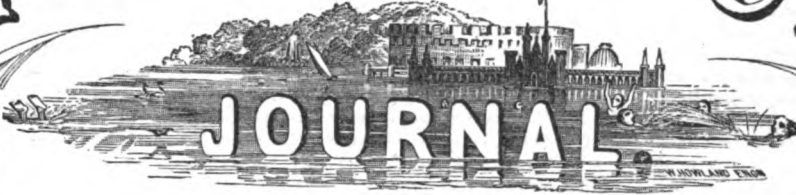


MAINE WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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GLIMPSES OF POPULAR PHYSIOLOGY; WITH ENGRAVED ILLUSTRATIONS.

BY T. L. NICHOLS, M.D.

The ancient philosophers, who were the teachers of the people, gave two kinds of lectures; the *Exoteric*, or popular, and the *Esoteric*, or private. And the teacher of physiology at this day must do the same. It is much to be regretted, but it is true, that there are many subjects of beautiful interest, and of great importance to every human being, which cannot be discussed in the pages of this journal, without exciting most violent prejudices, and the bitterest opposition on the part of many of its readers. Already, on more than one occasion, the publishers of the journal have been overwhelmed with the indignant remonstrances of offended delicacy, by those who believe that nature is improper, science indecent, and the most wonderful of the Creator's works vile and polluting.

It would be easy to throw back these reproaches upon those who make them—easy to show that it is not nature, nor science, nor God that are wrong, but the prejudiced and perverted minds of those who find obscenity where the true philosopher finds only beautiful adaptations, and the admirable designs of an infinite wisdom.

But this is a point we do not wish to contest. There is enough in nature, and especially in man, for study and improvement, without offending these prejudices; and our *Esoteric* teachings may be reserved for some other form of publication, by which they will be accessible to those who desire them, without giving offense to those who are not yet prepared to enter into the *sanctum sanctorum* of nature, and explore her long hidden mysteries.

Yes; there is still an abundance of matter, without entering upon subjects interdicted by the fastidiousness of those who throw over nature the hue of their own thoughts. "To the pure all things are pure;" but we write not for the pure, but for those who need purification. "The whole need not a physician." And while I enter my solemn protest against a civilized delicacy that is the cause of disease and premature death to millions, by perpetuating ignorance of the most necessary and vital truths, I am compelled to respect the motives of even a false delicacy and misdirected conscientiousness. I would not give offence to "the most fastidious." Modesty and virtue are the jewels of heaven; so lovely, that even their sham imitations and base perversions are to be in some degree respected. These, then, are my *Exoteric* lectures. The *Esoteric* I shall soon prepare for those who are prepared for them. In my Illustrations of Physiology, in the last volume

of the Journal, I followed no regular plan, nor do I think it important, nor even desirable, to do so. The truths of nature are like links in a chain, each bears the same weight. They are all circumstances around a common *center stance*. Each is a note in the universal harmony. In continuing my observations in the present volume, I shall select my subjects in the same promiscuous manner.

Nature has no more astounding phenomenon than MUSCULAR MOTION. Studied simply as a piece of mechanism, the human body is full of wondrous things. The bony framework of the skeleton, when well considered, is a greater marvel than a thousand Niagaras. Every part is adapted to all its uses, and the fit part for the most perfect being we know. But the bones were useless, without the muscles that clothe them, and move them upon each other. In this clothing of the bones we find united that perfection of organization—the combination of the highest use with the highest beauty. Evidently one belongs to the other, for precisely that form, arrangement, and proportion of muscles fitted for the most perfect use, constitutes the most perfect beauty. Those philosophers who separate the ideas of use and beauty are no physiologists. That form which is in all its parts most thoroughly developed, is the form of most perfect symmetry, grace, and harmony. The beauty of the leg depends upon the exercise, and consequent development of the muscles which move the foot. The rounded fore-arm is a mass of muscles moving the hand and fingers. The beauty of the face belongs in a large degree to the arrangement and action of its many muscles. And as muscles can be developed by exercise, it follows that beauty, in a great degree, may be a matter of training or education. Often have I seen a course of water-cure, with the exercises which should always attend it, produce the most remarkable effects in the development of personal beauty; which is, indeed, in its true sense, a synonyme for health.

The structure of muscles has been shown by the microscope, but their mode of action is one of the mysteries we have not penetrated.

A muscle is a bundle of fibres, each contained in a sheath of strong areolar tissue, and each fibre divisible again into numerous smaller fibres, each of which appears to be composed of minute discs. The sheaths of the fibres appear to join and form the tendon. The muscle, when removed from the animal, has a considerable degree of tenacity, but this resides in the sheaths; and the contractile power, which is far greater than its mere resistance, resides in the beaded discs of soft matter, which seems to attract each other under the nervous influence, as electro-

AMONG THE BUSINESS NOTICES.—May be found our proposed PREMIUMS, with all the conditions. We hope our friends will not omit to instruct us *how, when and where* to send the same, to all who entitle themselves to A NEW PREMIUM.

NOTICE.—The annual meeting of the "American Hygienic and Hydropathic associations of Physicians and Surgeons," is postponed to the latter part of the season, of which due notice will be given. By order of the Executive Com. B. Wilmarth M. D., Pres.

magnets attract, when the galvanic fluid is passing over them. In the contraction of a muscle, then, the strong tendon only holds its own, and the tissue of sheaths does not even this, for in the shortening of a fibre, its sheath must be relaxed. The force is in the attraction of beads or discs of muscular substance, caused by nervous influence, and which may be produced even after death by the similar effects of the galvanic fluid either acting directly upon the muscular substance, or, as is more probable, stimulating the action of the nervous fibres.

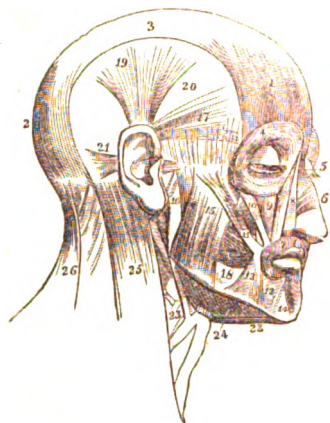


Fig. 2.

In the human body there are some four hundred muscles, each acted upon by separate nerves, contracting with a certain measured power, and many of these muscles are divisible into portions, as those which move the fingers, where each tendon may be moved separately by the fibres that are attached to it. Of these, more than seventy belong to the head, many of which can be seen in Fig. 2. There are large and strong muscles, holding the head upright, or in any needed position, like the stays and shrouds that hold up the masts of a ship. There are the strong and much-used muscles that move the lower jaw upon its hinges, up and down, forward and backward, and from side to side, each movement requiring one or more pairs of muscles. There are the circular or ring-like muscles, which surround the eyes and mouth, and serve to close those apertures, drawing them up like the strings of a reticule. There are the little muscles, which draw the lips into all pleasing, ugly, scornful, or contemptuous shapes; all acting under the magic power of the will with a rapidity which is truly wonderful.

The muscles of the eye, as seen in Fig. 3, are extremely simple and beautiful. The eyes are to be turned in all directions, up, down, in, out, and inter-

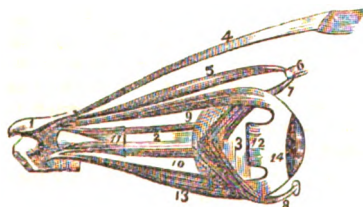


Fig. 3.

mediately; but not this only; they must be turned upon their antero-posterior axis; and for this purpose we have two oblique muscles, one numbered 8 in Fig. 3, attached to the ball, and its bony socket, and acting simply enough, but the other, 5, 7, passing first upward and forward to the socket, is not attached there, but passing through a loop of cartilage, plays through it like a pulley, and extends back to the origin of the other long muscles. Here is a mechanical contrivance of the most simple, but also of the most striking cha-

acter. There are a thousand more really wonderful, but this, from its very simplicity, is the more impressive. As Dr. Weiting, the popular physiological lecturer, said once on another matter, it is "a very ingenious thing on the part of the Deity." There are in the human body many examples of this application of the pulley principle to change the direction of forces. The muscle 4, above the rest, is the one which raises up the eyelid, and which is employed continually in opening the eyes, after they have been closed by the circular muscles. In sleep these muscles are relaxed, but they act perpetually in all our waking hours.

The beauty and complexity of muscular arrangement

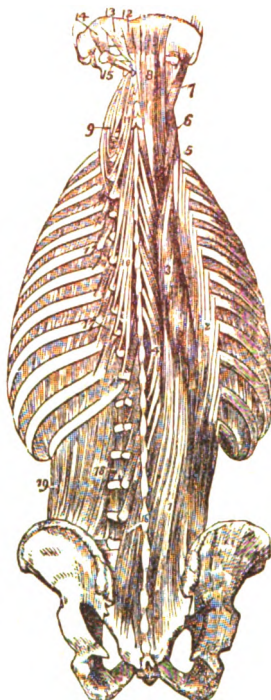


Fig. 4.

and action is nowhere better shown than in the muscles which connect the vertebrae together, and which give support and various motions to the spinal column. These are partially shown in figure 4, where they are seen, in the whole length of the back, passing from the ribs to the sides, and from the side of one vertebra to the back of another—hundreds of small muscles, difficult to count, and impossible, as well as useless, to remember, and which anatomists have lumped together under a common designation, but not one of which the presiding mind ever forgets or fails to use at the instant it is wanted,

as long as the body is in a healthy condition. Each little rope is drawn taut under the influence of its nervous fibres, and the united action of the whole gives to the body its beautiful elastic movements.

The muscles of the hand, which make the fleshy part of the fore-arm, Fig. 5, are arranged so as to combine use and beauty in an extraordinary degree. The bellies of the muscles are upon the upper portion of the arm, and give it its beautiful roundness; the long tendons pass down the slender wrist, where they are confined by strong ring-like ligaments, which keep them in their places. Some are attached just below the wrist, and move the whole hand in all directions. Others pass down upon the fingers, and are attached to different joints. One set of tendons, lying under those which belong to the second joint of

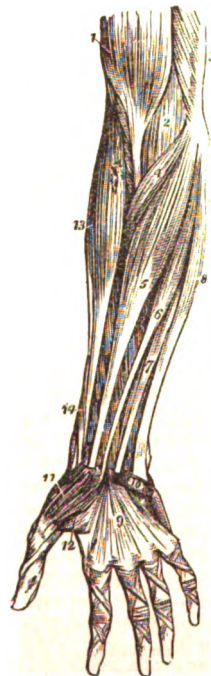


Fig. 5.

the fingers, pass on to the first joint, through slips made in the other set for that purpose. The most in-

genious artizan might profitably study such arrangements.

Think of the various motions of the hand and fingers. We turn the hands up and down, and every way, open and shut the fingers, move them from side to side, and all with the greatest rapidity; and each movement is performed by the will acting upon the nerve, the nerve on the muscle, and the muscle on tendon, bone, &c.

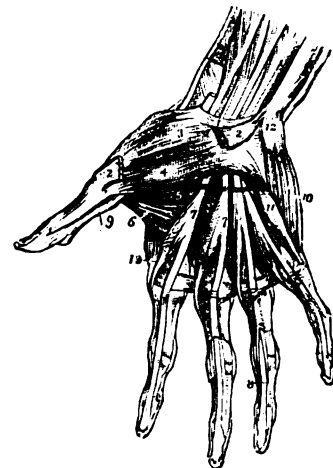


Fig. 6.

Think of the thousand movements of the human body, and their rapid, varied, and almost incessant motions through so many years—the ever-beating heart, with its four contracting and expanding cavities—the ever-heaving chest, which, by the successive contraction of so many muscles, keeps up its life-long movement—the rapid motions of the eyes and tongue—the action of the whole frame in all our exercises and labors. Think of the rapid and accurate movements of the muscles of the larynx in a Jenny Lind, and of the fingers in a Hertz or De Meyer, an Ole Bull or a Sivori, and we may form some idea of the powers of the human soul, as exercised in the control of muscular motion.

How perfectly the mind knows its instruments! How infallibly it governs them! The mind of man in his body is like God in the universe. Every command is instantly obeyed. The act follows the will, as thunder follows the lightning, but with no measured interval between. Everywhere, in every fibre of the body, is the presiding force of the soul. And this makes the grandeur of our being; and this makes human anatomy and physiology the noblest study to which our faculties can be devoted.

CASES OF WATER-CURE.

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

[Continued from the May Number of the Journal.]

Typhoid Fever—Simple Inflammatory Fever—Pareotitis, or Mumps—General Debility—Dysentery and Analogous "Summer Complaints"—Midwifery—Uterine Hemorrhage—Dysmenorrhœa.

CASE VII.

TYPHOID FEVER.—In the autumn of 1849, and during the prevalence of epidemic cholera in the city of New York, I was called to a case of **FEVER** which was in the eighth day of its course, and manifesting distinctly what are generally known as *Typhoid* symptoms. The patient was a married woman, apparently not much more than twenty years of age, and of fragile constitution, with a scrofulous taint. The circumstances of the family were evidently straitened; their home in a wretchedly-crowded and unhealthy locality in the upper part of the city; their mode of

life such as is common amongst the poorer classes in the metropolis; and (to render the case still more unpromising) their miserable rooms were in a *rear building*, endowed by the sordid avarice of its covetous owner with scarcely enough AIR for a kennel of hounds. At the outset of the fever, eight days previously, the patient had sent out and purchased of a neighboring druggist a number of "fever powders," which were dispensed to the poor in those quarters for one shilling each, "York currency;" and whose principal ingredient appeared to be *piperine* (a preparation of PEPPER in extensive use amongst the poorer classes as a substitute for *quinine* in fever and ague). The increase of misery caused by these powders may be readily imagined. The patient informed me that her sensations, while swallowing it, were agonizing in the extreme; had liquid fire been the potion, or the "actual caustery" the agency employed, the throat-burning could have been but very little worse to her fancy, while she was consuming with fever. It was quite by accident that I was sent for on the eighth day of the fever, to treat it with water. As I have already remarked, the symptoms had become typhoid. There was great prostration of strength; the pulse was very weak and frequent—sometimes as high as 140 in a minute; the tongue was "dry, brown and tremulous," though angry spots here and there denoted the ravages of the pepper; the lips looked parched, and the nostrils sharper than was natural; *sordes* began to accumulate upon them both; and the stools and urine were involuntarily discharged.

The principles of treatment, in accordance with which this difficult case was managed, were sufficiently simple:—1. To cool down the fever without running the risk of quenching the vital spark at the same time; 2. To sustain and economize the patient's remaining strength to the utmost; and, 3. To guide the fever to a speedy and favorable termination. Care was taken to keep the premises as well ventilated as was possible, under the circumstances; the *wet-sheet packing* and *half-bath* were cautiously and perseveringly employed throughout, with a proper regard to the patient's powers of endurance; clysters were frequently and advantageously administered, with a view to restoring a more healthy action of the lower bowels; wet bandages were worn with an excellent effect; and water drinking was encouraged to the utmost as an internal solvent and purifier. Great care was necessary in regulating the diet, from the moment that a healthy appetite returned; that is, as soon as the cooling processes had acquired a mastery over the fever. Fruit was prescribed, in spite of the vulgar and ignorant prejudices against its use in any shape during the prevalence of the cholera, and none but beneficial effects were observed to follow, especially from the use of ripe peaches and grapes, which were "a drug in the market" at that particular time. Under this plan of treatment, the patient slowly but steadily mended, in spite of a variety of discouraging drawbacks; and it was not long before her improvement was so marked, as to justify me in discontinuing my regular professional visits. A year afterwards, a well-dressed woman, seemingly in the enjoyment of good health and spirits, and of comfortable circumstances, called at my office; and it was some time before I could recognize in her altered appearance my fever-patient of the cholera season. Surely a case like this, which I may designate as one of "*Domestic Hydropathy*" under difficult circumstances, should be sufficient to remove the doubts of the most skeptical in regard to the water-cure in fever; and to establish the claims of HYGIENE and HYDROPATHY to a respectful consideration from all classes of the community, wherever disease is known. Air, light, water, rest, quiet, abstinence, cleanliness, and the complete abandonment of medicines of all kinds, were in this instance found adequate to bring about recovery; and it will require a display of logic of a most unusual kind to overcome my belief, that a simi-

lar plan of treatment to that detailed above would have vastly diminished the mortality from typhoid fever in the city of New York during "the cholera year" 1849, or any other period, either before or after.

CASE VIII.

SIMPLE INFLAMMATORY FEVER.—In the latter part of September, 1851, I attended a case of simple, inflammatory fever in the city of New York, which was completely "broken up" within a very few days. The patient was quite a young man, of good constitution, and free from organic disease. I was not called at the outset of the attack, or in all probability it could have been broken up sooner: still, the case as it was, was a highly satisfactory one, and proved conclusively that it is as practicable to employ *water* in the treatment of acute complaints as the ordinary allopathic or homoeopathic remedies, without incurring the necessity of resorting to an establishment. The treatment pursued in this case was strictly in accordance with general principles. The leading object was *cooling down the great heat*; and this was accomplished by means of the half-bath or the plunge. Wet bandages were also enjoined, together with water-drinking, low diet, enemata, &c.; and, as I have before observed, recovery was rapid.

CASE IX.

PAROTITIS, OR MUMPS.—The prevalence of the disorder familiarly known as "the Mumps" in this vicinity, as well as elsewhere, for some time past, induces me to mention a strongly marked case of it, complicated with high fever, which I attended in New York about the middle of the month of March, 1850. The patient was a boy of five or six years of age, whose parents were strong believers in Hydropathy, having both experienced the benefits of water treatment in chronic disease to an unusual degree. Their residence was a remarkably elegant one, in the upper part of the city, and the bathing facilities which it afforded were adequate to the encounter of any ordinary attack of disease. The treatment I prescribed was both *general and local*; consisting principally of the rubbing *wet-sheet*, the *wet-sheet packing*, the half-bath, wet bandages around the inflamed glands, clysters, &c., &c. Under this plan, the feverishness of the system was effectually subdued, and the attack subsequently passed off as mildly as could have been desired. The employment of cold did not tend in the least to effect any *transfer* of the disorder; and I am fully of the opinion, that no dangerous *metastasis* will result in the employment in this, or in any other disorder, whenever the practitioner is careful enough to commence with *general* instead of *local* treatment. A great deal more depends upon making a strong impression upon the *whole* of the external mucous membrane than is commonly supposed.

CASE X.

GENERAL DEBILITY.—A gentleman about thirty-five years of age, commenced the water treatment under my direction in August, 1850, for the relief of general debility, accompanied with a hard, constant, wearing cough; and finding that the *wet-sheet packing*, half-bath, shower-bath, &c., effected an immediate change for the better, continued their employment for about three months with decided benefit. Subsequently a daily bath sufficed to ensure a more vigorous state of health than he had enjoyed for years, and to enable him to prosecute successfully the engrossing duties of a commercial career. Indeed, during the whole of the time that he was under my treatment, he was able to devote the better part of each day to the pursuit of his business. The principal point of interest to be drawn from this case, is the efficacy of judicious water-cure management in maladies requiring a *tonic, building-up* treatment, and especially in instances of *threatened decline*, like the one just described. The gentleman I refer to was commonly supposed by his friends to be fast sinking into the grave at the time when he commenced the treatment by water; but their melancholy

forebodings, I am happy to say, were doomed to be speedily and agreeably disappointed. At the present time of writing, to the best of my knowledge, he is in the enjoyment of good health.

CASE XI.

DYSENTERY AND ANALOGOUS "SUMMER COMPLAINTS."—During the hot season, which is close at hand, we may safely anticipate the usual proportion of "summer complaints," such as dysentery, diarrhoea, cholera morbus, colic, cholera infantum, &c.; and as "the water-cure" is eminently successful in all curable cases of these distressing maladies, I shall offer some cursory remarks about the principles of treatment which are common to the whole of them, rather than waste valuable time and room, by reporting *all* the cases of which I have preserved memoranda. One will suffice by way of an example. In August, 1849, I prescribed for a patient who was confined to his house with a severe attack of *Dysentery*, the persevering employment of injections of tepid water, sitz-baths at 60°, and the use of the abdominal bandage, until the attack should be overcome. Within a very few days he was completely restored. During the severity of the disorder, he was required to abstain from food altogether; and great care was observed from the moment he began to recover, to prevent any relapse from dietetic improprieties. The abdominal bandage was frequently renewed from *cold water*; and clysters were always administered after each motion of the bowels, care being taken not to aggravate the disorder by injecting water of too low a temperature. Not a long time had elapsed after this treatment had been commenced, before the soothing and tranquillizing influence of the sitz-bath was distinctly observed; and soon afterwards *scybala* (or dry, hard lumps, "rounded like nuts or marbles," and which are characteristic of this disorder) appeared in the dejections, recovery being rapid from this time forward.

In the treatment of *Diarrhoea*, cooling injections, the wet bandage and low diet, together with the sitz-bath at 60°, will usually suffice for a speedy cure, when promptly employed upon the first appearance of the disorder. In *cholera morbus*, the same treatment will be efficacious, in connection with copious draughts of blood-warm water, when the stomach needs cleansing. The painful disorder familiarly known as *Colic*, may likewise be promptly relieved by hot fomentations to the abdomen, warm water, emetics, and injections of tepid, or even warm water, as the case may demand; but in all of these maladies the remedies I have suggested should be faithfully and *perseveringly* administered and employed, or little good will result. THOROUGH WORK is necessary in all cases of acute diseases, in which *water* is relied upon as the remedial agent; especially when *children* happen to be the sufferers. And this reminds me, that in the melancholy complaint known as *Cholera Infantum*—so common in the sweltering and impure air of all large cities in July and August—the best advice I can add in this place is, that the parents should promptly remove with their child to the pure and invigorating air of the country, and there pursue the treatment recommended in *cholera morbus*, care being taken to sustain the strength of the little sufferer to the utmost.

CASE XII.

MIDWIFERY.—Out of several cases of which I have preserved memoranda, I present the following as a fair sample of the number. About the 1st of December, 1851, I attended a midwifery case which is worthy of note, inasmuch as it proves that the water treatment is more generally applicable in difficult cases than is commonly supposed. The patient was highly respectable, and one who had married somewhat late in life. For this reason, as well as on account of a contracted pelvis, the labor in this case was unusually tedious, not being complete in less than forty-two hours. Still it was natural, regular and safe. As soon as the child

was properly cared for, and the after-birth removed, I administered a vaginal injection of cold water, for the purpose of preventing any danger from uterine hæmorrhage, and ordered its repetition at least once a day afterwards, to alleviate the after-pains. A general cold bath was likewise prescribed for every morning and evening, for several days after labor, and with the happiest results. There were no untoward symptoms in the case, and both mother and child throve remarkably well, the former being able, within a very few days, to resume the cares of her own household management.

The distinctive peculiarities of the Water-cure in midwifery consist in the preparatory treatment, and the management after labor. [Patients are not kept in a plunge or sitz-bath during all the different stages of labor, as is too currently believed, especially amongst those who never take a shower-bath, unless aided by the "active intervention" of an umbrella! The general regimen during labor is substantially the same in all the various modes of treatment.] During the last two or three months of pregnancy, patients are advised to take a general bath *once*, and a sitz-bath *twice* daily; to eat no more food than can be easily digested; to exercise once each day in the open air, if possible; and to avoid any extraordinary fatigue or excitement. The object of this plan of management is to secure the soothing, comforting, bracing and tonic effects of the water treatment in sufficient season, to enable nature to carry out her purposes in a normal, healthy manner, when her full time comes, and to ensure a prompt recovery afterwards. The management after labor I have briefly referred to in the case just described. Too much praise cannot be awarded to the vaginal injections of cold water, as a means of preventing all risk of uterine hæmorrhage, as well as of alleviating the distressing pains which are occasioned after labor by the gradual contractions of the uterus to its ordinary size.

CASE XIII.

UTERINE HÆMORRHAGE.—In May, 1851, I was called in haste to see a highly estimable married lady, who had been reduced very low by uterine hæmorrhage, following an abortion brought on by over-fatigue. I found my patient extremely prostrated from the loss of blood; countenance pale and anxious; pulse feeble and fluttering; and the least effort to change her recumbent position attended by a re-accession of the hæmorrhage. The water processes which I prescribed in this case were vaginal injections of cold water, perseveringly employed; cold wet clothes to the abdomen; and cold sitz-baths as soon as it was practicable for the patient to take them. This mode of treatment effectually controlled the symptoms, and my patient slowly but steadily recovered. As a whole, this case was one of the severest I have ever met with, and powerfully illustrates the efficacy of the Water-cure in attacks which so often prove fatal to life.

DYSMENORRHEA.—In the summer of 1850, a very amiable lady, about thirty years of age, but who had been rendered prematurely old by this distressing malady, was completely relieved from it by a simple course of water treatment pursued under my direction. The disease had been gaining upon her for several years, and appeared to have become so firmly fixed, as to render it questionable in the minds of her friends whether she would not be a martyr to it for the rest of her life. During the intervals between each monthly attack, she was barely able to recruit enough strength to enable her to endure the one that was to follow. Her symptoms, at the time of commencing the treatment, were substantially these: excessive languor, paleness, nervousness, loss of appetite and general weakness; and at each time of menstruation an entire prostration, accompanied with agonizing pain—the whole attack generally lasting from eight to ten days. The treatment prescribed consisted at first of sitz-baths and abdominal bandages; and as she gained strength,

she took in addition a general plunge-bath. During the attacks, the treatment was kept up—especially the sitz-baths—and with decided advantage. The sufferings of this lady were steadily diminished from the first: indeed, her improvement was so striking, that in time she became the strongest of the household, instead of the most delicate. Cold water was employed from the very outset, and benefit experienced from the first bath taken. The host of sufferers from this and kindred disorders of the sex may be confidently assured that the resources of the Water-cure are sufficient to ensure speedy and decided relief in all such cases. [Harradsburg, Kentucky, May 24, 1852.]

CHEMISTRY OF LIFE.—NO. V.

BY T. ANTISELL, M.D.

The resemblance of the animal to the locomotive engine is not fanciful: in both, charcoal (carbon) is consumed, and the oxygen of the air drawn into the machine: in proportion to the consumption of carbon and oxygen, or the formation of carbonic acid, so is the heat of the machine developed, and its capability for locomotion increased. In the words of Dumas, "an animal does, in fact, constitute an instrument of combustion, whence carbonic acid is incessantly disengaged, and where consequently carbon is incessantly consumed." In the steam-engine, its progressive power is to the rapid boiling of the water, or to the heat of the fire, and this bears a ratio to the amount of wood or coal consumed. In both, carbon consumed produces heat and locomotion. The carbon is converted into carbonic acid by its consumption and union with oxygen. What is the source of the carbon and oxygen thus needful to animals?

The carbon is derived from the food. Aliment, whether derived from the animal or vegetable kingdom, always contains a large amount of carbon. In the flesh perfectly freed from water, carbon amounts to one-half the weight of the whole; and in the nutritious or glutinous matter of corn, wheat, and cereal grains, it is somewhat more than fifty per cent. Into the question of the variety and constitution of food we cannot at present enter, reserving it for the subject of digestion. It is sufficient here to state, that for the purposes of respiration, the carbon of the food only is required, and by its union with the oxygen of the air is the warmth and capability of motion in the animal sustained.

Now, there are some animals which burn a large quantity of carbon in a short time, and preserve a sensible and considerable excess of heat above the surrounding bodies—these are what are called *warm-blooded animals*. There are other animals, again, which burn a much smaller quantity of carbon in a given interval of time, and they have so slight an excess of temperature above surrounding objects, that it is difficult or impossible to perceive it—these are *cold-blooded animals*.

All animals which breathe produce heat, and it is by means of respiration that animal heat is kept up. The phrase *cold-blooded animals* would seem to imply that there were animals which breathed by lungs or gills, and yet did not produce heat; but this is incorrect. The tortoise, the frog and the fish do produce heat when they breathe; they cannot produce anything like the same amount of heat, but still it is an increase of temperature. The consumption of carbon and oxygen is much less with those animals, and hence the less production of heat. 'Tis similarly when one hundred pounds of coal are burned in the fire at once, and when they are burned consecutively by small additions. In the first instance, there is an immense and sudden union of carbon and oxygen, and a correspondingly large amount of heat developed. In the second case, the consumption and union of the elements is spread over

a large space of time, and while there is the same total amount of heat produced, there is less formed at any one given time. The rod of iron which is burned in oxygen gas is consumed and oxidized readily, and a white heat is produced. The same rod of iron, exposed to the damp air, rusts or oxidizes, but it does this so slowly, that at any one given period it is almost impossible to show the augmented temperature. With animals the same holds good. Those which breathe fastest are warmest. When the same animal breathes faster at one time than at another, its warmth increases—exercise and excitement quicken the breathing, and increase the temperature of the body; and when we breathe less often, and less perfectly, as in sleep or fever, we become correspondingly cool.

The air which we breathe contains oxygen, and the food which we take contains carbon: the object in breathing is to bring the air into the body, and into close contact with the food. This latter has been accomplished by the process of digestion, hereafter to be explained, being dissolved in the blood, and the whole blood of the body circulates many times daily through the lungs. There it meets with the air, and it is in the *arteries* or blood-vessels, which convey the nutritive fluid to the lungs from the heart, and in the *arteries* generally, that this process of separation of carbon takes place.

The quantity of air which is taken into the lungs at one respiration is about one half-pint capacity, or perhaps a little more. This quantity of air is inspired on an average 16 times per minute, 960 times per hour, or 23,040 per day. This would be equal to 11,520 pints of air, which, containing one-fifth of oxygen, is equal to the introduction of 2,304 pints of oxygen gas into the system every day: an immense quantity, and from which may be judged the importance of an abundant supply, and of pure air constantly.

All this is demanded to remove the carbon over and above what is laid up as muscle, ligament and bone in the system. Each time it is drawn into the lungs, it loses from 4 to 6 per cent. of oxygen; and each time it is expired, it contains from 3 to 5 per cent. of carbonic acid. The quantity of carbon removed by this process has been estimated differently. On an average, about 140 or 150 grains are removed per hour, or about 3½ ounces per day. The quantity of carbon removed is sometimes rated as high as 14 ounces daily, but this is much too high an estimate.

When the air has been exposed for a few moments in the pulmonary tissue, it is expelled by the effort of expiration, but it is diminished in quantity. Its composition is no longer the same, containing 79 parts of azote, but the oxygen has undergone the change stated. It is besides altered by the addition of aqueous vapor, which is condensed in cold weather, as it escapes at the mouth and nostrils. Such changes, compared to those which the blood experiences in passing through the lungs, clearly show the reciprocal action between this fluid and the oxygen of the atmosphere. The dark serous blood, which coagulates slowly, and disengages a considerable quantity of serum, having a temperature of only about 68°—a temperature much below that of the arterial blood.

In parting with its carbon, which, by uniting with oxygen, forms the carbonic acid thrown out during expiration, the blood loses its dark and nearly purple color, and becomes of a florid red, and increases in consistence from the escape of its aqueous parts.

The influence which the state of the individual exerts upon the function of respiration, was first shown by the experiments of Prout and Fyfe. These showed that the carbonic acid gas formed during respiration is liable to be very materially affected in its quantity in the same individual, by various circumstances. They found that less was formed at night than in the day. The mental operations also influenced the result: the depressing passions diminishing its quantity, and those of the opposite nature the reverse. Exercise, if

moderate, also increased the quantity formed, and fatigue diminished it. The greatest decrease was from the use of alcohol and vinous liquors, especially when they were taken on an empty stomach. Also whatever lessened the strength of the bodily frame, as low diet, mercurial irritation, &c., appeared to have the effect of diminishing the quantity of the carbonic acid.

Crawford found the quantity of carbonic acid was much lessened when respiration is performed in a high temperature; and perhaps, as Dr. Copland suggests, several of the most important diseases to which the inhabitants of warm countries are liable, may be dependent on this circumstance. Similar experiments were afterwards performed in an intertropical climate, where the quantity of carbonic acid is considerably less than even an artificial temperature of equal warmth produced. Much of this is to be attributed to the increased cutaneous function which evidently co-operates in hot climates with the lungs, in eliminating the carbon, and in performing a subordinate respiratory function. The latter experimenter has also found that with white and colored persons of equal capacity of chest, the quantity of carbonic acid formed is much greater in the white person; while the carbonic acid formed on the cutaneous surface of the colored man was greater in the proportion of 3 to 2.

The most complete series of experiments tending to show the changes which occur by the inhalation of air into the system, are those performed by MM. Dumas and Boussingault, from the report of which many of the statements made here have been drawn. The greatest care was taken by these experimenters to ensure accuracy in their results, and prevent the conclusions being vitiated. Their first endeavor was to make out the influence of the three grand physiological circumstances of age, sex and constitution, upon the exhalation of carbonic acid; as also that of rest, motion, sleep and watchfulness, fasting, and repletion—of light and darkness, &c. The experiments were performed, as nearly as possible, under the same circumstances, upon subjects in good health, at the same time of the day, between one and two o'clock, after eating. Seventy-five experiments were made, with all the precautions indicated, on 72 persons, of whom 36 were males, and 36 females. The experiments showed that from 8 years, on to extreme old age, the quantity of carbonic acid exhaled from the lungs in a given time varies notably according to the age, sex and constitution of the individual observed.

At every age, from 8 years upwards, the exhalation of carbonic acid from the lungs is greater in males than in females. In the male the exhalation goes on increasing continually, from the age of 8 to 30 years: from 30 to 40 it is stationary, or even tends to diminish a little: from 40 to 50 the tendency to decrease is more decided: lastly, from 50 to extreme old age, the exhalation of carbonic acid diminishes more and more, until, in men arrived at the last term of existence, it returns to nearly the same amount it was at 10 years of age. In the female lungs different results were obtained. From the age of 8 to the period of puberty, the quantity of carbonic acid goes on increasing continually, precisely as in the boy, but it always remains a little less than in him. At the age of puberty, a very remarkable phenomenon presents itself: it is the sudden cessation of any further increase in the quantity of carbonic acid exhaled, from the time when menstruation commences. While in the male it increases up to 30, in the female it continues the same in woman as it was at the commencement of the grand epoch in her life, and so it remains, as long as she continues to be regular. Women, when in all respects in good health, do not consume more than 98½ grains of carbon per hour, being precisely like children of the female sex before puberty; while, in males, the average hourly consumption of carbon, which is 118½ grains between 8 and 15 years, after this period rises to 174 grains, and so continues to near 40. When the period arrives

that females cease to be regular, then the quantity of carbonic acid exhaled immediately begins to increase, so that in women between 38 and 49, who have ceased to be regular, the quantity of carbon thrown off by the lungs increases from 98½ to 129 grains. As years, however, accumulate, the quantity lessens, and henceforward follows the same laws as in the male subject. The temporary suppression of the menses have the same effect of raising the amount of carbon thrown off from the lungs, as its total cessation has; the moment she becomes regular, the quantity of carbonic acid diminishes to its normal standard. The condition of pregnancy does not appear to alter the quantity of carbonic acid given off: women in this state giving off the same quantity as if they had passed the critical period of life.

NOTES OF A LECTURING TOUR.

BY MRS. R. B. GLEASON.

Lectures to Ladies—Physiology—Sensitiveness in regard to Medical Intelligence among Women—How Overcome—Clergymen and Medical men approve a wider diffusion of Physiology among Women—Lectures in Ithaca, in Trumansburg, in Prattsburg—Hydropathic Physicians desired—Penn Yan, Lyons—German Women—Scrofula arrested by Water Treatment—Brockport—Dr. Maron on Humbergs—Albion, Le Roy—A Sensible Sermon—Elmira Water-Cure.

[By special request, Mrs. Gleason has furnished us with the following notes of her recent lecturing tour in Western New York, which we take pleasure in presenting to the readers of the WATER-CURE JOURNAL.]

Personal friends in various villages having invited me to talk to the ladies where they reside, I improved the vacation between closing our connection with Forest City Cure, and opening at Elmira, in so doing. To render more clear and forcible the instructions given on female health and habits, and on the efficacy of water treatment in their various infirmities, I took with me an appropriate anatomical model, whereby some correct impression of the Anatomy and Physiology of women could be acquired. To oppose this, or that practice, as one likely to induce disease or derangement of this, or that organ, when the listeners have no correct idea of their natural relation, and healthful action, is to "fight as one that beateth the air."

Many think, *seemingly*, that the feminine graces will "flee like the morning cloud and early dew," before any definite, scientific knowledge on these delicate subjects; that of these, medical men, and medical books, are *properly* the sole possessors. If this be so, if woman's peculiar virtues, and most pleasing attractions, vanish before any illumination on human organization, and the laws by which life and health are regulated, they are of such stuff as dreams are made.

Who will dare say, that the study of any work of the Infinite Artist, and *especially* that of the "crowning work of the Creator," will degrade the mind of either sex? In my code of ethics, ignorance is the mother of vice. I know one says that "ignorance is bliss;" another, that she is the "mother of devotion;" and another, of "innocence;" but to me these are not her legitimate offspring, though they are often co-existent.

Knowing the sensitiveness of many with regard to the spread of what is termed "medical intelligence" among women, and also the suspicion prevalent, that any woman who looks after the interest of the "dear people at large," at home quarrels with her husband, and neglects her baby; I did not venture to offer my services, save where a special invitation was received from persons of intelligence, whose countenance would give me some character in the community.

To accomplish what I desire, it is easier for me, where I can, to go round, the barriers which prejudice has built in my pathway, rather than with my weak ability to scale strong fortifications; for in so doing I should fall by the arrows of those set on the walls for defence of the "good old way." I am too vulnerable to risk such unequal combat. So, while my success in this

new enterprise has far exceeded my expectations, I feel that the credit is chiefly due to those friends who not only welcomed me to their homes and gave me words of encouragement, but also gave me "material aid" in the way of securing me a good hearing by their personal influence.

Clergymen on every hand have, for the most part, expressed their faith in water treatment, their interest in the spread of physiological knowledge; and encouraged the attendance of ladies on the course of lectures. Here and there I have made a pleasant acquaintance with medical men, who have favored me with their influence. Many affirm that their treatment of our sex would be *more* successful, *more* scientific, and that to them the practice of their profession would be *more* pleasant, if women understood their own organization and infirmities better. Some express, in *strong terms*, their approval of the thorough education of some of our sex for the profession. Now and then one is "turning over" to the side of Hydropathy, and I hope to hear, ere long, that they are fairly and safely over.

My first course of lectures, which usually consist of six, I gave at the Academy in Ithaca—one of the most beautiful of villages in Central New York, situated at the head of the Cayuga Lake. They have there a flourishing school of two hundred pupils, in charge of Mr. & Mrs. Carr, who, as teachers, truly deserve the extensive patronage and popularity which they enjoy. The female teachers, and those of the pupils who were sufficiently advanced, attended the lectures. Some ladies of intelligence favored us with their presence, but a less number than in any other village of its size. Some friends, who tried to secure a more general attendance, said many more desired to listen, but feared the public would not deem it pretty or popular.

Next visited Trumansburg—a pleasant village on the western shore of the Cayuga. There the ladies received me cordially, though the size of the place, bad roads, and stormy weather, made the class small. Social intercourse is there friendly and unrestrained. Aristocracy, formality, and fashion, have not frozen its life-blood. Had the pleasure of making the acquaintance with Col. Camp, his amiable wife and interesting family, who reside there. He, being president of the State Temperance Society, is known to many of the readers of this Journal. His time, talents, and money, are freely expended for the promotion of this one *great* and *good* object. His daily prayer, his morning thoughts, and evening meditations, are to the end that the spell of the tempter alcohol may be broken.

At Prattsburg, found a very quiet, but earnest and intelligent class of people, strongly indoctrinated in Water-Cure. They greatly desire a well-read Hydropathic physician, and I have no doubt one would be well patronized, for, though the village is small, the country about is much interested in this mode of practice. The size of the place did not promise many hearers, but I found that the ladies there were lecture-loving, rather than party-going, and the result was one of the largest classes secured in any place.

Penn Yan is a thriving village near the Seneca lake. The new railroad, connecting Elmira on the south, with Canandaigua on the north, touches this point, making it "right in the world." Met in the Wesleyan Chapel, there, a very pleasant class of wives and mothers. Their prompt attendance, despite the *indescribable* mud of that season, has made me hold them in very pleasant remembrance, with but one source of regret. This was, that there were so many faces among them, beaming with kindly intelligence, but wearing, also, that peculiar impress which protracted suffering always bears; even on those who are still able to mingle in the ordinary duties of life. Several of them appeared, on the last afternoon, as if they had had a six-months', rather than a six-days' siege of lectures.

While there, Miss Holley, of Rochester, gave an entertaining lecture before a promiscuous audience in the Baptist church, which was literally more than full.

The address was clear, concise, and forcible. The audience, though so large, was quiet and attentive. A colloquy like the following occurred between some elderly ladies in reference to the event:

One says: "So there has been a woman *lecterin'* here; if I'd been one of the trustees I'd not let one of them 'critters' in our church." "Well, I wonder what on airth won't come next," says the second. "An airtquake, I reckon," replied the third.

In the minds of many "good people," any departure of woman from the ordinary routine of dish-washing and baby-tending, for employment, of party-going and call-making, for amusement, and of piano-playing and fancy-stitching, for accomplishments, is considered a provocation sufficient for the earth to tremble and the mountains to shake with indignation.

Next, pitched my tent in Lyons—a thriving village of 2,000 inhabitants, lying on the Erie Canal. Met here a very fine class of ladies, at Union Hall—an excellent building, of brick, erected at the cost of \$11,000, for the purpose of a "Union school." Thus far, its success has been highly gratifying to the citizens. Here are better public buildings, in proportion to the amount expended on private residences, than in any other place I ever visited. Less aristocracy than in most villages of its size, and that happy medium for which Agar prayed, when he said, "Give me neither poverty nor riches," seems in a good degree to prevail here.

More than one-fourth of the population are Germans. The broad chests, strait spines, and strong limbs of these women, were to me a source of astonishment, and admiration. It was wonderful to see them walk so erect, with ease of motion and a firm step, carrying such burdens on their heads; while our women have chests so small, that they puff and pant from a little exertion; and with limbs so weak that they trip at the slightest obstacle. The ladies in Lyons have, in every German woman they meet, a silent lecture, more forcible than tongue can give, on the secret of sound health.

An elderly gentleman, who had long resided there, told me the second generation was coming on less vigorous than the former; that the ladies were becoming Americanized in habits, and that a change in health was observable. In-door life, and a steady compression of the chest, is doing its evil work upon them; but with their inherited constitutional power it will be several generations before they will be "frail and fair" as our country women.

I saw, while here, a case of scrofulous disease arrested by water treatment, more wonderful than any I ever before saw or heard of. It was in the person of a gentleman, in middle life, of marked excellence and intelligence of character, formerly a teacher in Lyons. About ten years since, his head was attacked with scrofulous inflammation and ulceration. Allopathy was first faithfully tried, afterward Homeopathy, Thomsonianism, patent medicines, and indeed everything that promised any relief. Despite all these, the disease steadily progressed, till nearly the entire scalp and face were involved. Caries of the skull took place extensively, reaching to the *dura mater* in two points; the *vomer* was destroyed, and also the *alveolar* processes, so that the teeth fell out, the eyelids, both under and upper, were taken away, and the sight nearly destroyed.

At this stage of the disease, a former patient of ours, a Mr. Green, now in charge of a Water-Cure in Western New York, took the case in charge, and gave thorough Water-Cure treatment. Wet compresses on the head and face constantly, and wet sheet packs daily, followed by a general bath, were the main reliance. The result was, the inflammation gradually subsided, the ulceration was arrested, the recuperative powers rallied and repaired the injury, as far as it was repairable. This person now enjoys, what in his condition may be called tolerable health. His head and face are covered with new, white, soft, smooth skin, resembling that of an infant. But the impaired vision can never

be restored; the natural and needed covering for the eyes can never be replaced; hence they are irritated and inflamed for want of protection. He finds himself obliged to bathe them from fifteen to twenty times during the night, otherwise he cannot sleep because of pain; and by day they are constantly shielded.

It was to me not only one of the *most surprising*, but one of the most thrilling sights I ever witnessed. No words can tell, what a man of his intelligence and refinement must have suffered, and *still* suffers, mentally, as well as physically, to be thus smitten in the meridian of life; when moderate means, an amiable wife, and two sons, all combine to make him yearn to labor for those he loves. A friend present asked him if he did not think water treatment would have prevented all this, in its first stages. He replied, with a deep sigh, "No doubt it would, had I known of it ten years since." Then, as if to turn to the "bright side," *even* when it was dark on every hand, he added, "Water has been, and now is, a great blessing to me; before I knew of its use, life was a burden, but now I am comparatively comfortable."

Brockport was the place of our next call. The day of the first lecture being pleasant, a large class were gathered; but a severe rain during the remainder of the time, made the number of listeners limited, yet the interest manifested made it pleasant to talk even to a small gathering.

This is a canal village, and like Lyons, Albion, and Medina, is soon to be visited by the cars on their direct route from Syracuse to Buffalo. There is here a fine building, beautifully located back from the village, for the education of both sexes, called the Brockport Institute. While here I heard a temperance lecture, by Dr. Maron, of Buffalo, which, for eloquence and vividness of comparison, excelled anything on that subject I ever listened to. After this, he gave a series of lectures on the humbugs of the age, medical quackery, etc. In his introductory, he informed us that he proposed, during his course, to investigate the Anatomy and Physiology of that interesting insect, which even Goldsmith, the most extensive of Entomologists, had not alluded to, viz., the *Humbug*. He gave us some science seasoned with a little fun. Evenings dark and rainy, prevented his completing his course while I remained, but I have no doubt that Doctors, Mesmerisers, Psychologists, Spiritual Rappers, Spiritual Writers, the Witch of Endor, and the witches of more modern times, all "received their due," and perhaps more, at his hands.

My conveyance to Albion was by stage. The roads were in an indescribably *bad* condition, and the horses in a *worse* one. We made but slow progress by dint of whipping, thumping, kicking, swearing, and resting, which last treatment seemed most appropriate. Feeling it wicked to ride thus, soon as there was rest for the sole of my foot, in that sea of mud, I took to my own locomotives, and was soon out of sight of the stage, and arrived in Albion an hour in advance of it.

Though my getting into town was rather "unpropitious," my sojourn there was both pleasant and profitable. By the personal effort and influence of Mrs. Achilles, a large class, or rather what might be dignified with the name of audience, was gathered in regular attendance on the lectures. She is the principal of the Female Seminary there—a woman of tact, talent, energy and activity. She commenced as a teacher of young ladies in that place about twenty years since. After a time loaned funds of the citizens, with which was erected a large seminary building on a pleasant site, in a central portion of the village. The school prospered admirably, till she, wishing to retire from her field of labor, gave it over in charge of a gentleman; but for lack of her womanly care, it "went into a decline." After an absence of twelve years she returned, took it again in charge, and under her maternal watchfulness, and fostering care, it is again in a thriving condition.

The physical habits of her pupils are well looked after; they being required not only to wash their face and hands, but even all over, before coming to breakfast. Then, in their exercises, they have not that precise, measured, slow step, sometimes seen, but move as if they had muscles in play, and were really out for exercise. There is comparatively little indisposition among the pupils; and many decidedly improve in health, under the regularity of habits, excellent diet, and exercises there maintained, which is a rare recommendation for boarding schools.

Gave my last course of lectures at University Hall. Le Roy, one of the sweetest of inland towns, surrounded by a rich country; yet not one unbroken level which tires the New England eye; but with here and there a depression and elevation to relieve the sameness. The Seminary for young ladies, here, still enjoys the charge of Miss Ingham, and her sister, Mrs. Stanton, aided by Miss Wright, formerly a missionary in Greece. These truly form a trio of feminine talent.

They labor to make of their pupils "*real women*;" not fancy articles, too frail and choice for any practical utility, too modest, too sensitive, too delicate, to come in contact with this world of work. Here, too, we find an Artist in truth in the person of Mr. Stanton; Nature having first made him one, and then the best of facilities having brought into play his native talent. Under the magic power of his hand spring up men, women, and children, "and other things," none of which look as if they were *painted*, but as if composed of their own real material, rather than of colors and canvas.

The patronage from the seminary secured for us a good class, otherwise it would have been small, for while a few ladies from the village favored us with their presence, and assured us of their interest, the most of them were "proper shy" of us, as they are wont to be of all women whom they suspect of getting out of their "appropriate sphere."

While here, I heard a sermon from the Rev. Mr. Fuller, from the text, "Train up a child in the way he should go," &c. He dwelt on the need of physical and intellectual, as well as moral training, for children. He gave us none of the smooth sermons, with nicely-rounded periods, which make the hearers feel as if they were listening to the "music of sweet waters," but such strong truths, in a plain way, as are likely to make folks hear and remember. Here are some of them: "A man in good health can be a much better Christian than the poor, nervous invalid, who, if you chance to jog one of his irritable nerves, you awaken in him a fountain of wrath. Many things were attributed to the Providence of God, or to the influence of the devil, which belonged to neither, but were owing to bad physical training.

"An individual with physical education, without the mental and moral, was but a brute; and that of all brutes, a human brute was the worst. One with physical and intellectual combined, without the religious, was but an enlightened demon. The physical and moral, without the intellectual, made one either a bigot, or a wild enthusiast. Persons possessing an intellectual and religious education, without proper physical development, might, through the mercy of God, and faith in the atonement of Christ, be saved, but they were likely, through life, to be very imperfect, and often inconsistent Christians." I would that the world was favored with more sermons of this type.

Our new home being ready for the reception of invalids, I shall leave off preaching, and go to practicing; which, being a "home business," is more in accordance with my taste. The change of scene and employment, which the past six months have afforded, has refreshed me in body and spirit; so shall I increase my efforts with renewed zeal, for the repair of the human mechanism.

With the improved facilities for the cure of the sick we now have, combined with our past experience, we hope to be better able to answer the expectations of those friends who may place themselves under our

care, than ever before. From the accessibility of El-mira Water-Cure, the fine scenery and good water it commands, we have no doubt that in due time it will earn for itself a reputable rank among the sister Establishments. We are well aware that prosperity comes not at every call—

"'Tis not in mortals to command success,
But we'll do more, Sempronius—we'll *deserve* it."

The language of the poet is ours, modified by that modest little word *try*; that is, we'll *try* to deserve it.

CASES OF DISEASE,

TREATED BY DR. J. C. AND MRS. L. E. JACKSON.

Chronic Dyspepsia—Disease of the Kidneys—Excessive and too frequent Urination—Chronic Liver Complaint.

NO. I.—CHRONIC DYSPEPSIA.

THIS was the case of a lady whose parents are persons of wealth. She had moved in the circles of *first* society in —, and in mode of living, had fallen into exceptional habits. She was a tea and coffee-drinker; at parties would sip her champagne, and by irregular hours of retiring and rising, had broken down the nervous and nutritive systems.

She came to the Glen, hoping that a few weeks would brace her up. She was a stranger to us, but we found she had good sense and some conscience. In our examination of her we told her, after looking her case all over, that it was of no use to attempt the treatment without making thorough work of it, and that we preferred not undertaking it unless she would give us time. She said her family did not think her "much sick," that dyspepsia, in their esteem, only needed a little relaxation, &c.

Her symptoms were, dull headache in the frontal region, pain in the back part of the head, pain in the back part of the eye, mothiness of skin to great discoloration, pain on pressure of the second and third cervical vertebrae darting through to the throat and tongue, tongue slightly swollen and thickly covered with yellow fur at the back part, palpitation of the heart, pain in the right side, acidity of stomach, costiveness, great irritation of the kidneys, cold hands and feet, and sleepless nights, and despondency of mind. After thinking the matter over for a day or two she concluded to try the treatment. We commenced gently with her, gradually increasing our appliances till, in six weeks, as winter came upon us, we were giving to her the most powerful baths we had. She went, step by step, up the hill, till in the spring she went home thoroughly invigorated. The moth on her face had given way to healthiness of hue, her appetite was good, digestion efficient, yet quiet, her liveness of limb had come back remarkably, and she is, contrary to the predictions of the doctors who affirmed we should kill her, in the possession of confirmed good health at the time we write this. Our treatment of her involved the use, at different times, of all our baths united, a part of the period, with *low* diet. She is now a thorough disciple of Water-Cure in all her habits.

CASE NO. II.—DISEASE OF THE KIDNEYS.

THIS was a case of a lady—married but without children—who had been pronounced as having "Bright's disease," or suppuration of the kidneys, and who had been given up by her physicians. We need not describe the symptoms, but simply say, that after looking over the case, and reflecting on it, concluded the doctors were mistaken, and that we would, other circumstances being favorable, undertake it. We learned that she could devote time enough to get well, and we accepted her as our guest. She was a great sufferer; but she bore up under all her troubles with noble courage, and in less than four months we gave her back to her husband who was every way worthy of her, a saved

woman. The effect of the treatment on her was wonderful. In six weeks' time the urinary secretion assumed a healthy appearance; and when she left us she could walk from eight to ten miles in a day with perfect ease. In her case, we enjoined vegetable, and fruit, and farinaceous food, large water-drinking, the American costume, and packing to as great extent as the skin would bear, sitz-baths, half-tubs, foot-baths, plunges, bandages, head-cap, enemas, &c., as the case needed. She had critical action by *fever*, lasting about nine days; and she arose from her bed to gain strength daily, and to make the drug-givers and drug-takers talk more of the Water-Cure than they ever expected to do. The old-school physicians looked as dumb-founded as did the Austrian field-marshal after Napoleon had knocked his army to pieces—declaring that it was against all *rule* that "Bright's disease" should *thus* be cured. What, with their powders and pills, their setons and blisters, they might have done to her had they diagnosed rightly, is conjectural; but they mistook the difficulty, and in their hands she grew worse.

NO. III.—EXCESSIVE AND TOO FREQUENT URINATION.

This also was a case of a lady—married and without children. The difficulty had been growing on her for a long time, till at length, it became unmanageable. Such was the irritation of the bladder that she was forced to evacuate as often as once in twenty minutes when out of bed, and from ten to fifteen times in the night. She had taken much medicine; but to no purpose, perhaps to her injury. On examination we found her dyspeptic, tender on pressure over the lumbo-sacral region, with costive habits, cold hands and feet, irritable lungs, and dead flabby skin. The case presented unpleasant aspects, but we consented to take it in charge, although we understood she could not stay till a cure could be perfected. But she was a person of principle, and could and would live at *home* as she ought. We put her under treatment, and in four weeks a sensible improvement was visible, not so much in the lessening of the amount and frequency of urine, as in the general improvement. The skin looked better, appetite more easy, costiveness relieved, and *nights* she arose less frequently.

In eight weeks, the irritation was very much lessened. After staying about three months she left, greatly improved, and followed up home-treatment, and had a *crisis*, and is now enjoying good health. Our treatment all the way through, proceeded on the assumption, that the skin, lungs, and bowels failed in duty; and the kidneys had undue labor, and the bladder had taken on its sensitiveness from necessity. One pack and half-bath often. One sitz-bath, and one foot-bath, acted more powerfully than all the medicine she had taken, in the way of relief. Hers was a case like the others. She came to us after the Medical Faculty had abandoned her.

NO. IV.—CHRONIC LIVER COMPLAINT.

This is a very common disease. Yet, so easily does it simulate another form of disease, and so strikingly alike are their symptoms, that the doctors make great mistakes, in diagnosis and practice. It is not uncommon for physicians to treat chronic inflammation of the neck of the *uterus* as chronic liver complaint; nor is it uncommon to see them treat it as a case of "Adhesive inflammation of the pleura." In more than one instance have we had to take cases under our Hydro-pathic administration, where these mistakes had been made. A lady visited us last autumn for treatment. She had been taken with bilious fever, and before she recovered, inflammation of the lungs set in, and, as a consequence, adhesion took place. It left her with a dull, heavy pain in the right side, most of the time extending in front of the thorax, and at times, with sharp darting pains up under the shoulder blade and down into the abdomen. She had been in the hands

of the doctors for eight months, and was "nothing bettered, but rather grew worse."

After a full history of her case, we decided adversely to the opinion of her physicians as to the adhesion—decided the case one of chronic inflammation of the liver, and put her under treatment. In just twelve weeks, to a day, she left us in good buoyant health; and subsequent correspondence informs us that her health continues to be good. She had critical action by fever, for eleven days. It has always been doubtful in our minds, whether at any time during the acute stage of her disease, the lungs were other than sympathetically affected.

Her treatment in *outline*, was, H. bath at rising, sitz-bath at 10, pack and H. B., and pail douche after the pack at 3 P.M., bandages from 10 A.M. till 6 P.M., and during the night, injections as needful, fomentations over the liver twice a week, foot-baths, head and hand baths, low diet and plenty of exercise. During the crisis, the treatment was different, being adapted to the case.

WATER-CURE AT THE WEST.

BY W. S. BUSH, M.D.

HEAVEN sends her gifts where needed. Where the scorching rays of the summer sun threaten to dry up vegetation, there the refreshing dews and genial showers of rain descend to renovate the face of nature in living green. Just so human necessities are supplied. Not only are the physical necessities of man provided for by an all-wise Creator, but when his spiritual condition demands a new impulse—an awakening of the divine element of his character—a reformer noble and true to his divine instincts comes into active being, and stamps the impress of his character upon that age.

Human necessities demanded, for man, freedom from the shackles imposed by the medical profession. Preissnitz burst these bonds himself, first; then freed his fellowmen, and led them back to nature. He devoted his life to the work, and had the satisfaction, while he lived, of knowing that countless blessings from all countries were showered upon him. Water-Cure has progressed steadily, making its most rapid progress, and securing its strongest foothold where drug-medication has inflicted its heaviest curses. This is shown in its wide-known popularity at the West. These diseases have been mostly of the acute type. Pioneer life, and the sedentary effeminating habits of life in the older States, show their bearings on human health by the different classes of diseases that follow in their wake. The pioneer is exposed to all changes of weather, works hard, oftentimes fares scantily, and lives in a log cabin, through whose crevices the pure air finds full inlet, yet, if he be a healthy man naturally, his attacks of disease are of an acute type, and more readily yield to the restorative powers of nature, than do the diseases of a higher state of civilization. The diseases peculiar to the West are, ephemeral, inflammatory, remittent and intermittent fevers, and inflammations of particular organs of the body. In the winter, inflammations of the lungs; in summer, diarrhoeas and dysenteries; in the fall, fevers are the most frequent.

By many the autumnal fevers are looked upon as inevitable. Those who keep a good supply of home-made syrups, and a bountiful stock of "patent medicines," taken "to keep off the ague," and draw largely upon the Allopathists' pill-bag besides, lay it down as a rule that every new-comer must be *acclimated* by a course of "fever and ague," and expect its regular visits every fall. Go into an Eastern family, that has had friends at the West, and two to one that they will give you, at the bare mention of that name, a fearful homily upon "the ague," pointing to cases where their friends had returned with broken-down constitutions.

True, I admit that many have returned from the West with impaired health, that many die there, and others drag along a miserable life. But this, in great measure, is due to false habits of life and the destructive results of heavy drugging there prevalent. Thirteen years' residence in the Western States has given me some opportunity of forming a correct judgment in this matter, and it is my firm opinion, strengthened by each year's observation, that, if men will obey physical law, and let drugs alone, they need have no fear that a residence at the West will sap the vigor and integrity of their constitutions. The simple forms of disease result from wrong habits of life. The severer, more complicated, and dangerous types are the result of drug-medication. Flooded with quack-medicines of all sorts, which they gulped down with a blind willingness, and overrun with an army of doctors, great and small, honest and dishonest, men who practice for the love of money, and those who do it for mankind's sake; the people of the West have suffered themselves to be deluded and enslaved by the medical profession. Never were men more priest-ridden than they have been doctor-ridden. Never did Hindoo devotee do penance more meekly than they have submitted to be scourged by the Profession, with the lancet, calomel, quinine, and blue-pill. Doctors said nothing about the laws of Health, and gave no hygienic directions, but stood waiting for disease to ripen for them a golden harvest. What hope for health can there be where such physicians have a large ride and good pay?

A case in point occurred last summer in the village of G—, in Illinois. A young physician, fresh from one of the Allopathic Colleges of New York City, presented himself to the public, and soon found practice. A dysenteric patient, quite sick, fell into his hands, and grew no better under the drug-regime. A Water-Cure neighbor, hearing that he was likely to die, stepped in and found the sick man, a foreigner, in a room, close, unventilated, and the air tainted with the exhalations from his body, his bed filthy and dirty, and his skin unwashed and covered with putrescent excretions. He aired the room, re-arranged the bed more comfortably, and prepared to wash him; just then, the Allopathist, whose faith in drugs scientifically administered was so strong that he took no practical note of these things, came in. "Doctor," said our friend, "this man needs pure air, clean sheets, and his skin thoroughly washed, or he will never get well." "He should have pure air of course, and bathing with tepid water once a day, would not hurt him." "Well, sir, as you are a physician, and know these things should be done, why have you not done them?" "Ah! It is my business to make prescriptions, and deal out medicine. It don't belong to me to give baths." "Well, sir, if your professional pride will not let you do it, you should have humanity enough to see that it is done by others." I do not say that this doctor is typical of all Eastern graduates who go West, but is of a large class who can bleed, blister, and drug scientifically, but ignore all other duties to the sick.

Western Allopaths have gained a great reputation for a "heroic" practice of medicine. Bleeding is less in fashion now than formerly, but once it was the rule in fevers to bleed to the point of fainting, for the purpose of determining the reactive energies of the patient! "Heroic" doses of calomel to force the liver to disgorge itself, and quinine, and Fowler's solution of arsenic, were lavishly given when the symptoms were of an intermittent type. All this was in accordance with their fundamental dogma of supplanting the original disease with a drug-disease. They consider it quite a triumph, if they can so drug the patient as to produce a change in the form or location of the disease, for they assume that a drug-disease can be successfully treated with drugs. How often we have heard them when they had metastasised a simple bilious fever to an intermittent, assert, "now we can cure it, for quinine is a specific in ague." But the exhibition of quinine

is only a temporary relief, unless the system is saturated with it, and the vital forces so enfeebled as to be unable to rally and produce a paroxysm. It is a well-known fact that those who "break the ague" with quinine are liable to a recurrence on slight exposures and overdoing, and expect it every fall at least. But the worst result of the drug-treatment of western fevers is their metastasis from acute to chronic. Simple bilious fever results in enlargement of the spleen and liver. Ague, in its milder forms, becomes inveterate, and so wears down the vital energies that the patient declines gradually, or congestive chills and fever ensue, and are fatal. Once, typhoid fevers were not known at the West. Now, fevers assume that type frequently under drug-treatment, and baffle the resources of the Pharmacopoeia.

It is the extensive use of drugs that has made sallow countenances, shattered constitutions, and early graves gain the reputation of being characteristic of Western life. It is not malaria, hot summer suns, or sudden changes of weather, that cause such fatality. All these causes operate, I admit, to produce functional derangement of the system, but were not its integrity undermined by physic and bad habits, it would have no difficulty in successfully resisting them. Let Nature be trusted, and "throw physic to the dogs," whether it be dealt out "by authority," or by a quack. These safety lies, and nowhere else; for the tread-mill of drug-medication, once in motion, ceases its revolutions only with the death of its victims. *Total abstinence from all drugs*—must be the motto of western men, and an earnest study of, and hearty obedience to physical laws, their every-day task. First, "cease to do evil;" then, "learn to do well."—[*Glen Haven Water-Cure.*]

WATER-CURE IN SURGERY. THE TREATMENT OF WOUNDS.—NO. III.

BY JOEL SHEW, M.D.

HAVING, in some of the preceding numbers of the JOURNAL, spoken of the methods of arresting HÆMORRHAGES, and of the different KINDS of wounds, I now propose making some remarks on THE WATER-DRESSING, as applicable in surgical practice; and the healing of wounds being a matter of great importance, I propose entering somewhat fully into a consideration of the subject; and there is, probably, no department of the healing art in which the water-treatment, so called, is destined to do greater good than in the one we are considering.

From time immemorial, it has been considered necessary, in cases of wounds, to make some artificial application or other to a wounded part; and there can be no doubt that it is in strict accordance with the designs of the Creator, that man's ingenuity should be exercised in these things. But which, among the long list of substances that have been recommended, are we to use? And who shall decide when doctors themselves disagree?

In reference to the treatment of a wound, two things are important to remember: first, what substance or thing, in nature, is the best to prevent inflammation; and second, what, of all remedial substances, is best to promote animal growth?

Let us now refer to some important facts of experience, as recorded by medical men, and the opinions of those who have had ample opportunities of judging as to what kind of topical application is best for the purpose of healing the injuries of which we are speaking.

Hippocrates and the earlier physicians were much more in the habit of using water in the treatment of wounds, than the moderns have been.

This simple practice, as Dr. Macarthy informs us, appears to have been set aside by the Arabian physicians, and Celsus having introduced a variety of absurd and complicated medicines into fashion, which held

their ground until the fourteenth century; when the surgeons of that period fell as foolishly into the opposite extreme, as that of composing their medicines of a multitude of ingredients. They now endeavored to discover some one which would be universally applicable. This gave rise to the system of *secret dressing*, as it was called, each practitioner assuming that he possessed the panacea. Some of these secret remedies, when discovered, were found to be ridiculous; as, for example, oil and cabbage, and an oil made of kittens, were much in use. At this period, and for long after, water was employed, but accompanied with some absurd form of incantation, to which all its good effects were ascribed.

Ambrose Paré, an eminent French surgeon of the fifteenth century, who was a man of the greatest talent and experience of his time, refused for some time, as we are told, to apply water to wounds, because the effects seemed to him to be so extraordinary, that they could only be produced by supernatural agency, which, from religious scruples, he did not consider it justifiable to employ. "During the siege of Metz, in 1553, an ignorant quack, named Maitre Doublet" as Brantome relates, "performed strange cures with simple white linen, and clean water from the fountains or wells. But he was assisted by sorcery and charmed words, and every one went to him as if he were Martre Ambrose Paré himself, a man so celebrated, and considered the first of his day." Ambrose Paré himself, said, afterwards, "I do not deny that water is a good remedy in wounds and recent injuries, having employed it myself with much advantage, but I object to the mysterious words, and the vain and unchristian ceremonies that accompany this new and singular practice, which is so simple that it requires no aid."

Baron Percy, a French surgeon of celebrity, had an excellent opportunity of observing the effects of water in 1785, at Strasbourg. A number of men were severely wounded in proving the cannon at this place. A miller of Alsace undertook their cure, by the leave of the Intendant of the province, with *blessed water*. The wounds were all cicatrized (healed) in six weeks. A second proving of the cannon wounded thirty-four men. They were dressed with common water by Lombard, the Surgeon-in-Chief, by which means they were all cured. The progress of the wounds was witnessed by Baron Percy, then a surgeon-major of cavalry. The success on this occasion produced a pamphlet from Lombard in 1786, "On the Properties of Simple Water as a Topical Application in the Cure of Surgical Diseases."

In the Dictionary of Medical Sciences, the same author gives the following narration:

"Among the kind of miracles which I have seen wrought by water, in the wounds from fire-arms, I will instance the cure of nearly sixty young volunteers of a battalion called 'Louvre,' which, having left Paris on the first day December, 1782, was ordered on Christmas-day to the Assault, upon Montague-berte, near Greves. The enemy placed upon a height, made upon the battalion a well-sustained fire, and most of these young men were wounded in their feet. Many were taken to the military hospital of Sarrelouis, of whom only a few could be saved without amputation. The others remained in the convent of Consarrebruck, with two German surgeons, who were charged with their care. By my advice, and, perhaps, in default of other remedies, the attendants bathed their feet incessantly, and showered them with water moderately cool, covering their wounds with compresses constantly moistened with the same. No other dressings were used, and I attest that only four died, of whom two died of adynamic fever, which disturbed and interrupted the treatment of the wounds with water; one of colliquative-diarrhoea, and the fourth of tismus. All the others recovered rapidly; several had not even anchylosis, although their feet had been traversed in every direction, complicated with tearing of tendons, aponeuroses, and

ligaments, and with splintering of the bones, sometimes of the tarsus, sometimes of the metatarsus."

Baron Percy, we are told, always afterwards employed warm or cold water according to the season, in the treatment of wounds. He says they often had from six to eight thousand wounded in their hospitals. "His experience," Dr. Macartney observes, "cannot, therefore, be questioned, and so strong was his conviction of the utility of this treatment, that he said he would relinquish military surgery, if he were prohibited from using water."

M. Lacorbiere of Paris, published a work in 1837, in which he introduced the authority of M. Alquié, concerning the effects of water as a remedy for wounds:

"I have, under a multitude of circumstances, derived advantages almost marvelous, from the action of cold water, and form ice, in cases of severe traumatic lesions. In 1823, when I directed the medico-chirurgical service of the hospital of Perthuis, I attributed to this means the cure of several gun-shot wounds situated in the feet and hands. In the case of a drummer of the eighth regiment of voltigeurs, whose right foot had been traversed by a ball, breaking the first cuneiforms, and producing great disturbance of the parts, I could only avoid serious accidents by the diligent application of cold water to the wounded member.

"Especially in large contused wounds, has this means been useful. When I was surgeon-major of the sixth regiment of dragoons, a captain of this regiment, M. David, received at Pontivy, a kick from a horse upon the middle of his right leg. A large wound, four inches in length, resulted from the tearing of the inner half of the gemellus and the integuments. The periosteum along a portion of the tibia had been scratched by the iron, which had made an indentation in the inner side of the bone. It was a horrible wound! Ice-water applied continuously during sixty hours, prevented completely, all immoderate inflammatory action, and this extensive solution of continuity united almost without suppuration. It appeared that we had the power to regulate the inflammation precisely to the condition necessary for re-union."

Later also, we are glad to find high authority for the use of simple water in the treatment of wounds.

"Lukewarm water," observes the illustrious Louis, "is, of all medicaments, the most simple. Yet we derive from it benefits without number. Lukewarm water relaxes parts which are overstretched, opens the pores; the particles of water insinuate themselves into the vessels, dilate the fluids, and increase the diameter of the small invisible vessels; they facilitate the flow of tumors, and open passages to substances which need to be expelled. It is for these reasons that Paré recommended fomentations of lukewarm water, in several places, and especially in the thirtieth chapter of the fifteenth book upon fractures."

Professor Macartney of Dublin, one of the most able among modern writers on surgery, makes the following observations concerning the effect of the water dressing:

"Some surgeons now profess to use water dressing as a substitute for poultice, by which they show their ignorance of the nature and operation of the remedy. A poultice is made of materials which, in a term far short of its renewal, become sour, and thereby render the poultice, after the first few hours, an irritating application. The greasy substances which are added to prevent the poultice adhering to the skin, do not always answer the end, and soon become rancid. A poultice favors the formation of pus, and causes a throbbing or pulsating pain, and a feeling of tenderness in the part, which are the natural attendants on the process of suppuration. It imbibes the pus it serves to create, and thereby becomes more irritating. A poultice, before it is many hours on, is a mixture of sour farinaceous substance, rancid oil, and pus, oppressing the part by its weight, and beginning to adhere round its edges to the skin, creating the cause of constriction.

"In order to judge of the effects of poultices," continues this author, "it is only necessary to visit a hospital, where they are much employed, before the surgeon comes round, when the sufferings of the patients will be sufficiently obvious, and to contrast this

state of feeling with that which arises after the poultices are taken off, and the wounds and ulcers bathed for some time with tepid water; the soothing and comforting effect of which is better known by the patient than the surgeon, and therefore they prolong it as much as they can.

"Water dressing has not only better but very different effects from poultices; it either prevents or diminishes the secretion of pus. A wound may at first yield a little purulent fluid, but in a short time this will be furnished in so small quantity as hardly to stain the lint. The pus even from an ulcer rapidly diminishes under water dressing. I remember a case of very extensive ulcer of the leg to which I applied it; the patient pulled off the dressing in the night, because, he said, 'it was stopping the discharge;' he conceiving, like many surgeons, that no open surface could heal without suppuration. Granulations also, which are rendered exuberant by the poultice, are either never formed or exist in a very slight degree under water dressing.

"Instead of the throbbing pain produced by a poultice being excited, all pain is removed by the use of water. A man in a fight with another, had the nail of his thumb bitten through near the root. The water dressing was applied. A day or two after I met him with a poultice on his thumb. On inquiring why he removed the first dressing, he said there was no use in keeping it on any longer, as it took away all his anguish, 'he supposing a poultice the proper application for the cure.' In a word, the tendency of water dressing (if it be properly conducted) is to induce the cure of wounds and ulcers, not requiring excitement, by the appurimating or modeling processes before described.

"Dr. Billing, senior physician of the London Hospital, also recommends this remedy. 'The German water dressing,' he says, 'has much the advantage over the poultice; the piece of lint dipped in water is lighter than the poultice; and the oiled silk over all retains the moisture; and the whole does not spoil the sound skin, as the poultice often does. If poultices be too long applied, proud flesh will form, either from a superfluous growth of healthy granulations, or of such as are weak or spongy.'

"Professor Mutter, of Philadelphia, in notes to a recent work of Professor Liston, one of the first surgeons of Europe, agrees with the latter in the superiority of the water dressing in wounds and injuries. 'In lacerated wounds, to which Mr. Liston refers in the text,' says Dr. M., 'no dressing is comparable to water, in some form other, and for several years I have employed as a first dressing nothing else. In summer I use cold, and in winter warm, and apply it as recommended by Liston and M'Cartney, viz.: after cleansing the wound and approximating its edges, whenever this is proper, pledgets of patent lint, dipped in water, are to be gently laid upon its surface, and the whole covered with a piece of oiled silk (flannel is quite sufficient) to prevent evaporation. In summer I have found it best not to apply the oiled silk, as it keeps the part too hot, and in its stead apply two thicknesses of wet lint, which will retain the moisture much longer than one. An assistant should, also, about every half hour, pour a spoonful of water over the dressings, but without removing them. Thus treated, I have seen the most terrific lacerated wounds from machinery or gun-shot, heal most rapidly by the first intention. Only a few weeks since, I treated the son of a professional friend, who had received a severe lacerated wound, with the loss of a portion of two fingers, from the bursting of his gun, by the cold water dressing, and nearly every fragment of skin that could be placed in a proper position, united by the first intention.'

"Professor Liston observes: 'The time was when all wounds were covered over—and perhaps are yet in some places—with pledgets of lint, with linen spread with some sort of healing or drying ointment, as it was stupidly called; this again was covered over with a quantity of tow, then compresses were placed over that, and a bandage over the whole. This was the plan adopted in wounds of every part of the body, and a very filthy and disgusting practice it was. We do not require to use tow or compresses; a simple roller, carefully applied, to retain the dressing—the water dressing, the most simple of all, is generally all that is necessary.'

"In a recent and able work entitled, 'Minor Surgery, or Hints on the Every-day Duties of the Surgeon,' by Henry H. Smith, M.D., we find the following cases, which were reported by Mr. Gilchrist, of Aberdeen, in the British and Foreign Medical Review for March, 1846:

"1st. A man received an injury by the machinery in a large paper-mill, which laid open the wrist-joint. The hand was half separated from the forearm, the tendons were torn, and the inferior end of the radius, which is naturally related to the carpus, was exposed. The arm and hand were placed straight upon a pillow,

the wound was cleaned, and two stitches taken: a pledget of cloth, soaked in cold water, was applied, and a bandage rolled, not too tightly, round the hand, wrist, and forearm; a large basin of cold water was placed conveniently by the bedside, and directions left to apply fresh soaked cloths over the bandage every two or three minutes, to prevent any heat or inflammation ensuing. No inflammation took place, the modeling process was uninterrupted, without suppuration, and an excellent cicatrix formed in less than a fortnight.

"2d. A girl had the whole of the soft parts on the palm or surface of the four fingers, as it were scraped off by the machinery in a flax-mill; the tendons were torn, and the phalanges exposed at different places. Each finger was dressed as follows every day: Being first bathed in cold water, a piece of soft cloth was placed round the finger, and a narrow roller to keep it applied. When the fingers were all thus dressed, a larger cloth, soaked in cold water was wrapped round them together, and changed as frequently as the slightest tendency to become heated reappeared. The modeling process advanced steadily, without suppuration, and cicatrization was completed in about four weeks. The fingers gradually acquired flexibility.

"3d. A little boy had scrofulous disease of the bones of the ankle-joint, on account of which I amputated, by the flap operation, below the knee. Two stitches were used for two days; a strip or two of plaster, and cloths wrung out of cold water, were the sole applications. The wound was whole in a week. Other amputations have been similarly treated, with equal success.

"4th. A girl received a sharp instrument into the ball of the eye, at the Woodside Works. The cornea and sclerotic coat were ruptured, the iris was lacerated, and protrusion followed. Rest in bed, continual persevering use of cloths wrung out of cold water, and simple laxative medicine constituted the treatment. The treatment was effectual in preventing inflammation, which was clearly the only indication in the case. The termination was as favorable as could be under the circumstances.

"These cases," observes the author, "are strong arguments in favor of this simple and ancient remedy, and might be supported by numerous others under our own observation, did it seem necessary."

I might, indeed, fill a tolerably good-sized volume with facts and arguments, showing the superiority of water as a remedy for wounds; but I have already, perhaps, trespassed too much upon the reader's patience. Were it not for the fact that prejudice is even yet so great and almost universal, respecting the virtues of cold water, it would not be necessary to say as much as we often do; as it is, the only proper method seems to be, to act according to the maxim, "line upon line, and precept upon precept." It appears necessary, in short, in the present state of things, often to repeat that which to some may seem so plain "that the way-faring man, though a fool, could not err therein."

In a multitude of cases in which there certainly ought to be no need of people running for a doctor, thereby incurring an often worse than useless expense, any one may, after a little study, safely and judiciously apply the water dressing. This may be done in most cases of bruises, scalds, burns, cuts, &c., especially where there is not, by reason of much hemorrhage, need of an experienced surgeon. Have a number of thicknesses of clean soft linen; keep them constantly wet; and if there is no uncomfortable degree of heat in the part, cover the wet linen with dry, and the whole with flannel, if need be, to ensure warmth. In short, STUDY THE PATIENT'S COMFORT. Common cloth coverings over the water dressing is much better than India rubber or oiled silk. Wounds will always heal sooner, and in a more friendly way in all respects, if we use no air-tight coverings; such do not allow the proper exhalations to go on, they being impervious to air and moisture. I repeat, REGULATE THE APPLICATION ACCORDING TO THE FEELINGS OF COMFORT.

"A great advantage of the water dressing," says the late distinguished Dr. McClellan, of Philadelphia, "is, that its temperature can always be accommodated to the condition and sensations of the patient. If he be robust and plethoric, and liable to high vascular excitement, cold water will reduce the irritation and prevent inflammation. On the other hand, feeble and irritable patients, who become chilly and nervous after wounds

and operations, can be fomented with warm water, to the great relief of their sensations and the comfort of the wound."

The effects of water are, in no respect, perhaps, more remarkable, than in the prevention of that terrible and dangerous affection, tetanus or lock-jaw, arising from wounds and other injuries. Two or three cases of this kind, I believe, I gave several years since, in the Water-Cure Manual. Dr. McCartney, and other eminent practitioners, have also cited instances of this kind.— [Bennington Summer Water-Cure.

PHYSIOLOGY AND PATHOLOGY OF THE SKIN.

BY R. T. TRALL, M.D.

THE integument which surrounds the human body, and encloses the complicated and wondrous machinery of life, is not merely a protecting covering to the parts within, like gutta percha around an electric wire; but is in itself endowed with a wider range of vital functions than any other structure or organ. Hence its integrity of condition and action should be an object of careful solicitude by every one who regards health as among the chief blessings of this earthly pilgrimage.

As the organ of touch or feeling, it possesses the most exquisite sensibility, and informs us of the temperature and mechanical properties of the external world; as an absorbing surface it aids the lungs and stomach in deriving elements of sustenance from without; as a depurating structure it ejects a large portion of worn-out, effete matter, from the organism; and as a regulator of temperature it throws off the surplus animal heat evolved by the various chemical transformations within, or retains the calorific principle when the body is subjected to an extremely cold atmosphere. All of these varied duties, too, are performed with a greater or less degree of efficiency as its general functional power is perfect or impaired.

STRUCTURE OF THE SKIN.—The skin is composed of an external layer, called *epidermis-cuticle*, or *scarf-skin*, which is semi-transparent, and without blood-vessels or nerves; and an internal layer, called *derma, cutis vera*, or *true-skin*, composed of minute fibres so interwoven as to form a firm, strong, flexible net-work, more compact superficially, and abundantly supplied with blood-vessels, nerves and lymphatics. The deep stratum of the derma is called *corium*, and the superficial stratum, *papillary*. The former constitutes the channels through which the vessels and nerves pass to the latter. Between the derma and epiderma is a soft mucous-like substance, or layer, called *rete mucosum*, in which the pigmentum or coloring matter resides. It is, however, a part of the epiderma itself.

The whole epidermal structure is laminated, the plates or scales increasing in density from the inner to the outer surface, as in fig. 1.

Fig. 1.



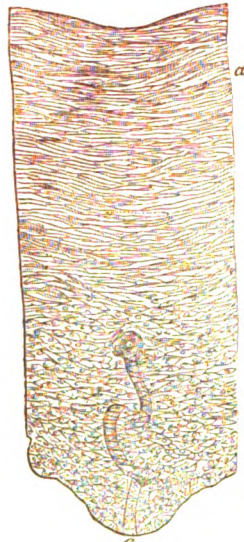
INTEGUMENT OF THE HAND.

Fig. 1 exhibits the external arrangement of a portion of skin taken from the palm of the hand. 1. Papillary layer, marked by longitudinal furrows, (2,) which arrange the pa-

pillæ into ridges. 3. Transverse furrows, which divide the ridges into small quadrangular clumps. 4. The rete mucosum raised from the papillary layer and turned back. 5, 5. Perspiratory ducts drawn out straight by the separation of the rete mucosum from the papillary layer.

The thickness of the epiderma varies greatly in different situations, and at different times in the same situation. Where subjected to much pressure, as on the palm of the hands, and soles of the feet, it is developed into numerous additional layers. That it envelops every part of the external surface, is proved by the cast-off skin of the snake, in which the covering or skin of the eye is as perfectly excoriated as that of the rest of the body. The vertical section, (fig. 2,) represents the appearance of its different layers.

Fig. 2.



EPIDERMAL STRUCTURE.

Fig 2 is a vertical section of the epidermis from the palm of the hand; a, outer portion, composed of flattened scales; b, inner portion, consisting of nucleated cells; c, tortuous perspiratory tube, cut across by the section higher up. It is magnified 155 diameters.

The general arrangement of the different layers of the skin, and the marvelously delicate and beautiful nervous plexuses, with the sensitive papillæ, are seen in fig. 3.



In fig. 3. 1, 1, represent the cuticle. 2, 2. Rete mucosum. 3, 3. Papillary layer, showing the nerves as formed into loops, 4, 4. The net-work of nerves. 5, 5. The true skin. 6, 6, 6. Nerves dividing to form the net-work (4, 4.) 7, 7, 7. Fur-

rows between the papillæ. 8, 8, 8. Papillæ largely magnified.

A still better idea of the papillæ, which are small conical elevations, enclosing loops of sensory nerves and blood-vessels, situated on the surface of the true skin, may be formed from the representation in fig. 4.

Fig. 4.

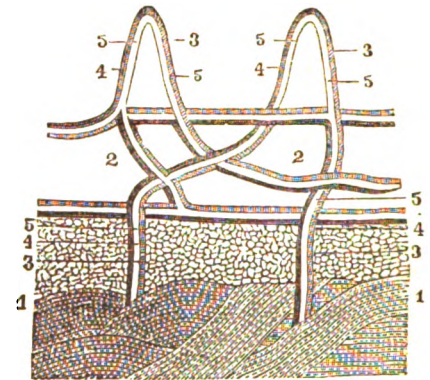


CUTANEOUS PAPILLÆ.

Fig 4 exhibits the papillæ as they appear in the palm of the hand, after a removal of the cuticle.

Each papillæ is composed of an artery, vein and nerve; and the manner in which they are arranged is shown in fig. 5.

Fig. 5.

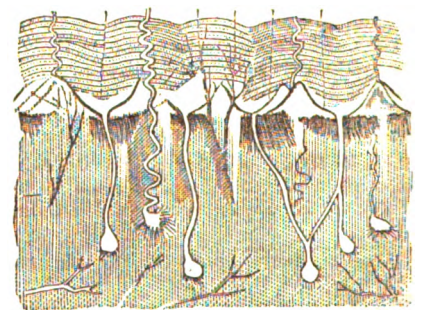


IDEAL REPRESENTATION OF THE PAPILLÆ.

In fig. 5. 1, 1, represent the true skin. 2, 2. Papillary layer. 3, 3. Arteries of the papillæ. 4, 4. Veins of the papillæ. 5, 5. Nerves of the papillæ.

Breschet gives the following representation of the general structure of the skin, as viewed through a microscope (fig. 6.) It shows the essential parts of its organization with beautiful distinctness.

Fig. 6.



MINUTE ANATOMY OF THE SKIN.

In fig. 6. 1 is the derma. 2. Epiderma arranged in layers. 3. Papillæ arranged in pairs, forming the ridges of the skin. 4. Nerves of the papillæ. 5. Sudoriferous or perspiratory glands emerging between two papillæ. 6. Sudoriferous gland and duct seen entire; the duct opens in the interspace between a pair of papillæ. 8. Apparatus for the secretion of the coloring matter of the skin, terminating in a number of small ducts. 9. Coloring and epidermic matter gradually deposited in layers to form the epiderma. 10, 10. Absorbent vessels, or lymphatics. 11. Blood-vessels.

The arteries and veins of the integument are extremely numerous. In the cutis vera they subdivide into innumerable capillaries, forming a complete network (fig. 7.) from which branches are sent to the papillæ.

Fig. 7.

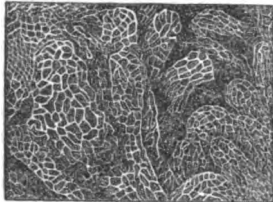


CUTANEOUS CAPILLARIES.

Fig. 7 shows the distribution of capillaries at the surface of the skin of the fingers.

On contrasting this arrangement with that of the same vessels of the mucous coat of the bowels—which is but a modification of the external covering—we may see how nicely structure is adapted to function, fig. 8.

Fig. 8.



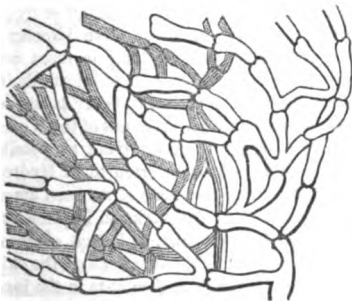
INTESTINAL CAPILLARIES

Fig. 8 is a representation of distribution of capillary vessels in the villi or mucous coat of the alimentary canal.

It will be noticed that the blood-vessels of the lining membrane of the bowels are much smaller than those distributed to the skin; and it is well known that the supply of blood is proportioned to the degree of sensibility of a part, and its exaltation of functional duty. Accordingly, we find very little sensibility in the villi of the intestine, while that of the cutaneous papillæ is very great.

Lymphatic vessels are also liberally distributed to the skin, a plexus of which, considerably magnified, is seen in fig. 9.

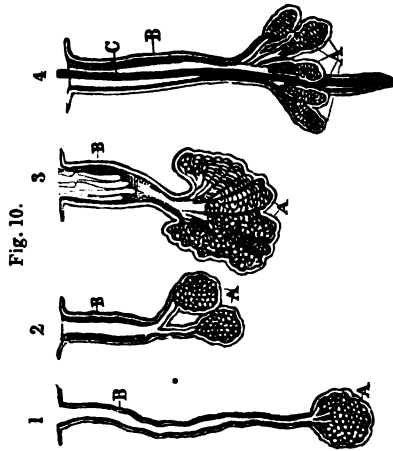
Fig. 9.



CUTANEOUS LYMPHATICS.

The glandular structure of the skin presents various modifications in different parts of the body, as it is adapted to different purposes. A general division of it may be made into *sebaceous* and *perspiratory glands*. The former admit of several subvarieties, as *meibomian*, in the eyelids; *ceruminous*, in the ears; *odoriferous*, in the armpit, &c. The sebaceous are also called *oil-glands*, and their ducts or tubes, *sebaceous follicles*. Representations of the cutaneous glands in various situations, are given in fig. 10.

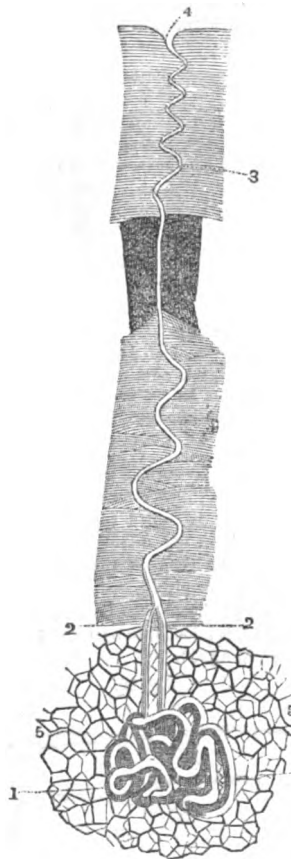
More intricate still is the perspiratory apparatus. The *pores of the skin* are the openings of the perspiratory tubes on the surface. These tubes are minute follicles passing inward through the cuticle, coiling spirally as they pass along; and, on arriving in the deeper meshes of the true skin, coiling upon themselves so as to form globular or oval-shaped balls, which constitute the *perspiratory glands*, as seen in fig. 11.



In fig. 10, 1 is an oil-tube and gland from the scalp; A, the gland; B, the tube; 2, oil-tube and gland from the nose; A, the gland, which is double, and communicates with the main tube; B, by two smaller tubes; 3, another oil-gland and tube from the nose; A, the gland; B, the tube filled with what has been called the peculiar animalculæ of the oily matter; 4, a small hair from the scalp with its oil-glands; A, the glands, forming a cluster around the shaft of the hair-tube, (C.) The ducts open into the sheath of the hair, (B.)

SEBACEOUS OR OIL-GLANDS.

Fig. 11.



PERSPIRATORY GLAND AND TUBE.

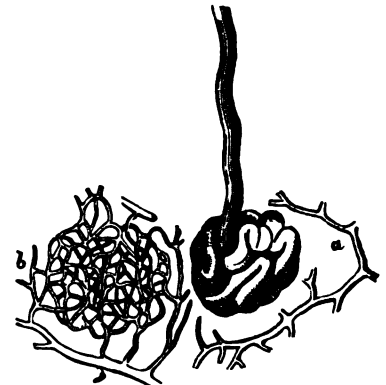
In fig. 11, 1, 1, represent the twisted tube composing the gland; 2, 2, the two excretory ducts, uniting to form one spiral tube, which perforates the cuticle (3), and opens obliquely on its surface at 4. The cells filled with fatty matter, in which the gland is embedded, are seen at 5, 5.

The perspiratory tubes or pores of the whole body may be counted by millions. Some physiologists have reckoned them at 2,800 to every square inch, thus,

making the whole number in an adult of ordinary size, about 7,000,000. Arranged in a single continuous tube, they would extend to the distance of nearly *twenty-eight miles!*

The connection of the sweat-glands with the blood-vessels at their origin, is more distinctly seen in fig. 12.

Fig. 12.



ORIGIN OF A SWEAT-GLAND.

Fig. 12 represents a sweat-gland at the commencement of its duct; a, venous radicles on the wall of the cell in which the gland rests. This vein anastomoses with others in the vicinity; b, capillaries of the gland separately represented, arising from their arteries, which also anastomose. The blood-vessels are all situated on the outside or deep surface of the tube, in contact with the basement membrane.

The appearance of these glands in the axilla, or arm-pit, is represented in fig. 13.

Fig. 13.



SWEAT-GLANDS OF THE AXILLA.

Fig. 13 is a vertical section of the skin and sweat-glands of the axilla; a, layer of glands, with their ducts traversing; b, the cutis and outicle; c, small hair; d, d, portions of larger hairs.

Fig. 14.

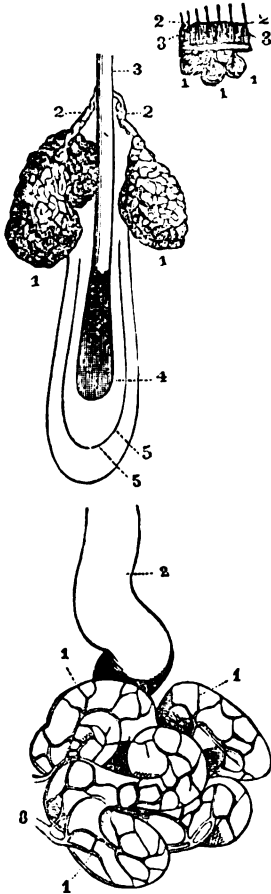


SEBACEOUS GLANDS OF THE AXILLA.

The cutaneous follicles, or sebaceous glands of the same part, highly magnified, are shown in fig. 14.

The manner in which the subaceous glands and roots of the hair are related to each other in structural arrangement, is shown in fig. 15.

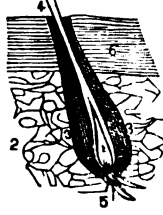
Fig. 15.



SEBACEOUS GLANDS OF THE EAR.

Fig 15 is a representation of the cutaneous glands of the external meatus auditorius. 1. Section of the skin magnified three diameters; 2, 2, hairs; 3, 3, superficial sebaceous glands; 1, 1, 1, larger and deep-seated glands, by which the cerumen is secreted—2. A hair perforating the epidermis at 3; 1, 1, sebaceous glands, with their excretory ducts, 2, 2; 4. base of the hair, in its double follicle, 5, 5.—3. Cerumen-gland, formed by the contorted tube, 1, 1, of the excretory duct, 2; 3, vascular trunk and ramifications.

APPENDAGES OF THE SKIN.—These are the *hair* and the *nails*; and their conformation and functions evince equal wisdom and design on the part of creative power, as the more vital structures we have been considering. Like the cuticle, they are destitute of blood-vessels and nerves, hence have not the properties technically called vital-sensibility and contractility. The hairs originate from the cellular membrane in the form of roots or bulbs, as seen in fig. 16.

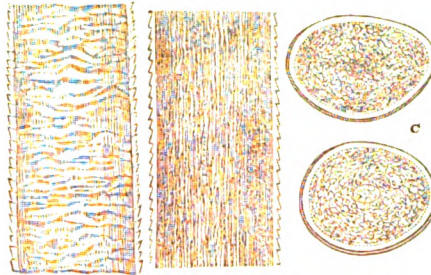


ORIGIN OF HAIR.

In fig. 16, 1 is the hair follicle, represented as embedded in the cellular substance (2), which is situated beneath the skin. 3, 3. The membranous sac, which has a narrow neck, opening externally by a contracted orifice, through which the hair (4) passes. Its internal surface is smooth, and not adherent to the hair, but separated from it by a reddish fluid. From the bottom of the sac (5) the pulp of the hair arises, and passes through the skin at 6.

Human hair is *porous*, though not tubular, as has been generally supposed. The fibres of the shaft are elongations of the cells of the bulb. Its internal structure is represented in fig. 17.

Fig. 17.

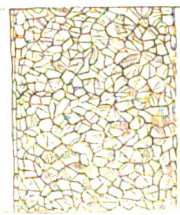


STRUCTURE OF HUMAN HAIR.

In fig. 17, A is the external surface of the shaft, exhibiting the transverse striæ and jagged boundary, caused by the imbrications of the scaly cortex; B, longitudinal section of the shaft, showing the fibrous character of the medullary substance, and the arrangement of the pigmentary or coloring matter; C, transverse sections, showing the distinction between the cortical and medullary substance, and the central collection of pigmentary matter, sometimes found in the latter, magnified 310 diameters.

The base of the hairs in some animals is hollow, and contains a true papilla (particularly the whiskers of various carnivora), as seen in the stumps when the hair is closely shaved; and an approach to this condition is found in some abnormal conditions of the human hair. In some animals there is scarcely any medullary matter or pith to the hair, whilst in others the hair seems to be almost wholly composed of it. These modifications of structure are shown in figs. 18 and 19.

Fig. 18.



HAIR OF MUSK-DEER.

Fig. 18 represents a hair of the musk-deer, consisting almost entirely of polygonal cells.

Fig. 19.



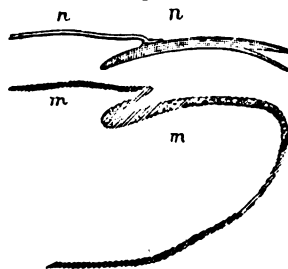
HAIR OF SABLE.

Fig. 19 represents a hair of the sable, composed of large rounded cells in its interior, covered by imbricated scales or flattened cells.

Each hair has on its surface pointed barbs arranged in a spiral manner, and directed toward the root; hence, although it be rolled between the fingers, it really moves only in one direction. The color of the hair depends on the nature of the fluid secreted in its medullary interior or pith.

The nails are produced from the upper surface of the true skin, which is folded into a groove to receive their roots, as seen in fig. 20.

Fig. 20.



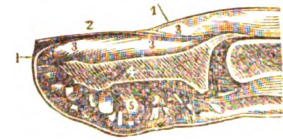
SECTION OF FINGER.

Fig. 20 represents a section of skin on the end of the finger. The cuticle and nail, n, detached from the cutis and matrix, m.

The surface of skin from which the nail originates is

highly vascular. The nails are themselves composed of several semi-transparent scales or plates. Their manner of attachment is more fully shown in fig. 21.

Fig. 21.



SECTION OF FINGER AND NAIL.

In fig. 21, 1, 1, 1, represent the cuticle continued under and around the root of the nail, at 3, 3, 3; 2, the nail; 4, bone of the finger; 5, fatty matter forming the finger ball, and constituting a bed or cushion at the end of the finger.

FUNCTIONS OF THE SKIN.—The varied and complex structural arrangements we have examined, have correspondingly varied and important duties. The amount of solid *acidized* matter, the most putrescent and offensive of the excrementitious elements, thrown off through the skin, is estimated at about one hundred grains daily. The quantity of fluid matter daily expelled varies with the amount of exercise, quantity of drink, activity of the kidneys, and other circumstances, averaging, probably, between two and three pounds, being considerably more than is passed off through the lungs. The skin is not only a cleansing organ, but is actually a *breathing* structure, for, like the lungs, it absorbs oxygen and throws off carbonic acid gas. The purification of the blood, therefore, to some extent, is effected in the capillaries of the skin. A physiological inference from this fact is worthy of attention, to wit: it is just as important to wear a clean unobstructed skin, as it is to carry vigorous and well-expanded lungs.

The ordinary excretory function of the skin is not a sweating process. *Sensible* perspiration, or sweat, is the occasional result of various disturbing influences; or of an effort of the organism, to throw off surplus heat, or foreign substances which have obtained access to the circulation, as in the case of drug-medicines called sudorifics, &c. But the matters of ordinary excretion are constantly being passed off in the form of an invisible vapor, and hence termed *insensible* perspiration. If our allopathic friends understood the natural functions of the skin better, they would not so frequently misrepresent our system, nor so often blunder in attempting to practice it. Nothing is more common than for their books and journals to inform their readers that "*sweating* in the wet sheet" is one of the daily, regular and uniform processes of the Water-Cure routine. It is as far from the truth as possible, for sweating is but seldom resorted to in Hydropathic practice, and is, even then, one of the least among the results to be desired. The works on Physiology, written by Allopathic physicians, do, indeed, contain much information respecting the functions of the skin, and are exceedingly accurate and minute in the investigations of its anatomical structure. But when drug-medicine comes in at the bedside of the sick, scarcely more attention is paid to the subject than would be if the integument of the patient were made of India-rubber, braided straw, or tanned sheep-skin.

That the body can, at least to some extent, derive actual nutriment from the atmosphere, through the skin or lungs, or both, is proved in various ways. A late number of the American Vegetarian, relates the case of a young man, who had become greatly emaciated by dyspepsia. In order to recover his health in general, and good digestion in particular, he adopted a diet of something less than *four ounces* of wheat-meal bread, daily. This was all the solid food—or food of any kind, save water—he took for several months. After having persisted in this regimen for several weeks, he began to gain in flesh; and for some weeks his bodily weight increased, daily, more than the whole amount of food taken into the stomach.

Not less important to health, nor less conducive to

longevity, is its office as a regulator of the bodily temperature. The perpetual transformations of alimentary materials which replenish the tissues, and the oxidation of the waste matters which are to be expelled, are the principal sources of animal heat, and one of the duties of the skin is to throw off the surplus, in combination with water, when the quantity is excessive, or to retain it when the supply is deficient. This being true, it follows that a clean and vigorous skin can bear greater extremes, of either heat or cold, than a dirty and debilitated one.

Some physiologists suppose that, because fat or animal oil is a bad conductor of calorific—deceived too, by the fact, that it is expelled from the body by a process of oxidation, precisely as all useless material capable of decomposition by oxygen is got rid of—the use of greasy food, or a fat condition of body, enables one to endure a greater degree of cold. The case is exactly analogous to that of a fever or inflammation. All persons in a high fever can endure more cold, while the hot stage of the febrile paroxysm continues, than in health. Yet who will pretend that there is anything in the causes of the fever, but a waste of vitality—a destructive and disorderly “wear and tear” of the machinery of life? So, too, the feverish heat produced when the system is oxidating and casting out such burdens and poisons as fat and alcohol, is a very ruinous method of warming the organic domain. Much more permanent heat-generating power is lost in the extra labor the vital powers have to perform to oxidate, decompose, and carry off the adipose matter, than is gained by its non-conducting property. Vigorous vital action, free respiration, and active circulation, enable the system to derive the element of heat—electricity, perhaps—from the atmosphere itself to a great extent; and this source of supply would be greatly diminished by the sluggish motions of the structures when loaded, burdened, and checked by an accumulation of fatty matter.

Ever since Liebig published his theory of the burning of carbon by oxygen to supply the body with heat; and drew the hasty conclusion, that fat, oil, alcohol, and all other highly carbonated matters, were intended to serve as fuel—respiratory food—to the bodily tissues, his theory and his conclusion has been echoed and re-echoed by the medical profession throughout the civilized world, not one of whom seems to have given the matter a moment's investigation. Yet a more egregious scientific blunder was never made; a more palpable and demonstrable absurdity was never uttered, as I hope hereafter to show. In the treatment of invalids hydropathically, I have had abundant opportunity to test this point; and my experience is uniformly to the effect, that lean persons, other circumstances being equal, are less sensitive to vicissitudes of weather, and can bear a greater amount of cold air or cold water than fat persons. I reject from this statement very emaciated persons who have little blood, and excessively corpulent persons, who are so choked up with their own “blubber,” as to breathe with difficulty.

I am aware that it is often alleged, and I hear the story sometimes from water-cure establishments, that certain patients are obliged to eat animal food, or more animal food, or a little fat or butter, to keep up the heat, or they cannot take cold bathing enough to cure their diseases. All this, I believe, is a mistake. Such persons need, instead of more fat or flesh, less cold water.

The relations of the cutaneous functions to the other excretory organs ought to be better understood by the people, and more regarded by physicians in the treatment of diseases. How many thousands are destroyed yearly by the doctor's vain attempt, with his drugs and destructives, to make the stomach and bowels do what the skin alone can do! Not a week passes, that scores of children in New York city do not sink suddenly into their untimely graves, because the pores of the

skin are clogged up; and the doctor, with pukes, purges, leeches, blisters, slops and sedatives, undertakes to restore the functional action of the external surface, by destroying the healthy condition of the internal one!

[Concluded in next Number.]

EVERY-DAY CASES.

BY E. A. KITTREDGE, M.D.

MUMPS.

THERE is probably no one simple disease that causes so much dread as the mumps, especially when it affects, as it is very apt to do, the glands of the groin, &c. This latter circumstance, is the most astonishing as well as alarming to the masses, whereas, to the enlightened few, it is the most natural and simple thing imaginable.

The facts are simply these: the parts affected are glands, and glands are sympathetic, and glands are peculiar to the groin and scrotum, as well as to the neck.

The liver also is a gland, and is almost always, more or less, out of order, and hence, the frequent swelling of the glands of the throat and groin, without any apparent cause. The great sympathetic nerve—nervomagnetic telegraph—does the inter-glandular communication.

The idea almost universally prevails, that anything cold is death almost, to any one having the mumps; and whenever the lower glands become affected the cry is, “Oh, he's got cold and the mumps have settled!” Whereas, in nine cases out of every ten, the trouble is in the heat instead of the cold!

If the patient is a good deal out of order at the time of the mumps occurring, they will be feverish, and if they keep on eating and drinking, and taking irritating medicines, they will become more and more so; and in proportion to the fever and inflammation in the system, will be the irritation in all the glands—the swelling is only the result.

The suddenness with which the glands swell up, is what alarms people; but there is no great danger from swelled glands any way; they are not generally very painful, though increased to twice their natural size.

The treatment of mumps is as simple as the disease is. It consists mainly in keeping down the fever and giving all the glands a holiday!

If you stop eating, all the glands will have less to do, and consequently, will not be so likely to become irritated and obstructed. Let the patient keep quiet, drink freely of cold water, and wash all over in it, take, twice a day or so, a sitz-bath, wet bandages to the parts, and not eat till the fever is all gone, and he will not be troubled with “settlings,” or much in any way.

This doctrine I know is altogether at variance with the Allopathic idea. But Water-Cure folks will believe it, for they know full well that it is very common in the medical world as elsewhere, to make mountains out of mole-hills, and I had almost said murder out of mumps! but mind, I did not say that.

But I do say that it is too bad that the faculty in general should be so afraid of cold water in such cases; they should know better. Some of them no doubt do, but a great many of them yet are so imbued with early dogmas, that they are afraid to use their common sense.

I was called, a few weeks ago, to a man who had become terribly frightened because of the mumps affecting the lower glands, and was not a little astonished when I told him he must sit down in a tub of cold water; he did however, and repeating it four times, took all the inflammation out of the glands, and he got well immediately.

The man with whom he boarded, who knows what he's about, told his old physician how I managed him, and he manifested a great deal of surprise, and asked

him if he was in earnest when he said I caused him to sit down in a painful of cold water, and looked as if he thought it was a wonderful interposition of divine providence that the patient was not killed outright!

Simple cases of mumps in healthy subjects, require little or no treatment; just keep them in good condition, and they will do well enough; but when the case is otherwise, then be resolute, and apply the water in a way that shall mean something.

Pay no regard to its being the mumps, that's of no consequence of itself—the child or patient is sick, or else he isn't! If the former, use your judgment and cool down fever, equalize circulation, restore the equilibrium of the nervous system, &c., in the way made and provided by the Hydropaths, and fear not.

As for taking something to purify the blood in such diseases, by physic, &c., it is all nonsense; *the best and only purification morally or physically, is right living.* —[24 Franklin Place, Boston.

EDUCATION.

A LETTER FROM MRS. GOVE NICHOLS.

MY FRIENDS:—It is sometime since I have addressed you through the Water-Cure Journal. I have learned to “let well enough alone.” The Journal is written by persons devoted to the truth, and unless I have something particular to say, I consider silence my appropriate sphere. You may be sure, then, when I occupy the columns of this excellent Periodical, that I have business there, or believe I have.

Our attention has been always much turned toward educating the people. I was a teacher before I became a physician. I began to give lectures in my school, because I considered oral instruction of such high value. For years, I traveled and lectured to public and private classes, and when I settled in New York, near seven years ago, I commenced my work as a physician, by lecturing to classes in my own house, in addition to my public lectures and classes. My private classes were limited to twenty—we sat around a large table, where we had models of every variety. I lectured for an hour or more, and my pupils asked questions, as many as they chose. The questions were always in writing, to guard against prolixity.

In this way I taught mothers to be the physicians of their families, and young women what was required of them as wives and mothers. I often wished for a great deal more time, and for a much broader range of instruction, but the mothers of this hurrying age are a busy generation. In classes, in books, and as editor of several periodicals, I have done what I could.

My husband has also been a teacher. Nearly twenty years he has been a lecturer and editor; in the latter capacity, he has spoken to the ears and heart of more than one hundred thousand persons a year.

Education, then, is no new work for us, and in turning our attention more fully toward it, we but obey an impulse that has moved us ever since we have realized a world's want of true wisdom.

To establish an Educational Institute, where an integral education can be given to all who desire it, whether youthful, or advanced beyond the customary age of students in this country, is, as we believe, the want of our community. How far we shall be able to do this, depends on the preparation of the public for this good. People often lamentably want what they do not wish for, and they often wish for what is, to them, unattainable. Our effort is infantile now, but it bids fair to become a life-labor, to which our work as physicians, must be auxiliary instead of principal.

More than forty persons have already applied for admission at the Fall Term of our Institute, and we look forward to the day when the first talent in our land will be engaged with us, in preparing our best men and women for teachers.

We have 2,000,000 of the young and rising generation to teach. We want many instructors for all these.

There is a wide-spread error with regard to the age at which persons should be students. "Never too old to learn," is a proverb often quoted, but not as much believed and practiced as it should be. People of middle age, fathers and mothers of families have been our pupils, as well as the youthful student, and with equal advantage. We have to-day received a letter from a lady who has already reached the age when many women are worn out, and give up to die, and who has been the mother of several children, whom it has been her sad fortune to follow to the grave, when they had numbered but a few months or years. She is one of the people—a woman who works for her living, and before her marriage had little opportunity for obtaining education. But fortunately, she and her husband had both the wish to improve, and because they were married they did not think their day of grace was over, and that they should therefore give themselves up to hopeless ignorance. They saw a chance for improvement, they broke through old forms and customs, and though both in bad health, they have gone on from good to better, for several years. But the simple, natural truth of this letter is better than anything I can write about the writer. The fact that this lady had buried a lovely child just before she entered our school at the last term, will explain some portion of her letter.

DEAR DR. AND MRS. NICHOLS.—I have been forcibly impressed to write to you since I first came here, and can resist no longer, and yet I feel my incapacity to do so, so much, I hardly know how to commence. Is it my want of self-confidence, or my deep reverence for you, that causes my hesitation? I presume both. I will endeavor, however, to give you an account of what I have been doing, and of the state of my mind, since I left the city. I can give you no flattering accounts of water-cure, which, I suppose, most of the letters that come to you from the students, abound in. At present, the proverb, "Physician heal thyself," is applicable to me. I found more to do here than I expected. In consequence of the imbecility of my mother-in-law, the household duties entirely devolved upon me. I am cook, chambermaid, and dairymaid, but do not milk, churn, or wash. There is one thing I really feel ashamed to see myself do, that is, frying pork every day; but I must do it. This is a sample of the freedom of the present day. I am not compelled to eat it. There is some liberty in that. No, we do not taste the abominable stuff—that is, neither my husband, nor myself. Our food consists of coarse wheat bread, potatoes, dried apples, rice, Indian mush and milk of the best quality, no pastry, preserves, flesh, or butter, to the great discomfort of the old folks. We are reaping the benefit of it despite their troubles. I have managed, as yet, to devote a portion of each day to reading, and write in my diary every evening, according to my time. I must do my sewing. I have also planted seeds of different kinds in the garden, all of which have repaid me in part, by their appearance above ground. I anticipate more pay when suitably matured for the table. I have the most contracted minds to deal with you can possibly conceive of. You, who have been accustomed to have intercourse with superior minds so long, can form no idea of the diminutiveness of their views. It seems strange even to me. But would you believe it, under these circumstances, and placed in the situation I am, I have more real enjoyment than I ever had before. Oh, my dear friends, what do I not owe to you! only a few short months since, I was one of the most miserable of God's creatures. Now I can see beauty and justice in all His works. How different I feel, think and enjoy. I believe I can say, without egotism, that what you have endeavored so faithfully to impress upon me and others, that the whole current of thought must be changed, has been partially accomplished in me. Do I not owe my life to you? I shudder when I think what I would have been now, had you not offered your aid when all was so dark and terrible to me. What was that the world calls sympathy to me then? It could not fathom the depth of my sorrow. But you who have always known me better than I know myself, have upheld and strengthened me. You have enabled me to see the only true road to happiness. Those three ever-to-be-remembered months that I came to your house, I hope will be the foundation of a new life to me. I look upon the past as a fearful dream, excepting a few bright moments that I enjoyed with my departed loved ones. May their spirits rest in peace. I would not call them back to this earth; they were ill-fitted for the trials and temptations which would evidently have fallen to their lot. I am prepared to say, all is well. Oh, for what sum would I again live over my past life!

Now I must tell how I have my enjoyment. My first object is to keep the mind constantly employed in something useful; when engaged in ordinary pursuits, I have a consciousness of doing right in preparing our food as healthfully as possible; when sweeping, scrubbing, ironing, &c., &c., I know I am developing my muscular system, which is very necessary to my well being, (I need no gymnasium here). I rise in the morning before the sun, and gratify my vision with the magnificent scene. O, compare the tendencies on the mind of the beauties in the city and country. How sweet and fragrant everything is here; every tree is laden with blossoms, a harbinger of an abundance of those delicious

fruits we love so well; and what sweet sounds greet the ear. In the morning, I am awakened by the singing of birds, instead of the rumbling of carts, and "milk ho," and occasionally the terrible cry of fire, fire. Is not the country the place to cultivate reverence for the only true God—the God of Nature. How I long for a more expanded mind to comprehend his designs. I can see the great enjoyment that must necessarily be derived from it. When I can steal away to my room where I keep my books and writing materials, then I enjoy the most. I never before could understand how "bread eaten in secret," could be pleasant. It is thought here, that time spent in reading or writing, is entirely thrown away. I act upon the principle of "the sovereignty of the individual," however, and take it. Here I endeavor to improve my mind, and here I obtain sympathy and encouragement, which, weak and erring as I am, I often need. I often commune in thought with you here, as I cannot come to you any more and ask you for encouragement. I think you must be considerably relieved in being freed from my importunities. I have no means of developing my social faculties; I can do no visiting, and have no desire to do any; I talk very little—there is no one to talk with; I seldom laugh or cry; I have shed a few tears while writing this, which, I have no doubt, you can explain the philosophy of. If I contrast the conversation at your house, and the small talk here, I feel as though I would rather hold my peace than join in it, and I do so generally. I sometimes think they might look upon me, with a good reason, as some walking or working automaton. Their praise for my dexterity in cooking, even, (which they consider the highest honor attainable for women,) falls on my ear as an empty sound, and yet I do it cheerfully; but that is not my aim, it is the answer of a good conscience. I have worn a long dress but twice since I came here. Several of the neighbors have called to see me from curiosity to see my dress, I think; but none have dared to say a word about it in my presence. I entertained them all in the short dress; what they think of I know not, neither do I care; I know the advantage of it too well; I could not do the work I do, if it were not for the short dress. I intend to benefit myself. Why should I care then? I have worked hard enough in my life for the praise of man, and was rewarded for my pains. It will not answer any more. The only reward I seek now, is that of doing what is right. Sunday is my best day. I have made arrangements to do no cooking on that day, excepting for breakfast; and having no church-going to do, I devote it to reading and writing, and I pack my husband every morning; I think he will not get the chills and fever again this summer. He is quite thin with diet, packing and exercising in a pure atmosphere. In the afternoon I take a run to the woods, to enjoy the rural scenery, and there I generally do my singing, and gather wild flowers and moss. It is a quiet lovely place. All I need here at present, is true sympathy, and more time for mental culture; but I am doing very well in hope of a better future. This only seems like a preparation for a true life, either in this world or the next. I have a great desire of being more useful in the world than I am at present, in the great reform that is dawning upon us. I look forward with great anticipations to be with you next winter. I cannot bear the idea of a disappointment.

It is not in colleges or academies that such earnest aspiration and such a prayerful life is awakened. It comes from simple right doing, from practicing all that we learn, and from associating with others who have the same deep love of truth and freedom, and a life in accordance with this love. Such know what is meant by "the communion of the saints." They mutually strengthen and vivify each other.

To establish an educational institute where a true life can be lived, where labor can be united with learning, and where men and women can be fitted to do a more extensive good than has yet been accomplished, is our ultimate aim. We have no work for pupils yet, but if the world is as ready for an enterprise as we are, we shall, at no distant day, have a school such as this age has not. For this year we must go according to our prospects. Every student must come prepared to pay his, or her expenses, and no one must trust to our benevolence, or expect credit. We have expended so much in making our beginning in our beautiful country home, that we cannot be benevolent, and we cannot give credit. Let every student remember this. It will save them and us much trouble.

In the future, we hope to make arrangements to help those who are poor and in earnest, by giving them healthful and profitable occupation; for the present we must help ourselves.

We do not speak to students about this giving of credit, without cause. We have had an experience that makes it absolutely necessary for us to deal plainly in the matter.

A student who pays his way, has a self-respect that no man and no woman can feel, who owes and is uncertain when he can pay.

If we give a ticket to a student because we believe that he or she will give to the world much more, that

is by no means a debt, but a fair business transaction, in which we are paid by our faith in the individual. We have made excellent investments of this kind, and expect to make more; but we must always choose the person who is to be one with us in this transaction.

I have spoken plainly in this article, as I always do. I do not wish to gain a purpose by any indirection.

The great work of human elevation goes straight onward. Twenty years more will redeem, what now seems irredeemable, and the century next to come will be worth ten centuries past.

Those of us who live for good, will yet rejoice in the "well done, good and faithful servant—enter thou into the joy of the Lord."

Truth is a part of God, and it must prevail.—[Port Chester, N. Y., June, 1852.]

ALLOPATHIC MORALITY, ALLOPATHIC HYDROPATHY, &c.

BY J. H. STEDMAN, M. D.

AN Allopath and a *Christian* (?) withal, by profession, recently admitted, in conversation with a friend of mine, that he had often administered medicines which he would not have taken *himself*, nor have administered to *his own wife* or *children*, under the same circumstances; and furthermore, that he almost daily prescribes *drugs* where nothing of the kind is *needed*, but where time and patience, good nursing and proper care, are all that the case demands.

This was an honest and a truthful confession, doubtless, and might be made with equal candor by *nine hundred and ninety-nine one thousandths* of all the physicians in Christendom.—And why is this? What excuse do these gentlemen make at the bar of their own consciences, of public sentiment, for thus doing what they know to be wrong? Why, just the same excuse that the Rumseller makes for his work of destruction and death. "It is my business—the way I live and support my family—the occupation for which I was educated;—and besides, if I do not do it *some* one else will; and if there is any thing to be made by it, I may as well fill my pockets, as to look and see *others* do the wrong and pocket the avails, it being no worse for *me* to sin, than for others."—So reasoned the man of drugs above-mentioned, so reason others of the same occupation, and so reasons the man who for a few *paltry pence*, invokes the woes of High Heaven upon his own soul, by putting the bottle to his neighbor's lips, scattering poverty, disease, misery, and death all around him. The argument is the same, the language the same, and I submit whether the difference in point of *morality* is worth making many words about.

The people, in their ignorance, believe calomel, antimony, digitalis, opium, stramonium, &c., are necessary to the cure of disease, do they? and therefore will have them. Well, pray whose business is it to enlighten the people, and teach them better? The people in their prejudices believe the supremely foolish notion, that the proper way to *cure a sick man*, is to put into his stomach that which will make a *well man sick*; and whose province and duty is it to dispel such nonsense, by the force of reason and the light of Physiological and Pathological truth? O, what a *misnomer* is a regular old-school doctor!—Doctor!—Teacher!—Who ever heard of an Allopath teaching his patient Physiological Law, and urging an obedience thereunto?—instructing him in the nature and properties of Medicines, and pointing to their ultimate and permanent effects?

People are dying by scores, by hundreds, and by thousands all around us, entirely on account of their prejudices and ignorance,—prejudices and ignorance which have been caused by the erroneous teachings of the physicians of other days, and which are perpetuated and strengthened by the truckling, time-serving, bread-and-butter policy of the physicians of the pre-

sent day. And yet, the learned doctors (?) of this enlightened age and country, point to the existence of this state of things which their fathers have produced, and which themselves have thus strengthened and encouraged, as a reason why the same state of things should be suffered to continue, and also, as an excuse for doing on their part what they know to be wrong, in administering poisons to their patients under the pretence of saving their lives and restoring them to health!! If there is not guilt,—deep, inexcusable, unpardonable guilt here, pray where in God's universe can such guilt be found?

One cannot easily help laughing, notwithstanding the mischief oftentimes connected therewith, to hear of the manner in which certain Allopaths undertake to practice Hydropathy. "Madam," said Dr. W. to a lady of my acquaintance, whose case had long been experimented on, and whose disease had as long refused to yield to the doctor's drugs, "Madame, I think you had better be packed." "Be packed, Doctor! and pray what is that?" "Well, I'll tell you," replied the self-sufficient Doctor. "On going to bed to-night, wrap yourself in a sheet well soaked in cold water, get into bed, have the bed tucked up, and lie until morning." "Why! that will surely kill me, wont it?" "Oh, no. Haven't you heard of those Cold-Water Doctors, and Cold-Water Establishments, that are becoming so popular now-days? In these establishments, I am told, they use nothing but Cold-Water! But that must be dangerous practice; I prefer to give a little medicine, and I think those drops, and powders and pills which you are now taking, will be more likely to do you good, if you use a little water with them,—I think you had better be packed." "But hadn't I better go to a Water-Cure, where they understand the business?" "No, no; That is unnecessary. These Water-Cures are all a Humbug. I can use water as well as anybody." "Well, Doctor, I'll try it, if you say it wont hurt me." And try it she did, and lay shivering in a half frozen state until morning, taking a cold from which she never recovered. Dr. W. says he has given the Water-Cure a fair trial, and finds that it will not work well—that it is hazardous practice!!

In a village not far from this, resides a Dr. B., who manifests more spite towards the use of water in diseases, than any other physician in these parts. Quite recently, I was called to see a little girl who had been under the care of Dr. B. for a year or more; and found that the Doctor made a trial of Hydropathy in the early stages of the disease, very much to the injury of the patient, somewhat to the injury of Hydropathy, and I doubt not, to the entire satisfaction of himself; at any rate, he is most obstinately opposed to water now. The case was one of sub-acute inflammation of the thoracic viscera generally, I suppose from the history given by the patient's mother, supervening on a severe course of measles, managed in the old-fashioned way. What the Allopathic part of the treatment was, I do not know, but the Hydropathic part consisted in COLD SHOWERING, exclusively!! I need not say, that such a use of water, with a pretty free use of active poisons, have made the case anything but a favorable one. Surely, no good can come to Hydropathy, by the practice of men who have not learned the first principles—the A B C of that system, and who are so conceited and wilful that they do not try to learn.

[Ashland, Greene Co., New York.

"The object of this Journal is to teach people how to Prolong Life. It is, indeed, what it claims to be, a JOURNAL of HEALTH, from which all may derive much valuable information."

A man advertises for a "competent person to undertake the sale of a new medicine," and adds "that it will be profitable to the undertaker."

HEALTH MAXIMS.

BY T. L. NICHOLS.

[MULTUM IN PARVO.—Much in little.—The following will be read, believed, and remembered. It is what we call, "Truth condensed." The time is at hand, when a violation of the Physical laws is to be regarded as no less sinful than the violation of the moral laws.]

HEALTH is the natural condition of living beings; disease is a state contrary to nature.

In the relations of man to the Universe, health is harmony; discord is disease.

Pain is the harsh grating of discordant action.

The natural life is one of uninterrupted health, with longevity, vigor, and happiness; the natural death is the gradual and painless decay of the system in old age.

Health comes from obedience to natural laws; disease is the result of their violation.

Man must know himself to comprehend nature; he must study nature to understand himself; his highest comprehension of God comes from his knowledge of himself, nature, and their relations to each other.

The study of man and nature is the study of health.

Health, the highest revelation of God in nature, is the fountain of strength, beauty, intellect, and happiness.

Health is the greatest of blessings, it includes all others; it is also the simplest and most easily attained.

Health comes of itself, but we are at great pains to get our diseases. Health comes from the simple life of nature, disease from the artificial life of civilization.

A state of disease is but a partial life; a sick man is more or less dead; health is the fullness of life.

Sunshine, heat, air, water, food, and exercise, are the chief necessities of life.

People who are deprived of sunlight grow like potato vines in a cellar. Darkness is the cause of many fatal diseases.

Warmth is a condition, as well as a result of vitality. The rule of temperature is to keep comfortable. Long chills exhaust a low vitality.

Heat and cold, up to a certain point, stimulate the vital powers; carried too far, they are alike debilitating.

Clothing, night and day, should give sufficient warmth, with perfect cleanliness, freedom of motion, and free transpiration. Feather beds, cotton comforters, oil-cloth and India-rubber clothing, are civilized abominations.

No air is fit to breathe which has been breathed before, unless it has first mingled with the whole body of the atmosphere.

In breathing the air of a crowded and unventilated room, you inhale the breaths of other people, and not only get less oxygen than you require, and more carbonic acid than is good for you, but you also take in their noxious effluvia, diseased emanations, and impurities.

There is no disease which may not be caused or aggravated by breathing impure air. The air of a crowd of filthy and sickly human beings causes cholera infantum in children, typhus in adults, and scrofula, consumption, and countless diseases in all.

Most diseases enter and leave the system through the lungs. It takes all the vegetables of the earth to purify the air that the animals corrupt.

Health is purity; and purity is a condition of health. Every pore of the skin, every globule of the blood, and every fibre of the system, need to be washed every day with pure water.

The law of food is, that man should eat what is good for him, at such times, and in such quantities as nature requires.

To eat too little, or too much; too seldom, or too often is trifling with the powers of life.

The physiologists agree that man is not carnivorous,

nor gramivorous; neither flesh-eating, nor grass-eating; and infer that he should eat both. I infer that he should eat neither; but a kind of food better adapted than either to his organs and condition.

The natural diet of adult man consists of seeds, fruit, and roots—seeds, as wheat, rye, corn, rice, oats, nuts, etc.; fruit, as apples, pears, peaches, strawberries, etc.; roots, as potatoes, beets, turnips, etc. The vegetable world offers us a vast variety of healthy food; and the bee, the cow, and certain fowls increase the store, by such elaborations as honey, milk, butter, eggs, etc., to supply all needed luxuries.

Activity of mind and body, of every organ, faculty, and passion, is the reality of life, and the necessity of health.

Exercise consists of the regular and successive activity of every organ and function.

All that gives health, promotes happiness—all that gives happiness, promotes health.

A healthy body is a temple fit for the Holy Ghost to dwell in; but a man with his skin covered with filth, his mouth full of tobacco, and his body full of disease, is a hard specimen of a Christian. He may pray three times a day, but he blasphemes every moment, and is a breathing profanation of the work of God. [Water-Cure Almanac for 1852.

PHYSIOLOGY—SCHOOL TEACHERS—NO. II.

BY LETSON,

THE BACKWOOD'S TEACHER.

SCHOOL HOUSES. The laws of health require that they be well constructed, and properly proportioned to the number of pupils they are to contain.

The laws of health also require that such houses should be properly located, and provided with ample space for recreation and exercise, and with defenses against the inclemencies of season—scorching sun, or wintry blasts. Pure air being essential to health, such arrangement should be made as will furnish every pupil with a sufficiency of it. Hence, proper proportion and proper ventilation must be attended to. The quantity of pure air required by each pupil, does not vary much from ten cubic feet each minute. The air expired or thrown from the lungs is impure and vitiates the surrounding air; hence the necessity of ventilation. To illustrate, I will give an example; A school room 30 feet wide, 36 feet long, and 8 feet between floors, contains 8,640 cubic feet of air. In a room of this size it is customary to put about 70 pupils. Allowing ten cubic feet of air to each pupil, all the air in the room will become vitiated in about twelve minutes. But there should be at least twelve feet between floors, and such a sized room will not answer for more than 50 or 55 pupils with proper ventilation.

A room for sixty pupils should be about forty feet, by twenty-six or twenty-eight, and fourteen feet high. (Allowance is made for a hall at one, and recitation seats and teacher's platform at the other end.)

Now, it is hardly necessary to mention that scarcely one school room out of fifty, is constructed properly, especially in the Western states.

A good teacher, and one acquainted with the importance and necessity of properly-located and constructed houses, will not teach in such miserable shanties. These few hints on school houses are given with the sincere hope that they may induce many of my fellow teachers to investigate this matter in its length and breadth, and cause them to pause in this wholesale business of murdering thousands of poor, innocent, little, and inoffensive children!

But there is another thing connected with this point that should be noticed, viz.: insubordination in schools. What causes it? I am of opinion that at least two-thirds of the trouble that teachers have in governing their schools originates from their ignorance in relation to physical laws.

In school rooms which are not properly ventilated, the pupils become dull and languid, and violent headaches are the consequence. The pupils necessarily become restless, as no one can remain still, or is likely to do so, when suffering severely; and they also become cross and ill-natured, and the same is true of the teacher.

Under such circumstances it is not very difficult to excite the passions and get up a combat.

Constant scolding and fretting, threatening and flogging, on the part of the teacher; and stubbornness and fretting, insubordination and restlessness, indifference and inattention on the part of the pupils, are the legitimate consequences of a want of attention to the physical necessities of the pupils, superinduced by the consummate ignorance of both parents and teachers.

2d.—THE POSITION OF PUPILS. By the *position* of pupils I do not refer to the *places* they should occupy, but to the *manner* they should occupy those places—the positions in which they should sit and stand.

But few teachers seem to think that they have anything to do with their pupils in this respect; and allow them to form habits of sitting and standing just as it happens. Enter almost any school-room you choose, and you will observe the pupils twisted and contorted into some of the most grotesque shapes and figures imaginable.

The results of such carelessness on the part of teachers, are truly lamentable and injurious. Spinal diseases, pulmonary consumption, and permanent deformity are some of them. It is *easier* to maintain an erect position than any other, while such a position is most conducive to health, in every respect. It should be the chief care of the teacher to see that every pupil maintains an upright and correct position, when sitting at the desk; and a proper one when writing, until the habit of sitting properly becomes fully confirmed. I would call attention to the position while writing, particularly, because pupils are more apt to acquire incorrect positions when engaged at that, than at any exercise in the school-room.

Incorrect positions when standing are as common as when sitting: among which I will mention, standing stooped, or with the shoulders thrown forward and the head hanging down; throwing all the weight on one leg; holding the arms and hands in front of the body; and standing with the feet close together and parallel to each other. The proper position for pupils when standing up, is to stand *erect*, holding the head up, and throwing the shoulders back; to bear their weight equally on each leg; to put their hands behind them; and to stand with their feet about four inches apart at the heels, and turn the toes out, so as to form a proper and permanent base. The practice of allowing pupils to sit when reciting, or singing, is also reprehensible.

But it is impossible to have pupils assume proper positions when sitting, unless the seats and desks are properly proportioned. These should be of proper height, form, and roundness. Seats that are too high, or those without backs, are calculated to cause pupils to double forward and assume stooping, or "hump-back" habits; and, also, to render them uneasy and restless, &c.

For illustrations of my remarks on *position*, &c., I would refer the reader to the January number of the "Water-Cure Journal," article "Spinal Diseases—with illustrations." When we consider the vast amount of deformity, and pulmonary diseases extant, which had their origin in the school-room, will we not, as teachers and parents, begin to do our duty towards the rising generation, in this matter?

WATER-CURE IN CROUP.

BY H. POTTER, M. D.

On the 19th ult., 9 P. M., I was called to see the child of Mr. Wilom of this place, and, with his consent,

I give a short history of its case, to the Journal readers. It was the severest case of croup I ever saw, that recovered. The child had been sick some ten days when I was called; had been treated by two Allopathic doctors previously; the first Dr. gave it as his opinion, that the child could not recover; the second one said the symptoms were all unfavorable. But he acted on the principle of non-committal (these statements about the doctors are on the authority of the parents.) I will now state the appearance of the child when I first saw him; (furred tongue, coat thick and brown,) breathing oppressed, almost to suffocation; indeed, a number of times it was thought that he was dying of strangulation, too weak and exhausted to throw up the expectoration from the lungs, the most powerful congestions at the lungs possible, and live; it appeared as if at every expiration the sternum (breast-bone,) and dorsal vertebra, would almost meet; indeed, to look at the child, there was not one favorable symptom, and I gave it as my opinion, a doubtful case, and then left the parents to decide as to who should treat their child, and they decided in favor of Water-Cure; now for the treatment;—and first, I was satisfied that it must have very active treatment, or all was lost. Cold Water would have killed the child, but Allopathic doctors can lose as many as they please, with everything favorable at the commencement, and it is all right, it is fashionable to die under drug, but not under Water-Cure treatment.

But there are quite a number who have taken it upon themselves to teach people how to die Hydropathically, as well as Druggopathically; but enough of this. In the first place he was packed in a wet sheet, (the water warm,) doubled, so that it was four thicknesses, with two large Mackinaw blankets folded on the outside of the wet one, with two common blankets folded and next to the wet sheet; a wet towel of four thicknesses, was placed over the region of the lungs; he was kept in pack two hours, then had a pouring bath at 80° F., and then the chest-wrapper four thicknesses, after which, he was wrapped up in dry blankets with orders to wet the wrapper once per hour, or as often as it became warm, with a wet sheet pack every two hours, and the wet towel of four thicknesses all the time, both in and out of the wet sheet. This treatment was kept up perseveringly three days and nights, with but little variation, being in the wet pack one half or more of the time, and with a gradual improvement from the first, which gave comparative ease nearly all the time.

I had forgotten to mention that before the child was taken with croup it had measles, and about the time it was getting better of measles it was taken with what is commonly called chicken pox, which, together with the drugs that was given to it first and last, left the system full of morbid matter; but water, *simple* as it may appear to those unacquainted with the practice, was active and powerful enough to remove a great part of it, and that by the pores of the skin, which is, or should be, the great depurator of the system; there was, (as the parents of the child will testify,) a sticky, gluey, yellow substance drawn out through the skin, which penetrated through some twelve thicknesses of blankets, through the straw mattress, and dropped on the floor; and every time the blankets were washed it turned the water yellow, sticky, gluey, &c., &c. After the third day the treatment was modified somewhat, and only packed in the wet sheet from two to three times in twenty-four hours, but wore the chest-wrapper constantly, day and night; for some days, the symptoms gradually became better and better, until he was out of all perceptible danger. In two weeks from the time I first saw the child, he was out of bed and playing; and all this change without drugs of any kind. No. We are Hydropathists and not Hydro-druggists, as Dr. Jackson calls them. It is our business to take medicine out of folks, not to put it in them.

THE WATER-CURE JOURNAL, AND HERALD OF REFORM.

PROSPECTUS OF THE FOURTEENTH VOLUME,

Commencing July, 1852.

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THE DEMAND OF THE AGE IS HEALTH or the integral development of humanity, individual and social; this demand finds its supply in a knowledge of the LAWS OF LIFE, or a true PHYSIOLOGY; the NATURE AND CAUSES OF DISEASE, or a true PATHOLOGY; the modes OF PURIFICATION AND INVIGORATION, or a TRUE SYSTEM OF MEDICAL PRACTICE.

Those and kindred subjects, constituting the PHILOSOPHY OF HEALTH, and comprising the LAWS OF PHYSICAL, MORAL, AND INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness, may be included under its sub-title of HERALD OF REFORM.

While the achievements of the PAST are the best promise of the FUTURE, we may intimate, that it is our intention to give, in our own works, an example of the PROGRESS, REFORM, AND IMPROVEMENT, which we would promote in the most vital interests of men and of society. In our writings and illustrations of PHYSIOLOGY; in our articles on the PRINCIPLES AND PRACTICE OF HYDROPATHY; in the promotion of HYGIENIC REFORMS in food, exercise, cleanliness, ventilation, clothing, education, occupations, pleasures, social relations, and all that makes that complex thing called LIFE, we shall endeavor to make our progress correspond with that of the WONDERFUL AGE in which we live.

Let it be borne in mind, that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, a work for the people, and not the organ of a profession or sect. Its aim is to make every reader acquainted with the structure, functions and relations of his own body; and to be to every one an unerring guide in the preservation of health, or its restoration. It will contain the principles of science, and the facts of experience; the wonderful statistics of Hydropathic Establishments, and the equally astonishing, and even more convincing records of HOME PRACTICE.

Believing the HEALTH REFORM to be the needed basis of all Reforms; believing that the PREVENTION OF DISEASE is easier and better than its CURE; believing that HYDROPATHY, for these ends, is destined to take the place of all other systems, as founded in NATURE, and adapted to the wants of man; believing, also, that no agency can be more efficient in extending a knowledge of its principles, than the WATER-CURE JOURNAL, we rely upon the FRIENDS OF THE CAUSE OF HUMAN ELEVATION to continue their exertions, until a copy is within the reach of EVERY FAMILY IN THE UNITED STATES.

THE JOURNAL will be published on the first of each month, devoted to the principles of Life, Health and Happiness, on the following extremely low.

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FOWLERS AND WELLS,
Clinton Hall, 131 Nassau-st., New York.

New-York, July, 1852.

ORIGINAL ARTICLES.—Again we present our readers with the Water-Cure Journal, filled to the brim, with original matter written expressly for these pages. We do not know of any other publication, in any country, or in any language, which contains as much matter, printed on as good paper, for so small a price, as THE WATER-CURE JOURNAL.

ARTICLES DEFERRED.—Our numerous and valued contributors shall have a hearing when our space will admit. We have in type, and ready for the press, several able and interesting communications, deferred, for want of room.

THE PRESENT NUMBER OF THE WATER-CURE JOURNAL is sent to those whose subscriptions expired with the June Number. But as our terms are payable in **ADVANCE**, we shall send no more, until directed to do so by those who may wish to renew their subscriptions.

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.

TO PREVENT MISARRANGE, DELAYS OR OMISSIONS, 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.

JULY TOPICS.

BY R. T. TRALL, M.D.

FOURTH-OF-JULY ORATION.—When, in the course of human events, it becomes necessary for one portion of the people to dissolve the bands of old errors, and to take a step or two in advance of the rest of mankind, a decent regard for the welfare of those they leave behind, as well as a benevolent desire to enlighten and benefit all nations and all people, requires that they should declare the causes which impel them to the innovation.

We hold these truths to be self-evident: that all men are created equally subject to certain fixed and immutable laws and principles; that they are endowed by their Creator with certain inalienable rights, capacities and duties; and that among these are the ability to understand the causes of health and disease, and the privilege of choosing their own doctors; that whenever any system of medical practice becomes destructive to these ends, or is found to be in conflict with these principles, it is the right and the duty of the people to exchange it for a better. Prudence, indeed, will dictate that long-established ways of doctoring folks should not be changed for light and transient causes; and, accordingly, all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to protect themselves by abolishing the habits to which they are accustomed. But when a long train of errors, traditions, conceits, whims, notions, caprices, vagaries, mistakes, experiments and blunders, although collected, and expatiated into such learned books and incomprehensible theo-

ries as to confound the wise and deceive the simple, evinces a tendency to fill the world with diseases, drugs and doctors, it is their right, it is their duty, to reject the authority of the system which incorporates them, and provide some other means of getting along in the world, from the cradle to the grave. The history of King Allopathy is a history of repeated attacks upon the vital domain, of extensive injuries to human constitutions, and a continued exemption of the unchristian principle of rendering evil for evil, or the equally heathenish sentiment of doing evil that good may come, all tending to degenerate the human race bodily, and mystify their reasoning powers mentally. To prove these allegations, let facts be submitted to a candid world:—

He has introduced a horde of foreign emissaries, in the shape of mineral, vegetable, and animal poisons, inimical to our constitutions, and subversive of the harmony of our functions, into our bodies, by which our pockets have been plundered, our vitals ravaged, our lungs contracted, our livers corrupted, our nerves enfeebled, our skins obstructed, our blood exhausted, our bones rotted, our teeth loosened, and our stomachs and bowels destroyed.

He has originated a swarm of drug-vending establishments, and misled the people into a way of wasting their substance in the purchase of foolish nostrums for all the foolish trivial disquietudes of body, instead of teaching them how to manage their little ailments at home by the use of such means as a bountiful God has everywhere provided.

He has stunted and paralyzed our infants in their cradles, by countenancing and prescribing an endless variety of baby-killing remedies, among which are paregorics, sirups, oxymels, carminatives, lozenges, confections, electuaries, panadas, lotions, ointments and liniments, impregnated with mercury, arsenic, antimony, opium, and other deleterious ingredients.

He has shattered the constitutions of our young men and maidens, by drawing their blood, blistering their surfaces, and corroding their inwards.

He has made our strong men cripples, and our full-grown women bed-ridden, by repeated salivations.

He has caused our old people to go down to their graves, full of infirmities, aches and pains.

He has permitted nearly one half of the children born into the world to die before

reaching the age of five years, instead of instructing mothers how to rear healthy offspring.

He has governed the world in medical matters, until disease has become the general rule and health the exception.

He has humbugged the people over and over again with new remedies for consumption, which never cure; but which generally turn out to be new editions of old humbugs—for examples, cod-liver oil and phosphate of lime.

He has arrayed his ministers against the physiological and moral reforms of the day, by sanctioning in many of them the habitual use of alcohol and tobacco; and also by administering those abominations to thousands of men, women and children, in multitudinous medicaments, cordials, bitters, tinctures, tonics, stimulants, elixirs, snuffs, cigarettes, powders, drops and slops, he has contributed not a little to create false appetites in society, perpetuate morbid cravings, pander to diseased stomachs, and establish or confirm many of our otherwise clean and decent citizens, in filthy habits and disgusting practices.

He has strenuously, and at all times, opposed all reforms bearing against the supremacy and the exclusiveness of male drug-doctors, always speaking contemptuously and disparagingly of "woman's rights," "female physicians," "social equality of the sexes," &c., &c.

He has opposed all reforms in the healing art which do not tend to perpetuate his tyrannical and privileged administration of drug-poisons.

He has neglected to instruct the people in hygienic means, which are the most wholesome and necessary for the public health.

He has circulated periodicals among the people, in which the nature, causes, symptoms and treatment of diseases are treated of in a promiscuous jargon of meaningless phrases and technicalities, unintelligible alike to writers and readers, and utterly valueless except to astonish the multitude.

He has undertaken to kill off the Water-Cure system, by mixing it with his drugs; and, failing in that, he has tried to damn it with faint praise, by representing to every inquiring patient, that it is an excellent thing in a great many cases in general, but very dangerous for his case in particular.

Finally, he has, when politely requested, and provokingly challenged, refused to defend himself before the people.

Nor have we been wanting in attention to

our allopathic brethren. We have assured them from time to time of the absurdity of their system and its pernicious consequences. We have explained to them its errors, and have shown them a better way. We have practised our system before their eyes, and demonstrated it on many of their persons. We have conjured them to abandon the administration of remedies which are always uncertain, generally dangerous, and frequently fatal, and to investigate the claims of a healing art based on the laws of organization, recognizing Nature as the only true physician, and dealing only in such remedial agencies as she employs in the processes of life, growth and development. But they have, with a few honorable exceptions, been deaf to entreaty and blind to judgment; we must therefore hold them as we hold all others whom we regard as the representatives of a false system—enemies professionally—as men, friends.

We, therefore, the representatives of Water-Cure in America, in general principles agreed, appealing to Truth, Nature, Reason and Common Sense, do hereby solemnly publish and declare, that the portion of the people aforesaid are, and of right ought to be, free and independent of the dogmas of past ages, and the motionless stupidity of modern conservatism, as embodied in that branch of medical science known as Allopathy; and that, as reading, writing, working, thinking, progressive and improvable individuals, believing devoutly in a better condition and higher destiny for the human race than the existing order of things, we hereby pledge this periodical, its publishers, editors, contributors and friends, throughout the length and breadth of the land, to labor for the emancipation of man, in all his relations to the world in which he dwells, and to the universe of which he constitutes a component part.

MAD DOGS AND HYDROPHOBIA.—The "dog-days" are near us, the mad-dog season is actually present with us, and, as usual on the approach of hot weather, the newspapers abound in "theory and practice," respecting the nature and proper treatment of Hydrophobia. A writer in the Evening Mirror, says, "It may be held as a positive and established fact, that, unless bitten by other dogs, dogs never go mad." A queer assertion this! How does the writer imagine the first mad-dog got mad? Small pox is contagious; but unless some combination of circumstances, independent of contagion, had developed the infectious element, the first case could never have occurred. The same writer tells us that canine madness exists in the coldest weather as well as during the hottest. This is most true; and it indicates, a common source from whence it originates. Foul, decayed, or rotting organic matters, taken into the stomach as food—principally putrifying flesh and offal which the animals can

always obtain around our slaughter-houses, and in the vicinity of our markets—are, doubtless, among the chief producing causes. As to the treatment, we do not regard the scores of published specifics in the drug-medication line, as worth mentioning. Excision, or thorough cauterization with lunar-caustic or aqua fortis, if promptly resorted to after the bite, would, no doubt, in most cases, prevent the constitutional spasmodic affection, called Hydrophobia. But when the disease does occur, as drug-remedies have thus far always failed, we are justified in reposing more faith in the prolonged half-bath, the wet sheet pack, so managed as to induce moderate perspiration, persevering and vigorous wet sheet rubbings, with the free use of ice taken internally, and frequent cold water enemata. This plan has cured, and might cure again.

MAD MEN AND THE MAINE LAW.—We do not observe that a single Medical Journal in the United States save this, has uttered a paragraph in favor of the Maine Law and against the infamous rum trade. Why is this? Have they no interest in this matter? Are we the only doctors in the world whose business it is to advocate the prevention of diseases, vices, and crimes? Is it our business alone to teach the people how to do without us, to acquire and maintain sound minds in sound bodies, while their duty is circumscribed to the mere business of dosing for the fees? So be it then. But perhaps our learned and distinguished contemporaries of other journals and other schools, regard the fashion of rum-drinking, and the legal protection or out-lawry of the rum trade, as a moral question, with which Medical Journals should not meddle. Perhaps, too, the influence of the fashionables—whose patronage is not to be despised if their principles are—who make up the gay seasons at Newport and Saratoga, bears hard upon the freedom of speech in certain quarters. And, perhaps, again, as with a certain class of newspapers which, whenever the subject of legislating against the traffic in intoxicating beverages comes up, prate fiercely against legislative interference with what men shall eat and drink, they regard that discretion which watches for the popular side of a moral question, as the better part of valor.

Within the last month, we have read the horrid details of more than a score of murders committed under the influence of alcohol; and the statistics of mortality in our cities show many scores of "accidental," or "providential" deaths from the same cause. Now, many of our Allopathic Medical Journals claim to be "Journals of Health;" and they profess to have a special commission for the "exposure of quackery." Isn't there some quackery in the rum business? Is not getting drunk and murdering wives and husbands particularly unhealthy? If spirituous beverages inflame the coats of the stomach, disease the nerves, and so induce delirium tremens—a state of bodily disturbance and mental hallucination in which crimes, outrages, and murders are daily committed—is there not something sufficiently morbid, sufficiently pathological, for them as well as for us to declaim against?

KINESIPATHY AGAIN.—Various methods of exercising weak and relaxed, or rigid and contracted muscles, and of exciting the nervous distribution, by appropriate manifestations, which were started in Sweden some forty years ago or more, have received this title. To our mind, the term exercise, as a hygienic or therapeutic agent, means precisely the same as is intended by "Kinesipathy;" and as exercise, in all its adaptations to the prevention and cure of disease, is one of the universally recognized Hydropathic appliances, we do not see the advantage of elevating this "one-idea" to the rank of a system. A certain Water-Cure is denominated Hydropathic and Kinesipathic—*water and exercise*, as we would translate it medically. Why not as well append a *pathic* to each hygienic agent of our Materia Medica, and thus multiply and mystify our healing art, to the entire satisfaction of all the lovers of the

marvellously big words, thus: bathing, or Hydropathy; air, or atmpathy; food, or dietpathy; drink, or beveragepathy; exercise, or kinesipathy; temperature, or thermopathy; sleep, or slumberpathy; clothing, or drossopathy; governance of the passions, or mentalpathy, &c., &c.

TREATMENT OF CONSUMPTION.—On this theme the Boston Medical and Surgical Journal, after having for years teemed with articles puffatory of the great virtues of cod-liver oil, and which still advertises the "genuine" article, as being, according to the experience of Dr. Williams in 400 cases, "more beneficial in the treatment of pulmonary consumption, than any other agent, medicinal, dietetic, or regimental, that has yet been employed," thus "owns up" in the matter:

"With all the alleged remedies and proposed palliatives, this disease still defies the skill of the profession. Irregulars are managing a profitable business, simply because sufferers by consumption have no confidence in any order of educated physicians, whether of the old school or new. No one is blameable for this state of things, and yet it is excessively mortifying that accomplished, learned practitioners, cannot compete with ignoramuses who never read a book in their lives. We are told that the reason why such adventurers are employed by those who ought to set a better example, and show some respect for a well-taught, laborious, conscientious medical adviser, is that the profession has not made a single advance in the treatment of pulmonary consumption since the days of Galen, and therefore it is justifiable to call upon those who are trying to improve upon the little they do know.

"Thus quacks are supposed to be advancing, while we stand still, in the dignity of insulted majesty, feeling that our rights have been invaded by knaves. This impression is extensively radiating; and if we cannot make any judicious movements in this particular line of medication, our services will ultimately be wholly dispensed with, and a further mortification may be expected. Persuading patients to go south to die, or urging them to remain at home in the midst of their friends, effects no cures. Why would it not be advisable to give them an opportunity to try the influence of an extreme northern location? Our medical friends have not experimented in that direction, and consequently the field is open for a beginning. Without assigning reasons for suggesting this plan, there are strong ones for believing that beneficial results might be calculated upon by adopting this new course. If any of our correspondents have made explorations, and ascertained what might be expected, good or bad, from placing consumptives at the north of Quebec, at an early period of the disease, it would be extremely gratifying to hear from them."

If this isn't a flat acknowledgment that Allopathy knows nothing, "yea, less than nothing," respecting the prevention or cure of this disease, we know not what would be. We would rather be in the hands of the veriest quack that ever practiced medicine without a diploma, provided he knew a little, and was trying to improve on that little, than at the mercy of one who stood still in the "dignity of insulted majesty." (Oh!) and knew nothing.

ANOTHER TRAVELER ON VEGETARIANISM.—In the June number we noticed and commented on the remarks of Bayard Taylor respecting the diet of the Egyptians. That travelers disagree sometimes as well as doctors, because they do not stand in the same shoes, nor look out of the same eyes, is shown by the following testimony, which directly contradicts that of Bayard Taylor. This traveler, also a correspondent of the *Tribune*, writes from Cesarea, under date of Feb. 25, 1852.

"At Tcherkess we heard dreadful accounts of the road which we intended to follow; and here is the place to remark that Turks in general are always ready to frighten you out of any traveling scheme. There is snow, ice, mud; or there is heat, burning sun and southern winds; there are robbers, want of accommodations, want of hospitality, and you are threatened with the bitterest calamities, so that you are inclined to consider them as the most cowardly, idle, good-for-nothing set of people to be met in the world. But when you have conquered all these objections, and expressed your steady determination to proceed, no more is said upon the subject, and every help is afforded to you. The moment of departure, however, is likely to shake the firmness of your purpose. The whole place

comes forth to contemplate the great event of your starting for the land of unknown dangers. The guards, or *Zappettes*, who accompany you, set out before, powerfully armed, and almost buried under coats and pelisses, as if they were going to Siberia. The dogs howl as you pass, the children scream, the women kiss their fingers to you, and the men commend you to God for protection. All this makes a weakening impression upon your mind, and you feel you are doing something that none of those remaining behind you would dare to undertake. But once out of the place and in the desert, far from the reach of men, your Turkish attendants become models of patience and fortitude. Nothing tires, nor oppresses, nor discourages them. Does the rain or snow threaten to suffocate or drown you; do you ask anxiously about a shelter; there is none for some hours, they coolly answer, but these hours will soon be passed. Does your horse slip, and tumble, and fall; he will get up again, they say. And if he should not get up? Well, somebody must walk a little, that's all. They are *insensible to fatigue, suffering, cold, heat, hunger, and desire of sleep.* Never undressing, never lying down but upon the bare ground, with their cloak for covering; *never eating anything but coarsest bread and boiled barley (when such a dainty is to be found); never drinking anything but the cool water of the spring,* they are as composed and satisfied as when you first saw them at their own firesides."

WATER-CURE FOR KINGS.—The King of Siam is not the only potentate who has had cause to bless the Water-cure. The following acknowledgment from his Majesty will have an additional interest with our readers, when we inform them that we are assured by a missionary agent in this city that the King's "dear lady" was cured hydropathically:

"ROYAL HALL, GRAND PALACE, Feb. 7, 1852.

"MY DEAR SIR—My mind is indeed full of much gratitude to you for your trouble, and some expense of medicine, and most valuable favor to my dear lady—the mother of a little infant daughter—by saving her from approaching death. I cannot hesitate longer, after perceiving she was undoubtedly saved. I beg, therefore, your kind acceptance of the accompanying present for Dr. D. B. Bradley, who was the curer of her, and for Dr. House, who had some trouble in his assistance, for being your grateful reward. I trust previously in the manner of curing in the obstetrics of America and Europe, but I am sorry to say that I could not let the same lady believe before her approaching death (i. e. until she saw death approaching), because kindred were many more, who had her according to their custom. Your present curing, however, was just now wonderful in the palace. I beg to remain your faithful well-wisher, J. P. PRAMENDR MONGKENT, The King of Siam.

To Messrs. D. B. Bradley, M.D. and S. R. House, M.D."

PRODUCTION OF NEW VEGETABLE FOODS.—M. Lecoq, Director of the Botanical Garden at Clermont, France, has arrived at some very interesting and important results, by a series of experiments, in relation to the improvement of vegetable foods, and the production of new kinds. A report says:

"While M. Naudin hopes to produce a thornless thistle for the better nourishment of four-footed beasts, M. Lecoq places a thistle upon his own table, and eats it himself, thorns and all. He entitles his letter read to the Academy, "Two hundred, five hundred, or even a thousand new vegetables, *ad libitum.*" He had noticed the instinct of the ass invariably directing him to the thistle bed, and confident that that serrated plant possessed some precious qualities that are not generally acknowledged, took a few specimens of the tribe under his care, cultivated them carefully, and finally turned out "a savory vegetable with thorns of the most inoffensive and flexible sort." Continuing his experiments, he finally tamed every individual member of the fierce family of thistles. The Hercules thistles, the *Cirsium-Eriophorum*, the *Heraclium-Spondylium*, and other redoubtable individuals. Encouraged by his success, he undertook the mollification of several tyrants of the vegetable kingdom, more ferocious still, if possible, and encountered no serious resistance. In all this, M. Lecoq claims no discovery, and conceals no secret. His only mode of transformation is to expose to the sun plants that grow in obscurity, and conceal from the solar influence plants that flourish in the open air, and thus entirely alter their nature. He simply employs upon vegetable productions, hitherto misunderstood and neglected, the most common processes of the gardener's art. The acid, aromatic properties of cress, parsley, cheviol, &c., are retained, by allowing them to grow in the sun; the acidity of celery, on the contrary, is made to

disappear, by burying it in the sand; the crudity of certain sorts of lettuce is removed by binding the leaves tightly together, and excluding the light and the air. The entire nature of the plant is thus transformed, and it is by means as simple as these that M. Lecoq has made the thistle eatable, and holds out to us the hope of soon eating dock and pigweed with as much relish as asparagus and green peas. He asserts, that by means of overturned flower-plots, he can render alimentary all the cruciferous, all the umbelliferous and all the syrantherous species; and that certain of the most despised and degraded among them will yet claim the place of honor at the festive board."

VOLUME FOURTEENTH.—Another volume of this periodical commences with the present number. Friends and readers, do you know of any journal in the "wide, wide world," better calculated to make the people "healthy, wealthy and wise?" If so, name it to us, and we will work for it, with it, and through it, with all our strength. If not, help us to give this a world-wide circulation, that it may the sooner consummate its work of reforming the unphysiological vices of society, and revolutionizing a false medical system. We know we are right. All we specially ask is an opportunity to prove it as ample as are the needs of suffering humanity. The principles of our system have been demonstrated ten thousand times over; but it yet remains to bring them to the final test of universal experience. This, of course, implies universal education; and universal education pre-supposes that all must read and think, "from the least unto the greatest;" and understanding implies the presentation of facts, evidences, reasonings; and these demand a medium of communication with the general mind; and thus the WATER-CURE JOURNAL becomes a necessity of the age in which we live. The world cannot do without it. It must be scattered broad-cast over the land. Yes, kind patron, if you will labor as diligently to extend its list of subscribers, as we do to render its matter worthy of their subscription, the great work it has undertaken shall be accomplished; and the present generation shall not all pass away, until a knowledge of the science of living healthfully shall fill a goodly portion of this fair land.

OUR MOTHERS ARE THE BEST REFORMERS.

Alas! how few American mothers intelligently appreciate and properly feel their responsibilities to their own family circles, and to the rising generation. Would there were more like Mrs. C. M. S., who writes from Waukesha County, Wisconsin.

I have received the May No. of the Water-Cure Journal, am much pleased with it, although I was some what disappointed in not getting it from the commencement of the Volume. I had read the last volume which I borrowed from a friend, the first I ever saw, and would liked all the No's straight along from that, if I could procure them, as I intend to continue a subscriber just as long as I can raise the needful to pay for it; intend to preserve for binding, however, if you cannot supply the back No's, I must even be thankful for what I can get; I have been practicing water-treatment in a limited way for two years past, and am satisfied that I have received special benefit from it; I have been quite an invalid for 15 years, have tried Allopathy and Thomsonism, but have decided that Hydropathy is the system for me; if I had known of its blessings years ago, it would have saved me much suffering, but I am heartily thankful that water, yes, simple water, is at last exerting its mighty sway, over the poisonous health-destroying drugs, with which poor suffering humanity has been drenched from the cradle to the grave; it is shocking to think how many persons have had their life-fountains poisoned in infancy. Alas! how many mothers have unconsciously administered the deleterious drug, because ordered by their physician, in whom they placed im-

PLICIT confidence, when, had they known the fatal consequences, they would have shuddered at the thought. Mothers! rejoice! the good time is coming, even at the door, when we shall not be obliged to stand, helpless, by the side of our agonized children, and see their tender frames convulsed with the power of drugs added to that of disease. We all have the life-giving panacea within our reach, we can all acquire the skill to use it without consulting the legion of M. D's. who would fain have us believe that water will kill our precious babes; but never fear, give them water, both internally and externally, let every mother do this, and the doctors' visits will need be "few and far between." All Hall! to the founder of *Water-Cure*, his fame shall live in the hearts of thousands of our *Water Inivigorated* race, long after the memory of *drug-medication* shall have been numbered among the things that were. We have as yet no Water-Cure Establishment that I know of in Wisconsin; but we have plenty of water, and plenty of heads and hands, that with a little instruction will be able to use it to good advantage themselves; there is quite an interest manifested on the subject, and I anticipate the day when we shall be cleansed from the pollution of the drug-shop. I am aware that I cannot write anything very entertaining upon the subject, perhaps not enough to justify the tax upon your time to read it; however, as I was going to write you a letter, I thought I would venture to take the liberty to express my feeling, although in a feeble manner, for I can feel thankful for the glorious prospect ahead, also for the praiseworthy endeavors of those who are striving to promote the welfare of their fellowmen. I repeat again, I can feel my thanks, if I cannot express them; I can bid you God speed in your glorious and ennobling work of blessing the human race, both physically and intellectually. May you live long to cheer the world with your presence, and when you have fully acted your part on the stage of life, make a happy and peaceful exit. May generations yet unborn, rise up and call you blessed; a brighter crown than ever monarchs wore shall be thine.

I had another subject on which to write I when commenced this sheet; but when I launch out upon the WATER, I am so enamored of its charms, that I am almost unwilling to land. There is another subject, upon which I have thought deeply and *painfully* for years, i. e., the excessive use of tobacco which has become a part and parcel of the daily stimulants of an overwhelming majority of the (would be) lords of creation. I have had sad experience of the effects of excessive tobacco chewing, although I have never read any work on the subject, yet I am convinced of its baneful effects upon body and mind. When I was married, twenty-four years ago, my husband used tobacco moderately, by the advice of a sagacious M.D. Little did I then dream what slavery it would subject him to, but I have learned it. He is now over fifty years of age; he has tried to quit using it, and as often commenced again; I have viewed his case almost a helpless one; however, I thought I would give one more trial. I read a notice in the Journal, of a book that treats of the nature and effects of the poisonous weed. I wish you to send me the best work you have on the subject: do you think there is any redemption for him, or is his case hopeless? however, I want the book, for I have two sons, and I want to impress upon their minds, if possible, such a horror of the weed that they will never be tempted to put a morsel in their mouths, for it is a great fashion here for boys, small boys, to use it; and I am fearful they may be influenced by their example; I want the book also, for the purpose of trying to reform some of my acquaintances. Here are numbers of young men, intelligent, enterprising young men, just entering upon the stage of action, with their mouths and pockets filled with the nauseous weed; it pains my soul to take a prospective view of the slavery they are bringing upon themselves, for it is a habit which invariably grows with their growth and

strengthens with their strength, therefore I am very anxious to try and persuade them to abandon the disgusting practice before they cease to become irremediable. It is my earnest desire to try and do some *small good* at least; that the world may at least possess one person reclaimed from the bondage of tobacco by my influence; then I should feel as though I had not altogether lived in vain.

Again I must beg your indulgence for the length of this scrawl, with an humble request that if you are in the habit of doing such things, that you would be kind enough to send me an extra copy of the Journal to circulate and try to obtain subscribers, for I am very anxious that every family should have a copy. I would circulate mine, but for the reason I wish to preserve them for binding.

STING OF THE WASP, AND ITS CURE.

I take your excellent Journal, and of course all my family enjoy good health. Therefore, I have no very wonderful cures to relate. We use water for everything, as soon as there is any indication of indisposition, so sickness is prevented. Our little ones, (the youngest a year old,) are daily soused in good cold water, all over, when they rise. They are strong and healthy, all day they play in the open air; when one takes a little cold and gets a cough, we put the wet compress on its chest at night. They never cough after that is applied.

Summer is approaching, and it occurred to me that the following mode of curing the sting of the wasp, might be useful to those who live in the country. My garret was infested with a swarm of them, and as warm weather approached, they began to recover from their dormant state, and came down stairs, visiting every room in the house, stinging every body at all times, and making themselves extremely obnoxious. As a remedy for their bites, we first tried a plaster of mud, placed on the wounded part. This had a pretty good effect; then we tried bathing the part in salt and water. This also was pretty good. But both methods were too inconvenient, because we had so many bites to doctor. So we tried cold water, which beat both the other plans. When any of us were stung, if on the finger, we plunged the whole hand right into good cold water; if on the foot, the whole foot into water, &c. The remedy acted like magic, preventing the swelling and quickly abstracting the pain.

Yours in the bonds of good,

HEARTY HEALTH,

C. W.

Greensburgh, Westchester Co., N. Y., 1852.

PURIFYING THE AIR.

There is one method of purifying the air which is accessible to all persons in all places. In sleeping and other apartments, were thorough ventilation is impossible, the air may be rapidly changed and materially freshened by opening all the doors and windows, and then swinging one door violently forward and backward. It is a good, indeed a necessary practice in the cases of invalids who occupy close and secluded rooms, and who are unable to walk out.

CATCHING COLD.—The general misapprehension in regard to the theory of "catching cold," frequently produces the very evil that is most feared. More colds are taken in overheated than in too cold places, and still more are owing to vitiated air. "Backwoods men," who sleep all winter long in shanties through which the snow-flakes pass freely, are seldom troubled

with what are called "colds and coughs." Too close confinement to hot air in ill-ventilated rooms renders the body preternaturally susceptible to atmospheric changes. Infants and young children are generally badly managed in this respect in this country. They are often made sickly, puny, peevish, and effeminate, by keeping the doors and windows too close, and the sufferer too much in doors, as though the breath of heaven was unfriendly to human life.—*Hydropathic Encyclopedia.*

Reviews.

MIDWIFERY AND THE DISEASES OF WOMEN.—A descriptive and practical work; illustrated with numerous cases of treatment on Hydropathic Principles. By JOEL SHEW, M. D., 1 vol., 12 mo., 432 pages. Price \$1.00. Postage, by mail, 25 cents. New York: FOWLERS AND WELLS, Publishers.

It will at once be conceded, that a more important subject than this could not engage the mind of a Medical writer; a subject which lies at the very foundation of human life, and of human health.

For several years—in the midst of an extensive practice—the author has been diligently engaged preparing the present volume—and although he has written much else for the press besides, the present work has occupied more of his time than any other which he has yet given to the public.

We shall not, at present, attempt an elaborate review of the work; but simply state, in general terms, the subjects to which it is devoted; leaving the reader to judge whether or not we are correct in regard to our estimate of its importance.

Besides a complete history of Midwifery, from the earliest records to the present time, with appropriate comments, we have the superiority of Water treatment in menstruation and its disorders, chlorosis, leucorrhœa, fluor albus, prolapsus uteri, hysteria, spinal diseases, and other weaknesses of females; in pregnancy and its diseases, abortion, uterine hæmorrhage, and the general management of child-birth, nursing, &c., &c.; covering the whole subject.

While we deprecate the false modesty of fashionable prudes, of either sex, we do not deem it proper to publish in a popular serial such matters as are contained in this volume.

It, therefore, becomes necessary to present the subject in a book, or withhold it from the public altogether, which latter course our sense of duty would not permit.

We make a brief extract from the PREFACE:

"Concerning matters pertaining to midwifery, friends of Water-Cure sometimes ask questions like the following:

"1. What methods of treatment shall we adopt to enable us the better to pass through the period of pregnancy?"

"2. What methods to aid in mitigating the pains and perils of child-birth?"

"3. Shall we employ a physician on such occasions?"

"4. If so, shall it be a male or female practitioner?"

"As regards the first and second of these queries collectively, I remark, that in 1843 I commenced the practice of midwifery according to the hydropathic plan, and have from time to time since that period, published articles on the subject of pregnancy and child-birth, and have put forth, also, a small work which has had a wide circulation, and been the means of doing some good. There is, doubtless, no branch or department of the medical art in which a judicious regulation of water, air, exercise and diet, are more strikingly beneficial than in that now under consideration. I would speak earnestly on this point, and as to the truthfulness of what I affirm, I may confidently refer to the experience of those who have a knowledge of the subject—to those who have themselves experienced the effects of hydropathy. We do not hear persons say,

'We have resorted to the water-treatment in child-birth and have found it to be an injury to us'; but on the contrary, we do hear it said, 'We had borne a number of children under the old methods, suffering at each time more than mortal tongue can describe; but now, since we have become informed on the subject

of Water-Cure, we find child-birth—hard as it necessarily is—a much more easy thing to bear.' I repeat, the *uniformity of the testimony* in favor of water treatment among those who have in their own persons tested it, is remarkable and without parallel in the healing art."

All the above, and many other questions, are duly answered in the work.

We are confident that the very minute and careful directions given for the treatment of every disease common to woman in all periods of life, cannot fail to render this work a most useful and acceptable FAMILY GUIDE. As such, we submit it to those who would lessen human suffering, preserve and prolong human life.

THE NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA.—*A system of Hydropathy and Hygiene*, 2 vols., in 8 parts: I. Outlines of Anatomy, illustrated; II. Physiology of the Human Body; III. Hygienic Agencies, and the Preservation of Health; IV. Dietetics and Hydropathic Cookery; V. Theory and Practice of Water Treatment; VI. Special Pathology and Hydro-Therapeutics, including the Nature, Causes, Symptoms, and Treatment of all known Diseases; VII. Application to Surgical Diseases; VIII. Application of Hydropathy to Midwifery and the Nursery. Designed as a guide to Families and Students, and a text book for Physicians. By R. T. TRALL, M. D. With numerous engraved illustrations; price \$2.50. FOWLERS AND WELLS, Publishers, New York.

[The following appreciative review is copied from the New York Weekly Universe, of recent date. We think it will meet the views of our readers.—PUBLISHERS.]

We have been thus particular in transcribing to our columns the contents of the title-page of this important work. The advocates of the water-cure are rapidly increasing, and its doctrines cannot, at this day, be treated with that superciliousness common to the lovers of the old and the selfish. The world is becoming too wise; or, rather, the people are too far advanced, to readily acquiesce in, or be psycho-sympathetic to, the inert and retrogressive. While we candidly admit, that there is more or less truth in everything, be it of ancient or modern date, yet our predilections lead us to look with favor on that which has *not* received the sanction of age. We have found that the old is barren and unprogressed. It looks, for its triumphs, to the past—it seeks in the shadow for its existence, and gropes on the highway, blinded by the light, for its caverned retreat. The young is all life—all activity—buoyant, fruitful, looks forward to that which is to come, and loathes the dark and damp chambers from which it has just emerged. The youth is lusty, generous, vigorous—willing to admit of the new, and receive from surrounding nature lessons of sublimity and harmony. The old is decrepid, unhappy, stultified, bleary-eyed, and rejects everything not in accordance with the past—not recognized by the dead. The "Bright Future" is the motto of the first; the "Dark Past" the watchword of the last. Do not understand us as entirely condemning knowledge because it does not entirely approve of the present, nor believe that we entirely approve of the present, to the exclusion of the past. The past is sanctified—the present is good—but the future is glorious.

The Philosophy of Hydropathy is simple and direct. By it we are told that the greater proportion of the entire bulk of the body is water; the water composes more than three-fourths of the entire mass of blood; more than seven-eighths of the substance of the brain, and more than nine-tenths of the various colorless fluids and secretions: that water is the only vehicle by which nutriment matters are conveyed to the blood, and through the blood to all parts of the system for its growth and replenishment; that water is the only medium through which water or effete

particles, or extraneous ingredients, are conveyed from all parts of the system to the excretory organs to be expelled; that water is the *only* solvent, diluent, and detergent in existence, for animal and vegetable alimentary and excrementitious matters; that water is the only material capable of circulating in all the tissues of the body, and penetrating their finest vessels, without vital irritation or mechanical injury; and finally, that the only morbid effects from water result from improper temperature and over-distension of the hollow viscera, or circulating vessels, from excess of quantity—effects never necessarily unavoidable.—Hydrophathy tells us that disease is *not*, as in the old school, considered a positive entity, but a negative quality. Diseases are produced by bad air, improper light, impure food and drink, excessive or defective alimentation, indolence or its opposite over-exertion, and unregulated passions.

The proximate causes against which all remedial efforts must be directed are, in general terms, impure blood, unhealthy secretions, obstructions in the minute blood-vessels, excessive action in some minute parts or organs, with deficient action in others, unequal temperature—or a loss of balance in the circulation and action of the various parts of the vital machinery, producing great discord in some portion of it, and more or less disorder in all. To cure, we must wash away impurities, supply healthful nutriment, regulate the temperature, etc.; nothing, therefore, it is concluded, but water, air, light, food, temperature, can answer these indications. It is further considered, that “to say medicinal drugs can answer these indications, is sheer nonsense.” We wish we could enter at length into the discussion of these volumes. They are too important to be passed over lightly, and we heartily recommend them to the consideration of every family. Nearly one thousand pages are devoted, in this book, to the consideration of Hydrophathy; and yet they are placed before the public at an almost nominal price.—We shall, however, endeavor, from time to time, to entertain our readers with copious and interesting extracts from the Encyclopædia; but we had rather be assured that it was brought and perused by those who read our columns. With the summing up of our efficacy of water, as laid down in the Encyclopædia, the present notice must suffice.

“Water,” we are told, “according to the mode of application, can intensify or moderate any function; it can energize or abate any given action; it can be made to increase or diminish temperature, locally or generally, to any extent desired; hence though not a universal cure—for diseases are not universally curable—it is a remedy universally applicable.”

Water is put forward in the Hydrophathic system as in all cases of the great panacea, although considered as but one of several remedial agencies, (air, light, clothing, diet, exercise; the others,) whose influence is equally to be regarded in preserving health or in curing diseases.—[Extract from the *N. Y. Weekly Universe*.

Miscellany.

A NEW VOLUME—“TIME FLIES.”—It was but a few years ago, when this, the first Water-Cure Journal, was brought into the world. It was but a “little bubbling living spring.” Sparkling, shining, enlivening, vigorous and invigorating. But what a NAGARA it has become! and what a tremendous sousing and washing it has given millions of poor drugged, dirty, dying, humans! At first, it had a circulation of only a few hundred copies—then a thousand—five thousand—*ten thousand*—TWENTY THOUSAND!—FORTY THOUSAND!! And we now commence the present volume with FIFTY THOUSAND!!! And that, too, with every prospect of a still greater and more rapid increase than ever before. Our friends

and co-workers say we must print ONE HUNDRED THOUSAND!!! So be it. We will furnish Journals. Our friends who have faith in the efficacy of our principles, will furnish subscribers. As a matter of economy, every family wherin doctors or druggs are employed—would do well to read the Water-Cure Journal, and *practice* the doctrines therein proclaimed. Those who have *tried* it, are satisfied, but many there are, unfortunately, who are yet *without* this choice boon—a knowledge of the first principles of life, health, and happiness.

In a republican government, PUBLIC OPINION becomes OMNIPOTENT, and disregarding old customs, and antiquated notions, announces, with acclamation, the choice of the majority—“THE PEOPLE RULE.” At the present stage of human development and human knowledge, it is idle for the few to attempt the suppression of obvious truth, as it is found in Hydrophathy as now brought to light, though always existing in nature. This is no new invention but a DISCOVERY. And, like the steam-engine, the printing-press, and the electric-telegraph, is destined to make itself *felt* throughout the civilized world. Think of it. There are now upwards of one hundred public Water-Cure establishments in the United States, while there are millions of persons who use the Hydrophathic appliances at home. Why this change of such an immense number from the old to the new? The answer is palpable, yet simple. “It is better.” It is an *improvement*, and “the people” have found it out. Hence, they come up—not with doubts and fears, but with high well-founded HOPE—expecting to receive a benefit, and they are *not* disappointed, but being healed, they arise to new life, and go on their way rejoicing.

“Public opinion” is “set against” the drug practice. Too many voices from the tomb, and too many walking skeletons tottering towards the sepulchre, attest the evils of a system, which will be known in future history as the most absurd, wicked, and absolutely murderous ever invented by experimenting man. But let us forget the past. Our mission is *onward*. Let us be thankful that we have, at last, found the means of mitigating pain, of restoring the sick, and of prolonging human life. *This* is our chosen pursuit—this is our duty. With gratitude to God and good will to man, we seek the co-operation of all true friend’s of humanity, to aid us in this glorious cause—the magnitude of which finds its counterpart only in the greatest work of Him who created all things.

WATER CURE IN OREGON.—The following romantic and curious narrative will be read with interest. That it has truth for its basis we have no doubt. Yet we readily admit there may be some excess of imagination in its relation. It is well known that persons in a low state of health, even near unto death, being prevailed upon by religious considerations to submit to immersion even in mid-winter, and that *too through holes cut in the ice*, have, from that moment steadily improved, until reaching perfect health. Again, it is notorious that fishermen, who are much in and about the water, enjoy uninterrupted good health. But here is the Rocky Mountain narrative:

“WATER-CURE JOURNAL.—I remember an incident that took place, several years since, in the Rocky Mountains, which proves to me satisfactorily, that the Hydrophathy system is far from being a humbug. A party of mountaineers being closely pressed by a party of Indians, were forced to decamp some eighty or a hundred miles, to a place better fortified and for reinforcements. They made all possible haste, traveling day and night to elude their pursuers, and reach the fort; but being without horses, it appeared, to the desponding travelers, as though they would never escape. They knew that they were closely pursued; they knew their fate if overtaken. At this critical point of time, one of the party sank in the path, and declared that he could proceed no farther. In a few

minutes his legs were stiff; his companions took him up, and attempted to carry him to the fort; but being near worn out, and closely pressed, they were obliged to leave him. They armed him as well as they could, for his defence; and departed, leaving him to shift for himself, by the side of a small creek. With tears in his eyes he saw his friends disappear; he heard the savage shouts behind, and summoning all his remaining strength, with his eyes bent towards the place of safety, he plunged into the stream and crawled to the opposite shore; he crawled for several rods on the shore, he heard the savage yell behind, he sprang upon his feet and darted with the fleetness of a mountain deer, in pursuit of his companions, and was the first one who reached the fort.

“He has never since been troubled with Rheumatics. The mountaineers believe that the creek is enchanted, and resort thither to bathe.

“When the Water-Cure Journal finds its way into the Rocky Mountains—[It is there]—old trappers may then know why it is that they are so healthy. Yours, with respect. “ONE OF THE ROCKY MOUNTAIN BOYS.

“ALPO — KASKO.”

COMING BACK ALIVE—By J. C. JACKSON, M.D.—Could the public know of the very large number of obstinate diseases, which after being given over by Physicians of other schools, are treated at Hydrophathic Establishments with complete success; the increased patronage which such Institutions would have, would lead speedily to their enlargement. But it takes time to bring about great changes. What has already taken place declares how noble a revelation to the nineteenth century, the Water-Cure Philosophy and practice are. How peaceful, yet how majestic is its march, clearly demonstrating that revelations are always the harbingers of revolutions. If it is not always true that revolutions are heralded by revelations, it is true that revelations produce revolutions. No great truth arrests a keen eye, and prompts a true heart without making a *revolution* in the life of the man who sees and appreciates it. Make one human being the representative of a truth, so that it may show its strength, grace, and beauty, in the wear and tear of life, and ultimately the *race* must yield and put itself into harmony with it. In this way does the world make progress. It must be saved in this way. Nowhere in human history, when one takes into consideration the shortness of time it has been at work, does the Water-Cure revolution find its parallel in the influence exerted on human weal, saving always the introduction of Christianity. If so, where is it? The revolution under Luther, that of Cromwell, of William and Mary, of the American Colonies, how do they compare with it? Different in type, in form, in bearing, in results, they gained their ends by blood, by devastation, by the almost entire ruin in morals and purity of life, of the generation which played a grand part in each. But this matter of teaching men how to cultivate their natures, of instructing women how to preserve their personality, of educating children how to take care of themselves, so that the Divine in them shall always have the supremacy of the Devilish; this bringing into healthful, social play, all the powers of the aggregate manhood; is there any thing like it on record? For Water-Cure fulfills but one and by far the lesser part of its mission when it cures the sick. Were it to stop *there* it would be worthy of all honor. But it does *not* stop there. It teaches how to *live* as well as how *not* to die. Its positive character embodies more than half of its strength. It is not in an extended degree that I now propose to view its Hygienic virtue; it is rather its *restorative* value that I would argue for a moment or two.

The doctors may sneer, and the silk-stocking aristocracy may attempt its burlesque, nevertheless the Water-Cure is “MIGHTY TO SAVE.” In every

village or huddle within twenty miles of an establishment are men and women who rise up and call it blessed. It is no humbug, nor are its advocates enthusiasts foolishly. Its practitioners are men of science, and would be admitted so, were it not that people are accustomed to think that nothing is scientific unless enveloped in mystery. Plain open-handed philosophy and practice, which is comprehensible, are likely, everywhere, for a while to be suspected. They may have the ring of the true metal, but most will doubt their genuineness for a season. Yet, like all that is true, they come uppermost at last, and are honored and esteemed.

There is a common practice among Doctors and lay-unbelievers in the Water treatment, to scare, if possible, every man or woman who thinks of trying its virtue. They say to such, "I advise you not to go to a Water Cure. Cold Water—they always emphasize the word *Cold*—is not suited to you. It may be good in some cases, but it is not adapted to you. If you go and try it you will never COME BACK ALIVE." Suppose it were so, how much worse off would most persons be, than as they are; thousands on thousands in the hands of the doctors, never get out of their hands alive. They might as well die by water as by drugs. But their croakers are birds of ill-omen. Take the oldest Hydropath in the United States, and of the immense numbers he has had, his loss is not one per cent., and this is equally true of all the younger members of the Hydropathic school. They do not lose one in a hundred of the cases they treat. When with this is taken into account, that the larger portion of their patients, by far, are afflicted with chronic diseases, that they have tried almost every conceivable remedy but water, that their antecedents are almost always unknown to their Physician, except so far as they choose to communicate them, that they often come five to eight hundred miles to receive administration; it marks the Water Cure as immeasurably superior to the other modes of treatment. It is a fact so loud spoken in its defense that senseless clamor cannot prevail against it. In another article it will be seen that Mrs. Jackson and myself have reported cases treated by us, and as we intend to continue the reports monthly, the readers will see over what an extent of morbid exhibition it has been our lot to expend strength.

WATER CURE AMONG THE GREEN MOUNTAINS—ESTABLISHMENT AT BENNINGTON, VERMONT.—By JOEL SHEW, M.D. MESSRS. PUBLISHERS:—Here we are, then, away from our home in the dusty city, among the most grand and picturesque portions of the Green Mountain Range! And why away from the "Great Metropolis;" that noble city where, for these ten years almost, we have loved to toil in our humble way, in the promulgation of that great, that inestimable system, THE WATER-CURE!

"Why," you repeat, "are we here at Bennington?"

I answer, first, Bennington is a remarkably healthy, picturesque and romantic place. It is, indeed, so proverbially healthy, that if the people would universally eschew spirits, tobacco, tea, coffee, and their too rich and varied forms of concentrated food, work neither too little nor too much, and take daily a suitable bath, I do not see how it would be possible for the doctors to live. As it is, their lot is hard enough, I am sure. Why, the very animals here show the good effects of the pure air and water, and the sweet food on which they subsist. Ask the horsemen in New York or Boston, and they will tell you that the out-westerns are obliged to sell their horses when they bring them to the city, at a low price for dray horses, while the Vermonter, with his trim, sleek animals, gets a high price; five hundred dollars not unfrequently. They say, too, if you place the bone of a dead western horse in a vice, you can easily crush it, while the Vermont

horse has an osseous tissue so tough and strong you cannot thus break it. Some years ago, when among these mountains on a little summer excursion, I asked a butcher if he ever found the livers of the animals he slaughtered diseased? He said, never, in a single instance. I asked him how long he had followed butchering? He said about fifty years. A short time before this, some families from the West had told me that they could never eat the liver of slaughtered animals there, because they were diseased, and I have often since been told of the same fact. Do not the people, too, as well as the animals, in the malarious districts, get ulcerated livers? I have no doubt they do, and hence agues, and long trains of bilious ailments with which they become affected. If they would but construct good cisterns, and use, for all the purposes of cooking and drinking, nothing but pure water, it would be much better with the Western people than it is. The air, too, as well as the water, is to be taken into account.

There are here, in this thickly-populated town, many strong friends of Water-Cure. Years ago, I remember some of the largest clubs of subscribers to the WATER-CURE JOURNAL, were from the different Post offices of this town. I remember, too, of having been credibly informed of some famous cures that were wrought by the readers themselves, before they had ever seen a practitioner of the new system. The New Englanders, you know, are famous for their ingenuity, and are not easily out-done. If people can cure incurable diseases with water in New York, they said, certainly we ought to do so here, among these healthful mountains, and the thousands of pure springs that gush out in such abundance from their surface. So they did cure disease, and those who persevered intelligently, were a thousand times rewarded for what they did. One circumstance I well remember that interested me much at the time, and which showed well the advantages of water-treatment, as a home remedy. The father of a family, living some miles up the mountain, called upon a neighbor who was a subscriber to the WATER-CURE JOURNAL, and who had a very good knowledge of the system, and told him that his children were coming down with measles, that he was so poor he feared the physicians would not come if he went for them, and that according to all appearances he must lose his children, some of them at least; and parents, you know, however poor they may be, and however many children they may possess, never have any to spare. So the poor man wept like a child, in consequence of the sad prospect before him. But the good neighbor, who was himself also far enough from being a rich man, said he would go with him and see what could be done. With his own hands, night after night, he helped to apply the water treatment, and the result was, as we would naturally expect, that every child—I do not now remember the number—was saved. This, then, was one among the many instances which have occurred in this country, since the WATER-CURE JOURNAL was commenced, showing the adaptation of water as a domestic remedy.

We have left the city for the summer season, purposing to be back among you early in the Fall. So far as I can now judge, I have seen no better place than this for water treatment. I have seen no place, either in this country or the old, where there are so many pure copious springs accessible to the patient.—We are, too, among as fine and romantic scenery as can be imagined, with any amount of shady mountain walks, leading directly from our "Mansion House."—Bennington is, moreover, easy of access, being only about thirty miles from Troy, and the railroad nearly completed. Here, then, for the summer, we shall endeavor to do some part, however small it may be, toward the advancement of Water-Cure. We will endeavor, too, from time to time to inform your readers of what success we meet with.

THE QUINCY WATER-CURE, OF QUINCY, ILLINOIS, is now under the care of our efficient friend and co-worker DR. E. POTTER. We are assured that it is pleasantly situated, and furnished with an abundance of the best water to be found in the state. There can be no doubt of its entire success.

GOSSIP FROM BOSTON.

BY NOGGS.

Extracts from the Diary of an Eclectic Physician: May the 9th.—Was called to see Mrs. — child, sick with rheumatic fever; gave her a lobelia emetic, but she would not puke, and then I gave her a dose of my butternut physical pills, and they did not do anything else but puke her. What it all means I don't understand. No matter, I puked her at last like Jehu, but somehow she don't seem to get any better, rather worse, if anything.

10th.—Growing worse—pulse going it the worst way—real 240 licks, and skin hot enough to burn a hole in a woolen blanket: gave her gum guaiacum and babery bark tea every two hours.

11th.—No better; hotter, if possible, than yesterday! What can make her so hot?

Gave small doses of lobelia, with half a tea-spoonful of red pepper every four hours. One consolation, she can't die while she is so hot—heat is life, and cold is death.

12th.—Joints begin to swell, and the patient is intolerably sensitive. She complains horribly of the rubbing on of the liniment which I ordered at the commencement—says it only makes her worse—ungrateful creature—just as if oil of origanum, aqua ammonia, and cayenne could make anybody worse.

13th.—Worse and worse. I begin to doubt about rheumatism being "a cold disease," at any rate, the more I heat her the more she don't get better, but then some cases never get better—this must be one of 'em.

14th.—Terrible restless last night. Her mother says she hasn't slept a wink for two nights and days. She refuses her milk-porridge today! which I have all along made her drink freely of, in order to support nature! she has declared all along, though, that it only made her sicker—as she loathed it, and it lay hard in her stomach—but children don't know what's good for 'em—so I held her nose and made her swallow a tea-cupfull!

15th.—Begins to breathe short and cough some, and notwithstanding the porridge, grows weak!!

16th.—Very feeble pulse—150, but very small; the friends became alarmed, although I told 'em it was right for her to grow worse, and insisted upon sending for Dr. Lientuok, the Cold-Water humbug; he—ignorant old fool—said the child was dying from unexpressed inflammation and aggravated irritation. I told him that I should have that one complaint myself if he kept talking so. He said a few timely baths in the onset, and total abstinence from all food, would have put the fire all out, and nipped the diseased action in the bud, and that all heating medicines were the worst possible things that could be given! Strange doctrine that. And then I asked him what he thought about the case, he said he thought it was rather an objective case, which had not been governed properly. I asked him if he meant anything personal. He said, "Oh, no, of course not." Lucky for him he didn't. I asked him what the reason was the liniments and hot things on the joints didn't relieve her. He said, because the trouble wasn't in the joints to begin with, and then again if it was, the remedies were not adapted! I asked him if he meant to insinuate that I did not know how to doctor rheumatism. He said, "Oh, no, certainly not!" Well he didn't say that, for I have got a diploma from Worcester, signed by all the professors, who know a thing or two, I guess—one of 'em is a minister to boot, and the diploma says that I sinit nothing else but a first-rate doctor, without any minerals in my composition.

Dr. Lientuek! *Lean* enough, I should think, to keep a patient on nothing three times a day! and *tuck* 'em up in cold water every morning, and then say nothing don't all their joints in rheumatism, when everybody knows all the trouble they have is in the joints and nowhere else.

"All caused by wrong living," he says, "getting the liver and skin out of order!" "Wrong living!" Pooh, Mrs. B——'s children live twice as wrong as this child, why did they not have the same complaint, I asked him.

"Because they were altogether differently constituted," was all he could say!

"Skin out of order"—humph. What has the skin to do with the joints? He would not talk so if he'd been through a course at Worcester.

He says there are seven millions of pores in the skin! A likely story that. What would a skin be good for all full of holes? And when I asked him what they were all for, he said they were chiefly for the exhalation of morbid matter, the retention of which in the system, was the immediate cause of nearly all diseases!

I asked him where all the morbid stuff came from. He said folks eat it daily! I told him he'd better not talk that to my patients, for they eat as good victuals as he did any day, and I made him own it too!

But he is a self-conceited fellow; there is no use in telling him anything.

When I told him that rheumatism was always brought on by cold, and therefore ought to be treated with hot things, he laughed right in my face, and asked me why every body who ought cold did not have it? He allow'd tho', that catching cold was the exciting cause oftentimes, but insisted upon it, that in nearly all, if not quite all, the great cause was in the digestive organs! And now just because this particular case grew better after she left off taking porridge and medicine, and went to using cold water, he goes bragging round that my treatment was all wrong and his all right!

Pretty story, that. "All right!" Is it to give a patient nothing but water to eat?

Bad enough to have nothing better to drink, but to make 'em eat it, drink and sleep in it too; that's coming it a little too strong.

As for this patient's getting better—hadn't I been giving it medicine for a week? That's just the way with these—Water-Cure Doctors—somebody else will beat the bush, and they'll come in at the eleventh hour and catch the bird.

THE DRESS REFORM.—Twelve years ago I reviewed, and radically remodelled, the forms of clothing for all persons, as an important item in a new self-supporting system of general and liberal education for both sexes. But the extreme difficulty of getting any considerable improvements, especially in living and dress, into notice, favor, and adoption, discouraged me much, and I have neglected to press the matter on public attention, except that, about three years ago, I published the outlines of it in a book on education, respecting which I have not heard a single remark from any quarter. But as thorough reformation in the forms of female dress, in this age of general improvement, seems to be coming forward in earnest, I think I will, after a long sleep, offer you some short account of my notions of dress for both sexes, made so many years ago, according to the following laws:—Decency, Comfort, Convenience, Economy.

Under the law of *Decency*, the first object of clothing, the more private and delicate parts should be so covered as to prevent all undue sensual excitement, and, as far as possible, any uncomely and unpleasant forms of person, or garments, to the eye.

Under that of *Comfort*, the great object of clothing, the inner garments should be soft and pleasant to the skin, and all the garments should be such as to afford

proper temperature, ventilation and protection to the whole body. They should also be so loose and light as not to bind, press, or oppress in the least any part of the physical system.

Under the important rule of *Convenience*, the garments should freely allow all possible motions to the body in all its parts, in any and all directions, and with reference to any objects of business or pleasure. They should also be made convenient for opening and closing any of their slits and apertures, and for dressing and undressing.

Under *Economy*, are to be considered chiefly, the simplicity and ease of cutting and making; the quality and color of the fabric, of course, to be suited to the choice of the wearer.

After the laws of Comfort and Convenience, that of *Health* need not be named.

The permanent, every-day and business clothing, except for the head, hands and feet, should consist of two garments only: *The underall*, extending loosely over the whole surface of the body, from the neck to the ankles, and to half the distance between the elbows and the wrists, fastened loosely with hooks and eyes at the arm and neck-bands, and down the front of the person to the pelvis before, and the end of the back-bone behind; whence it assumes forms proper for each of the lower limbs, there being a loose hemmed aperture or slit, from the said pelvis under to the back-bone,—the whole somewhat in shape of a jacket and pantaloons, fastened together about the region of the hips. A broad stout belt might be fastened at different places to the outside of this garment, passing around the body just above the hips, and meeting in front under the lower part of the bowels, and fastened, either not at all, or tighter, or looser, at pleasure, and as occasion may require, with one set of stout hooks at one end, and several sets of eyes at the other; or, with a buckle. This would be of use for support and safety in times when essentially liable to accidental or other strainings, and for some other objects besides. From this, strong, and strongly-fastened, tongues should descend before and behind, to which should be connected with hooks and eyes, temporarily, and as occasion may require, for infants and others, another small garment, to be called the *underguard*. About four inches above the lower ends of the said lower forms of this garment, should be permanent gatherings, or pleatings, all around, so loose as to admit of their being taken off conveniently over the feet, and other just such, between the knee and the calf. Under the first of these may be accommodated the footings, the gaiters, or the boots, to be fastened up (the place and form of fastening to be out of sight) by hooks and eyes, or other means.

The other garment should also be very loose;—a coat for males and a frock for females. The coat should extend from the neck to the wrists, and down near towards the knees, with side-openings from a little below the seat, to the lower end. It should be made to be worn either side in front; of course the collar must be in two equal pieces, with equal slits below its joints, before and behind, just sufficient to allow the head conveniently to pass and re-pass. The belts also (soon to be named), must be conformed to this design. There should be broad, but loose, sewed gatherings, with broad, loose belts, properly fastened to the garment, around just below the arms, and also just above the hips; also without belts, between the shoulders and the elbows; also, at the wristbands, tapering towards the elbows, and prepared to be turned up out of the way.

The frock should be made in similar manner, except it should extend about two-thirds of the distance from the knees towards the ankles, without side-openings, and prepared with one set of stout eyes fastened to the lower side of the lower belt of this garment, and with at least two sets of hooks, one at the bottom to raise it at pleasure one half of the distance to said

belt, and another set at the bottom of the doubling, to raise it, if desirable, half of the remaining distance, for walking, running, jumping, or any gymnastics or business, to be afterwards kept up, or let down a part or all the distance, as may please the wearer. Let all these garments be thin and cool for summer, and thicker and warmer (perhaps of knit stuff) for winter, receiving slits to accommodate all necessary pockets, and other uses, in the most safe and convenient places, and closed according to fancy. Let the better suits be made in the same forms, but of superior quality;—all to be improved as nature and reason shall dictate.

When necessary, for cold or storms, let there be a loose *overall* cloak, simply made of proper stuff, with apertures or sleeves for the arms to extend to the knees, open in front, and to be fastened just below the collar with hooks and eyes, and some gatherings and belts below for convenience. This should always be put off, without fail, when not necessary to be worn.

Let as little head-dress be worn as will comport with the common ideas of decency, and, of whatever shape, let it be light and porous.

Let the feet be kept dry, have plenty of room, and be well ventilated. The best dress I know of for these, is as follows:—The soles should be of light, pliant, tough leather, with no increase of thickness at the heels,—being connected with strips of upper-leather of three inches wide at the ends, gradually diminishing towards the middle, where they should be one inch and a half wide, all connected with stout porous cloth, perhaps knit stuff, to extend as far up as requisite, and answering for footings as well as shoes. This is the best I can think of except for wetness, which requires some water-proof material, however injurious in other respects.

The reasons for all the above, I conclude, will be obvious to you and others interested in the subject; which prevents the necessity of any farther writing, till I hear objections, and requests for further explanations and arguments.

I think I will not give my Radically New-modelled System of Lodging, till I know how *this* is received.

EZEKIEL RICH,

A Minister of the Gospel.

DEEP RIVER, Connecticut.

WATER-CURE MOVEMENTS.—It will be seen by advertisement that a splendid Water-Cure establishment has recently been erected and opened in Cincinnati, Ohio. The Daily Times of that city, says:—

The Cure is under the management of D. A. PEASE, M.D., and Mrs. PEASE, M.D. She is a lady of uncommon energy and purpose of character; she has triumphed in her medical career, overcome the obstacles to female advancement in the study of medicine, has passed through the thorough training of a medical college, and received the degree of Doctor of Medicine. She has for some time past in this city, devoted her time to the cure and mitigation of those ailments peculiar to her sex with great success. They are both happily qualified to conduct such an establishment, medically, socially, morally and hygienically. The art of pleasing and the art of medicine they successfully blend, thus rendering the cure doubly attractive, and a hundred times more useful.

THE SPRINGFIELD establishment is now managed by DR. H. D. SHEPARD, formerly of New York.

DR. O. H. WELLINGTON succeeds DR. SHEW in the management of his establishment, Twelfth-street, New York, and Dr. S. goes to Bennington, Vt.

DRS. WHITTAKER and SHORT are pleasantly situated, and reside over the Casile Water-Cure in Wyoming co., N. Y.

DR. BEDORTHA has an establishment at Saratoga Springs, and DR. GEORGE FIELD conducts the only one at Troy. DR. GLEASON'S New House in Elmira, N. Y., has been opened. DR. CALKINS is attending to patients in New London, Ct.; and, for the others, we may say, they are all profitably employed so far as our knowledge extends.

"The 'People's Washing and Bathing Association of New York' have nearly completed the first establishment of the kind in this country, at a cost of upwards of \$30,000. The building is located in Mott-street, (No. 141) near Grand. It is two stories high, about 44 by 110 feet in extent, and every exertion has been made to adapt it to the end in view,—which is, to promote cleanliness, comfort and health, among the poorer classes, by furnishing them with well-adapted and available means for purifying their persons and garments. The first floor is mainly occupied by ranges of bathing apartments, and the second chiefly by a spacious wash-room. When the present arrangements are completed, seventy persons can be engaged in washing at one time, and this number can be extended to ninety, by making slight alterations. The bathing-tubs are fifty-four in number; beside three vapor-baths, in which from twenty to thirty persons can be accommodated at one time. The water in the latter varies in depth from three feet at one end to four at the opposite—the basin being formed of cemented brick walls, with an oblique built at the bottom. The charges are as follows:—For plunge baths, two cents; for warm baths, five cents; and for a few first class baths, ten cents.

A RENOVATED FAMILY—VERMILION COUNTY, ILL. GENTLEMEN:—I was so fortunate a year ago as to meet a man in the north part of the State, (Mr. Bandel,) soliciting subscribers to the WATER-CURE JOURNAL. I subscribed in order to become acquainted with a system of which I had heard but little, but that little was in its favor. My own health had been poor since the summer of '38, in consequence of the enlargement of the spleen, so that almost every Summer or Fall I had the chills and fever, or something of the kind. My wife, too, has for years suffered in the same way. For the first year after receiving the Journal, I did not feel much interested in its teachings, they were so much opposed to my habits and inclinations, for I was a slave to coffee and good living, as I then called it. But precept upon precept, and line upon line, will make an impression if in truth and righteousness. And I would say, that through this means, I and all my family have laid aside our tea and coffee, and we think our living is none the poorer for it. We have proved the Hydropathic system in the ills of our own family, such as chills and fever, rheumatism, inflammation of the lungs, &c. We can hardly estimate the value of the Journal to us, as it will count through our whole life, or as long as we follow its precepts. The people here are beginning to feel some interest in the cause, but are afraid of humbugs, as much that professes to cure the ills of mankind is certainly of that character. But "Truth is mighty and must prevail." W. P.

"IT MUST BE DONE SCIENTIFICALLY."—BLESSINGS ON CALOMEL.—Hearing of a gentleman said to be suffering with chronic illness, and already becoming indigent, I called to inquire after his health. Inviting me to his bed-side, his kind lady observed, "He suffers much with his teeth. In early life he took a great deal of calomel, and his teeth are so loose that they stand out this way and that, and ulcerate at the roots. For a long time he has had to swallow his food so nearly whole, that the doctor says this causes his distress at the stomach."

I hoped to do a real favor by remarking on the virtues of hydropathy, offering to give his lady the reading of a Water-Cure book. But the well-meant endeavor had touched the wrong chord! Said he, and with emphasis, "I don't want such a book in the house. An ounce of common sense is worth all the hydrophobia in the country. It must be done scientifically!"

Poor, misguided man, thought I, retiring, how blind to results of "common sense" (!) and of "science falsely so called"!

G. P. M.

A MOTHER'S TESTIMONY.—Communications substantially like the following are often received at this office:—"Water-Cure has some friends here, and I think we can get up an entire club for the Water-Cure Journal, as it has been composed of both Journals heretofore. We have practiced the Water-treatment in our family the past year with success. I have taken my two children through the measles by the help of a wet sheet and other water applications entirely independent of medicines, while scores of children around us have died with the same disease in the care of the doctors, and it seems to answer the purpose just as well in fever and bowel complaints, and numerous other infirmities. I find that my children do not have so many brashes as they used to have when they took so much medicine. I, at least, am an enthusiastic friend of Water-Cure, and endeavor to make as many more as I can.

South Bend, Ia.

Mrs. E. R. C."

KITLEDGE AND PRIESSNITZ.—We have received from a "citizen of Boston" a very interesting account of the case of a child which Dr. K., in several instances, "rescued from the very jaws of death," with a grateful and glowing eulogy upon the doctor's tact and judgment at the bedside of the sick, in which the writer styles the Boston hydropathist "the Priessnitz of America." We have not room for the entire communication, but, with our fair correspondent, we see many points of resemblance in the seemingly intuitive sagacity and discrimination with which each detected the exact nature of the disease and condition of the patient, and indicated, instantly, the proper remedial course. There is, however, one advantage on the side of our Bostonian; he has had a thorough medical education; has tried the allopathic system faithfully, and proved it a failure, while his large experience in hydropathy enables him, by the practical contrast, to present the main points of the two systems with good effect.

R. T. T.

THE ARCHIMEDEAN LEVER, OR OPENING WEDGE.—H. N. R., of Sheboygan, Wis., when sending a club of new subscribers, says:—"My own is the only hydropathic family in the village, and our recent practice has created considerable excitement among the suffering drug-swallowers. I mean this little club shall operate as an opening wedge, that shall rive a place in which to insert the Archimedean lever, to overturn the mountain of their prejudices. That it will do so, I have full confidence to believe.

"I shall endeavor to send you another and larger club in two or three weeks."

[The work is done. The truth and utility of the Water-Cure can no more be resisted by those who read our Journal, and apply its teachings and health-restoring principles, than a man can swallow poisonous drugs without being damaged thereby.]

HEALTH AND LONGEVITY.—[The editor of the "ROME VIGILANT," when noticing the Water-Cure Journal, makes the following sensible remarks:]—

"Most of the diseases which afflict poor humanity may be traced, without much difficulty, to the neglect of the laws of life in ourselves—some to the neglect or violation of those laws in our ancestors. The importance of a work devoted to the elucidation of those laws must be manifest to all; and, whether we believe that water is the universal panacea or not, the knowledge afforded by the perusal of the well written articles on the subject of health in this journal, will tenfold repay the cost to the subscriber.

"Health and longevity can only be secured by habits which conform to the laws of nature. It is, therefore, the imperative duty of parents, and those who have the care of children, to acquire a knowledge of those laws, and insist on obedience to them."

VALUABLE RECIPE.—To Remove Stains of Iron-rust.—Mr. Thaddeus Hyatt, of this city, the inventor of the vault illuminator, or patent light, which, by the way, is coming into extensive use, and affording much light to vaults, rooms, work-shops, store-houses steam-engines, printing-presses, &c., under our sidewalks, informs us that tartaric acid will readily and effectually remove the stains and discolorations produced by iron-rust, on granite and marble steps, pillows, &c. The efficacy of this acid in removing rust stains from linen has long been known; but Mr. Hyatt seems to have been the first who "happened to think" of its equal applicability to other materials.

WATER-CURE IN NEW LONDON, CT.—A co-working correspondent drops us the following, when writing on business:—

Old Physic here, as elsewhere, is in a state of transition—at loggerheads with the most intelligent of the public, and much dissatisfied with itself—a bursting chrysalis, about to become a butterfly, to flutter among the flowers and live upon their aroma. And this, too, must become the fate of Young Physic ere many summer suns have warmed his wings. Eclecticism will cull his simples for a season, and for none but the simple, and then die of slow starvation. Homeopathy, although the better portion of Young Physic—the heart, the soul, the brain—must yet be fed on his own infinitesimal doses and embryo sugar-plums—for a mightier than Young Physic is in the field. That mightier one is No PHYSIC—the little David, with the hydropathic sling. He will exterminate that "dread son of Anak."—Old Physic, and annihilate the whole family of the Physic, except the physical sciences, from the world.

Twenty years an Allopath, eight years a Homoeopath, and a Hydropath, I am yours, packed or unpacked, now and forever,

T. N. CAULKINS, M.D.

The Phenological and the Water Cure Journals for June have been received. Such facts as the following, daily made public, show how large a dollar's worth the latter volume contains:—

"It is now going on three years since I subscribed for the Journal, and before I became a subscriber, my doctor's bill was annually from \$25 to \$50, and since I have been taking the Journal, it has been dwindling down to just no bill at all."

Drug doctors, when themselves severely ill, have frequently placed themselves under hydropathic treatment and have been cured. Significant.—[New Hampshire Oasis.

DR. W. G. REID, whose proposal to lecture at the West this season, will be found in our columns, is a favored pupil of Dr. and Mrs. Nichols, and a graduate of the American Hydropathic Institute. Our friends at the West, who desire a lecturer and practitioner of Hydropathy, will find him well posted up in theory and practice.

MAD DOGS AND HYDROPHOBIA.—What is the very first thing to be done for one who has been bitten? Have the physicians decided this question? If so, would it not be well to inform the public? In case a physician is not at once found, what is the measure to be adopted instantly?

As to the dogs themselves, they should be killed before they run mad, by way of prevention. It is a wonder that dogs should be kept as they are. Their utility is very, very small, and the risk cannot be denied to be very serious. But it is a matter in which people are obstinate. "Strike my dog and you strike me," is the virtual declaration of thousands of dog-owners. It appears that each owner is confident that his dog is too intelligent, well disposed, or lucky, to run mad. Other people's dogs may be vulgar enough to do so, but his is not to be feared.—Exchange.

[While the doctors are disagreeing about the treatment of hydrophobia, the public would do well to reflect upon the following, from Dr. TRALL, Hydropathic Encyclopædia.]

TREATMENT.—The indications are—1. To equalize the dis-

tribution of nervous influence; 2. To deterge the system of its virus. In the early stages the cold treatment may be applied in almost any form, provided it be powerful enough to produce a decided sedative influence upon the whole system, followed by the wet-sheet or dry blanket enveloping, to promote perspiration. Probably the preferable processes are the douche and rubbing-sheet, followed by the wet-sheet pack when the temperature of the body is nearly at or above the normal standard, and by the dry pack when the circulation is low, and there is an inclination to chilliness. These processes may be repeated and alternated as long as the spasmodic condition of the throat exists. Meanwhile, if the patient cannot swallow sips of cold water, he may perhaps be able to chew or swallow bits of ice; and he may be indulged to the extent of his inclination. Very cold compresses or powdered ice should also be applied to the thorax. Very cold water enemata I should decidedly recommend, although I am not aware that they have ever been tried. Hooper tells us that the irritation of the throat has never been removed except by the use of ice taken internally.

Priesnitz has repeatedly cured rabid dogs by douching them perseveringly in cold water. The following case, treated by Dr. Todd, at King's College Hospital, is instructive: The patient was a boy seven years of age, laboring under the worst form of the malady, and refusing, with horror and impatience, every thing offered him, of either a solid or liquid form. After having taken twenty drop doses of prussic acid without any effect on the spasms; he was offered a fragment of rough ice, which he seized and swallowed with avidity. Fresh pieces were constantly put into his mouth, which he seized and crunched between his teeth with remarkable eagerness, swallowing them with perfect ease. In half an hour he had taken a pound and a half of rough ice; and at the same time a bladder containing a mixture of roughly-powdered ice and common salt was applied the whole length of the spine and around the throat. Under this treatment all the symptoms referrible to the throat and chest, with the exception of occasional hackings, passed away, and nothing remained but extreme restlessness, violent excitement, and incoherence. In this condition, and in Dr. Todd's absence, the *cold douche* was unfortunately applied by the directions of some other physicians, "but the system," says the physician who prescribed the douche, "did not rally from the shock."

Dr. Guy, author of a work on Medical Jurisprudence, remarks, in relation to the above case: "I am inclined to attribute more benefit to the internal than to the external use of ice in this case but the joint administration seems to be the most rational treatment yet recommended."

There was certainly a grave mistake in the application of the *cold douche* under the circumstances. On the first attack it would have been proper, but when the violent symptoms are subdued by cold treatment, and the patient is in a state of partial collapse, a very *cold shock* is entirely out of place. But there is another very important consideration. The patient had taken enormous quantities of a powerful narcotic, and, although he did not manifest any symptoms of narcosis while the convulsive paroxysms continued, yet the deadly drug was in him, and must have so paralyzed the nervous system that it could not possibly react or rally against such a shock, which, in an earlier stage, or without the prussic acid, might have been harmless and salutary. Patients will, in no diseases, and under no circumstances, bear *cold shocks* as well while under the influence of narcotics; a fact I have repeatedly known to be verified in actual practice. The history before us shows also the danger of occupying the system, and prostrating its energies by a drug-poison, while we are making impressions on the system by another and very different set of agencies. They do not work well together.

The cold-water treatment was in repute for hydrophobia even in the days of Celsus; and Dr. Good, who, after an elaborate examination of all the methods of treatment known to, or rather practiced by modern physicians, confesses the utter inutility of all of them, adverts to the case of a patient who was cured by water, as though it was a wonderful escape from death by drowning. "Thus," says Good, "M. Morin relates the case of a young woman, twenty years of age, who, laboring under symptoms of hydrophobia, was plunged into a tub of water with a bushel of salt dissolved in it, and was harassed with repeated dippings until she became insensible, and was at the point of death, when she was still left in the tub, sitting against its sides. In this state, we are told, she was at length fortunate enough to recover her senses, when, much to her own astonishment, as well as to that of the bystanders, she found herself capable

of looking at the water, and even of drinking it without choking."

The preventive treatment after the bite, as in all cases of poisoned wounds, is by excision of the part, if it can be done instantaneously; the ligature; cauterization; suction; and perhaps refrigeration. Probably the immediate application of a ligature above the bitten part, and the employment of a powerful cupping-glass over the wound, would arrest the process of absorption for an hour or two, after which excision or cauterization may be resorted to, or both. In all cases, it would be a prudential measure, after the wound has been attended to, to undergo a thorough course of wet sheet packings, with the view of cleansing the body as much as possible from all morbid secretions or putrescent accumulations upon which the virus could, as it were, feed and propagate itself, should any portion of it happen to pass into the circulation.

Business Notices.

OUR PREMIUM.—That our friends, who form clubs for the Journal, may receive an equivalent for their services, we repeat the following offer.

The club price for the Journal as heretofore, is only 50 cents a year. When \$10 are sent, we will give one dollar's worth of such books as we publish, deliverable at our office as a premium.

The premium for \$20, will be \$2 in books, &c., 50 Water-Cure Almanacs for 1853, (now being printed.)

For \$30 Sixty Journals and the worth of \$3 in books, and 100 Almanacs.

For \$40 Eighty Journals and the worth of \$4 in books, and 200 Almanacs.

For \$50 One hundred Journals, \$5 in books and 500 Almanacs.

For \$75 One hundred and fifty Journals and \$8 in books, and 1000 Almanacs.

For \$100 Two hundred Journals, \$12 in books and 1,500 Almanacs.

Thus, it will be seen, that for \$100, we give 200 copies of the Journal

Books - - - - - \$200 00

Books - - - - - 12 00

1,500 Almanacs at 6 1-4 cents, which is the

retail price, - - - - - 93 75

Making in all - - - - - \$305 75

We will forward Journals to clubs by mail, to one or a hundred different Post Offices, and the PREMIUMS by Express, or as freight, to any place desired.

Already, large clubs have been made up and sent in. Now is the time for every friend of the cause to "speak a good word" for the Journal, and induce his friends and neighbors to subscribe.

NEARLY TEN THOUSAND SUBJECTS, connected with life, health, disease, their causes, treatment and cure, are contained in the NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA, and hundreds of questions, daily asked, are therein answered. To prevent delay and a repetition of labor, we may often refer inquirers to that work for a more complete and satisfactory answer than we can usually give in our ANSWERS TO CORRESPONDENTS. Subscribers will do well therefore to first look at the INDEX of the ENCYCLOPEDIA before submitting their questions to the Journal.

Now—"Now" is the constant syllable ticking from the clock of time. "Now" is the watch word of the wise. "Now" is on the banner of the prudent. Let us keep this little word always in our mind; and whenever anything presents itself to us in the shape of work, whether mental or physical, we should do it with all our might, remembering that "Now" is the only time for us. It is indeed a sorry way to get through the world, by putting off till to-morrow, saying, "Then" I will do it. No! this will never answer. "Now" is ours; "then" may never be.—*Albany Patriot*.

[These are "our sentiments" exactly, and we hope our friends will act on the "now" principle in making up, and sending in large clubs of new and old subscribers, for the present volume of the WATER-CURE JOURNAL.

THE WATER CURE is creating quite a sensation here, [York, Mich.] and will soon banish medicines and saddle bags from this community.

The truth is, the Water-Cure is better than spectacles to aid us in our search after truth and health, and by the help of it, we are getting our organs of vision open to the quackeries of M. D's, and patent medicine pedlars have become disgusted with them, and concluded to send for the Encyclopaedia, and commence practice on our own account.

ANSAL CHATTEROV, please give us the post office address of your Son in Iowa, also your own.

OUR ALMANAC.—A CO-WORKER wishes to know if we cannot furnish other books in place of the large number of almanacs offered as a PREMIUM. In answer to which we have to say, that would defeat our very object, which is to place a copy of the almanac into the hands of every family throughout the land where the water-cure is yet unknown. THIS is our plan for making new converts to our glorious health principles. Therefore, we hope every person who feels an interest in this great and good cause, will help to scatter the WATER-CURE ALMANAC for 1853, which will be published during the present month.

GRACE, Buffalo Grove, Ill.—We are not aware that any particular style of Bloomer hat has been selected, for this season. The straw or palm leaf will doubtless be generally adopted. The "Swiss girl and her brother" evinces poetical talent. Several of the stanzas are good.

We acknowledge the receipt of valuable public documents from HON. WM. H. SEWARD, and HON. THOMAS J. RUSK, of the United States Senate, and to HON. B. STANTON, of the House of Representatives.

To Correspondents.

MERCURIAL DRUGS.—M. K., Bentonville, Indiana.—"Chemists tell us that calomel is composed of one proportion of chlorine and one of mercury; and that corrosive sublimate, one of the most deadly poisons, is composed of two proportions of chlorine and one of mercury. QUERIES. Do doses of calomel, with an acid, ever change to, or form corrosive sublimate? When doses of calomel are given in fluxes and other diseases, when there is acid in the stomach, is there danger of corrosive sublimate being formed thereby, and causing death? We think such changes do sometimes take place. It is utterly impossible even to know, by any chemical test, but few of the many combinations which take place between acids and metallic bases, when the latter are introduced into the stomach. As a general rule, all sorts of mercury and other metals are oxides in the alimentary canal, by their acids uniting the soda or other alkaline matter present; and as chloride of soda, (common salt) is usually present in abundance, and as this salt is composed, when decomposed, sets chloric acid free, it is almost demonstrable that sometimes at least, calomel might be changed into corrosive sublimate. This presumption is rendered almost certain by the uniform testimony of writers of the materia medica, all of whom acknowledge that occasionally, from some unaccountable cause, calomel, instead of producing its usual effects, operates as a violent poison."

EXCESSIVE MENSTRUATION.—S. E. J., Minerva College, Tenn.—If the skin is not very cold, torpid or bloodless, the wet-sheet pack, two or three times a week, should be employed; otherwise the tepid wet rubbing sheet, followed by the dry, should be used daily. It is of first importance to get the system open and active. You omitted to mention the age and occupation of the patient, which are material to an intelligent prescription in her case, and in all cases.

OPACITY OF THE CORNEA.—E. A. S., Elbridge, N. Y.—Bathe the eyes frequently, several times a day, in water as cold as can be borne without producing pain; and employ derivation baths, hip and foot-baths, vigorously and perseveringly. Gentle manipulations, if skillfully practiced, would do good.

CONSUMPTION.—W. D., Aurora.—The case you describe is, in our judgment, incurable. After a consumptive patient has been through the "usual course," and then cod-liver-oil and phosphate-of-lime a year and a half, there is no rational prospect of recovery.

PNEURGALGIA.—J. C., Washington County.—Your affection is evidently located in the intercostal muscles; and known in medical books by various names, as pleurodynia, false pleurisy, rheumatic pleurisy, stitch in the side, &c. Use the hot fomentation, followed by the cold wet wrapper, this well covered with soft flannel. The wet cloth should be changed as often as it gets nearly dry.

SCALDED HEAD.—J. W. N., Belleville, Vt.—In cases where the hair comes out without any preceding disease or apparent cause, the whole skin must be thoroughly invigorated by the wet sheet pack or rubbing wet sheet; the bowels kept free by coarse opening food, so as to avoid any feverishness or determination of blood to the head; the foot-bath should be frequently employed as a derivative, and the scalp rubbed gently with cold, but not very cold water, two or three times a day. As your friend has so little faith in Water-Cure, she had better send for the Encyclopaedia. Faith, in any system, comes by understanding.

FANCY POETRY.—Grace, Buffalo.—Your poetry has merit. The subject however, is not adopted to this Journal. Fancy sketches, however brilliant, are hardly practical enough for our very sober and serious purposes. Choose a theme relating to action, duty, progress, principle, to real life, and we would like to publish it, as verified by your pen.

TINEA CAPITIS.—R. O. W., Bloomington, Ill.—This disease requires the strictest attention to diet. The Hydropathic Encyclopaedia will give you directions for treating, not only this, but all forms of skin diseases.

keeping time by the swaying of his body, and pronouncing with emphatic force alternate syllable, these, lines, thus:—

*Now I lay me down to sleep,
I pray the Lord my soul to keep
If I should die—*

"Stop, stop," cried the judge, interrupting him, "that will do. I give it up, and here's the V., but I didn't think you could say it."—[*Georgia Citizen.*]

[*That Judge never lived in New England. We'll bet a Water-Cure Almanac for 1852, price only six cents. "For Sale at this office!"*]

DON'T LIKE HIS LOOKS.—A sheriff's officer was sent to execute a writ against a Quaker. On arriving at the house, he saw the Quaker's wife, who, in reply to the inquiry, whether her husband was at home, answered in the affirmative; at the same time requested him to be seated, and her husband would speedily see him. The officer waited patiently some time, but the fair Quakeress coming into the room, he reminded her of her promise that he should see her husband.

"Nay, friend, I promised that he would see thee. He has seen thee! He did not like thy looks; therefore, he avoided thee, and has left the house by another path."

ARGUMENT.—Never waste arguments on people who don't know logic from logwood, which is the case with half the folks who love disputation. The best reply to a stolid dogmatist is to say, "certainly—no doubt of it—it's as clear as mud." There's no poser like sprightly acquiescence to your eternal wrangler. Let him have his own way, and you confound him at once. Leave him to himself, and you make him so uncomfortable that he will leave you—"a consummation devoutly to be wished." Conviction seldom comes of personal disputation, in which the battle is waged much oftener for victory than truth, except a conviction that the other party is very dull, or very dishonest. Besides, few persons take their opinions through argument, in the first place, and Dean Swift said, with the utmost truth, that "it is useless to attempt to reason a man out of a thing which he was never reasoned into." These are our sentiments, and we cordially tender them to captious, quarrelsome bigots, who can see no truth or beauty in the laws of nature or of God.

FOOTING IN THE ENGLISH GOVERNMENT.—We have often felt oppressed by the "masterly inactivity" of the Fogies, who fill the offices of our own government, and who, in violation of the God-given principles of progression, hang like bloated blood-suckers on the public pocket. The following paragraph, from the London News, is worthy of attention:

What the world wants is youth, not age in office. We are oppressed by what is called experience, and can hardly move for the weight of decrepitude that bears down upon us. Mr. Macaulay says that no minister upwards of forty, ever governed this country long or well; and there is much truth in the statement. But at all events, new phases are opening on humanity, and what is required are men who will meet cordially and hopefully, not invalids or valetudinarians, who shrink from looking the future boldly in the face by burying themselves and their fears in the past.

OPINION OF THE PRESIDENT.—We make the following quotation from a letter written by MILLARD FILLMORE, the thirteenth President of the United States of America!!! Of course every body will now believe in *prevention*, and in the Water-Cure! But here is the great thought of the great letter, from this great statesman—from this great state!

"That surgeon, who prevents disease, renders quite as essential a service as he who cures it." MILLARD FILLMORE.

[Wonder what Mrs. Fillmore thinks of the WATER CURE JOURNAL? If we could only get her endorsement, wouldn't we make "Pure Genuine Cod Liver Oil" smell bad?

GOING A HEAD.—The passenger traffic by rail in Great Britain annually exceeds four times in number the whole population. The speed is three times as great as formerly, on the average, and the fare is one-third less.—*Evening Post.*

[This is encouraging—so it will be in the states. Who believes the world is standing still?]

DISTANCE FROM NEW YORK TO

West Point.....52 Saratoga.....184 Newport.....165
Albany.....147 Niagara.....494 Coney Island.....10

FROM PHILADELPHIA TO

Harrisburg.....106 Wilkesbarre.....120 Cape May.....120
Pottsville.....92 Pittsburg.....300 Long Beach.....50

FROM BOSTON TO

Lowell.....26 Nahant.....15 Plymouth.....37
White M's.....150 Gloucester.....30 Hingham.....17

A CORRESPONDENT SAYS: "I am courting a girl I have but little acquaintance with; how shall I come to a knowledge of her faults?" The best and only sure way we can imagine, would be to marry her. A knowledge of her faults will come soon enough after the matrimonial knot is tied. Try it.—*New York Observer.*

[Now the *Observer* knows, well enough, that a perfect knowledge of the character and disposition of each party, may be known by having a phrenological examination. Then charts may be compared, and if found in harmony—"all right,"—"go ahead." But if found to greatly differ, then, indeed, they had better *not* marry unless they be more fond of vinegar than molasses. SUGAR PLUMS.

THE AMERICAN POMOLOGICAL CONGRESS will hold their next session in Philadelphia, on the 13th day of September, 1852. Who can show the best specimens of Fruit?

AN Allopath going down Regent street with a friend of his, said to him, "let us avoid that pretty little woman you see on the left! She knows me, and casts on me looks of indignation,—I attended her husband —." "Ah! I understand; you had the misfortune to despatch him."

TITULAR HONOR—A countryman entering one of the western hotels, wrote after his name—"P. O. P. A. S. F. C." "Pray, my dear sir," asked a bystander, "what do these letters stand for?" "Stand for? Why, that's my title?" "Yes, sir; but what is your title?" "Why, Professor of Psalmody and Schoolmaster from Connecticut."

A LESSON IN ARITHMETIC.—Teacher—Suppose I were to shoot at a tree with five birds on it and kill three, how many would be left?

John—Three, sir.
Teacher—No, two would be left, you ignoramus.
John—No there wouldn't; the three shot would be left, and the other two would be *FILED AWAY.*

The most original spelling that we have ever seen, is the following. It beats phonetics: 50 you be—A tub. 50 oh! pea—A top. Be 50—Bat. See 50—Cat. Pea 50—Pat. Are 50—Rat. See O! double you—Cow. See you be—Cub. See a bee—Cab. Be you double tea—Butt. Be a double ell—Ball.

Be not affronted at a jest. If one throw salt at thee, thou wilt receive no harm, unless thou hast sore places.

TERRIBLE EXPLOSION.—A barrel of pop-corn exploded in Troy, on Wednesday, tearing away the handle of a basket, and slightly killing two boys who were sitting on it.

SOME people write, and others talk themselves out of their reputation.

SPEAK of thyself seldom, and always with great caution and modesty.

"Oft I did well; of that I heard never;
Once I did ill; of that I heard ever."

Book Notices.

BOOKS WHICH QUICKEN THE INTELLIGENCE OF YOUTH, DELIGHT AGE, DECORATE PROSPERITY, SHELTER AND SOLACE US IN ADVERSITY, BRING ENJOYMENT AT HOME, REFRESH US OUT OF DOORS, PASS THE NIGHT WITH US, TRAVEL WITH US, GO INTO THE COUNTRY WITH US.—CICERO.

THE PRINCIPLES OF COURTESY: With Hints and Observations on Manners and Habits. By GEORGE WINFRED HERVKY. 12mo., pp. 300. New York: HARPER & BROTHERS.

The book should be read by every one. The author is a sound, sensible man, who writes so as to be easily understood, and his directions may be put into practice. There is a great want of good manners among every class of community. This author points out these defects, and prescribes a remedy. Awkwardness proceeds from diffidence more frequently than from ignorance. Every boy desires to become a finished man, and not a loafer; and every girl desires to become a finished woman, and not an uncouth slattern; nor would she, if properly trained and instructed. Those who would cultivate themselves, may find very many valuable hints in this work.

HUNGARY IN 1849—With an Experience of the Austrian Police. By CHARLES LORING BRACE. New York: CHAS. SCRIBNER. 12mo., pp. 419. Illustrated.

We predict for Mr. Brace a most successful career as a traveler, geographer, and descriptive author. He has an organization peculiarly adapted to these pursuits. A vigorous body, and a clear, quick, practical, cultivated mind. He is the embodiment of a persevering, curious, inquisitive, penetrating, unconquerable, go-ahead New England Yankee school master. He can describe with "a hair's breadth" accuracy everything which comes within reach of his great perceptive looking powers, and can tell a very romantic story, or relate with an almost tragical indignation the sufferings of abused innocence. In this volume, Mr. Brace gives us an elaborate and careful description of Hungary, a country, climate and soil quite similar to our own, together with much exceedingly interesting information relative thereto. We commend the work to every lover of liberty and hater of tyranny, and to those who would know the actual condition of things in this much talked of, though far-off land, without the toil, risk and expense of traveling over the same ground.

ZEPHYRS FROM ITALY AND SICILY.—By WILLIAM M. GOULD. 12mo., 336 pp. New York: D. APPLETON AND COMPANY.

ZEPHYRS indeed—a most beautiful and artistic description of a voyage to the Mediterranean—to Marseilles, Palermo, Messina, Mount Etna, Catania, Syracuse, Girgenti, and to Naples, with an account of all these places—and many more besides, such as Pompeii, La Cava, Pisa, Carrara, Sarzana, Spezia, Elba, Marengo, Asti, Turin, Ivera, Piedmont, Milan, the Bridge of Lodi, with colored maps—Brescia, Lombardy, Mantua, Verona, Padua, Venice, Paris, and the Field of Waterloo. All these, with the most charming description we ever read, is contained in this admirable book of travels. No American should fail to read these Zephyrs before journeying through those lovely countries.

May the time come when the Christian religion and a Republican government may free and enlighten the priest-ridden and king-crushed people of ITALY and SICILY.

THE FARMER AT HOME—A Cyclopaedia of the more important topics in Modern Agriculture, in Natural History and Domestic Economy. By Rev. JOHN L. BLAKE, D.D. 12 mo., pp. 475. Price \$1 25. New York: C. M. SAXTON.

For many years to come, there is but little danger of over-doing the matter of Agricultural book-making. As a general thing, those who aspire to agricultural authorship are men with practical minds, having knowledge and experience to communicate. Hence, almost everything they write is worth printing, reading and remembering.

We regret that the author had not chosen some less comprehensive title for this book. In an ENCYCLOPEDIA nothing should be omitted relating directly to the subject on which it treats. In the present volume, however, the author only claims to have considered some of the "more important topics in modern agriculture." But why not "cover the whole ground?" In these slight criticisms we would not depreciate the real merits of this plump volume. It contains a large amount of valuable information, and would doubtless liberally repay every reader. The publisher has exercised his usual good taste in illustrating the work, and bringing it out in a durable and convenient form.

LITERATURE AND ART—By S. MARGARET FULLER, author of "A Summer on the Lakes," "Woman in the Nineteenth Century," etc., etc. Two parts in one volume. With an Introduction, by HORACE GREELY. New York: Published by FOWLER AND WELLS, 131 Nassau street. 12mo., pp. 370. Price \$1 10.

PART I. CONTAINS—A Short Essay on Critics; A Dialogue; The Two Herberts; The Prose Works of Milton; The Life of Sir James Mackintosh; Modern British Poets; The Modern Drama; Dialogue, containing sundry Glosses on Poetic Texts.

PART II. CONTAINS—Poets of the People; Miss Barrett's Poems; Lives of the Great Composers, including Haydn, Mozart, Handel, Bach, Beethoven; A Record of Impressions produced by the Exhibition of Mr. Allston's Pictures; American Literature; Swedenborgianism; Methodism at the Fountain. APPENDIX.—The Tragedy of Witchcraft.

[The publishers take pleasure in presenting this work to the American people. It will be noticed more at length.]

HOUSEHOLD WORDS: A Weekly Journal, conducted by CHARLES DICKENS. Vol. IV. for 1852. New York: ANGELL, ENOELL and HAWITT, publishers. Terms \$2 50 a year, in advance.

Who has not heard of "Household Words?" There is scarcely a newspaper in the English language that has not drawn choice gems from its always-inviting and carefully-written pages. True, we do not agree with all the sentiments it contains, any more than we do with the notions which even our very best friends entertain, and here we should say, neither do they in all things, agree with us.

This paper does not claim to be a *news* paper—it should rather be regarded as a "magazine"—for, instead of the *news* of the day, it contains elaborate articles on subjects of general interest—on Government, Commerce, Manufactures, Poetry, Travels, etc., etc.; and one cannot open it without finding something to interest and instruct. The American publishers present the reader with a fac simile edition of the London copy.

FRENCH LITERARY REVIEW: A Weekly Literary and Scientific paper, purposing to impart to Americans a knowledge of the French Language in a pleasant and easy manner, without compelling any neglect of business, giving the pronunciation of the French Exercises, with tables showing at once the pronunciation and grammatical rules, leading to a knowledge of the French Language in a short time. Edited by Messrs. RICHARD and MOUTON, 115 Chambers street, New York. Terms, \$5 a year.

This instructive paper has already reached its seventh number. We hope it may be liberally patronized. In these times of steam ships, every body should learn the principal *Nor* languages, and we believe the French is the most widely spoken by educated people throughout Europe.

AN HISTORICAL ACCOUNT OF ST. THOMAS, W. I.—By JOHN P. KNOX. 12mo., with Colored Maps, pp. 271. New York: CHARLES SCRIBNER.

We have a lucid account of the Rise and Progress in Commerce; Missions and Churches; Climate and its Adaptation to Invalids; Geological Structure; Natural History and Botany; and Incidental Notices of St. Croix and St. Johns; Slave Insurrections in these Islands; and Emancipation and present condition of Laboring Classes. Together with such Geographical and Statistical information as can nowhere else be found. It is a very interesting volume, and inclines us to "take a trip" to the beautiful Island of St. Thomas—the very first invitation we get.

ARCTIC SEARCHING EXPEDITION: A Journal of a Boat Voyage through Rupert's Land and the Arctic Sea, in search of Sir JOHN FRANKLIN, with an Appendix on the Physical Geography of North America. By Sir JOHN RICHARDSON, C.B.F.R.S. 12mo., pp. 516. New York: HARPER & BROTHERS.

Than the subject to which this volume is devoted, no other can be more exciting or interesting. The fate of Sir John Franklin, now shrouded in mystery, has awakened the deepest feelings of solicitude, and called forth noble, daring, and generous men to search the Arctic Regions for the missing navigator, and to extricate him, if yet alive, from the oceans of ice by which he is supposed to be bound.

The present volume is full of scientific information, and will open up and introduce the mind of every reader to new fields of investigation and study.

MY BROTHER.—By Mrs. JOSEPH H. HANAFORD.—18mo., pp. 128. Cambridge: FORD AND ROBBINS.

A Beautiful Gift,—from a Sister to a Brother. It is full of pleasant thoughts, with a kindly, hopeful spirit. The life of a brother is portrayed from infancy to manhood—through all the usual interesting changes—thence, to married and professional life, and so on to the grave. In short, we may pronounce it "The Brother, from the Cradle to the Grave." Those who read Mrs. Hanaford's contributions to the Water-Cure Journal, will need no further recommendation to read "MY BROTHER."

KOSSUTH AND HIS GENERALS: with a brief History of Hungary; Select Speeches of Kossuth, etc. By HENRY W. DE PUTY. With an introduction, By Hon. HENRY J. RAYMOND. With Portraits, and a Map of Hungary. 12mo., pp. 408. Buffalo: PRINNEY & Co. New York: M. H. NEWMAN & Co.

The title, quoted above, describes the work. Containing, as

it does, several speeches of the greatest orator of this, or any age, it will be read with avidity. Mr. Raymond has given the work an appropriate Introduction, done in his usual clear, graceful, and forcible style. The book has already met with an extensive sale.

BRONCHITIS AND KINDRED DISEASES.—In language adapted to Common Readers, by W. W. HALL, M.D. 12mo., pp. 350. New York: J. S. REDFIELD.

Doctor Hall is a "Throat Doctor,"—and has made a book to sell on that subject. As a compilation from several European "Regulars"—some of whom he credits—it may be said to have been well done. But we have no sympathy with the "Old Foggy" notions, on which he practices, sincerely believing that they are entirely without merit.

The publisher prints few books of so little real value or credit to himself. If the author can manage to get it into the hands of ignorant persons, he may, by that means, find a patient on whose pocket and throat to operate.

THE CONFESSIONS AND OBSERVATIONS OF A WATER PATIENT. By Sir E. LYTTON BULWER.—12 mo., pp. 33. New York: For sale by FOWLERS & WELLS. Price 12¢ cents.

We cannot pretend to say how many times this extraordinary Letter has been re-published in the United States. Certain it is, there have already been several sets of stereotyped plates made by as many different publishers, and here we have another. So long as the demand increases, we suppose there will be a supply. The present edition is printed on large type and fine paper.

HUNT'S MERCHANTS' MAGAZINE, commences a new volume with the present month—volume twenty-six being completed.

Merchants who would be "posted up" in all matters pertaining to their business, cannot elsewhere find it so well done as in this magazine. New York: published monthly by FREEMAN HUNT, at \$5 a year.

THE AMERICAN BIRD FANCIER.—By D. J. BROWNE. New York: C. M. SEXTON.

A very pretty book, full of pretty birds (pictures we mean,) with all necessary information in regard to their diseases, remedies and managements.

It will be found a very useful manual to those who desire to keep them, and enjoy the constant society of all varieties of birds.

SUPERNAI THEOLOGY, and Life in the Spheres: Deduced from Alleged Spiritual Manifestations. By OWEN G. WARREN. Octavo, pp. 112. Price 25 cents. For sale at 129 Nassau street, New York.

The author treats his subject in a calm, persuasive manner. He has no doubt that our departed friends can converse with us.

The Introduction and Narrative portion of the work was written "by one of the Medical Faculty," (evidently by a Swedenborgian,) and an educated man. Those interested in the subject will doubtless find this an agreeable, if not a scientific, or instructive work.

THE PESTS OF THE FARM: Being an account of the various Depredating Animals, Birds, and Insects, which annoy the American Farmer, with directions for their destruction. With Illustrations. New York: C. M. SEXTON. 12mo., pp. 135.

Such an array of hawks, owls, bears, wolves, rats and mice, down to flies, bugs, and worms, have not before been brought together in any book which we have met. Here are directions for the extermination of these foul vermin. Buy the book for 25 cents, set your traps, and "come the game over them." We intend to try a little "pure genuine cod liver whale oil" on our neighbor's dog, if he don't quit barking nights. We think it will silence him.

GRAHAM'S MAGAZINE.—Of all the fashionable magazines, Graham's is the best. It is written by some of our ablest and most acceptable authors. It is high toned and liberal. It is more scientific, instructive and useful than any of its competitors. Of course we do not endorse all its contents—we are opposed to many of the prevailing fashions and customs of society—we advocate radical reforms—this is not the province of Graham, nor does he make any pretensions in

that direction; but, we repeat, he makes the most entertaining, instructive, and acceptable fashionable magazine printed in the Quaker City. Terms \$3 a year. Published monthly. By GEORGE R. GRAHAM, Philadelphia.

THE KNICKERBOCKER MAGAZINE, edited by LEWIS GAYLORD CLARK—is becoming more popular, now that its price has been reduced from \$5 to \$3 a year. To those who have conscientious scruples in regard to the *saturat* exercise of MIRTHFULNESS, we admonish *not* to read the fascinating "Old Knick," but to those who believe in a hearty laugh in genuine wit, we say the Knickerbocker Magazine "won't hurt you." Published by S. HURSTON, New York.

LITTELL'S LIVING AGE—continues the pioneer of our literary periodicals. It is made up of the choicest selections from the European serials—published weekly in a handsome octavo form—at \$6 a year. By E. LITTELL & Co., Boston.

FAMILIAR SPIRITS AND SPIRITUAL MANIFESTATIONS: A series of articles supposed to be by Dr. ENOCH POND, Professor in the Bangor Theological Seminary. Together with a REPLY. pp. 64. Price 25 cents.

The "pro and con" are fairly given. To those in want of an argument on either side of the subject, this well printed octavo may be of service.

COMBINATION TYPE: Their History, Advantages, and Application. By JOHN H. TOBIT. New York: Published by the Author.

Printers alone will be interested in this document. Mr. Tobit claims to have made an important improvement, by which much time and expense may be saved to the compositor.

A REPORT OF THE SECRETARY OF THE TREASURY, ON THE COMMERCE AND NAVIGATION OF THE UNITED STATES. For 1851.

Hon. THOMAS J. RUSK, will please accept our thanks for a copy of the above-named document.

Advertisements.

A limited space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$50. For one column, \$18. For half a column, \$10. For less than half a column, twenty-five cents a line.

At these rates, the smallest advertisement amounts to less than one cent a line for EVERY THOUSAND COPIES of the Journal, our Edition being never less than 40,000 copies.

THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA: A complete system of Hydropathy and Hygiene. An illustrated work, embracing Outlines of Anatomy; 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 complete Index. By R. T. TRALL, M. D. Two 12mo. volumes, substantially bound, price \$2.50, just published by FOWLERS AND WELLS, New York.

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.—*New York Tribune.*

SYRINGES.—We have just received from the Manufactory of A. H. Hutchinson, Sheffield, England, an assortment of their superior Syringes, comprising various sizes and styles, among which are some of the finest ever imported. We can furnish almost any pattern desired at from three to ten dollars. We would particularly request the attention of Hydro-pathic Physicians to some of the more improved styles, as we are confident their superior merit will ensure their immediate adoption.

We have also all of the different styles of domestic manufacture, which we sell at prices ranging from one to four dollars. Syringes can be ordered by mail, and sent by first express. All orders will be filled with dispatch. Address, post-paid, FOWLERS AND WELLS, 131 Nassau-st. New York.

SPALDING'S IMPROVED GRAHAM FLOUR is for sale by N. H. Wolfe, No. 17 South-st., New-York, John D. Gardner & Co., flour commission merchants, Boston, Wyman K. Barrett,

commission merchant, Albany, and by L. A. Spalding, Lockport, N. Y.

This flour is made of the best quality white wheat, and warranted superior to any flour hitherto known as Graham Flour. It makes a superior loaf of brown bread. Rusk, Cakes, and Pie crust—and where used is highly approved. Try it, and then judge. June, 6t.

THE SCIENCE OF SOCIETY.—Part I. The True Constitution of Government in the Sovereignty of the Individual. Part II. Cost the Limit of Price, a Scientific Measure of Honesty in Trade. Two parts in one volume. By Stephen Pearl Andrews. Published by FOWLER AND WELLS, New-York and Boston. Price 75 cents.

"This work claims to be a solution of the Great Social Problem; a demonstration of the principles of Individual Sovereignty; an interpretation of the laws of equity in social and commercial intercourse; an exposition of the fundamental principles which must form the basis of a True Social Organization. Simple and original in its principles, clear in its statements, exact in its logic, forcible in its applications, uncompromising in its conclusions, it is commended to the attention of those who are seeking to solve the problem of human destiny."—T. L. NICHOLS, M. D.

"Mr. Andrews has clearly produced ideas which sooner or later must force themselves on the attention of the public. The fairness and ability with which he has treated them are potent to the most cursory reader."—N. Y. Tribune.

"This is a work by an original and vigorous thinker. His views are stated with great clearness, and argued with no little subtlety and force."—N. Y. Evening Post.

"We can give no fair synopsis of the author's views, positions, and arguments. To be fully understood and appreciated, they must be read—read *in extenso*, and carefully and thoroughly examined."—Oswego Palladium.

"Mr. Andrews, the author of this work, is an able writer and a profound thinker."—Boston Commonwealth.

"This is one of the most remarkable productions we have ever yet read, as well because of the novel views it enunciates as of the masterly style in which they are expressed. Were his sentiments so many falsties, it would still be a luxury to read an author who so well expresses himself. Mr. Andrews is no destructive. He has in him nothing of the Red Republican—at least not in the offensive sense of that designation."—Cleveland True Democrat.

"Andrews is the theoretic and historic philosopher of what may be regarded as the specifically American form of Socialism. It is the work of an American philosopher, handled in that eminently practical manner which in all things is peculiar to Americans."—[Translated from the *Allgemeine Zeitung* (German)]

THE PHONOGRAPHIC TEACHER.—An inductive exposition of Phonography, intended to afford complete and thorough instruction to those who have not the assistance of an oral teacher; by E. Webster;—price 40 cents. New York: FOWLER AND WELLS, Publishers.

A beautifully printed volume, made eminently plain. Teachers will find it a superior text-book. Phonography has now become a fixed fact. It has found a niche from which it cannot be forced. It is simple. A child learns it readily. A few days' study will make the pupil master of the principles of the science, and his facility in the art may be indefinitely increased by practices.—New York Tribune.

THE SCIENCE OF MAN APPLIED TO EPIDEMICS: THEIR CAUSES, CURR AND PREVENTION. By LEWIS S. HUGHES. Price 50 cts. The above valuable Physiological work is published and for sale by BELA MARSH, at No. 25 Cornhill; and by FOWLER AND WELLS, No. 142 Washington street, Boston, and No. 131, Nassau street, New York. May, 1t.

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

SATURDAY EVENING POST.—THE CURSE OF CLIFTON: A Tale of Expiation and Redemption—By Mrs. E. D. E. N. SOUTHWORTH, author of "The Deserted Wife," "Shannondale," "The Discarded Daughter," &c. Such is the title of a new novelette about being commenced in the Saturday Evening Post, of Philadelphia, by that gifted writer, Mrs. Southworth. Single subscriptions \$2 00—4 copies \$3 00—9 copies \$10 00—21 copies \$20 00. Specimen copies sent gratis. Address, post-paid, DEACON & PETERSON, No. 66 South Third street, Philadelphia. July, 1t.

COTTON FELT MATTRESSES.—For Private Dwellings, Hotels, Water-Cure Establishments, Steamboats, Ships, &c., &c.—The advantage these mattresses possess over all others, are as follows: They are from 25 to 50 per cent. cheaper than Hair; will not break or mat down, and will retain their elasticity, (of which there is a great deal) longer than Hair; are proof against all kinds of vermin, and are the most cleanly and healthy Bed that can be used. Manufactured by the Paris Steam Wadding Works, Brooklyn, L. I., and for sale by R. & D. M. STEBBINS & Co., No. 59 Broadway, New York. Orders received as above for any sized Mattresses, together with Bolsters and Pillows. July, 3t.

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, NATURAL SIZE.—W. ENDICOTT & Co., No. 59 Beekman street, New York, have Lithographed and republished from the original German edition (the only American edition) the eleven entire figures contained in part first of the above-mentioned well-known and valuable work, by Prof. M. J. WEBER, of the Royal Prussian University, FREDERIK WILLIAM, at Bonn. Figures I, K, and L, representing the veins and arteries, are accurately colored from the original copy, and the whole work, with a comprehensive "Explanation," is offered for sale in sheets, or mounted in the usual style of Maps, at the following prices—

Fig. A. Male adult Skeleton, front view, single copies, plain (in sheets.)	\$1 50
Single copies, plain (mounted.)	2 50
Fig. B. Male adult Skeleton, from behind, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. C. First body of Ligaments, front view, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. D. Second body of Ligaments, from behind, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. E. First body of Muscles, front view, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. F. Second body of Muscles, from behind, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. G. Third body of Muscles, front view, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. H. Fourth body of Muscles, from behind, single copies, plain (in sheets.)	1 50
Single copies, plain (mounted.)	2 50
Fig. I. First vascular and nervous body, front view, single copies, colored (in sheets.)	2 50
Single copies, colored (mounted.)	3 50
Fig. K. Second Gen. view of Blood-vessels and Nerves, front view, single copies, colored (in sheets.)	2 50
Single copies, colored (mounted.)	3 50
Fig. L. Third Gen. view of Blood-vessels and Nerves, from behind, single copies, colored (in sheets.)	2 50
Single copies, colored (mounted.)	3 50
Whole sets in sheets and Portfolio	15 00
Whole sets Mounted	25 00

ATTENTION.—Who desires a beautiful suit of Clothing, fashionable, well-made and durable, at almost half-price? BOOTH AND FOSTER, wholesale and retail Clothiers, No. 27 Cortlandt street, N. Y., sell Frock and Dress Coats, cut from the finest cloth, and made in the most superior style of taste and fashion, *full fifty per cent.* below Broadway custom-prices. Their stock is one of the largest as well as the best selected and made up in the Union, and their furnishing department comprises every article necessary to a gentleman's wardrobe, and from the sale of a single garment to an entire stock, they offer superior advantages to any other establishment. Gentlemen and accomplished assistants are always in readiness to wait on our customers, who we are happy to see at all times.

WATER-CURE ESTABLISHMENTS.

HYDROPATHIC INSTITUTE.—Dr. TRALL receives patients at his commodious city establishment, 15 Laight street, New York, (the oldest city Water-cure in the United States), one door from the beautiful promenade grounds of the St. John's Park, and in the immediate vicinity of the Hoboken Ferry. The house enjoys one of the most open, airy and quiet localities in the city; and a sail of ten minutes across the Ferry brings the cure-guests to the shaded walks and delightful groves of the Elysian Fields.

In addition to the usual appliances for full Water treatment, 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. Consultations and city practice attended to as heretofore. June, 1t.

DR. T. L. NICHOLS and Mrs. GOVE NICHOLS have removed their WATER-CURE ESTABLISHMENT to Prospect Hill, Port Chester, N. Y., one hour's ride from the city, on the New-Haven Railroad—a situation of unsurpassed beauty and salubrity.

Their City Office is at No. 45 White-st., near Broadway, where they will receive consultations every Wednesday, from 2 to 5 P. M., and on other days by appointment.

DR. W. F. REH, a graduate of the American Hydropathic Institute, and a thoroughly educated and competent Water-Cure Physician, will be at this office daily and nightly, and attend to consultations and city practice. We cordially recommend him as deserving entire confidence.

The first term of our School for the Physiological Education of Young Ladies, will open on the first Monday in June.

The third term of the American Hydropathic Institute will open on the first Monday in November. For Circulars, address T. L. NICHOLS, M. D., Port Chester N. Y. June, 1t.

DR. SHEW'S SUMMER WATER-CURE ESTABLISHMENT, is at Bennington, Vermont, about one hour's railroad ride from Albany and Troy, in the very midst of the finest of Green Mountain Scenery. July—1t.

NEW YORK CITY WATER-CURE INSTITUTION.—Dr. O. H. WELINGTON will continue to receive patients at No. 184 Twelfth street, corner of University Place, where he has hitherto been associated with Dr. Joel Shew. The house has been thoroughly refitted, and the most earnest effort will be made to satisfy those who may trust themselves to our care. Accommodations on reasonable terms, by the day or week, for any one who may wish to stop with us. City practice faithfully attended to. July, 1t.

CINCINNATI HYDROPATHIC OR WATER-CURE ESTABLISHMENT.—The above Institution is now open for the reception of patients. It is located about five miles from the city, on the Carthage pike, and but a few rods from the Cincinnati, Hamilton and Dayton Railroad, in the rear, and at the same distance from the Miami Canal, in front, rendering it easy of access to those desirous of enjoying the benefits of the Institution.

To the lover of nature, few parts of the country can furnish a more pleasing variety of scenery than spreads itself before the traveler all the way from Cincinnati to the Cure. There nature and art combine, rendering the view beautiful beyond description.

The new, large and beautiful Edifice displays the taste of the artist at a glance. The neatness and elegance of the interior, combined with the numerous attractions which present themselves to the invalid, cannot fail to render this Establishment a desirable one. The Halls are extensive, the Rooms spacious and inviting, where the invalid can range at pleasure, free from atmospheric influences, in inclement weather. The Bed Rooms are well ventilated, and neatly furnished; the Bath Rooms are ample and commodious, being convenient for the application of water, in every form. In connection with the Institution there is a Gymnasium Hall, seventy-five feet long, where patients will have an opportunity of restoring their muscular strength by healthful exercise. The Springs which furnish the water for this Establishment, are clear, pure, soft, and abundant, flowing from a gravelly bed, they send forth water both cold and delicious. The country and neighborhood are remarkable for healthfulness, purity of air, and variety of scenery. All things combined, we cannot think of a more desirable place, for those seeking health, than this Institution.

Dr. PRASK, having had much experience in the treatment of disease for many years, begs leave to inform the public, that no pains will be spared for the restoration to health of those committed to his care. Mrs. PRASK, who has, for several years, devoted her attention to the treatment of diseases peculiar to her sex, and being every way qualified for so important a station, will take special charge of the female department. Protrapsis Uteri, with its train of ailments, that bane of female beauty, health and happiness, which is prostrating the energies, and destroying the usefulness of a large portion of the fair sex, will be treated in this Institution, successfully, independent of pessaries or supporters of any kind. To this subject we would invite the attention of ladies, as in all cases we shall expect to perform a perfect cure.

Persons visiting the Cure by the way of the Cincinnati, Hamilton and Dayton Railroad, will stop at the Carriage station. Patients are requested to bring two comfortable, two blankets, two coarse sheets, six towels, and a quantity of oil linen, suitable for bandages.

TERMS.—The terms for BOARD, MEDICAL SERVICES, and all ordinary attendance, will be ten dollars per week, payable weekly. Extra attendance will subject the patient to an extra charge. Some deduction will be made to those who find it necessary to spend a length of time in the Institution. Transient persons will be charged two dollars per day.

From three to five dollars will be charged for the first examination. For further particulars, address D. A. PRASK, M. D., Proprietor and Physician. N. B.—The Institution will be open both Summer and Winter for the reception of patients. July, 1t.

GLEN HAVEN.—As July and August are months in which the greatest number of persons will resort to WATER-CURES, the proprietors of Glen Haven take pleasure in calling attention to their "beautiful retreat," situate at the head of Skaneateles Lake, in the State of New York. The Establishment is in the finest order, having nice single and double rooms, well ventilated, and which have this Spring been papered, painted, and nicely carpeted. During the year 1851, they had patients taking treatment in the Cure from ten different States and from Canada. At this date, May 16th, 1852, there are under treatment in the Establishment persons of both sexes, from Maine, New York, New Jersey, Pennsylvania, Ohio, Michigan, Indiana, Wisconsin and the Canadas; and letters have been received from gentlemen and ladies asking admittance by or before the 1st of June, 1852, who reside in New Hampshire, Connecticut, Vermont, Mississippi, Kentucky, and Georgia. From this statement, the public can judge of the reputation of "The Glen." The Physicians, Dr. J. C. and Mrs. L. E. JACKSON and Dr. W. S. BUSH, give no drugs. Those who desire the application of water with the administration of drugs, we shall be compelled to decline, cheerfully making over to others the MATERIA MEDICA and its virtues. Those visiting us can reach the Glen on the Erie Railroad, from East or West, by stopping at Binghamton and taking the "Cortlandt Stage" to SCOTT. From East or West on the Albany and Buffalo Railroad persons will stop at Skaneateles, thence to the Glen by steamboat. Our prices are reasonable entirely, and advice for Home treatment or information regarding the Institution, the Physicians will be happy to give free of charge, *save postage.* Post Office address—Scott, Cortland County, New York. July, 1t.

CASTLE WATER-CURE, WYOMING COUNTY, N. Y.—This establishment, pleasantly situated in the quiet village of Castle, New York, has passed into the hands of the Subscribers, and will open for the reception of patients on the 15th of May, 1852, under the control of Dr. J. C. Whitaker, late Physician to the Greenwood Springs Water-Cure, Cuba, Alleghany county, New York. This Establishment possesses all the advantages, conveniences and facilities essential to the practical and successful administration of the varied and rational processes, which so eminently distinguish Hydratic treatment as superior to every other mode of cure. A competent female will be in charge of the Female Department, and individuals laboring under every variety and phase of Chronic disease will be received for treatment, and we promise that no efforts shall be wanting on our part to render it a pleasant home to the suffering and health-seeking invalid. In the vicinity are the celebrated Falls of the Genesee river, the grandeur and sublimity of whose scenery is probably unsurpassed in the Empire State. Also, the Railroad Bridge, being erected near these Falls, will, when completed, be the most stupendous work of the kind in the world. Facilities will be afforded patients to visit these works of Nature and Art, when desired. The Institution is accessible from every

part of the country by Railroad—the Buffalo and New York City Railroad passing within one quarter of a mile, connecting the Great Central Railroad at Attica with the New York and Erie at Hornesville. Our ordinary charges per week, \$5 00, payable weekly. Each patient will provide themselves with one linen and two cotton sheets, two comfortable, one or two quilts, two woolen blankets, six towels and extra linen for bandages, &c.
July, if J. C. WEITAKER, H. SHORT.

HIGHLAND HOME WATER-CURE, AT FISHKILL LANDING, DUCHESSE COUNTY, NEW YORK—For the treatment of Female Diseases, is now open for the reception of patients, under the charge of O. W. MAY, M.D., proprietor. Located at the head of the Highlands, amid scenery the most picturesque and beautiful on the Hudson river, with pure water, and a salubrious climate that cannot be beaten in the world; easy of access from any direction—within two hours of the city of New York and three of Albany—must render it a desirable resort for invalids needing the treatment and living afforded by such an establishment. A large class of diseases under which thousands of our females are "dragging out a miserable existence," and thousands dying yearly may be cured at this institution. Having made these peculiar diseases his particular study, the proprietor is confident of curing all that are curable, and many which have been and still are deemed incurable. All other remediable diseases treated at this institution. The treatment is strictly hydropathic, in connection with electro-magnetism and the vitalizing exercises which have by some termed Motorpathy, with systematized gymnastics; but no drugging allowable.
Fishkill Landing, June, 1852. July, 11

CLEVELAND WATER-CURE ESTABLISHMENT—The above establishment is now commencing its fifth season. The increased accommodations and facilities which have been added from year to year, make it second to none in the Union, and enables the subscriber to say with confidence to all who wish to avail themselves of the great facilities which the Water-Cure system when rightly applied, offers to all those who are seeking restoration to health; that they can here pursue it under the most favorable auspices for the removal of disease. The very flattering patronage bestowed hitherto, by a generous public, will serve but to stimulate the proprietor to increased exertions in behalf of all those sufferers who may place themselves under his charge. Terms—\$7 to \$8 per week. T. T. SHELVE, M.D., Proprietor. July—11

THE WATER-CURE ESTABLISHMENT AT SPRINGFIELD, MASS., will for the future be under the care of Dr. SHEPPARD, who has had several years experience in the Water-Cure in New York city. The water is unsurpassed, the building is nearly new, pleasantly situated on lower Main street, and contains nearly fifty rooms. Springfield is one of the most delightful places in all New England. July—11

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.

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, M.D., E. C. WINCHESTER.

N. B. After the completion of the Railroad between Attica and Hornesville, come to "Dale Station," in the town of Middlebury, three miles from the Establishment, at which place arrangements will be made for bringing persons, without delay, to the Institution. July, 11

MAMMOTH WATER-CURE OF THE WEST—C. Graham, M. D., Proprietor; Roland S. Houghton, A. M., M. D., Resident Physician. This establishment is situated on a commanding eminence adjoining the town of HARRONSBURG, in Mercer Co., Kentucky; being 30 miles from Frankfort, 28 from Lexington, and 8 from the Kentucky River,—near the geographical centre of the State. The main establishment is one of the most elegant and spacious buildings in the West; capable, together with the surrounding cottages, of accommodating no less than 500 patients. Since the last season, the proprietor has erected, at a large additional expense, a spacious and commodious BATH-HOUSE, for the special purpose of the WATER TREATMENT. This new building has been so constructed that the two departments into which it has been divided (for the exclusive use of the male and female patients, respectively,) are entirely distinct and complete. It is supplied with an abundance of excellent water from an inexhaustible spring in the vicinity of the establishment, of an average temperature of 55 degrees.

Among the different baths will be found every variety which experience has shown to be suitable for the treatment:—such as the Douches of all kinds—rising, descending, and horizontal; eye, ear, and nose baths; irrigating fountains; the "snake bath;" the plunge, shower, half-bath, shallow-bath; sitz baths, etc., etc. In fine, the proprietor has avoided neither trouble nor expense in order to render the establishment inferior to none in Europe or America. The grounds are elevated and extensive; and the walks have been tastefully laid out, while they are perfectly shaded in the hot season. In wet weather, the spacious and extensive piazzas in front of the establishment afford a delightful and sheltered promenade of no less than 300 yards in extent. The establishment is also provided with two Bowling Saloons, and an elegant Saloon for the accommodation of patients who wish for other kinds of physical exercise. The Ball-room of the institution, which is 90 feet by 45, is one of the most tasteful and elegant rooms of the kind in the Western country.

The Medical department is filled by ROLAND S. HOUGHTON, A. M., M. D., author of "Bulwer and Forbes on the Water-Treatment," "Three Lectures on Hygiene and Hydropathy," etc., etc.; and heretofore, for a number of years, a successful practitioner of the Water-Cure in the City of New-York. The proprietor is confident that Dr. HOUGHTON'S experience in the various departments of Hydropathy, will entitle him to the entire confidence of those who may stand in need of his professional services.

Patients are requested to bring two heavy comfortable, two blankets, two coarse cotton and one heavy linen sheet, six towels, and a quantity of old linen suitable for bandages; all of which should be carefully marked.

Terms.—The terms for board, medical fees, and attendance, will be TEN DOLLARS a week for each patient for the first four weeks; for each successive week, EIGHT DOLLARS. Servants who may be brought to attend on patients will be charged \$2 50 each week. For further information, address DR. C. GRAHAM, Harrodsburg, Kentucky. June, 11

LEBANON SPRINGS WATER-CURE—This Institution is one of the oldest in America. It is situated directly across the way from the celebrated Thermal spring, at New Lebanon, N. Y. For salubrity of air, cold, pure, and soft water, romantic and delightful scenery, and general healthfulness of climate, and every facility for successful Hydrathic treatment, this place is not excelled in this part of the country.

D. Campbell and Lady, the well known proprietors of the institution for the last seven years, still continue to provide for the wants of the sick and afflicted, and hope their long experience and qualifications 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 care of Dr. B. Wilmarth and wife, who from twenty-five years' experience and observation of disease and remedies, (five of which have been Hydropathic practice,) feel confident a good degree of success will mark their efforts in all curable cases committed to their care. Mrs. W. has qualified herself for taking charge of the "Female department" of the institution, and treating that long list of painful and harassing complaints peculiar to her sex. Terms, \$5 to \$8 per week; payment weekly. Examination free. Advice by letter \$1. Patients will provide the usual articles for treatment. D. CAMPBELL & SON, Proprietors; B. WILMARTH, M.D., Physician. Jun, 11

FORESTVILLE WATER-CURE, AT FORESTVILLE, CHAUTAUQUE CO., N. Y.—This new Establishment got up on an improved plan and supplied with pure soft water from the hill-side, is now open for reception of Patients.

This is a point easy of access from all directions; situated upon the New-York & Erie Railroad, two miles from its termination at the lake, and five miles from the Buffalo and State line Railroad, from which passengers can come almost every hour in the day, leaving at Silver Creek. The Village has several hundred inhabitants, and is surrounded by a rich and productive farming country. The scenery romantic, and climate healthful.

Dr. PARKER, resident Physician, for the restoration of his own health resorted to this system of treatment as practiced in several of the best establishments in the country, and now abandons for this, his former mode of practice, as a less efficient and curative means. No pains will be spared in furnishing nurses and attendants for the benefit of the patients, and all indulgencies at the table and elsewhere allowed, consistent to the condition of the patient. Patients are required to furnish two good sized cotton comfortable, two strong sheets, six coarse bath towels, and something suitable for body bandages. Charges for Board, attendance, lights, fuel, &c., from \$5 50 to \$8. CHARLES PARKER, M.D., and AMOS R. AVREY, M.D., Proprietors. Address, Hanover P. O., Chautauque Co., N. Y. June, 11

CONCORD WATER-CURE ESTABLISHMENT, CONCORD, NEW-HAMPSHIRE—This Institution, situated in the delightful village of Concord, N. H., has passed into the hands and under the Medical supervision of Dr. WM. T. VAIL, of New York, who will spare no effort to render it an agreeable home to the invalid, and every way worthy of the liberal patronage it has heretofore received.

To those who would seek the recovery of their health by this simple, beautiful, and efficient method of cure, perhaps no location presents superior inducements to Concord. The unsurpassed purity of the water with which the establishment is supplied, the beauty of the town, the salubrity of the air, and the delightfulness of surrounding scenery, conspire to render it a desirable resort for the invalid, and contribute essentially to aid him in his recovery. Concord is accessible from almost every direction, being the converging point of several different Railroads. Persons from New York, can visit the place at a cost of \$5.

Terms, from \$6 to \$8 per week in summer; \$4 to \$6 in winter. A deduction from the above terms if two patients

occupy the same room. Each patient is required to provide himself with two comfortable, two thick woolen blankets, one linen, and two coarse cotton sheets, towels, &c. May, 31.

MT. PROSPECT WATER-CURE AND INSTITUTE, BINGHAMTON, N. Y.—This Institution is located in a beautiful and romantic grove at the base of Mt. Prospect, and within the corporation of the Village. Possessed of a never-failing Spring of pure soft water, an atmosphere free from miasmatic influences, of carriage and foot-walks up the mountains, "free from the noise and turmoil of busy life," with excellent rowing and sailing privileges upon the pleasant waters of the Chenango, are a few of the presentation the "Cure" offers to the invalid.

The house is new, commodious, bathing apparatus ample and convenient, well ventilated, with 230 feet piazza.

The Medical department is under the entire charge of Dr. THAYER and Wife, who have had five years' experience in Hydropathic practice, and are favorably known as successful practitioners. Courses of lectures, with full plates and illustrations, will be given throughout the season to the Students and Patients upon Anatomy, Physiology, Hydropathy and Hygiene. Terms, from \$1 to \$8 per week, according to room and attention required, payable weekly. Patients will bring the usual *articles*. O. V. THAYER, M.D., Resident Physician. D. W. RANNEY and H. M. RANNEY, Proprietors. May, 11

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 a 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, 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 per week at the establishment. DR. E. SNELL, Proprietor and Physician. Jun, 21

SUGAR CREEK FALLS WATER-CURE—This Institution is now ready to receive patients. It is beautifully and healthfully located on a commanding eminence 3-4 of a mile east of the Falls, on the road from Wheeling to Wooster, and from Massillon to Canal Dover and New Philadelphia, 12 miles south of Massillon, 8 miles west of Dover, 12 miles west of New Philadelphia, 7 miles from the Zoar community, accessible by Stages daily from all the above places. It is abundantly supplied with very soft pure spring water, conveyed to the Cure by stone pipe. Terms, from \$5 to \$8 per week, payable weekly in advance. Post-office address, Dr. H. FREASE, Deardorff's Mills, Tuscarawas County, Ohio. May, 31

ATHOL WATER-CURE—This Establishment has been liberally patronized during the past year, and is still in successful operation, under the charge of Dr. J. H. HERO, who is striving to make his place what it should be for the treatment of every variety of Chronic Disease.

Athol abounds in pure soft Water, good air, and fine scenery, and is accessible by Railroad.

Each patient requires two comfortable, two woolen blankets, three sheets, six crash towels, and old cloth for bandages. Terms, \$6 per week, unless extra room or attention is required. May, 41

NEW GRAEFENBERG HYDROPATHIC, AND KINKIFATHIC ESTABLISHMENT—The subscriber flatters himself, that the success of his institution is already as firmly established and extensively known as any health institution in THIS COUNTRY, —and would simply say that any desirous of knowing more, by writing to him will have sent them free of expense, a pamphlet of 16 pages, containing a full report of all the particulars. The institution is situated on Lookport Hill, about 5 miles from the city of Utica. Address R. HOLLAND, M.D., New Graefenberg, N. Y.

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 \$4 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M. D. E. F. ROGERS, Superintendent. Feb. 11

FOREST CITY CURE, near Ithica, on the eastern bank of the lovely Cayuga, and well furnished. Health of locality, purity of water, and beauty of scenery unsurpassed. Science and experience in the Medical department. A Gymnasium and other places for exercise and amusement attached. Terms, \$5 to \$10 per week. Students accommodated. MORRIS DWIGHT, M.D. J. T. BURDICK, M.D., Proprietor. Jun, 11

WATER-CURE—For reception and treatment of Patients. Also General Practice attended to by Dr. LACHENKTER, 106 Callowhill street, Philadelphia. June—31

