative to the treatment of disease, or pertaining to any topic discussed by this Journal. Correspondents must bear in mind that our space here only admits of specific answers to plain questions; those who desire general directions with full details of treatment, must consult a Hydropathic physician by letter. All communications, to ensure attention, must be accompanied with real name and address.

A COLD WATER KILL.—A. N. W., sends an account of a feeble woman suffering under a complication of diseases—indigestion, salt rheum, piles, prolapsus, chills and fever, &c., during which she was confined, and for several weeks had received very great comfort and relief from the water processes. But being promised a cure by a German steam-doctor, she went through a course of emetics, tansy, hop steaming, &c., and finally died. The death was of course charged upon the wet-sheet which she had employed sometime before with every appearance of benefit. Friend W. makes some severe commentaries on such injustice; but he must know that if any person under any circumstances, ever employs any sort of a hydropathic bath, and afterwards dies—no matter from what cause, the death will be set down, by all the doctors far and near, to the credit of hydropathy. Our consolation is that a day is coming when people will be able to see out of their own eyes.

PURE WATER, ANIMAL FOOD, SEDENTARY HABITS, EXERCISE, ETC.—A subscriber in Providence propounds the following string of interrogations:—"What do you consider to be pure water? Is not well water pure? If not, why not? How can pure water be obtained where we have only well and cistern water? Is animal food—beef, pork, mutton, lamb, veal, geese, turkeys, chickens, oysters, eggs, butter, milk, and all their relations injurious? Must a person confine himself to a vegetable diet exclusively? What quantity and quality of food is best suited to an individual of sedentary pursuits? And the same of exercise? What work can you recommend as being the most comprehensive relative to Physiology, Hygiene, and Water-Cure?" We are always pleased to know that a fellow-creature hungers and thirsts after knowledge; and we are, in the present instance peculiarly happy in referring the inquirer to a work—the Hydropathic Encyclopedia—where each of his questions is fully answered.

THE HUNGER-CURE.—A Constant Reader, New Haven, Conn., wishes to know if a lady whose case was alluded to in the November number of the Journal, did literally fast seventeen days, &c.? The case was reported by Dr. Kittridge, and we believe the representation to be literally true. We have often had patients in fevers and inflammatory complaints fast over two weeks. Of course water-drinking is allowed freely, and bathing is also one of the leading curative measures. The above correspondent wishes to know if patients are prostrated by these long fasts, and if the bowels are left inactive, or are moved artificially? They grow weaker of course, but not as much so as they would if their stomachs were burdened with food when the digestive power is wanted. The bowels, in such cases, are sometimes active enough without assistance; but frequently tepid injections are employed once in two or three days. As Dr. K. says: "It requires some judgment to know when to begin and where to leave off" in these extreme cases.

GENERALITIES IN GENERAL.—A. B. Jr., Ludlow, Vt., writes:—"I have been troubled for a long time with a soreness in my chest and spine; sometimes my spine is so sore the whole length that it will not bear the least pressure. I am also troubled with sour stomach, but am able to do light work. I wish to inquire through the Water-Cure Journal what course I had better pursue with respect to diet, bathing, exercise, &c." Now we can't tell for the very good reason that we do not know. If you give us the particulars of your case—as Nogge says, "who you are, and how long you have been so," we will with pleasure advise you. Tell us whether

you are male or female, married or single, old or young, naturally strong or weakly, business, habits of life, usual diet, family associations, and as many &c.'s as you please, and then you shall have a direct answer.

A CAUTION TO ALLOPATHY.—E. P. D., writing from Wisconsin, relates the following anecdote:—"My wife had a run of the typhoid fever a year ago, and being very busy at work, I employed a physician to keep a little watch of her; and so nicely did I apply the water and lay aside the doctors' drugs, that he was not aware of what was going on until after her recovery, when I offered him all his medicine back again. She was sick six weeks, and the doctor charged me only fourteen dollars to see how beautifully his medicines operated." We have heard of many similar *modus operandi* of late. The only chance for the doctors is to mix up their stuff themselves and see that their patient swallows it before they leave the house, or this way of out-doctoring the doctor will work as disastrously against the drug trade as the Maine law does upon the liquor traffic.

TERTIAN AGUE.—J. B. Jr, Burnt Corn, Ala.—"What kind of treatment is necessary for third day chill and fever?" A daily rubbing wet sheet; the abdominal bandage constantly; the wet sheet pack during the hot stage of each paroxysm when the fever is at its height, followed by a dripping wet sheet; and a diet principally of dry coarse bread, good fruit, potatoes, and other mild vegetables—very abstemious in quantity. For general health any daily bath will answer. There is no special "kind of exercise" necessary to health. All exercises are healthful just so far as they conform to physiological laws. If you would have them in detail send for the Encyclopedia.

THE WHOLE TRUTH.—J. B. S., writing from Dinwiddie, Va., speaks with the earnestness and enthusiasm of a whole-souled reformer, of the good he purposes accomplishing by the dissemination of reformatory and instructive publications, and gives the editors of the Water-Cure Journal some sensible poetical advice, from which we take the following couplet:—

"If a free thought seek expression,
Speak it boldly, speak it all!"

If there be any boldness which knows no trammel, and if there are any writers who follow wherever truth seems to lead, we think specimens may be recognized in every number of this periodical.

NEURALGIA OF THE LIVER AND STOMACH.—H. S. P., Oxford, Miss., asks:—"Please tell me how neuralgia of the liver and stomach should be treated?" Pains of a neuralgic character in that region are usually owing to acrid bile in the duodenum, or gall-stones in the bile-ducts. The hot fomentation when the pain is severe, and the wet girdle at all other times constitute the usual local treatment. General bathing and a strict diet are necessary to effect a permanent cure.

SALT RHEUM, OR ERYSIPELAS.—E. F. D., Green Bay.—Whether the eruption on the child is not connected with that which formerly affected the mother; it is very certain that, while nursing, the health of the child will be greatly influenced by the dietetic habits of the mother. If she diets correctly there is no advantage in weaning the child. Frequent washing with cool but not very cold water is the principal remedy, in addition to strict attention to its diet.

THE ALLOPATHS ON WATER-CURE.—A correspondent writes:—"Our Allopaths here pretend to think well of using water in the treatment of disease, but call the water-cure a great humbug." Exactly so; their policy is to "damn the cause with faint praise." All over the country we hear of the same game—praising water on general principles, and condemning it in each particular case. But the end of this draweth nigh.

NUMBERS OF THE FISHES.—Jenny, the Green Mountain Girl.—We could suggest half a hundred causes for such numbness as you complain, yet the particular cause in your case we could not determine without a full history of your abnormal condition, and voluntary habits in other respects, as well as bathing. Perchance the trouble comes from a torpid liver, and requires coarse, opening, or at least undistracting diet, at all events continue your daily baths.

CANKER RASH.—M. R. G., Randolph, Vt.—“This dreadful scourge,” says the above inquirer, “is in our midst, sweeping away the lovely buds of promise.” O that people would be more wise, and doctors less foolish! O that the former would use more common sense, and the latter less drug-poison. The general cause of this disease is obstructing concentrated greasy food, stale salted meats, pork, sausages, bacon, and other swinish impurities. The proper water-treatment is frequent ablutions of the surface, tepid injections, cold compresses to the neck, &c. The wet-sheet pack should be employed in bad cases.

CHRONIC DIARRHŒA.—Mrs. J. S., Thompson, O.—This case of diarrhœa, which is worse warm and better in cold weather, evidently depends on a deranged liver. The pack-sheet twice or thrice a week, a morning sponge-bath or dripping-sheet, the abdominal wrapper, and cold injections when diarrhœa attends, comprise the best home-treatment. The diet must be very plain at all times.

HEART DISEASE WITH PROLAPSUS.—Mrs. C. M., Ohio.—The gnawing at the stomach does not indicate heart disease, but acrid bile in the duodenum just below the pit of the stomach. The treatment is plain, dry, solid, coarse food; a daily ablution of half-baths, two or three hip-baths daily, and the abdominal bandage. This patient had better consult Miss D. A. S. again, after reading this opinion.

ERYSIPELAS.—J. M. R., Fincastle, Ohio.—Your eruption is evidently caused by morbid bile. The whole system must be thoroughly deterged by the wet-sheet pack daily for an hour, followed by the cold-dripping sheet. The diet must be exempt from salted meat, grease, and spices. Tobacco, if used, must be abandoned.

URINARY DERANGEMENT, PROLAPSUS.—If S. A. W., of Concord, will communicate by letter a full account of her symptoms, and history of her complaint, she will be informed, either through the Journal or by letter, what the cause of the trouble is, and the remedy. Give full particulars and the whole name and address.

CHILBLAINS OF TWENTY YEARS STANDING.—Miss E. S. B., Dorset, Vt.—Bathe the feet two or three times a day in water about 70 deg. for 15 minutes; wear wet bandages on them every evening; avoid extremes of heat and cold as much as possible; especially avoid going to a hot fire suddenly when the feet are very cold.

BREAD AND MOLASSES.—G. T., Watertown.—Molasses is certainly more consistent with a water-cure dietary than butter, except in those cases in which the stomach is much troubled with acidity. It should, however, always be regarded as a condiment rather than food, and eaten moderately.

Book Notices.

THE HYDROPATHIC ENCYCLOPEDIA.—For an elaborate notice of this (now complete) work, see **REVIEWS** in the present number, also advertisements, where a few abbreviated editorial notices may be seen.

We regard this great work, the most important contribution to **HYDROPATHIC SCIENCE** ever yet attempted, and look upon its completion, as a great triumph, for our Philanthropic, yes, **GOD-LIKE** cause. Through this, we have distanced all medical competitors, and can now offer to the world, a monument of Philosophy, Wisdom and Power, which cannot be over-thrown. Every position taken—and the whole ground of all medical theories, systems and practices has been carefully examined, dissected and laid open to full view—is fortified with truth, rendered plain and simple, yet every point is invulnerable. No better defence of Hydropathy is needed, nor can be offered, it is indeed complete.

LECTURES ON MENTAL SCIENCE, according to the Philosophy of Phrenology. Illustrated with engravings. By Rev. G. S. WEAVER. New York and Boston: FOWLERS AND WELLS. One vol. 12mo. Pp. 225. Price 75 cts.

The author has, through this work, imprinted his name indelibly on the everlasting pages of time. He has illustrated and interpreted nature. All the recognized faculties of the human mind have been carefully analyzed, their uses and abuses pointed out and described on physiological principles.

In another number we shall speak more at length of its merits. We have time and room at present only to announce its publication, and to predict for it a success not unlike that of the work entitled, **THE CONSTITUTION OF MAN.**

CHILDREN—THEIR HYDROPATHIC MANAGEMENT IN HEALTH AND DISEASE.—A descriptive and practical work, designed as a guide for families and physicians, illustrated with numerous cases. By JOEL SHEW, M.D. New York: FOWLERS AND WELLS, publishers. Price \$1 00; or by mail, postage prepaid, \$1.25.

This is doubtless the most important work by the author, and will secure for him the warmest thanks of all who read it. Were its precepts and directions followed by parents, the lives of their children would be vastly more secure. Indeed, no parent, or prospective parent, should be without this excellent **GUIDE ON THE PROPER MANAGEMENT OF CHILDREN.**

THE PHONOGRAPHIC TEACHER: An inductive exposition of Phonography, intended as a school book, and to afford complete and thorough instruction to those who have not the assistance of an oral teacher. By E. WEBSTER. New York: FOWLERS AND WELLS, publishers, price 40 cents.

A beautifully printed little volume, and made eminently plain to all Phonographers. Teachers will find this work a superior text book for their classes; its instruction in the art is complete, and its reading exercises are in Phonography.

THE NEW AMERICAN SPEAKER. A collection of Oratorical and Dramatical pieces, Soliloquies and Dialogues, with original Introductory Essay on the Elements of Elocution. By J. C. ZACHAS. New York: A. S. BARNES & Co., publishers. One vol. octavo. Pp. 550.

A very interesting volume, and in these modern times, when all subjects are presented to the public through lectures, speeches, orations, etc., renders the advent of such a work most opportune.

The author has quoted the greatest orators, and given us a collection of the most eloquent pieces in the English language. The work is brought out in the most acceptable style, and cannot fail to find a very large market.

THE ILLUSTRATED WATER CURE ALMANAC FOR 1852, Embracing Articles on the healing art, Water-Cure statistics; health maxims; respiration; lessons for girls and boys; hydropathic encyclopedia; lecture on chemistry; items; the Bloomers; a list of Water-Cure publications, etc., etc., with numerous engravings. New York: FOWLERS AND WELLS publishers, price only six cents a copy—or 25 for \$1 00.

In a former Review, we noticed at length, the contents of this little “*entering wedge*” to the Hydropathic Reform. Wherever it is driven, will the old systems of medicine be split to pieces, and the pure renovating Water-Cure be introduced. Hence we say, “drive it home,” to the heart of every drug taking man, woman and child. “A little leaven, leaveneth the whole lump.”

Advertisements.

THE STUDENT, A FAMILY MISCELLANY, edited by N. A. CALENS, is published monthly, containing 32 large octavo pages, illustrated with numerous engravings.

Its object is the Physical, Moral, and Intellectual Improvement of Youth; and being adapted to every member of the family, from the child to the aged sire, it is emphatically **THE PERIODICAL** which every parent should procure for his family. A NEW VOLUME commences in MAY, 1852.

In its pages are embraced the Natural Sciences, Physiology, Chemistry, Natural Philosophy, Astronomy, Botany, Geology, History, Biography, Travels, Poetry, and Music. The Sciences are treated in a popular manner, and the most entertaining and instructive reading is sought for its columns, and that best adapted to interest and improve the minds of the young.

Our aim is to make **THE STUDENT** the *Cheapest and most widely useful Family Magazine in America.*

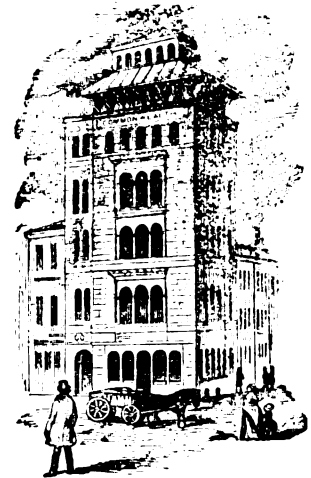
TERMS in advance: Single copy, \$1.00 a year; 15 copies, \$10.00. Please address all letters, post-paid, to FOWLERS AND WELLS, No. 131 Nassau street, New York.

WHAT OTHERS SAY OF THE STUDENT.

As a Reading Book in Schools, in the hands of a judicious

teacher, it is unapproachable. We would not teach without it, if we had to supply the school ourselves. We have tried it, and *know* what it is.—*Sussex County Home Journal.*

Parents should subscribe for **THE STUDENT**, and put it into the hands of their children; it will do them more substantial good than the filthy lucre many are striving to secure for them.—*Somerset Post.*



“**THE COMMONWEALTH**”—Is Published Daily and Weekly, by E. WRIGHT & Co., No. 60 Washington street, Boston.—ELIZUR WRIGHT, Editor. CHARLES LIST, Assistant Editor.

THE DAILY COMMONWEALTH contains more reading matter, and more and fresher news, than any other Boston paper. It is independent in every thing, and neutral in nothing. It is religiously conservative of all good institutions, and radically destructive towards all bad ones. It is the only paper in the metropolis of New England which advocates Free Soil, the Repeal of the Fugitive Slave Law, and the union of free people throughout the world for the defense of Liberty everywhere.

TERMS.—DAILY—(Sundays excepted) \$5 a year, invariably in advance. City subscribers, 12 cents per week, payable to the carriers; or \$6 per annum, payable in advance at the office.

WEEKLY—Saturday mornings, \$2 a year in advance. Clubs ordering 3 copies to one address \$5; 10 copies \$15; 20 copies \$25; 30 copies \$30.

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

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

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

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

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

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

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

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of Pumps, etc. G. B. FARNAM, 34 Cliff street, upstairs, formerly D. L. FARNAM. Feb. 4.

ZINC PAINTS—Warranted Pure and free from poison.—The New Jersey Zinc Co., Warehouse, No. 45 Dey-st., are prepared to supply their Zinc Paints at the following prices:

No. 1 White, ground in oil, 9c. per lb.
No. 2 White, ground in oil, 8c. per lb.
No. 3 White, ground in oil, 7c. per lb.
Brown and Black, ground in oil, 5c. per lb.
Dry White of Zinc, 6c. per lb.

White Zinc Paint, after thorough test in Europe and the United States, has been found to retain its beauty and pro-

fective qualities longer than any other paint. For whiteness and brilliancy it is unrivaled; it is free from all poisonous properties so common and dangerous in other pigments; will cover—equal weight—from 40 to 50 per cent. more space than lead, and is, therefore, much cheaper to the consumer. As an inside paint, it will not turn yellow, even when exposed to the sulphurous gases of coal fires, or the foul air of ships. Their White Zinc ground in varnish produces the porcelain finish. Their Brown and Black Zinc Paints in a few hours form a hard and solid metallic coating upon wood, brick, iron and other metallic surfaces, and are remarkable for their fire-proof properties. They are specially adapted for marine purposes, having been found to resist the corroding action of salt water, so destructive to other paints. Dealers supplied on liberal terms by MANNING & SQUIER, Agents, No. 45 Dey Street, N. Y. April, 11.

FASHIONABLE FALL AND WINTER CLOTHING AT GREATLY REDUCED PRICES.—One of the largest and most extensive stocks of clothing in the United States is offered by BOOTH and FOSTER, wholesale and retail clothiers, No. 27 Courtlandt-street, New York. Their assortment consists of all kinds of gentlemen's wearing apparel, manufactured with great pains and skill by the most competent workmen, in fashionable style, and of the very best material, all of which they will sell far below the ordinary prices for goods of a similar kind. Their extensive trade, complete arrangements, and the perfection to which, at great cost and labor, they have brought their manufacturing department, enable them to defy competition in supplying the most elegant and fashionable clothing on the most reasonable terms of any establishment in the Union.

P. S. Everybody is invited to give them a call before purchasing elsewhere. Ap. 11.

BLAKE'S PATENT FIRE-PROOF PAINT.—The original and only genuine article that can be sold or used without infringing my Patent, and which, in a few months after applied, turns to a SLATE or STONE, forming a complete ENAMEL or COAT OF MAIL, over whatever covered, bidding defiance to fire, water, or weather. It has now been in use over seven years, and where first applied is now like a stone.

Look out for WORTHLESS COUNTERFEITS, as scores of unprincipled persons are grinding up stone, and various kinds of worthless stuff, and endeavoring to sell it as Fire-proof Paint. I have recently commenced three suits against parties infringing my rights, and am determined to prosecute every one I can detect. The genuine, either in dry powder or ground in oil, of different colors, can at all times be had at the General Depot, 84 Pearl street, New York, from the patentee, Wm. BLAKE. Mar. 11.

OFFICE OF CORRESPONDENCE, Washington City, D. C.—A letter on any business, addressed to this office, and inclosing a fee of five dollars, will procure a satisfactory reply.

REFERENCES.—R. Wallaoh, U. S. Marshal; W. Lenox, Mayor; Jo. Gales, of the "Intelligencer;" R. W. Latham, Banker. Address T. C. CORNOLLY, Office of Correspondence, Washington, D. C.

EDITORS who place the above notice, with this note, among the business cards in their columns, may at all times command the services of this office. T. C. C. March, 6t.

J. W. CLOWES, Surgeon Dentist, No. 7 Eighth Avenue, New-York. March, 11.

82 NASSAU STREET.—Boot Makers' Union Association.—Boots and Shoes at retail, for wholesale prices. Feb 9t.

WATER-CURE ESTABLISHMENTS.

HYDROPATHIC INSTITUTE.—Dr. TRALL receives patients at his commodious city establishment, 15 Light street, one door from St. John's Park. In addition to the usual appliances for full Water treatment in all ordinary diseases, he has with the assistance of Dr. J. L. HOSFORD, established a department for the special management of those female diseases which are incurable without peculiar mechanical and surgical treatment.

They have made arrangements to treat female patients, and others who desire it, at a beautiful country place, convenient of access to and from the city establishment. Having also enlarged their accommodations, they can treat those who are poor in purse, according to their means. Feb. 11.

PROSPECT HILL WATER-CURE AND AMERICAN HYDROPATHIC INSTITUTE.—Dr. T. L. Nichols and Mrs. Gove Nichols will be prepared to receive patients at their country Establishment, at Port Chester, one hour from New York, on the New Haven Railroad, on the 1st of May.

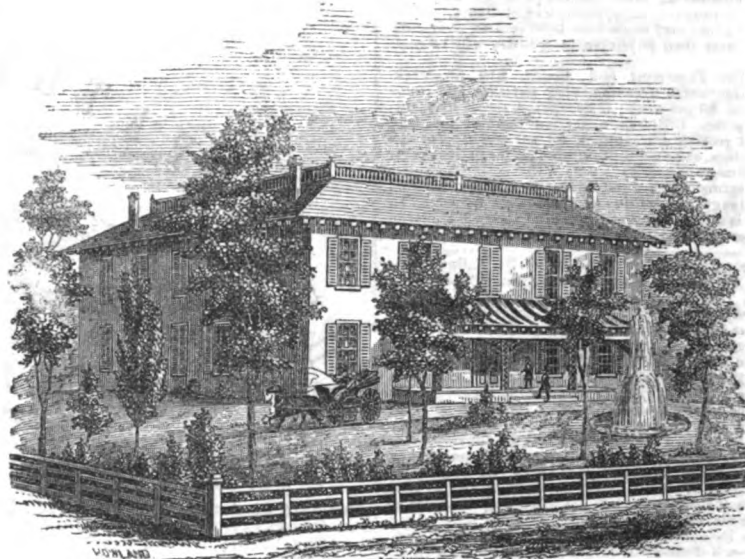
On the 1st Monday in June, they will commence a course of Physiological Education, physical and mental, for young ladies.

The third term of the Medical School of the Institute, will commence on the 1st Monday in November.

Persons desirous of entering either departments, will please make early application, when circulars will be sent them, containing every needed particular. Address, till May 1st, Dr. T. L. NICHOLS, 91 Clinton Place, New York. April 11.

NEW LEBANON SPRINGS WATER-CURE.—This Establishment has been in successful operation seven years. It is centrally located near the mountainous range on the Eastern line of New York State, bordering on Massachusetts, 25 miles from Albany, 7 miles from Pittsfield (Mass) R. R. Station. The Railroad Stations at the State line, Edwards' Depot, and Canaan Four Corners, are about the same distance, where stages are in waiting for passengers.

For salubrity of air, abundance of pure cold spring water, delightful and romantic scenery, this place is unrivaled in this part of the country; (lofty mountains, deep valleys, cool



WYOMING COTTAGE WATER-CURE.

WYOMING, WYOMING COUNTY, N. Y.

This Institution now commences its second season. Its location is retired, three-fourths of a mile from, and overlooking the beautiful village and valley of Wyoming.

The surrounding country is noted for the beauty of its scenery, while its pure and bracing atmosphere is health-giving in all its influences. The building is new, the rooms are ample in size, some of them delightfully pleasant, looking out upon beautiful landscapes, all of them neatly furnished and perfectly ventilated. We have greatly enlarged and improved our Bathing arrangements, now comprising all the varieties of local and general baths. The grounds are tastefully laid out and the summer walks cool and inviting.

In a quiet grove, a few rods from the main building, stands our spacious Hall, 100 by 25 feet, affording the best facilities for promenading, and furnished with a great variety of apparatus for exercise and amusement.

This "Hall," with its fixtures and accommodations has been highly appreciated by all who have been guests at our Cure. In our general arrangements, location, and facilities for a thorough course of Hydropathic treatment, we believe we offer inducements to those seeking health by our methods of

cure, not inferior to those of the best Water-Cure Establishments. In connection with them we pledge to our patrons our best services, and the benefit of our experience in the management and medical care of Hydropathic Establishments for the last four years.

For the purposes of treatment each patient must furnish two linen sheets, one woolen sheet, two large comfortables, and six towels.

Our prices are five and a half, or six dollars per week. For single rooms or extra attendance, six dollars per week is charged, payable Weekly.

Wyoming is situated twelve miles south of Leroy, sixteen miles west of Geneseo, ten miles east of Attica, and six miles north of Warsaw—and patients coming by Railroad from Rochester or Buffalo, will stop at Batavia or Attica. A stage leaves Batavia every Tuesday and alternate mornings, and Attica every morning, bringing patients to the door of the Establishment. These stages run in connection with the morning express trains east and west. Stages leave Geneseo and Warsaw for this place every morning. P. H. HAYES, E. C. WINCHESTER, Proprietors. Ap. 11t 11.

and retired glens, babbling brooks and murmuring rills, shady forests and fruitful fields, continually presenting to the view one of the most varied, and picturesque landscapes the eye ever beheld.) Directly across the way is the celebrated Acheron spring, whose slightly sulphureous and tepid waters, (72 deg. Fahr.) gush from the mountain side, at the rate of 14 barrels per minute, a portion of which are conveyed to the "Water-Cure," forming an excellent bath for several forms of disease, especially of the skin. But the greatest excellencies of this location consist in the invigorating quality of the mountain air, the extreme purity and softness of the water used at the Institution.

The Institution contains facilities for administering every form and temperature of bath, suitable for all forms and phases of disease.

Dr. CAMPBELL and Lady, having had long experience in providing for the wants of the sick and infirm, feel assured that their qualifications for their business will enable them to give the same general satisfaction in future that has marked their efforts in the past.

The Medical department will be under the immediate care of Dr. B. WILMARTH and Wife, who, from twenty years experience in the Allopathic mode of treating disease, and 5 years Hydratic practice, feel confident that a good degree of success will mark their efforts in managing and treating all curable cases that may be committed to their care.

Mrs. W., in addition to her former experience and attention to the sick generally, has been attending a course of study and medical lectures at the "Boston Female Medical College," with the special view of qualifying herself for superintending the "Female Department" of the Institution, and treating that long list of afflictive and harassing complaints peculiar to her sex, as: Prolapsus Uteri and Inflammation, Ovarian Disease, Leucorrhoea, Urinary Difficulties, Spinal Irritation and Curvatures, &c. &c.

She will also attend Obstetric Cases, and Diseases of Women and Children, in the vicinity, if desired.

The Institution will be opened for the reception of patients the 15th of May next (Deo favente).

TERMS.—\$5 to \$8, per week; payment weekly. Extra room and attention will subject the patient to extra charges. Personal washing, extra.

No fee for examination of those who enter the Establishment for treatment. All others, whether personally, or by letter, asking advice and prescription for home treatment,

will be charged \$1. Those writing for advice should describe their case as well as may be, age, temperament, general and past health and habits, health of family, &c., in order to be benefited. Permanent Boarders (merely,) \$3 per week. Transient boarders, \$1 per day.

Each patient is expected to furnish three coarse linen or cotton sheets, four woolen blankets, two comfortables, and six towels, and old linen for bandages. NEW LEBANON, March, 1852. D. CAMPBELL AND SON, Proprietor. B. WILMARTH, M.D., Physician. April, 11.

DR. CHARLES MUNDE'S WATER-CURE ESTABLISHMENT, AT NORTHAMPTON, MASS.—This Establishment is situated at Florence, (formerly Bensonville,) on the bank of the small, but limpid and romantic Mill River, two miles and a half from the Connecticut, and the Northampton Rail Road Depot, about four miles from the beautiful and majestic Mount Holyoke, seven hours' ride from New York, and about five from Boston and Albany, in one of the pleasantest and healthiest regions of New England. The air is pure and bracing, and the little valley about the Establishment is surrounded by wood-grown hills, with shady walks, and abundantly supplied with springs of the purest, softest and coldest granite water. Neither fevers nor any of the summer diseases which prove so fatal in New York and farther south, are known in this part of the country. The new and spacious buildings offer all the conveniences for Water-Cure purposes, such as large plunge, douche and other baths, airy lodging rooms and parlors, separate for either sex, a piano, an apparatus for gymnastics, two boats for the use of the patients, &c. The Doctor being the earliest disciple of Priessnitz living, and now the oldest hydropathic physician existing, (his writings on Water-Cure being in the hands of every European hydropath.) hopes to respond at any reasonable expectation from the Water-Cure System, made on the part of those sufferers who may confide themselves to him. He, as well as his wife, will exert themselves to ensure to their patients every comfort compatible with the chief purpose of their residence in the Establishment.

Persons desirous of following a thorough course of treatment, should provide themselves with two woolen blankets, two comfortables, or a feather bed, three or four linen sheets, six towels, and some old linen. In case of need, these articles may be procured in the Establishment. Patients applying to the Doctor by letter, ought to be very particular in their

statements, mentioning their age, constitution, earlier diseases, former treatment, occupation, way of living, and, in fact, any thing that may contribute to elucidate their case. A certificate from their physician in ordinary will be most agreeable.

TERMS:—For Treatment and Board, \$10 per week. Ladies and Gentlemen accompanying patients, and rooming with them, \$5 per week; if occupying rooms by themselves, full price. Children, under ten years of age, and servants, not receiving treatment, \$3 per week. For the first consultation, or examination, whether the patient enter the Establishment or not, \$5.

For the Treatment, Board and Education of sickly children, inclusive of languages, music and gymnastics, for which an able teacher is attached to the Establishment, \$100 a year to be prepaid per quarter. CHARLES MUNDE, M.D. Ap. 11.

THE SARATOGA SPRINGS' WATER-CURE—Dr. N. BEDORTHA, who has had the medical charge of the Water-Cure Establishments at Lebanon Springs and at Troy, N. Y., for the last few years is now fitting up an Establishment at Saratoga Springs where he intends to be permanently located. Dr. B. thinks that his past experience in the Water-Cure will enable him to fit up and conduct this Establishment, so as to give satisfaction to those who wish to try the Water-Cure practice. He would say also that the water used in the Establishment is pure and soft, coming from Springs some distance from the village. In some cases the Saratoga Waters will be allowed the patients under the supervision of the physician. The house will accommodate from sixty to seventy. The terms will be from \$5 to \$3 per week, payable weekly. We hope to satisfy the sick and all that the principles of the Water-Cure are based upon the laws of life, and that the practice is attended with the most happy results. The Establishment will be open on the first of May, 1852. Address N. BEDORTHA, M.D., Saratoga Springs, N. Y. Ap. 11.

GLEN HAVEN: SPRING ARRANGEMENT.—This Institution, so finely and beautifully situated, opens at this date its fifth season. During the past year there have been treated in it 260 patients, 135 males and 125 females. Of these 104 have had unmistakable critical actions, or as they are termed, CRISSES, every one of which have terminated favorably. We venture to say, that no establishment in the Union, taking its whole number of cases treated, including transient patients, can show a greater proportion. Of these, 45 have had crises by skin in the way of eruption or boils, by fever, and by intestinal evacuations, making three crises each. Of the balance, some 15 have had two crises, and the remainder single crises. Of the 156 who had no crises, 130 were greatly benefited; 20 stayed so transiently, that no good or ill ensued, and 6 were not helped. During our winter course, we have averaged 27 patients. We have remodelled our establishment thoroughly, so that we have nice single rooms 10 by 12 feet, and rooms for two persons, 12 by 20 feet, all of which are nicely and newly carpeted. We shall have fine boats on the lake for the use of our guests. Our table will maintain its reputation, we trust. Our help will be of the highest character, and we are determined to satisfy all reasonable expectations. We shall give no medicines. We are Hydropathists, not Hydrodruggists. Our business is to take medicine out of people, not to put it in. Advice we shall gladly give, free of all charge save postage to APPLICANTS. The past year we have made over 500 prescriptions for treatment out of our Institution. Our prices will be as reasonable as formerly, but graduated as follows:

First four weeks, seven dollars a week, payable weekly.
Second, six. For any time after, five.

ROUTE.—From the east or west, on the Albany and Buffalo Railroad to Skaneateles, at which place inquire for Mr. James Tyler, who will see persons safely and comfortably at the GLEN. From the east or west, on the New-York and Erie Railroad, come to *Binghamton*, thence to Cortland and Scott by stage. Post Office address—Scott, Cortland Co., N. Y. J. C. JACKSON, M.D., T. G. CHAPLIN, Proprietors, March, 21.

EASTHAMPTON WATER-CURE—Dr. E. SNELL, having removed his residence from Springfield Water-Cure on account of its bad location and great unfitness for the business, has located himself in the beautiful village of Easthampton, near the Williston Seminary, and has purchased and fitted the building known as Snow's Hotel for a Water-Cure.

The great success attending his practice is shown in the fact that eighty out of little more than one hundred patients treated at his establishment for a few months past have been discharged, cured, or nearly so, and all greatly benefited. Easthampton, the most beautiful village in Massachusetts, possessing every attraction, is but four miles from Northampton Depot, where a carriage from the house is always in waiting at the arrival of the several trains. Dr. Snell has the most unparalleled success in treating female complaints of all kinds. He also finds Coad's Patent Graduated Battery which he has obtained at great expense very useful in many cases of Paralysis, Rheumatism, &c. Terms, \$6, per week. Examination fee, \$2. Patients will furnish two comfortable beds, two blankets, two sheets, and some towels, all well marked.

N. B. Patients very feeble, and bringing a nurse, can board the nurse for \$2.00 per week at the establishment. Ap. 11. DR. E. SNELL, Proprietor and Physician.

WATER-CURE AT HIGH ROCK.—ASA SMITH has leased of Jesse Hutchinson his beautiful Rock Cottage in Lynn, for a Water-Cure Establishment. This Cottage stands on a romantic hill, almost in the centre of Lynn, some two hundred feet above the city, and overlooking the finest scenery on the coast. The water is most excellent, and the situation is in every respect a desirable one. Terms, from \$6 to \$10 per week, payable weekly. ASA SMITH, Proprietor, Miss L. A. SMITH, Physician. Ap. 11.

Now Ready.]

THE

[In Two Volumes,

HYDROPATHIC ENCYCLOPEDIA

An Illustrated Work, Embracing



A Complete System of Hydropathy and Hygiene.

OUTLINES OF ANATOMY, ILLUSTRATED; PHYSIOLOGY OF THE HUMAN BODY; HYGIENIC AGENCIES, AND THE PRESERVATION OF HEALTH; DIETETICS AND HYDROPATHIC COOKERY; THEORY AND PRACTICE OF WATER-TREATMENT; SPECIAL PATHOLOGY AND HYDRO-THERAPEUTICS, INCLUDING THE NATURE, CAUSES, SYMPTOMS, AND TREATMENT OF ALL KNOWN DISEASES; APPLICATION TO SURGICAL DISEASES; APPLICATION OF HYDROPATHY TO MIDWIFERY AND THE NURSERY; WITH A GLOSSARY, TABLE OF CONTENTS, AND INDEX.

BY R. T. TRALL, M. D.

Price for the complete Work, in two vols., substantially bound and lettered on the back in library style \$2 50.

That our country friends may judge of its merits and practical utility, we herewith present a few brief

NOTICES OF THE PRESS.

Every family, whether in favor of hydropathy or not, should have the information embodied in this work.—*Democratic Standard.*

A volume of great beauty, as well as an auxiliary of incalculable value in every household.—*Mont. Watchman.*

Certainly a more useful work has not been issued by these really useful publishers.—*Williamsburgh Daily Times.*

There is a strong vein of common sense running through the work, and its extensive circulation will be a public benefit.—*Old Colony Memorial.*

Every page is replete with practical and useful instruction.—*Boston Ledger.*

It is a work of medical ability, so popularized as to be comprehended and practiced by the people. It acquaints the reader with manifold things that pertain to life, health, and happiness.—*N. Y. Reformer.*

THE HYDROPATHIC ENCYCLOPEDIA will be exceedingly useful as a family guide and text-book, and is published at a very low price, considering its size, illustrations, and intrinsic value.—*N. Y. Farmer and Mechanic.*

The most valuable work of reference on the Water-Cure.—*Connaughtville Courier.*

Published at the office of the W. C. Journal, by FOWLERS AND WELLS, 131 Nassau Street, New York.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above Establishment, having been put in fine order, is now commencing its fourth season. The success which has attended it thus far enables the subscriber to say with confidence, to all who wish to make a practical application of the Water-Cure Treatment, that they can pursue it here under the most favorable auspices for the removal of disease. The location, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired. The water is very pure, soft, and abundant.

The charge for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly. T. T. SHELLEY, M.D., Proprietor. Feb. 5t.

THE ROUND HILL WATER-CURE RETREAT.—Established in 1847. Located at ROUND HILL, NORTHAMPTON, Mass. Accessible by Railroad from Boston, Albany, and New York, in from 4 to 5 hours. For beauty and healthfulness of location—softness and purity of water—large and well-furnished rooms, and for comforts and conveniences for patients and their friends, this establishment is unsurpassed by any in the country. Address A. RANDALL, Esq., Agent, or C. A. HALL, M.D., Physician. Feb. 11t.

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 woollen blankets, one comfortable, and old linen for bandages. S. ROGERS, M.D. E. F. ROGERS, Superintendent. Feb. 11t.

Hydropathic advocates will here find the proper information in the several departments of learning necessary, not only to a particular system, but to all systems.—*Aberdeen Courier.*

For those who desire to understand the hydropathic system in its particular operations, it will be invaluable.—*Concord Democrat.*

All who wish to learn the science of preserving health by the most simple means, should send for it at once.—*Perryville Eagle.*

Few works more indispensable to the human family have ever been issued from the American press.—*Hudson County Journal.*

Full of scientific and useful information. It is in the hands of every one, both in and out of the medical profession.—*Troy Times.*

Were its directions acted upon, we should not hear such frequent complaints of dyspepsia and weak nerves.—*The Metropolitan.*

Much useful information concerning the laws of life may be derived from this work for the people.—*Union Journal.*

EAST BROADWAY WATER-CURE ESTABLISHMENT.—This Institution will be opened on the first of May next, at No. 187 East Broadway, N. Y., under the direction of Dr. N. H. Quimby. In order that ladies may avail themselves of a thorough and judicious water treatment, Dr. Q. has engaged an experienced and skillful lady, to superintend that department. Ap. 11t.

DR. R. WESSELHOFF'S WATER-CURE ESTABLISHMENT, in Brattleboro', Vt., notwithstanding many reports to the contrary, continues in successful operation. Patients are received at all seasons of the year, and will meet with the personal care of Dr. W., who has so far recovered as to be able to attend again to his professional duties. March, 4t.

PENNSYLVANIA WATER-CURE ESTABLISHMENT.—By EDWARD ACKER, M. D., Phillipsburgh, opposite the town of Beaver, on the Ohio river, Beaver county, Pa. Feb. 8t.

THE BROWNVILLE WATER-CURE ESTABLISHMENT, under the direction of Dr. C. BAZZ, is open for the reception of patients. Summer and Winter. Feb. 10t.

DR. GEORGE HOTT, Hydropathist, Boston, No. 90 Winter street. March, 11t.

BATH ATTENDANT.—Any Water-Cure Establishment in want of an experienced bath attendant, can be supplied by applying to EBER ROMBINS, of Pulaski, Oswego Co., N. Y. Satisfactory recommendations will be given. April, 11t.

MRS M. H. MOWRY, PHYSICIAN, No. 23 South Main street, Providence, Rhode Island. Feb. 14t.

VAPOR BATHS.—John Hanna, of 86 Forsyth street, near Grand, New York, will administer Vapor Baths daily, from 9 A. M. to 10 P. M. A female will be in attendance to wait on ladies. Feb. 11t.