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Essays.

Each Contributor presents freely his or her own Opinions, and is also responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

WATER-CURE PROCESSES AND RULES FOR BATHING.*

BY JOEL SHEW, M.D.

It is often objected that Water-Cure is a one remedy, and that it therefore cannot be applicable in all diseases. The following description of some of its leading processes will serve to convince any unprejudiced and intelligent mind that the objection is a fallacious one; and that water, in its multiplicity of ways of application, both as to method and temperature, is capable of being made to answer all the various indications in the healing art.

FIG. 1.



THE DOUCHE BATH.—This is the most powerful, but not the most useful, of all the hydropathic appliances. A common douche consists of a stream of water from one to two inches in diameter, with a fall of ten, fifteen or twenty feet. But douches may be arranged of any desirable size and height. (See fig. 1.)

This remedy is useful in paralysis, stiff joints, gout, rheumatism, tumors, and old swellings of

various kinds. Those who have weak lungs, stomach, or other abdominal organs, should not resort to the douche without the best of medical advice.

FIG. 2.



SHOWER BATH.—This also is one of the more powerful of the hydropathic appliances, and needs judgment in its use. It consists, in fact, of a vast number of small streams or douches, and hence is a powerful refrigerant as well as excitant to the system. It should never be taken upon the head, especially if the water have any considerable force, or fall from any considerable height, for the reason that the head should never be subjected to mechanical force. It is useful in some cases to commence by taking this bath only upon the limbs. (See fig. 2.)

FIG. 3.



CATARACT BATH.—This is also one of the more powerful of the hydropathic processes, and is to

GOOD THINGS IN STORE.—Our numerous and excellent contributors have filled our copy-drawer to overflowing with their valuable communications, and laid us under renewed obligations; but we are utterly unable to give half of them a hearing in the present number. Among the articles on hand are the following: "Water-Cure at Sea," by Rev. J. Butts; "A Letter from the West," by Mrs. A. Frances D. Gage; "Hydropathy at Home," by Mrs. S. A. Wright; "Mary's First Child," by the author of "Hot Corn;" "Pleasure vs. Health," by Mrs. J. A. Hanaford; "Diary of a New England Physician, No. 12," by Noggs; "Water-Cure in Lung Complaint," by Dr. S. Fresse, &c. We shall find room for them as soon as we can, as well as for the scores of other communications which we are expecting.

CITY ERRANDS.—To save time, extra postage, and to oblige our country friends, the Publishers of this JOURNAL will receive Subscriptions for all *Magazines, Newspapers or Periodicals*, and forward the same to the respective Publishers in New York, Boston or Philadelphia, providing, always, the amount accompanies the order. Being located in the heart of these Metropolitan Cities, from whence most of the Newspapers and Periodicals emanate and radiate, and where the various Expresses have their "head-quarters," it is an easy matter for the Publishers to communicate with each other, and for us to obtain and forward Papers, Journals, Books, and so forth, to any place, and to all who may wish or desire our services.

THE WATER-CURE JOURNAL, for December, is before us; of all we receive, none is more welcome; every number we have seen has been worth a year's subscription. To a family who value health and comfort, this journal would be cheap at twelve dollars a year; whereas, the price is only one dollar!—*Phil. Sunday Ledger.*

* Abridged from the HYDROPATHIC FAMILY PHYSICIAN.

be classed with the two preceding baths. Like these, it may be said to be stimulant, tonic, and alterative, while it is also highly sedative, so far as animal heat is concerned. (See fig. 3.)

FIG. 4.



HOSE BATH.—Through the modern improvements in India Rubber, Gutta Percha, leather, &c., it is easy, wherever there is a small fall or head of water, to arrange what is called a hose bath. It is in principle a douche, with the additional advantage that it can be made to act upon every part of the body and from any direction we choose. Rightly applied, the hose is a valuable means. (See fig. 4.)

FIG. 5.



RUBBING WET SHEET.—We come now to one of the most useful as well as most convenient of all the Water-Cure resources. The application consists of a coarse linen sheet, (although cotton answers a very good purpose,) large enough to throw about the body like an Indian's blanket. It is wrung more or less, according to the demands of the case. Thereupon it is thrown quickly about the body of the patient, who, if able, is in the standing posture—and then both patient and assistant set vigorously at work, rubbing over the sheet, *not with it*, as some do, three, four or more minutes, until the surface becomes thoroughly warm. If there is fever, however, less friction is required. After the wet sheet comes a dry one, used in the same manner. Those who have sufficient reactive energy—and most have—may dry the body simply by fanning it with the dry sheet, the windows at the same time being open. This sort of "air bath" exerts a highly pleasurable and genial effect upon the skin. Instead of giving one a cold, it helps greatly to ward it off. This method of drying the body was one of Priessnitz's later improvements; and it was he who improved Water-Cure more than all the world before him combined. (See fig. 5.)

The rubbing wet sheet, it should be remembered, is not a single application, capable only of

producing one effect. It is used in *three* different gradations, and to produce very different results. It is well wrung, or only moderately wrung, or left quite wet and dripping. If a person is fatigued, or has a low degree of reactive energy, the first form is the one to adopt; if there is not much fatigue, and good reactive energy, the second; and if the person is feverish, and the object is to abstract heat simply, we use the sheet quite wet, dripping, as we say. We repeat it, moreover, as many times in succession as the case may need. One great advantage, too, is, that we give it before or after a wet pack, when no bath is at hand; we also give it in connection with any other bath we may choose.

The rubbing wet sheet appears a trifling application—one which is not capable of producing any great result. But when we remember the myriads of nerves of animal life spread over the skin, and derived from the brain and spinal cord, it need not surprise us that its application should so invigorate the body, take off bodily and mental depression, remove languor, fatigue, expel flatulency from the bowels, remove thirst, give appetite, and cause a feeling of calmness and relief which can be appreciated only by those who have experienced it. A preacher, for example, preaches three times on a Sunday, and gets his brain so excited that he cannot sleep. A cold bath would be too powerful for him, and opiates would only act as stimulants, making the matter worse. Two or three successive applications of the rubbing wet sheet, with powerful friction, bring the blood so much to the surface that his brain becomes relieved, and he very soon falls into a sound and quiet sleep. So, too, if one has been long wet and drenched of a rainy day. He comes home with the surface and extremities cold, the blood pressing hard upon the brain and other viscera. The well-wrung rubbing-sheet is applied with plentiful friction, and at once the oppressed organs are set free.

FIG. 6.



PLUNGE BATH.—In sea, river, and lake, as well as by artificial means, and as a matter of luxury, religious observance, purification, and the prevention and cure of disease, the plunge has, in all periods of time, and in all parts of the world, been a favorite resort. So efficacious, indeed, has this simple means proved in healing the sick, that not a little superstition has been mingled with it. Springs and wells have often been supposed to possess some mysterious power, and for that reason been named after some pa-

tron saint. In this respect, the world has loved mystery and marvellousness rather than the pure and simple truth.

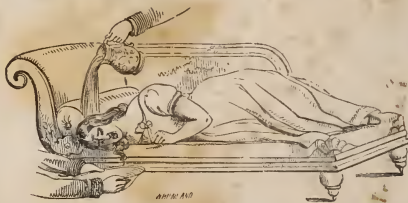
In hydropathic practice, the plunge is much used; but it is not every patient who is able to bear it. Those who are not sufficiently strong for it at first should practice the rubbing wet sheet, half bath, hip bath, drinking, exercise, &c., until the plunge can be borne. It is a favorite remedy at all of the establishments, to be taken directly on coming from the wet sheet pack. (See fig. 6.)

FIG. 7.



HEAD BATH.—From time immemorial, cooling applications to the head have been much depended upon in that violent and dangerous disease, in-

FIG. 9.



flammation of the brain. All other known means failing, certain obstinate affections of the head have been known to give way to the affusion of cold water upon the part. In headache, drunkenness, delirium tremens, the delirium of fever, epilepsy, rheumatism of the head, diseases of the eye, earache, deafness, loss of smell and taste, and in nose-bleed, this highly energetic remedy is brought to bear. In taking the head bath (see

FIG. 8.



fig. 7), the person lies at length, sits, or stands, as the case may be, and subjects the back and sides of the head in succession to the action of the water. In case affusion is practised, the head must extend a little way from the edge of the bed or couch, as in figure 8.

A convenient, though somewhat expensive apparatus for the head bath is represented in fig. 9. The length from *a* to *b* is 11 inches; depth, 3 1/2 inches; height from the floor, 7 inches. The bottom is concave. A good common wash-bowl, however, answers a good purpose.

FIG. 10.



WET SHEET PACK.—This is the great “bug-bear” of water treatment. In the process we use a coarse linen sheet—although a coarse cotton one answers tolerably well—of length sufficient to reach from the patient’s head to the soles of his feet, and about two yards in width. The bed is stripped of all its covering, one or two pillows only being left for the patient’s head. One or two comforters are then spread upon it, and over these a like number of woollen blankets, which are not so much injured by the wet as cotton comforters. Or what is better, but more expensive, we may use blankets only, two or more pairs, as they may be needed. The sheet having been pretty well wrung out of cold water—pure and soft always, if such can be had—is then spread out, as smoothly as may be, upon the upper blanket. The patient, being undressed, lays himself at full length upon the sheet, and holding up his arms, an assistant laps one side of it over the body and lower limbs; the arms are then dropped at the side, after which the other part of the sheet is lapped over as before. The blankets are then, one by one, brought over the person in the same way and tucked under from “head to foot,” and then comfortable in the same manner, if such are used. It is best always to place a wet towel, covered with a dry one, on the patient’s head while he is packed; or if it does not chill too much, the dry towel may be left off. This is the ordinary way of taking a “pack” in chronic disease.

The wet sheet is one of the most soothing and agreeable of all water appliances, and I may add, of all remedial measures known to man. Hence it is that the wet sheet is so often misused. It is so delightful, and tends so much to slumber, the patient never feels ready to get out of it. But this slumber—so profound and sweet, as it often is—he should remember, *may* be only an apoplectic stupor, that leaves him with a swimming, giddy feeling in the head, attended with faintness, perhaps, and ending in a severe headache; giving him, in short, a congestion of more or less severity in the brain. Now all this happens in consequence of there being too much heat accumulated about the surface, and by robbing the skin too long of the air it should breathe. The skin, be it remembered, is a *breathing* apparatus, just as truly as the lungs are.

One of Priessnitz’s improvements was to *rise short*

packs. “Remain enveloped for fifteen or twenty minutes only,” he said; “if you are not able to bear the pack in that way, take the rubbing wet sheet and the lighter processes until you are.” In some cases, he gave two or three of these short packs in succession, the patient rising between each to take an airing, a rubbing wet sheet or other bath, and then again to the pack. Oftener, however, one only was taken at a time, once, twice, or thrice in a day, as the case might be; and as to becoming warm, some American ladies told me at Graefenberg, in the depth of winter, that they never, in a single instance, had begun to get comfortable; yet they were growing well as fast as any one could desire, notwithstanding they had been under the care of a number of the best allopathic and homœopathic physicians on both sides of the water. Cold water, in fact, cured them, but drugs could not. Nor were the applications made in a manner so *very comfortable* as some suppose must necessarily be. In these hard cases it is up-hill, self-denying work to get well, even in the best and only way. (See fig. 10.)

If the object is to abstract caloric from the body, we cover the sheet but little, with a single dry sheet, or a blanket or two, or perhaps with none of these. If, in a hot day, we keep a wet towel about a keg of water, we know that by evaporation—a natural process—the water is rendered more cool. In the same way, if the patient is hot and feverish, we keep one, or, still better, two wet sheets about him, without other covering, and thus bring down the heat and circulation to any desirable degree. We sprinkle water upon the sheets, or re-wet them as often as is necessary; in some extreme cases of fever, continuing them almost constantly a whole week or more.

The wet sheet acts also by absorption. It draws morbid matter out of the body, as any one can see who applies it for a short time only, and then washes it. Observe, too, what an odor comes from the sheet when a diseased, tobaccoed, narcotized, and tea-and-coffeeated, pork eating patient has been packed. At the same time, the diseased body absorbs the pure water into its finest tissues on a large scale, thus supplying that fluid which, of all substances, the system under such circumstances most needs. The moist warmth of the sheet also acts as a most soothing poultice, producing over the whole surface the same good effects as a smaller local application.

FIG. 11.



LEG BATH.—This is useful in cases of ulcers, swellings, eruptions, gout, or rheumatism, sprains, wounds, &c., of the leg and thigh. The relief and

strength obtained, often by a single application of this remedy, is truly wonderful. A variety of apparatus may be contrived for administering the leg bath. A common wooden tub, constructed for the purpose, is a very good one. (See fig. 11.)

FIG. 12.



SITTING BATH.—Convenient tubs, wooden or metallic, are constructed for this bath; but an ordinary wash-tub answers very well. The article should be large enough to admit the motion of the arms in rubbing the abdomen, sides and hips, first with one hand and then the other. Water enough is used generally to come pretty well up the abdomen. The more movement and friction, while in this bath, the better. It is more convenient if the tub be elevated two or three inches from the floor. Some undress completely, and place a blanket or sheet over the upper part of the body, but oftener the parts only of the person to be exposed to the water are uncovered. In a variety of ailments, this bath is highly valuable. It may be made one of the most powerful of all the hydropathic modes. Like all other powerful applications, it should be made only after digestion is nearly or quite gone through with.

As a tonic to the stomach, liver, bowels, womb, spine, &c., this bath is highly useful. In constipation and other irregularities, it is famous. Those of sedentary habits will find its use of rare service. For the tonic effect, it is taken ten to twenty or twenty-five minutes or more. If it is continued some length of time, the water is to be changed once or more, as it would otherwise become too warm. (See fig. 12.)

FIG. 13.



HALF BATH.—This bath may be used as one of the mildest of Water-Cure processes, or as one of the most powerful. An ordinary bathing-tub is a very good apparatus for the purpose. A good-sized washing-tub will answer very well, if there is nothing else at hand. The water is generally

quite shallow in this bath—from three to six inches. Priessnitz's half-baths were made of wood, four or five feet long, about two and a half feet wide, and twenty inches deep. This simple contrivance was one of his most powerful means—that by which some of his highest triumphs were achieved. The water is generally used of moderate temperature, at 60° to 70° F., and when long-continued is changed, as it becomes warm from the heat of the body. This bath may be used—

1st. As a means of cooling the mass of the circulation in the hot stages of fever, and inflammatory attacks of every kind.

2d. As a revulsive or means of deriving blood in congestions or inflammations of the nobler organs, the brain, lungs, stomach, liver, &c.

3d. As a means of resuscitation in the shock of serious accidents, sun-stroke, and before, during, or after apoplectic and other fits. In drunkenness and delirium tremens, the half bath is a sovereign remedy.

4th. As a milder means, and preparatory to the general bath in weak constitutions.

FIG. 14.



In the latter of these indications, the bath is generally used, or for a few minutes, after the wet sheet, or at other times, as may be desired.

In the former indications, much practical knowledge is necessary in order to proceed always with safety, and to obtain the best results. Thus six or even nine hours may be required, with the greatest perseverance, the patient being thoroughly rubbed over the whole surface, and this to be kept up constantly by relays of assistants, the patient's head and shoulders being supported meanwhile. (See figs. 13 and 14.)

RULES FOR BATHING.

THE TIME OF DAY.—In general, the more powerful applications should be made in the early part of the day. At this time the calorific powers and the circulation are more vigorous, and, consequently, the body more able to resist powerful applications of whatever kind.

THE MEALS.—Whichever no powerful bath should be taken within three to four hours after a meal. A full stomach and cold water do not at all agree. But in certain diseased conditions, as feverishness, inflammation, cholera, cramp in the stomach, cholera morbus, and other sudden attacks, water appliances are to be commenced, without reference to hours or meals. The symptoms, then, are our only guide.

THE LIGHTER BATHS.—If there is doubt as to which application to make, the well-wrung rubbing wet sheet, the tepid shallow bath, or a warm bath should first be taken.

REACTION.—Within a reasonable time after a bath, the body, in all its parts, should become naturally warm. If the feet and hands remain cold, and the nails and lips blue, the bath has, to say the least, done no good. In some cases of fevers and other inflammatory diseases, it is better to keep the body chilly than to allow it to become too warm.

ULCERATION.—If any part of the body, as the extremities, lungs, bowels, &c., is undergoing any considerable ulceration, very cold baths are inadmissible.

NERVOUSNESS.—With some persons who are highly nervous, and particularly with nervous females, much cold bathing, although it appears to agree well, and be the best for a time, is in the end harmful, rendering the nervousness and general debility worse.

EXERCISE.—For the douche, plunge, cold sitz and foot baths, and all others that abstract a large amount of caloric from the system, the body should be fully warm, and the circulation somewhat accelerated by exercise. Exercise should also be taken *after* the bath, until the heat and circulation are fully restored. But if exercise is impracticable, either before or after the bath, friction should be made to take its place.

INCREASED HEAT.—Elevation of temperature constitutes no objection to bathing, provided the body is not excessively fatigued. The reason why overheated persons sometimes lose their lives by plunging into or drinking largely of cold water, is that the vital force has been too much exhausted. Mere heat is an advantage.

PERSPIRATION.—Neither does this constitute an objection to bathing or water-drinking, if the foregoing rules are observed.

THE AIR.—Bathing in the open air is always preferable to indoors, provided the extremes of heat and cold are avoided.

THE HEAD.—It is well always to wet the head with cold water, both before and after a bath. Douches and the shower should never be taken on this part. Simple pouring or affusion is the only mechanical force of water that should be allowed on the head.

PREGNANCY.—This, as abundant experience proves, forms no objection to bathing, or any form of properly regulated water-treatment. Cold bathing and water drinking are of the greatest service during this period.

MENSTRUATION.—Not only is bathing safe at the monthly periods, but it is of remarkable advantage, as thousands in this country can already testify. A course of water-treatment sometimes arrests the menstrual functions for several months, even a whole year or more, the patient, at the same time, gradually recovering her accustomed health and strength.

THE SEASON.—If the lungs are not extensively diseased, and if there is no considerable ulceration going on in any part of the system, the cool and cold seasons are preferable for a course of bathing. With right management, a patient gains two or three times as much in a given time during the cold months as he does in the hot.

DAYS OF REST.—One day in seven, water-treatment should be discontinued, with the exception of a simple ablution in the morning. Six days' treatment in the week are worth more than seven, because it is a law of nature, that if a re-

medy is continued steadily, and without change, it loses much of its good effect. This is as true of water as of any other agent. Those who do wisely will omit the treatment on Sunday, whatever their religious convictions may be.

FRICTION.—One of the most common errors in regard to bathing, is the notion that the skin should be rubbed a good deal—rasped off, so to say—and the more the better. Hence the use of very coarse towels, flesh-brushes, hair mittens, straps, etc. I do not deny that filthy, seldom-washed, gross livers, had better have their skins "curried off" now and then; but one who bathes daily, as all persons should, and especially a water-patient who bathes repeatedly every day, ought to be careful to preserve the skin as much as possible. This was the doctrine of Priessnitz, and the true one. Practice the rubbing with the wet hand or *over* a dry or wet sheet, as the case may be, and not with it. Thus the cuticle will be preserved; but if we keep rasping it off continually, as too many do, we give nature an unnecessary task to perform in replacing it. I repeat, IN THE WATER-PRACTICE, PRESERVE THE SKIN IN AS SOFT AND NATURAL A STATE AS POSSIBLE. It is good to scrape off the old bark from a tree now and then; but who, in his senses, would think of doing it constantly?

With the above precautions respecting friction, a patient can scarcely have too much of it, particularly in those cases where the skin is bloodless and inactive.

UTILITY OF THE BEARD.

The *True Flag* argues on the affirmative of this question in the following strain:

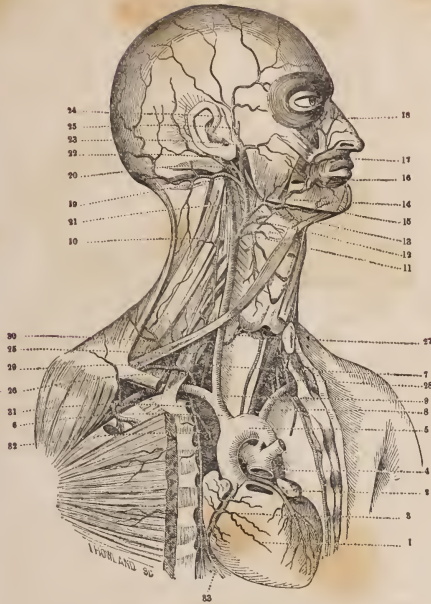
The usefulness of the beard, which we take so much pains and razors to get rid of, is shown in the following letter from a number of employees on a Scotch railway, to their superintendent:

"Sir: We, the servants of the Scottish Central Railway, beg to inform you, that having last summer seen a circular recommending the men upon railways to cultivate the growth of their beards as the best protection against the inclemency of the weather, have been induced to follow this advice, and the benefit we have derived from it induces us to recommend it to the general adoption of our brothers in similar service throughout the kingdom. We can assure them, from our own experience, that they will, by this means, be saved from the bad colds and sore throats of such frequent occurrence without this natural protection."

Half of the bronchial difficulties now existing might be obviated by allowing the beard to grow, instead of moving it off. This was the purpose of nature in placing it upon the human face divine, and her penalties are rigidly enforced where a man violates her laws to make himself beautiful. But is a man more beautiful without a beard? The idea of beauty centuries ago was different from now. Then the hirsute prevailed, and the hairy-faced worthies come down to us rather shaming our modern barefacedness.

The apostles, and patriarchs, and poets of old times all wore the beard, nor ever dreamt of razors; and that antiquated history of Samson's strength lying in his hair is worthy of note.

FIG. 1.



THE HEART AND LARGE ARTERIES.

The sternum is seen through, and the thorax is opened on the left side.

1. Heart.—2. Left coronary artery.—3. Right coronary artery.—4. Pulmonary artery, cut through.—5. Arch of the aorta.—6. Arteria inosmia.—7. Left primitive carotid.—8. Left subclavian artery.—9. Division of the arteria inosmia into the right primitive carotid and right subclavian.—10. Division of the primitive carotid into external and internal carotid.—11. Superior thyroid artery and its principal branches.—12. Lingual artery.—13. Facial artery.—14. Inferior palatine artery.—15. Sub-mental artery.—16. Inferior coronary artery.—17. Superior coronary artery.—18. One of the branches of the Isthmus aasi.—19. Occipital artery.—20. Posterior auricular artery.—21. Ascending pharyngeal artery.—22. Division of the external carotid artery into internal maxillary and superficial temporal.—23. Transverses faciei artery.—24. One of the anterior auricular branches.—25. Middle temporal artery.—26. The arteria cervicalis ascendens, a branch of the inferior thyroid artery.—27. Vertebral artery.—27. Place where the vertebral artery enters the canal of the transverse processes.—28. Superior intercostal artery.—29. The transversalis humeri artery.—30. The transversalis colli artery.—31. Internal mammary artery.—32. Anterior mediastinal artery.—33. Superior phrenic artery.

DISEASES OF THE HEART.*

WITH ILLUSTRATIONS.

BY R. T. TRALL, M.D.

I do not propose, in a brief essay, to enter upon the general subject of organic diseases of the heart; but merely to treat of the functional derangements of this organ, which are frequently mistaken for organic affections. Irregular action of the heart, and abnormal pulsations of the larger arteries, are so common now-a-days, that it would seem that medical men ought not very often to mistake a nervous fluttering, or dyspeptic palpitation, for ossified valves, aneurismal enlargements, hypertrophy of the

whole viscus, &c. &c., yet I happen to know that such mistakes are very frequent occurrences.

Within half a dozen years, I have seen more than a score of cases which have been pronounced organic diseases of the heart, without finding in all of them but one *real* disease of that character. Many physicians appear to regard a pulse habitually irregular, and irregularly abnormal, as almost a pathognomonic sign of organic disease of the heart itself. And I have known several patients sent to the very verge of the grave, by the "horrors" which were induced by the false prognosis of their medical attendants.

To illustrate: G. F., Esq., of Michigan, came to my establishment three years ago, laboring under all the complicated ailments which constitute the progeny of that parent malady, dyspepsia. The doctors said he had an affection of the heart. What kind of an affection, they did not very clearly explain; but the general impression was, that something ailed some one or more of the valves. No less than eight eminent physicians had been consulted; and, after the most careful examination by percussion, the stethoscope, &c., each came to the conclusion that it was some sort of an organic disease of one or more of the structures in or around the heart.

The history of the case ought to have put those physicians on their guard against expressing such an opinion; but I could not learn that they paid much attention to any of the antecedent circumstances of the case.

A lawyer by profession and education, the patient had lived for eight or ten years a very exciting life. Strong coffee had broken down the digestive organs, and excessive cigar-smoking had rendered the whole nervous system extremely irritable. These two circumstances alone were sufficient to account for almost any kind of pulse that could have been imagined. The heart throbbed, palpitated, and fluttered in various ways; the pulse was weak, frequent, irregular and intermitting; the respiration was frequently oppressed, and the head was often affected with a "rush of blood," &c. In short, the assemblage of symptoms would warrant the suspicion of heart disease, had it not been for the facts, which warranted a stronger suspicion of "nervous debility."

The patient submitted to a long course of water-treatment at different institutions, with apparently but little benefit, for the reason that the prognosis of his previous medical advisers weighed him down like a millstone suspended from his neck. The apprehension of sudden death at any moment, kept his spirits gloomy and depressed; and, notwithstanding I expressed my own opinion decidedly, that the heart disease was merely functional and sympathetic, and suggested a severe or two of reasons for doubting the correctness of the adverse opinion, which, of itself, was seriously threatening to destroy his life; it was not until he adopted an extremely abstemious diet, in fact amounting to the actual "hunger-cure," nearly a year after I first saw him, that he began to get rid of the distressing pulsations and nervous symptoms, and to doubt, or rather disbelieve in the fatal prognosis. In a few months thereafter he regained a good degree of health, and is now attending to the duties of his profession, entirely relieved of all apprehensions of bursting ventricles and rupturing blood-vessels.

Now the anatomical connections of the heart, viewed in connection with correct pathological notions of the nature of dyspepsia, will explain at once the liability that those physicians labor under, whose pathological ideas are always wrong on this subject, to mistake sympathetic derangements of arterial action for evidence of organic mischief in some portion of the circulating system.

In Fig. 1 is seen the normal position of the heart and large bloodvessels. As the apex of the heart is almost in contact with the inner surface of the chest, it is easy enough to understand how a violent pulsation of the organ, from any cause, should occasion a strong, jarring, tumultuous motion over the whole chest; and it is impossible to distinguish the throbbing or beating experienced there, originating from functional derangement, from that occasioned by organic disease, unless an absolute protuberance exist externally.

In Fig. 2 are seen the numerous plexuses and ganglions in the immediate vicinity of the heart, and to which various sensations are attributable, which are supposed by the uneducated to be felt or experienced at the heart itself. These ganglions, in various conditions of dyspepsia, become morbidly sensitive, and, on the least exciting cause, occasion extreme

* From the NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW: a Professional Magazine, devoted to Medical Reform, embracing Articles by the best writers, on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, &c.; Reports of Remarkable Cases in General Practice, Criticisms on the Theory and Practice of the various Opposing Systems of Medical Science, Reviews of New Publications of all Schools of Medicine, Reports of the Progress of Health Reform in all its aspects, &c., &c., with appropriate Illustrations. New York: Fowlers and Wells, 121 Nassau street, Publishers. Terms, \$7 a year, in advance.

FIG. 2.

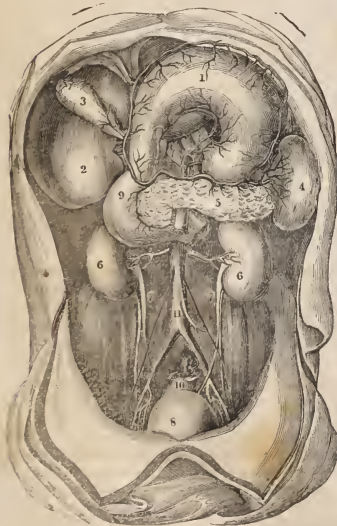


NERVOUS PLEXUSES.

below the sternum. This symptom is always aggravated on lying down, especially if the stomach is in the least overloaded with food.

Fig. 3, which represents *in situ* the principal abdominal viscera, affords

FIG. 3.



ABDOMINAL VISCERA.

an easy solution to this phenomenon. The descending aorta is the immediate cause of the abnormal pulsation; and it is sometimes so violent as to shake the whole bed. When- ever the stomach is overloaded, on the patient lying down on the back, the stomach presses upon the abdominal aorta, and the ordinary current of blood would necessarily excite some degree of a painful throbbing sensation. But with dyspeptics, the stomach is usually more or less contracted, and the abdominal muscles are also rigid, inflexible, and contracted, all together increasing the pressure upon the aorta. To these causes, that of constipated bowels has often to be added;

and the worst cases of misnamed "organic diseases of the heart?" I have ever known, occurred in persons in whom all these causes cooperated.

Another reason why the symptoms of heart disease are so complicated,

irregularity of the heart's action, attended generally with irregular and intermitting pulse.

With many invalids, any sudden exertion or strong mental emotion will occasion the most distressing and indescribably painful sensations in the region of the semi-lunar ganglion. Nervous females often describe them by saying they feel as though they were going to die.

Amongst the most distressing and alarming symptoms which lead the patient to fear an organic disease of the heart, is a hard throbbing or beating near the pit of the stomach, felt usually most distinctly just

obscure, and various, when the whole difficulty is merely functional derangement, is the association of the diaphragm in the train of abnormal actions.

Fig. 4 represents the diaphragm, with its apertures, through which pass the aorta (2), the oesophagus (3), and the vena cava (4). A weakened stomach and contracted abdominal muscles, if they exist for a considerable time, always produce a third difficulty. The diaphragm does not descend sufficiently in the act of inspiration to admit of a full supply of air to the lungs. In consequence of this, the lungs themselves are, to some extent, eugorged and oppressed, the blood imperfectly arterialized, and hence, still another cause is added to those which operate to produce a hard, laboring, irregular action of the heart; or an abnormal, irritable pulsation in the large arteries in its vicinity, especially in the abdominal aorta.

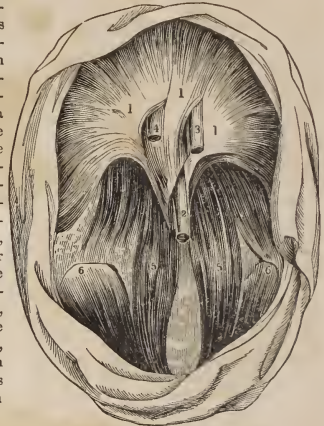
In order to demonstrate completely the effect these causes have on the circulation, a person whose digestive powers are weak, and whose abdominal muscles are drawn in towards the spine, has only to examine the pulse at the wrist while he makes full and prolonged inspirations and expirations. He will at once discover a pulse indicative of great oppression—jerking, irregular, intermitting, &c.

Yet, if to all these causes we add still another, as is done by thousands of females who lace in the diameter of the chest, we find the evidences of abnormal respiration and circulation still more complicated, and the patient disturbed with so many bad feelings, that she cannot tell the half of them if she talks from morning till night.

In Fig. 5 are seen the normal relations of the heart, lungs and diaphragm. If to all the causes of a deranged circulation I have thus far adverted to, we add that of diminishing the diameter of the chest one-fourth or one-third, we have exactly the state of affairs our hydropathic establishments are called upon to cure every day in the year. And what aggravates them especially is, their former physician, after drugging, and blistering, and leeching till his very humanity revolted against tormenting them any further, threw out a suspicion that there *might* be some affection about the heart which medicine wouldn't reach!

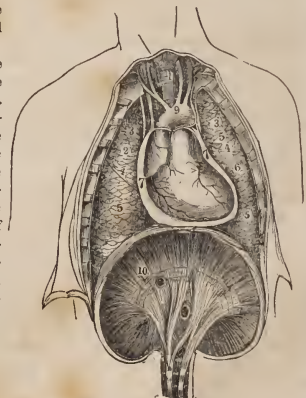
Let us now reverse the picture, and consider the whole matter *à priori*.

FIG. 4.



DIAPHRAGM AND AORTA.

FIG. 5.



THORACIC CAVITY.

The ordinary unphysiological habits of living—constipating food, salted meats, tea, coffee, tobacco, etc.—clog up the liver, weaken the stomach, obstruct the skin, shatter the nerves, contract the chest, and render the external abdominal muscles inelastic; all of which conditions operate directly upon the heart and bloodvessels, by rendering the circulation laborious. The overworked muscular structure of the heart, and the muscular coat of the arterial tubes, eventually acquire that degree of morbid irritability and mobility, that the most trifling exciting cause, mental or corporeal, produces more or less derangement of the circulation, with an irregular pulse. The repeated application of the exciting causes, coupled with the permanent morbid condition resulting from wrong voluntary habits, eventually induces a permanent and constant irregularity of the pulse; hence then it is that the doctor, or patient, or both, are apt to come to the conclusion that there is an organic disease of the heart.

Now there may be connected with all of these circumstances an actual change of structure in the auricles, or ventricles, or valves of the heart, or of some of the large arteries in its immediate vicinity. But it is nearly certain that ninety-nine in every hundred cases will prove functional or sympathetic. Wherever, therefore, the symptoms of organic disease are not clear and positive, the strong presumption is, that by curing the primary malady, or, in other words, by restoring the general health, the heart disease will disappear.

TREATMENT.—I have but little to say of the remedial management of these cases, for the reason that it must be conducted on general principles. Whatever form of functional derangement exist—constipation, dyspepsia, liver complaint, etc.—must be attended to. There is, however, one general rule of practice which has a special importance in relation to the cases under consideration. *All the bathing appliances must be mild and gentle so long as there is great disturbance of the respiratory system, or an inconsiderable irregularity of the pulse.* When the breathing is easily disturbed, and the heart thrown into a palpitation or flutter on any trivial excitement, no very strong or shocking bath should be employed. Towel washes, tepid half-baths, and hip-baths, moderately cool, are the leading measures to commence with.

In all these cases, too, a strict dietary is of the utmost importance. It must be very plain, and extremely abstemious. One reason for a "starvation diet" in the beginning of the treatment is to give the blood *more room* to circulate in. After the respiration has become free and easy, so that the patient can walk up and down stairs rapidly without panting, and can lie in a horizontal position without feeling as though his heart was working through his ribs, he may gradually increase the quantity of food to the point of satisfaction to the stomach.

The *Merchant's Ledger* has made a calculation of the number of persons who have died since the commencement of the Christian era. It sums up the deaths at three billions one hundred and forty millions.

HAPPY NEW-YEAR FOR INVALIDS.

BY JAMES C. JACKSON, M.D.

ALL over the broad domain of the Republic goes up the swell of joy. From millions of lips issues forth the hearty wish for a *happy New Year*. The old year is dead and buried, carrying to the tomb the hopes and welfare of many who, at its opening, felt sure of enjoyment for a long time to come. Nevertheless, the voice comes up from midnight, as Nature brings to birth a new-born child of Time,

"I wish you, I wish you
A happy New Year."

How sweet that voice—how musical its tones! The voice of the angels only, on the plains of Bethlehem, was sweeter. It thrills the soul. Why should it not? Life in its fulness is a glorious gift—a boon beyond comparison. Life, with the blood bounding, the muscles firm, the nerves steady, the mind clear as crystal, the heart soft and warm, the passions alive and appropriately at work, the soul gushing forth noble aspirations; the whole fabric—body, mind and heart, each honoring the other—life is un purchasable. Who would part with it? Who holds his birthright lightly? Who that sees the stars twinkle on his pillow, as he presses it, that feels the night-wind fanning his brow, that sees the sun rise, rejoicing in his strength; who that is capable of appreciating the outspread beauties which God, with lavish hand, daily presents, as proofs of his love, wishes to die? None but the sick. They, sometimes, wish to lie down in a dreamless sleep, and spare themselves the daily pangs that kill,

"Slowly, but surely."

Perhaps you do not believe in Water-Cure. Perhaps you class it with the "thousand and one" schemes to mislead the unwary, and rob them of their money. If you do think so, it would not be a matter of surprise, for you have been educated to think all that is new in the line of medical administration is, and must of course be worthless. If you do thus think, you are mistaken, and none the less so for being educated as you are. The treatment of diseases by the Water-Cure method is scientific. Not only is it not quackish, but it is superior to all other methods.

1. For no drug which is poisonous ever cured, or was instrumental in curing any person. Poisons always kill, or tend to kill, so that the sick who wish to get well must cease to use them. Whoever being sick takes poison and recovers, does it in spite of the drug, and at much less advantage than without it—so that all the various medical systems, based on the drug-giving principle, are false and indefensible; those being the worst which give the most.

2. Those cases of long standing—say from six months to twenty years, and which the various schools have operated on, and given up as incurable, are cured by water-treatment.

3. Not a dozen cases have ever been published in the United States, which, being pronounced incurable by hydropathy, have ever been cured by any other method, whilst not less than thousand cases, in the various Water-Cures in the Union, are annually restored to health, or great-

ly benefited, after sentence of condemnation has been passed by the different medical schools.

4. If this is true—and it is strictly so—then the conclusion is, that *Water-Cure* is entitled to confidence. Why will not the sick try it? It is a natural method, strictly philosophical, and based on a theory of disease new to the profession generally.

I propose to give you—accidents and extraordinary cases excepted—monthly reports of cases treated by myself and assistants. They shall be, not those cases which, in general estimation, would have gotten well had they taken no treatment, but cases which *defied* all the skill of drug doctors of all the schools.

NO. 1.—SCROFULA.

In the winter of 18—, a young man, graduate of Yale College, applied to me to be cured of scrofulous eruption. He had inherited it, and it had been very troublesome. His body was covered with it, and it oozed an ichor constantly, leaving him filthy, and emitting a very bad smell. He had tried all the remedies known to men of great skill, but to no purpose. I responded by telling him to come. He came, and remained with me eight months. Had one of the severest crises I ever witnessed, of rash, scaly eruptions and large boils, and left me with a skin as smooth as velvet, and health perfect. Months after, he writes—

"Dr. J.—Words cannot express the gratitude I feel for your treatment. I am well. Life is no longer a burden."

Here was a case of hereditary scrofula eradicated from the system, and the victim of it for nineteen years made whole. What do you think of it? This gentleman is now in Germany.

NO. 2.—BRONCHITIS AND RHEUMATISM.

This subject was also a young man, who had, after his own statement, "been murdered by the doctors." His bronchial affection was decidedly bad, running him close to the edge of consumption; and though stiff of rheumatism, so that he could hardly walk, he thought less of his deprivation in the way of locomotion than he did of his throat difficulty. I put him under treatment. He stayed with me eight weeks; went home and followed my prescription for about four months, and is now well, and a hard daily laborer on a farm. His was a case abandoned by the best physicians in his neighborhood. I had a message from him, through a gentleman who comes to the Glen at his instance, which was as follows: "Tell Dr. Jackson that I am well, and owe my life to him. My father is no longer opposed to the Water-Cure." This gentleman lives in Ohio.

NO. 3.—NEUROUS DYSPEPSIA, OF TWENTY YEARS' GROWTH.

This subject was a gentleman who came two thousand miles to see me. He was, professionally, a teacher. Had won for himself great reputation in his calling. He was one of the worst dyspeptics I ever saw. He was at the Glen nearly a year. On examination I decided to reject him, unless he would bind himself to stay at least a year. He knew and felt that it was his last chance. I knew and felt it also, so I made my own terms, and we had no difficulty in a mutual understanding.

I put him under treatment. During its progress, for long months, from his armpits to his hips, his skin looked like raw beef, and he was compelled to change his bandages (scalding them) at least from five to seven times a day. I shall not dilate on this case more fully, as I have the hope that he will feel it due to the cause that he and I so deeply love, to make a detailed statement, for publication in the WATER-CURE JOURNAL, over his own signature. I close this report by an extract from a letter of his, just received:

"Dear Sir: After a long and tedious journey, I am at — once more, having suffered terrible trials in the dietetic way. This country is all hog, hog, hog. God have mercy on this poor defiled world, and hasten the good time coming, and give you ample success! I did not know that I was so much attached to your beautiful North, till my return. My health is perfect, and I am a wonder to many. I shall send you many patients next summer."

This gentleman lives in Mississippi.

No. 4.—MARASMUS.

This case attracted very general attention throughout the Glen. The subject was a young man, of fine mind, fine person, though small of stature, and fine culture. He was exceedingly cadaverous, being nearly, if not quite, as lean in flesh as any person I ever had on arrival. It would seem that the water-treatment was to be his last resort. He was much discouraged, and proposed to try it as much from a sense of duty as from any expectations of benefit. I put him under treatment, gave him but two meals a day, saw that his food was simple, and that he ate carefully, and he soon began to show a better state of the skin. In less than a month I was satisfied that I should save him—and during the last two weeks he gained seven pounds, and left the Glen in the finest condition. He was with me less than two months. He resides in Massachusetts.

No. 5.—SCROFULOUS ULCERS, OF FOUR YEARS' STANDING, ON ONE LEG.

This case was that of a lady from Wisconsin. In personal appearance, she was one of the finest-looking women it has been my good-fortune to meet. She had tried and failed, till absolute discouragement ensued. Coming east, to make a visit, Judge J., a friend of mine, insisted on her taking water-treatment at the Glen. She consented, and the Judge, with his wife, accompanied her. On examination, I found on the limb two ulcers, one as large as a dollar, the other as large, or nearly as large, as the top of a tea-cup, of the worst-looking type, and utterly indolent in the way of healing. I told her I could cure her. She asked the length of time. I replied, I could not tell. She staid under treatment for about three months, and left me, with one ulcer healed, the other reduced to the size of a two-shilling piece. Her husband was at the Glen a few weeks since, and says his "wife's health is entirely good, and that she is enthusiastic in the water-treatment. Her residence at this time is in this State.

No. 6.—CHRONIC DISEASE OF THE LIVER AND DYSPEPSIA.

This case came to me under circumstances

which, to me, are always unpleasant. He had been under water-treatment for some months, without that perceptible benefit which persons are always anxious to see, and in the absence of which they grow impatient. His habit of living had been accordant with his social position, till his appetite was completely perverted from its natural conditions, and food simply cooked and healthful was disgusting. I found him in bad condition, totally lost to self-control in the matter of appetite—eating and drinking heavily, under temptation. He felt mortified at his want of self-guidance. I cheered him up, told him that his habits did not correspond to his judgment, that his disease was, in its clamor for indulgence, too strong for resolutions, and that he did not want *moral sense*, nor self-respect, nor conscience, but correct *bodily habits*. This was a new view to him, but it did him good. It gave back hope to him, and he consented to go to work. He remained about ten weeks with me, and gained flesh and strength, and came round to a natural appetite, and left me to go into business, a saved man. He was one of the most deeply diseased persons who have ever put themselves into my hands, and I rejoiced greatly over his recovery, as he is a man of very high culture, and one of the most influential men in the State of Indiana.

Now, in closing these reports for this number, let me say, that a large class of cases pass under water treatment, which do not find their way into the JOURNAL, as that paper is for general and popular reading, and it is thought not advisable to report them in it. But we have now a Scientific Review,* in that, leaving out names, places of residence, &c., we are at liberty to present our reports of any cases in detail; and I venture the assertion that, during the coming year, there will appear in its columns reports of cases which will be strictly true, and yet surprise its readers. Will you not read? Will you not investigate? Will you persist in cherishing a falsehood, stupendous in character, and none the less deadly because honestly entertained by able and skillful men? It is not needful to charge physicians who give poisons as remedies with knavery or dishonesty, or want of sympathy or want of skill. All I wish to say is, that I am sure they are *wrong*—that there is no need of medicines, internally administered, nor externally, unless in surgery, and that water is amply and absolutely equal to every human disease which is *curable*. "Will you except no disease?" No; I will not. "Not yellow fever? No. "Nor syphilis?" No. "Nor small-pox?" No, nor the plague of the Oriental world. I do declare that the most enthusiastic devotee of hydropathy has but entered the outer court of this new idea. It is clothed with immeasurable strength and virtue. What is wanted to add to the list of those already saved by it, such triumphs as will gladden human hearts everywhere, is a faith in it, on the part of those who administer it, which shall amount to a consecration.

Give us patient thinkers, careful practitioners, earnest men and women, who do, from their inmost souls, believe that there is a divine way of healing, and where pallor sits, will we place the peach-blossom; and where disease and death

laugh at broken hearts, and revel in the agonies of the dying, will we have rosy health and her merry-makings.

A WORD TO THE WISE.

BY E. A. KITTEDGE, M.D.

DEAR FRIENDS: Allow one who has grown gray in the service of the healing art, to give you a little wholesome advice, though he is well aware that the world in general will swallow anything, even "physic," better than advice.

In the first place, I would advise you not to be sick at all, and then you will need no "treatment" of any kind. You may think this is nonsense, but not so; it is within every man's power who has a decent constitution to keep well, if he will but live in obedience to his being's laws. The idea that so long has trammelled the world, that diseases are "sent of God," without regard to the receiver's mode of life, is too ridiculous to merit any man's attention. "As ye sow, ye shall reap," is as true in physiology as in psychology; and the less you sin, either way, the less you will suffer. This you know to be true: at least I do.

Secondly, Do away as fast as possible, if the idea has ever possessed you, "that if you are to get well, you will, and nothing that you can do will alter it"—or, in other words, "if it is God's will that you shall get well, you will recover, otherwise not; so there is no use of doing anything!" A more foolish idea than this could not possibly possess you, for it effectually shuts the door against even God's help. It is absurd to suppose ends can be produced without means.

"The hart paneth for the water-brooks." Why? Because she knoweth that life and health will surely come therefrom. Supposing a man should say that he or his should have neither food nor drink for a month, as God had the power to preserve them hale and hearty without any such instrumentalities! But I will not insult the readers of such a journal as this by arguing this point.

We will, therefore, take it for granted that you believe in using some kind of means, when sick, to restore you. The question then arises, What are the means best adapted for this purpose?

The allopaths will tell you that emetics, cathartics, &c., of drugs, are necessary to clear the first passages; that blue pill and calomel are requisite for altering and increasing the secretions; that opium is indispensable to the abolition of pain; and that liniments, issues and blisters are a *sine qua non* in producing counter-irritation. But "I say unto you," Not so.

I once thought, as do many of the allopaths now, that such things were absolutely necessary to man's salvation from sickness—but I have learned better things in my old age. For fifteen years I groped in darkness, wondering why my patients did not oftener and sooner recover.

I know now. "Whereas I once was blind, now I see." Drugs are not only unnecessary in sickness, but decidedly injurious. This, to any one who has reflected on the subject unbiased, will be apparent; for all drugs are irritants, and foreign to our nature, and cannot but disturb the harmony of the system; and when anywise powerful,

* Hydropathic Quarterly Review, published by Fowlers and Wells, New York.

produce mischievous effects that often result in the crippling of the energies for life. I do not mean to say that they will not remove obstructions, and thereby temporarily "cure" disease. This I know, they have done, and can do. But I do say that it is impossible, in the nature of things, that they should remove entirely diseased action from the system, the which is the legitimate result of false living. They may get up a new action that will swallow up the old, and they often do; and we hear, not infrequently, of such "remedies" being worse than the "disease;" but the old action is therewith, "not dead, but sleeping," and will—the cause not being removed—come back again, as soon as the drug is discontinued, unless its action has been so potent or long-continued that it will perpetuate itself, till death ensues.

Let any man of common sense ponder this question. If a man is eating one-third more each day of his life than he ought, and goes unwashed for months, chews tobacco daily, drinks beer or spirits habitually, uses his brain inordinately, and omits to take even moderate exercise in the open air—if such a man becomes sick, as he surely will, what number of drugs, and what kind, will it be necessary for him to take, in order to be well, he continuing those same habits? And yet this is the precise state of things usually existing.

Priessnitz, a man of uncommon good sense and strong mind, perceived all this intuitively, while we, poor slaves of ancient custom, were groping in the darkness of self-conceit, laying the flattering unction to our souls, that we, with our lancets and pills, &c., were the great conservators of the public health; and without us—the college-learned doctors—the recuperative power within would have to give up entirely, thereby virtually saying that God's own plan of maintaining health was a failure. No man pretends to repair any other kind of machinery in this way. If our watch refuses to keep good time, we know—those of us who have good ones—that the watch itself is not at fault, but would delight, so to speak, to keep perfect time, if it could be allowed; and that all the trouble is, that it is not in good condition. The watch doctor knows this, and he goes to work accordingly, not to pound and shake, or *throw away any part of it*, as the doctors of the body do the blood, &c., which is the life of the human machine, but they remove all the dirt that obstructs the delicate movements of its wheels, and lo! it is a keeper of time again, and its "pulsations" all are regular.

Just so, my friends, do the followers of Priessnitz treat their patients, simply putting them into good condition, and keeping them there; and then they find, if they are anybody to begin with, that they will sooner or later be well, and, as is the case with the watch, will, if thus kept, continue to "keep good time," until worn away by age and much friction.

As for the implements to be used in putting the human machine in order, when out of repair, they are various. The more skillful the artisan, the less particular is he as to tools. It matters not how a thing is done, if it is WELL done. For instance, if a man be burning up with fever, it will be of little consequence to him, or anybody,

whether you put out the fire that is consuming him by the means of a sitz-bath, a wet sheet, or simple cold affusion; the only consideration with him will, or ought to be, that "if it be well that it were done, it will be well if it be done quickly."

Neither can any man tell beforehand how much water it will take at a time, or how often it must be repeated to effect this; fortunately, it is no matter, for, unlike drugs, the water poisoneth no one. All you have to do is to persevere, until you accomplish your end, using what is necessary, and that only.

As for when to use emetics and injections, &c., &c., all of which are of water, you, of course, will consult your books or your physician. It is not my purpose here to prescribe for particular diseases. I only wish to tell you—and I know what I tell you—that water and its adjuncts are all-sufficient in all cases. Nothing can vomit you so easily as warm water. Nothing relieves the bowels so speedily and beautifully as injections, &c., of the same precious fluid; and nothing can possibly be thought of that will give such immediate relief, in all cases of pain, as the wet sheet, cold compresses, and such like applications. And all we ask of you, inexperienced reader, is to throw aside your prejudices, and try for yourselves whether these things be so or not. Give them a fair trial, and we will wager this same golden pen of ours, that you never more will be guilty of insulting your recuperative power by offering it poisonous drugs as an atonement for previously inflicted wrongs.

BODY AND MIND.

IN TWO CHAPTERS.

BY G. H. TAYLOR, M. D.

CHAPTER II.

OUR former picture, which attempted to throw a cheerful sunbeam into a darkened ravine, made however but a partial disclosure; the completion of which, though more sombre, is not without its peculiar interest. The tone of gloom that pervades the present subject is scarce relieved by a cheerful ray. Between us and the source of light there seems an impenetrable veil, though we are conscious, perhaps, of its diffused radiance. The sun of other days has grown chary of his beaming countenance, and groping wanderers cast up longing eyes for his vivifying effulgence; but, purblind and weary, they involve themselves in inextricable labyrinths. At nearer approach, forms arise which seem envired by a torturing parasite, cold and slimy as Eve's tempter, that relaxes not, but rather tightens its folds as the measures of time are cast into the past. The very Hydra would blush for its poverty of heads in comparing with it. The name of this monster, it will not compromise the interest of our narrative to mention, is CHRONIC DISEASE. Unlike its counterpart, it is sure of no speedy termination, nor does it "still educe good from seeming evil," by doing a disagreeable, though *pernicious* kind labor; but it comes, with bare bones and jagged scythe, to hew by ineffectual inches.

A lady seeks our professional acquaintance. She was once deemed beautiful, but sadness has

stolen by degrees over that erstwhile redolent countenance, and has tinged, and perhaps furrowed it. A fond husband doats upon her, and anticipates her every want. She has given life to two or three little blessed images of love, that were judged worthy to be excused from the trials of an earthly probation, and were dropped into an infantile grave—that gloomy portal to bright scenes beyond. These fragmentary expressions of the Great Author are the sweetest, and no wonder He so frugally gathers them. They will be the choicest portions of his book, if rescued ere they are mutilated and tarnished.

Or perhaps our lady-patient is single, and, conscious of her inefficiency, wisely hesitates before involving herself with matrimonial duties and obligations. Love she can, all too ardently; but what momentous considerations does its consummation involve! Nothing less than the physical well-being of a generation.

Confidentially she imparts the story of her personal physical griefs. What a pack-horse is a doctor, to receive such burdens! And what bowels of compassion he must have, duly to mete out sympathies wherever they are so earnestly craved. At first glimpse, professional tact fathoms her thoughts, and knows nearly as much of the detail of her story as she herself could impart. She finds herself under a ban of physical misery; words of encouragement and hope have almost ceased to convey a meaning, so often have they been falsified; still, while there is life, an effort for its preservation is the proper use of it. Her illness is general, yet there are many localized symptoms of significance, such as pressure in the top of the head and in its front, flutterings at the stomach and heart, aching of the loins, dragging of the hypogastrium, and pains down the limbs. Exercise aggravates all the symptoms. She learns to avoid exertion; languor and total unfitness for life's duties and enjoyments hold the place, with astonishing perversity, of the capabilities of making life the heavenly experience that woman can make it. Of late, our fair claimant of succor has been getting worse, feels imperatively that something must be done, and appeals to our wisdom, real or professed, for aid. But why this sad necessity? Where is the defect in carrying out the plans of a beneficent Providence? There is no defect in His wisdom; evil is only an impious attempt to act counter to it.

Life and health are composed of a concatenation of circumstances; an individual control over these is a necessary condition to self-improvement and progression; but this makes retrogression also possible. Whenever this possibility is realized, it is proof that the control we exercise over ourselves is unworthily exercised, and the resulting experience is lamentable, and not joyous. But though the individual experience be a penalty, the folly and the crime of inducing its visitation belongs farther back than the individual—to society and its conventionalities—represented, during infantile years, by parents. Nature was doing the best possible for the "budding hope," while parents were unconsciously tugging in an adverse direction. Nature for a time conquered, but, in doing so, only convinced parents that she looks with "placid eye serene" upon recklessness and ignorance, and that their

exercise is not incompatible with our good, and that all the talk about the integrity of her laws and forces is only stupid gammon, got up by designing doctors and squeamish hypochondriacs.

It is very evident, that whatever were the conditions which have surrounded our unfortunate complainant, they must have been more or less *terong*, that the facts of which we have become cognizant are the legitimate fruits of these conditions, and that the remainder of her term of years, of which she has reached the middle, must be dragged out in misery. Body and mind are both impatient of their copartnership.

When a steamer gets into shoal water, and is in danger of foundering, the engineer reverses the machinery, and is happy if warned early enough to avoid a fatal catastrophe. So the sick must consider they have been steering by a wrong beacon, and should try the soundings.

The greatest perfections are the most spontaneous outgrowths of nature and God. Did nature and reason feed our vexed inquirer? Yes; but care was taken to alter the quality of what her generous hands provided, till its constitution and nutritive adaptation were quite impaired. Is not the sense of taste a sure guide in these matters? Not after its perceptions are blunted to all but the most piquant combinations.

We live in a sea of air, and are obliged to breathe it. Is that wrong? Our complainant has thought so, for she has, by elevating its temperature, rarefied it, and so breathed as little as possible; and then, economically, reconsumed it, diluted with the excretions of her own body, which have been eliminated from the lungs and skin, having become foreign and poisonous from use. The body casts off nothing but useless matters.

Has not nature, since our maternal ancestor of antique and fig-cloth memory, given us reason to contrive the fabrication of coverings for the body, so that we may cultivate and use our delectable tastes in these matters? Yes, but with restrictions. Nature contrived no stocks for the body—no effeminating bandages for the muscles of the pelvis—but emphatically prescribes free motion as the only condition of muscular health. Has this absolute condition of life been observed? If attempted, it has been in a harmful way. *Parts* are used to their detriment, and to the equal detriment of the other parts, and the general equilibrium is destroyed.

Diversity of motion, calling into health and tone all the organs of the trunk and viscera, our patient was taught were un lady-like; while to sit in a stooping, cramped, confined posture, intent over some exquisitely frivolous and useless needlework, was accounted both genteel and industrious.

But the individual consists not of a body alone. The wholesome, natural, due performance of the functions of the mind are of equal importance to those of the materiality. Time enters as an essential element in working for the perfection of the individual; and development must necessarily go through a consecutive course of gradations. No one can be preternaturally stimulated without detriment to the whole being. Hence partial precocity is equivalent to degeneracy, whether of body or of mind. Non-nutritious, sensorial excitants, in the enticing form of beverages, and ganglionic

excitants and irritants, in the form of condimentary spices, have a large share in the work of overturning the judgment with the natural impressions of body and mind. They erect a barricade, and turn the current of reason.

The education of the age plies the imagination ere its suitable development with trashy fiction, which raises the young and tender mind to a morbid ecstasy, and ere it is aware, it abandons itself to a dreamy delirium; it is taught to prefer the contemplation of exaggerated shadows; it swims with a giddy whirl in their fascination; unconscious of life's realities, the strength of mind is insufficient to grasp these gaudy baubles, and still retain a hold on realities; the *physique* languishes and becomes a prey of sickening torments, which the morbid stimulus of a highly exaggerated fancy nourishes to any extent. Just those feelings have become excited which should by all means have lain dormant, till time and circumstance called them forth. Their morbid precocity is destruction.

How curiously circumstanced is the life of woman! Obligated by the rich endowment of her nature to experience thrilling emotions of the affections, the conventionalisms of society suppress their true expression, and the prolific flow may take a morbid turn. Perhaps she submits to the embrace of one who is inappreciative, or incapable of responding to so much warmth and purity. How her fragile and sympathetic frame is racked by the painful endurance of feelings that should find a happy outlet! But, alone, she is inadequate to baffle circumstances.

The body is strung with vibrating cords, extending to each infinitesimal molecule, receiving their origin in the sensorium, each of which is susceptible of being thrilled from the fountain-head, and of conveying a morbid when not a healthy stimulation to each corresponding part, and so reproduce its morbid impression upon the nutrition of the part. Hence disease of important organs can have a *mental* origin. Shall we continue to wonder whence originates so much suffering and incapacity of females?

Aberrations of the functions of nerves, and of parts endowed with nerves, are, by the foregoing means, directly invited. The good of the whole is displaced by a failing or morbid vitality.

As we have said, such disease comes to no spontaneous termination. It has none of the purifying tendency that we have before contemplated. Its cause is inwrought and compromised with the constitution itself, and must be thrown off by labor, carefully, unremittingly, and appropriately directed to that end.

Our dear female friends, lured by revolving, parti-colored, and false lights, have found themselves in an inextricable maze; but there is a star of hope on which they may fortunately fix their anxious eyes.

The thing to be attempted is to retrace their steps. It will be difficult, but not impossible, to stem the current of false habit which sets so strongly; but this force, like that of gravity, increases as the distance decreases. Be not discouraged by discouragements; they were sent by Heaven to increase confidence and to warn of miseries.

Society prescribes but a partial scope for the powers, physical and mental, of woman. A free

and full expression of them is essential to their equilibrium; while, if there be an unexpressed surplus, it will be likely to take a morbid form.

The progress of modern science, too, has been in many ways the destruction of female health. The control man has gained over the forces of nature has been made to supersede the necessity of the use and development of the *vital* powers, in the performance of the common duties of life; the consequence is, the *vital* must languish, and also take unprofitable and illegitimate courses. Society, then, with its conventionalisms and ignorance of relations, has to entertain a multitude of inefficient and diseased females as a penalty for the wrong it subjects them to. Females, then, with the false notion of availing themselves of material comforts, and the favor of equally silly friends of either sex, wed themselves to passion, weakness, and disease. Consider, then, O woman, ere you make factitious and deceitful pleasures your choice, what will be the cost; and when you know that for them there is to be freely surrendered all that makes life desirable or valuable, you will hesitate in the choice that the conventionalisms of society seem to force upon you. Do not, we conjure you, languish and perish for the lack of incentive to wholesome thought and action, while the world lies before you, threaded with numberless avenues, wherein is to be found the fulfilment of hope, and the consummation of the ends of life.

But here we have but one of the infinite number of agencies which are busily and constantly at work in the endeavor to subvert God's work in the construction of His own image. A pure and vital representation of His beauty and perfections we will not have, but prefer to make it an elucidation of His justice and inexorable law; and so we draw out His retributive manifestations in our own persons, in vindication of His own perfections and integrity.

Undoubtedly this is a lesson that we need to be taught, and may we ultimately apprehend and benefit by the severe instruction. It may be thought that our explanation is inadequate to account for the facts to which we have adverted, and of which all are cognizant. It will be said that the habits of effeminacy indulged in by our females are not so marked as we depict, and that females generally scarcely enjoy comforts, much less luxuries.

But the very fact of disease implies the conditions which procured it. By it, they are proved to exist, without the search to discover them. We have only to compare the habits of life of our females with that of their mothers, or with the foreign population among us, in whom such disease is utterly unknown, and the correctness of our position is overwhelmingly demonstrated.

Causes as potent as those adverted to must produce their natural results, whatever be the sex, or age, or condition of those on whom they operate.

But there are others at work no less efficient, and among them we might name *medicine-taking*. We question the morality even of attempting to annul or obscure the penalties of wrong-doing. How else are we impelled to war against sin but by the pain it inflicts? If we experience pain, the first instinct of the most stupid is to avoid it, by avoiding its cause.

If we can *cure* it, no such lesson is taught; we partake a seductive sweet, unconscious that it is a medium concealing a deadly poison. This, then, is medicine, a saviour from the consequence of sin—conveying an implied immunity by accepting its grace, and receiving a professional benediction.

A man ignorantly or unavoidably gets into a condition in which the forces concerned in his being assume hostilities in the shape of fever, and labor for a general purification. Medicine is given to thwart this design. He lingers; then recovers. One or two successive attacks are rebuffed in the same fashion. He then becomes subject to another condition—that is, the impression of, and dependence on, the peculiar irritation of foreign matter in the shape of medicine. The *mental* symptoms attending this state of the body are even greater than those of the body itself, displaying many very ludicrous phases. We will rough-sketch some of their peculiarities.

Our bedridden man is formidable in his own esteem for the extravagant amount of aches that he embodies, and quite as much so to his friends as a psychological phenomenon. He is never done consulting his physician in reference to the history, progress, prognosis, and peculiarities of his complaints; and not only his physician, but any one whom he is successful in retaining by the button-hole. One in his presence feels as though he were receiving a retaliation of some mighty grievance, or staggering under an undue burden belonging to another.

In being examined, he will plead guilty to every unlucky accident and every misanthropic feeling the fertile imagination can invent for him. At the suggestion of any grave malady, he will declare that his case is hit by it precisely. Getting a little of his confidence, he is ready to do for the hour any ridiculous performance one's wicked sportiveness may invent, and is equally ready to change by the next for any thing no less ridiculous.

Seventh-son doctors, and no less wonder-working patent-medicine venders, receive countenance and encouragement from the trooping armies of this class every where to be found; for never a day passes in which his sinful stomach does not receive its purgatorial infliction of some nauseating medicament. He is a walking apothecary's shop, in the most incongruous and unassorted confusion. The blood has been plied with *purifiers* till it has been purged of its color, even, in a good measure, and jaded with stimulation till it only lazily creeps without it. The native instinct of the poor stomach is puzzled; it hesitates over each successive dose till it receives another.

The countenance is a sensitive surface, on which has been etched, in confused lineaments, a history of the internal condition. The peculiar yellowish, swarthy hue; the anxious, starting eye; the restless air, skin alternately flushed or bloodless; the indecisive, hesitating movement, stooping gait; the gulping style of alimentation, without suffering the sapid morsels to scarce come in contact with the palate; the *tout ensemble* addressed to the eye, without the medium of word-language, are significant and infallible tell-tales, advertising him wherever he goes, as an over-effervescing well of woe—giving further, at the same time,

the previous medical and physiological history of the case.

There are all degrees of these cases, from those who cherish an affection for the slightest frailty they may possess, by complimenting it habitually with a bitter, an alkaline solution, or an aperient, to him who has despair depicted on his countenance, and whose only thought is one of interminable sinking, and whose every act is to gesticulate his woe.

Mentally, our subject has an utter lack of confidence in himself, and has no consecutiveness of purpose; he is always hastening away from death, which fact, as well as any other, indicates the guilty nature of the influences concerned in this depravity.

According to his own statement, he never eats, nor sleeps but by the slightest catches. He finds no other conversation of any interest save what relates to his own dear person. He drinks in sympathy with an unappeasable fever-thirst, and it seems to be thrown away upon him, like water upon a sand-bank—he is always calling for more, more. It would be his greatest misery to believe that any one was ever before like him; he claims a patent and exclusive monopoly for his peccadilloes—he nurses them as does a fond mother an idiotic child, while the others are left to shrink for themselves.

It seems to us that the mention of a disease, especially of the character adverted to, conveys with it the suggestion of the remedy.

The precious metals are never obtained by alchemical magic, but by a process of refining and separating the baser mixtures; so the blood and the body and the mind can never be rendered pure by admixing with the vital current foreign ingredients.

Dietetics.

MATRIMONY AND VEGETARIANISM.

[The announcement of our friend who desired a vegetarian wife has set both bachelors and maidens a-thinking, and the result has been various communications setting forth the requirements and the qualifications of sundry persons of both sexes who are not unwilling, provided their true mates can be found, to exchange their state of single blessedness (?) for the, to them, untrod one of matrimony. We give five or six more of them, reserving others for another occasion. We have the names of the parties for the use of those who may be entitled to know them. We continue the numbering from the August JOURNAL, and present first]

LETTER NO. IV.

Horror for a woman half!

GENTLEMEN: Your 'fair' correspondent, aged twenty-two, writing from Quasqueton, Iowa, and possessing common sense, and such a horror of Greek and Latin dandies; who thinks chickens understand French, whose musical accomplishments I admire, whose mathematical attainments suit me to a nicety, and whose love for children and notions in regard to dress express much candor, appears to be just such 'a one' as I have been

looking for these three years, but have not been fortunate enough to discover.

And now, for my part: I am twenty-four years of age; I do not (and never did habitually) use tea, coffee, tobacco, tight boots, *stitched* shirt bosoms, or pickles; and besides, I am a Son of Temperance in good standing; I am intellectual (as an ape), amiable (as a tiger), cheerful (as an owl); I can 'put up' with a cold dinner three times a day; would allow my companion 'freely to manage her own concerns,' and allow her an equal share in the profits of mine, and, if she is a pretty shrewd calculator, perhaps a little more; I think my wife would be 'my dear,' but curtain lectures I 'know not of.'

I much like the appearance of a thunder-cloud, but I have not yet learned to snarl; and with all her other requirements, she will find me most obediently to acquiesce. Moreover, I possess a healthy, rugged constitution, and hope she has the same. I was born poor, and I suppose she will not blame me for holding my own remarkably well ever since!

But, gentlemen, I don't know but I shall have to sleep alone, for I, long time ago, kicked the feather bed out of the window, and threw the pillow under the bed. Success to every reform!

DAN DUANE.

[Deerfield, Lake Co., Ill.]

LETTER NO. V.

EDITORS WATER-CURE JOURNAL: 'Young ladies, don't all speak at once!' Such was the terminus of your remarks under the communication from that rare specimen of his sex who wanted a vegetarian wife. And with deference to your request, which I construed in this way—namely, that we should be deliberate enough to shun the vortex of haste, and sufficiently versed in etiquette to give our superiors the first hearing, I have impatiently waited, consoling myself with the promise that 'the last shall be first.'

I am a lonely vegetarian, daughter of a farmer, and highly delighted with the vocation, so far as it is carried on scientifically; but when I fall in company with a farmer whose theme of conversation is exhausted in the graphic rehearsal of the number of hogs he is fattening, &c., I set him down to be too nearly allied to the ancients who were ignorant of the necessity of aspiring to the cultivation of the 'immortal mind.'

I profess to be a reformer to the fullest extent; have been a reader of scientific and health journals, to the total exclusion of novels, for several years; am twenty-five years of age, 'fearless and independent enough to' place convenience paramount to public opinion. To abridge an otherwise prolix story, I will add, that I am possessor of about all the qualities that 'Mary Meadows' and 'Priscilla Mindfulness' claim to have, and am happy to say that I am a personal acquaintance of the latter, and heartily wish her abundant success in her undertakings. In short, I think I should be pleased with about the same qualifications in a husband and that they are pleased to apply for. In conclusion, must assert that I am destitute of beauty, wit, and genius, but have a fair share of common sense; and, to intrust a secret with you—Mr. Sizer says I would make a good wife.

GRACE TRUTHFUL.

[Greenwich, N. Y.]

LETTER NO. VI.

MESSES. EDITORS: Being a reader of the WATER-CURE JOURNAL, I have noticed an application of a brother bachelor for a vegetarian wife, and I have also noticed in the August number several applications of ladies for vegetarian husbands. Now, Sir, I will state to you that I am in no particular hurry for getting a wife, and even do not intend to get one until I can find one to answer my purpose. But I have observed the qualifications, as far as given by those applicants, and have concluded that the 'Priscilla Mindfulness' would suit me very well. I do not wish to stand in my brother's way, or trespass upon his rights. But my reasons for addressing you are, that he has more applicants than he can properly dispose of *alone*, and perhaps his taste and mine might both be suited; and, furthermore, I consider that I should come short of my duty to stand and see such a chance pass by without making an effort. I sincerely make this request, that, if the lady spoken of does not become otherwise engaged, you may introduce us to a correspondence in such way as you may see fit. I think it would be of use to us—at least there need be no harm by it. I would be very glad to compare notes with such a lady as I take her to be.

I am a vegetarian in practice, and friend of reforms. I am a plain-spoken man, and friend just what I say. I am slow, but sure. D. W.
[Horse Heads, N. Y.]

LETTER NO. VII

DEAR EDITORS: One word of congratulation to that bachelor friend who has been so successful in his search for a vegetarian wife. I, too, am a bachelor of twenty-four and a half years, with a fair start in the world, and want a vegetarian wife; but, in all my circle of acquaintance in the West, I do not know of such an one.

I have from my youth abhorred salt meat, tea, coffee, tobacco, and strong drink. Now, kind Sirs, you will do with this short note as you think proper, but I blush not to own the fact, that I have fallen in love with the spirit of Letter No. II. a.
[Almont, Mich.]

LETTER NO. VIII

["HERMIONE," Breeze Hills, Oakland Co., Mich., sends us a petition in behalf of a lone uncle whom she thus describes:]

He is not what would be called handsome, but he has 'a good look,' after all, and an honest, open-hearted expression of countenance. He is about medium size, has light hair, light eyes, light skin, (tanned some now, but that is no matter, the tan has not reached his heart yet), and an amiable disposition, moderate, pleasant, and agreeable. What more shall I say? Must I tell you he is fond of literary food, taking one or two weeklies, a Monthly Farmer, and your Journal always. Oh! yes, there is one thing more I ought to mention. He is a widower of two years' standing. (I presume you thought so by his looks.) Has a small family, the eldest of his children fourteen years of age, the youngest four. He is a little over forty himself.

Now, he really wants—wants, did I say?—he really needs a helpmate—a partner in the weal and woe, the clouds and sunshine, of his existence. I must also tell you he is rather hard to

please. He does not want the woman he calls his wife to be a tea-drinking, pork-eating, tight-lacing, fashionable lady. He wants a *noble-hearted*, high-minded, thinking, reflecting woman—one who thinks coolly, deliberately, dispassionately, and then acts for herself, regardless of what others may say or do; one who, in all the changes and vicissitudes of life, will nobly merit the name of WOMAN.

LETTER NO. IX.

MESSES. EDITORS: I am in search of a wife, and I am encouraged by those letters in the August number of the JOURNAL to try my luck through the same channel.

And now, my fair readers, I will try to hold myself up and let you look at me. I am a farmer and a vegetarian, and a strong believer in, and advocate of, the water-cure system. I don't raise, and fatten, and slaughter animals on my farm, to fill my body with disease and make a slave of my wife, (when I get one;) but I mean to and am now adorning and enriching it with the choicest fruits with which the All-bountiful Father has blessed the earth. I am under thirty years of age, rather bashful, &c. I want a woman who is a slave to no bad habits—who knows something of her own wonderful organism—who is not afraid of cold water. She may be a Bloomer or not, just as she chooses; but she must be of a decidedly reformatory cast. I should prefer one who can make music on a piano as well as the 'washboard.' I care not how much Latin and Greek and Algebra she knows, but I do not consider these half as important as *some other things*—my readers can easily guess what. In short, I want a woman who has a sound mind in a sound body; and the handsomer that body and the more cultivated that mind may be, the better.

I forgot to say that I wish her to be my junior in years—if from five to seven years, the better. Now, ladies, (modesty aside,) I think I shall make a good husband, and I would like to communicate by letter with any one who thinks as I do.

AGRICULTOR.

[Orient, N. Y.]

LETTER NO. X.

MESSES. EDITORS: My natural sensitiveness shrinks from any public mention of what should be a strictly and sacredly private affair; but necessity knows no law; and, since I am to make a confession, I will admit that 'to love and be loved' is a necessity of my being.

Now, who knows but that I may find in some fair reader of the WATER-CURE JOURNAL the 'other half' of myself, for whom I have so long sought in vain. Let me tell you in a very few words who, or rather what, I am. I am a humble 'worker with the brain and pen,' toiling on in the city, and dreaming of the green hills and fields among which I hope one day to make a home. I am a man of quiet and studious habits, cultivated tastes, (pardon this necessary egotism,) refined feelings, somewhat reserved manners, and affectionate and not unamiable disposition, and think myself capable of returning in full the most ardent and devoted love. I am a hydropath, and in theory a vegetarian, though not wholly so at present in practice.

Well, I want a wife who can appreciate and love me. She must have a well-developed physi-

cal system, a sound and cultivated intellect, and, above all, *warm affections*. I do not want a *blue-stocking*, nor what is generally understood by the term 'strong-minded woman,' but one whose head and heart are developed harmoniously and in true feminine proportion to each other. I consider washing, cooking, sewing, French and music desirable accomplishments, but if any of them are lacking, the ability to acquire them will be all that is deemed essential. In regard to matters of dress, I should wish her to be free enough to consult her own taste, comfort, and health, without particular reference to Bloomerism or anti-Bloomerism; and in all things to study to comprehend and obey the laws of her being. But I must be brief, and will only add, she must not be ugly, nor over thirty years of age. I have spoken frankly. Am I too difficult? I hope not.

I omitted to mention—an important omission too—that I am *poor!* I will not require the same qualification in a wife, neither will I object to it.

Now, if any fair reader of the JOURNAL is disposed to allow me the honor of making her acquaintance, through the medium of a private correspondence, she can learn my name by applying to the editors, or by addressing 'E. J. C.,' Broadway Post Office, New York. [Williamsburg, L. I.]

[We have several other communications on the same subject in our copy drawer, but can find room for no more this month.]

Poetry.

COLD WATER—A SONG.

BY J. PARKER.

Let others sing the praise of tea,
Which makes this short life shorter;
A theme which better pleases me
Is Water, pure COLD WATER.

Health is not found in poisonous drugs,
Though there the world has sought her,
But 'mong the hills and in the streams
Of sparkling, clear COLD WATER.

She comes to those who seek her there—
To every son and daughter
Who lives aright, and drinks, and bathes
In sparkling, pure, COLD WATER.

CENSURE NOT THE HEART.

BY RICHARD STILES WILLIS.

Oh, censure not the heart that loves,
However strange a choice we see:
Each gentle spirit knows its mate,
Though hid from us the tie may be.

When mortal meets, their spirits hold
Communion in the silent air:
And trust, and doubt, and love, and hate,
Invisibly are awakened there!

Oh, let them freely love that can!
Our mortal loves will soon be o'er:
We cannot know what earthly bliss
Survives—upon a heavenly shore!

Fall many a fragile, tender joy,
Was made for this poor world alone:
And whether found, or failed of, here,
In after-life will ne'er be known!

The Monthly.

NEW-YORK, JANUARY, 1854.

"HYDROPATHY IS NOT A REFORM, NOR AN IMPROVEMENT, BUT A REVOLUTION."
Dr. TRALL.
By no other way can men approach nearer to the gods, than by con-
ferring health on men.—CHICAGO.

SALUTATORY.

NEW-YEAR SUGGESTIONS.

BY E. T. TRALL, M.D.

"LABOR OMNIA VINCIT."

Who would not give
Some portion of his ease, his blood, his wealth,
For others' good, is a poor frozen churl.

THE "varied year" has completed another cycle of time. During its rapidly-changing seasons, millions have been born. With its fleeting moments other millions have been hurried to the tomb. Wars, pestilences and famines have ravaged various parts of our world; yet every where the elements of peace and health have been profusely scattered, and the earth has teemed with abundant sustenance. Why all this?

Man's a phenomenon, no one knows what,
And wonderful beyond all wondrous measure.

Sole judge of truth, in endless error hurled,
The glory, jest, and riddle of the world.

A woeful phenomenon and a sad riddle indeed is man, if we are to trust the evidence of our senses!

But the seasons will continue to change. The years of time, like the generations of men, are passing through an ordeal of development. In this is our hope.

Weep not that the world changes; did it keep
A stable, changeless course, 'twere cause to weep.

"Labor conquers all." The seasons work, and so should we. Physical nature is ever faithfully working out its destiny. All the animal creation below us works out the purposes of its being. The vegetable kingdom lives and grows, and labors harmoniously with the laws of its constitution and relation. All in the universe, save man, conforms to the order of nature. He alone, though placed at the head of all, "mars the concord of the general plan," and makes himself and his fellow-creatures miserable.

But,

Thought
Precedes the will to think, and error lives
Ere reason can be born.

As chaos existed before order, so must error, or ignorance, precede truth, or intelligence. That is but the darkness which

dwells in illimitable space, wherever creative power has not energized. This is the ray of the eternal, which gives birth to mind, and illumines its pathway onward, upward, and homeward, to its source and centre.

Truth
Comes to us with a slow and doubtful step;
Measuring the ground she treads on, and for ever
Turning her curious eye, to see that all
Is right behind; and, with a keen survey,
Choosing her onward path.

How beautifully and truthfully the poet has prefigured the course of the reforms we advocate! Every inch of ground in advance of us we have carefully to measure, and conquer by earnest, unremitting labor. On all sides we have to guard against the mistakes of injudicious friends and the wiles of secret foes; and behind, we must keep constant watch lest old customs, inveterate habits, false appetites, and blind superstitions fill up the pathway we have already cleared. Worse than all, we have to contend, in a circle all round us, against the pride of opinion;

And nothing's so perverse in nature
As a profound opinionator.

Herein lies the greatest obstacle in our department of medical reform. We are beset on all sides with learned men, profoundly read in all the mysteries of the schools; full to repletion of all manner of book-knowledge; steeped almost to mental stupidity in the theories of by-gone ages; and hopelessly confirmed in a thousand errors, by all the appliances of an elaborate *mis*-education. With these men, these physicians, we cannot reason; or rather they will neither listen to nor reason with us. Hence they can no more be converted to our system than we can shut our eyes and fall into theirs. Their system and themselves must "die out" together. Our appeal is and must be to the people. The people must understand the essential principles of the healing art, and then there will be no physicians, save those whose practice conforms to these principles. Then physicians will be teachers of health instead of mere tinkerers at disease; they will restore the invalid by pointing out the laws of life, whose violation induced his affliction, instead of poisoning one part to draw off morbid action from another, and leaving him to transgress and suffer as before. Then we will have physicians who will talk to us in a living language, instead of dead and meaningless technicalities—as the poet hath it:

Explaining metaphysics to the nation—
I wish he would explain his explanation.

Then physicians will talk about food, and

drink, and air, and clothing, and exercise, and rest, and heat, and cold, and actions, and passions, and all other influences whose use or abuse constitutes our health, or brings on our diseases; instead of dealing out wonderful powders, mysterious drops, uncertain tinctures, complicated decoctions, inexplicable pills, incomprehensible plasters, etc.

But, friends, patrons, and readers, we intended to have said something more definite and personal. There is room yet. You know we are willing, anxious, yea, determined to redeem our land from this terrible fashion and awful curse of swallowing drug-medicines. We wish to do it *soon*. We would fain live to see the work accomplished, and mingle our voices in the "jubilate."

How slow the time
To the warm soul, that, in the very instant
It forms, would execute a great design.

Nor need the glorious realization of our hope be long in the future. At the commencement of 1854 we have more laborers, more hydropathic practitioners, more books, more lecturers, more writers, and more Water-Cure Journals in the field than ever before. The New York Hydropathic School is also in successful operation, from which will soon go out into various parts of our country, those who will be seen, heard, felt and respected, in the advancement of our "great design."

Prepare, friends, the way for them, for us, for yourselves, for humanity, in circulating our Journal among the people. All classes and all persons can do good to their race in this way. And, in conclusion, we will especially commend the resolution of the poet to the young men and young women of our country:

I would not waste my spring of youth
In idle dalliance; I would plant rich seeds,
To blossom in my manhood, and bear fruit
When I am old.

TOPICS OF THE MONTH.

QUININE A CAUSE OF INSANITY.—A correspondent sends us the following slip, cut from the *New Orleans Delta* of Oct. 15th, remarking, in corroboration of the ideas advanced in that paper: "In our small city, (Jackson, Mich.,) a very worthy young man, who had been allopathically cured of a fever, has been for several days insane, and his life is now despaired of."

INSANE.—Quinine supposed to be the Cause.—No race or people on the face of earth is so little liable to insanity as the

Irish. Their tendency is to mirthfulness; and though the dews of misfortune may descend on them, they readily roll off, like quicksilver from the polished surface of a mirror. They are generally possessed of an indifference—perhaps we should say, wild recklessness—which makes them take but little “thought for the morrow.” And to this is attributed their ordinary exemption from one of the greatest “ills to which flesh is heir”—the curse of “a mind diseased.” Of late, however, matters have changed in this city with regard to the Irish mind, and scarcely a day passes that the Recorders are not called upon to send some unfortunate Celt to the Insane Asylum. Physicians, who are opposed to the use of quinine in yellow fever cases, give it as their opinion that this new development of a tendency to insanity is the result of a too general use of that subtle and deadly medicine. Public opinion attributes not a few of the many yellow fever deaths which have of late so terribly swelled our mortuary annals, to the unwise use of quinine; and if, to the supposed death-dealing qualities of quinine, be added the production of deafness, and blindness, and swollen limbs, and *insanity*, how great must be the responsibility of those who have so freely, in fifty-grain doses, administered it!

This matter was referred to some days ago in the *Orleanian*, the editor of which paper could only account for so new and remarkable a development of insanity among the Irish by attributing it to the potency of the “great yellow fever medicine.”

But the new outburst of insanity is not wholly confined to any one class of our population. Every nationality contributes its victims, upon whose brains the “written troubles” of quinine have been traced; for all of those who have recently become insane have but a short time since had their names recorded in physicians’ books as among the lucky ones who were *cured of yellow fever!*

ABORTION INDUCED BY QUININE.—How happens it that, all at once—as it were the waking up from a long and dreamy sleep—our allopathic friends are finding out that the very medicines they have relied on for scores of years as *specifics* in the treatment of certain diseases, are really themselves the *special causes* of certain other diseases? A pretty evenly-matched *pro* and *con* discussion has been going on for several months in the old school periodicals, whether quinine is useful or injurious in typhus and typhoid fevers; one set of writers contending that it *cures*, the other that it *kills*. Among the evil results of its employment, that of inducing abortion is a recent discovery. Yet the testimony on this point seems conclusive. Thus, Dr. H. A. Ramsay, of Thompson, Ga., under date of Oct. 20, 1853, com-

municates to the *Boston Medical Journal* the following statements:

SIR:—Since 1843, I have been thoroughly convinced that quinine was an abortifacient of no inconsiderable powers. I recollect, in the fall of 1843, I had many cases of intermittent fever, among them three negroes *enceinte*. As the quinine practice was then in great vogue, and very applicable, as I thought, to the cases, I prescribed it freely, but invariably with the abortion of the case, and its speedy recovery. Since 1842 I have prescribed quinine in many similar cases, sometimes guarding it with opium, in others alone. In the latter cases abortion has often been the result, adding confirmation to my former views. I recollect, not many weeks since, I saw a case of intermittent fever in the fifth month of gestation. I prescribed quinine and opium. The case went on well, but relapsed, with some signs of abortion. I was called, but illness prevented my attendance, and another was sent for, who prescribed quinine alone, and abortion resulted. Not long since, I mentioned my convictions to my friend, Dr. Wm. Martin, of this county. He had long entertained a like opinion, and was glad to find a taleman. Dr. Martin related a case to me, in which the same agent produced a profusion of catamenial discharge in remittent fever; the discharge abating when the medicine was suspended, and *vice versa*. This conclusion of my friend I can verify in many cases.

I am so thoroughly convinced of the abortive tendency of the medicine, that I never prescribe it but in combination with full doses of opium or some of its salts. How far this opinion is prevalent in the South, I am not able to determine, but I feel convinced there are many practitioners who can bear testimony to it if they will refresh their memories a little. I would not say it will invariably induce abortion; no agent will do it; but I am sure it should be cautiously administered in *intermittent fever when pregnancy exists*.

BOOT-PATHY.—The last “pathy” is thus alluded to in a paragraph which has been going the rounds of the newspapers:

DISEASES OF THE BRAIN.—Dr. Junod, of Paris, is on a visit to introduce into practice his invention of the exhausted air-boot for diseases of the brain. He places a large metallic tube upon the leg, which is exactly in the shape of a boot, and by an apparatus connected with it, he gradually exhausts it of air, the consequence of which is, the limb swells enormously, becoming three times the ordinary size. There is an immense quantity of blood thus determined to the lower extremity, whose capillary vessels become much distended, and relief is thus given to the overloaded sanguineous system elsewhere, which is often permanent, as the limb only slowly unloads itself from the hu-

mors driven into it. There is no reaction to be feared: the objection that at first presents itself is the probability of its giving rise to varicose veins, but from the numerous experiments that have been made, it would appear that this effect had not been produced. It would appear to offer a resource where there was great determination of arterial blood to the head, or where there is venous retardation.

The mission of Dr. Junod reminds us of an anecdote. About a dozen years since, a physician, with whom we had once been associated as fellow-student in the same medical office, called on us to explain a vast and wonderful discovery he had made in medical science. It was this: Inflammation, congestion, fever, and in fact all other morbid conditions of internal organs, were consequent on an engorgement of the blood-vessels of the internal organ or part affected; hence the indication of cure was to draw this accumulated blood off to the surface. He had constructed a large wooden box, or tub, which could take in the whole body up to the neck; the air was then exhausted by an air-pump; a general turgescence of the superficial capillaries took place, with immediate relief to the pain and other symptoms of disease.

Such was his account of the experiment he had made. But as the apparatus was awkward and inconvenient, he proposed going to the India rubber factory at New Brunswick, N. J., to get something more easily managed and portable made of that material. Since that interview we have never heard a word of his method of *boxopathy*, and rather suspect we never shall.

THE ALCOHOLIC CONTROVERSY.—Drs. Johnson and Hussey are still discussing, *pro* and *con*, the question of alcoholic medication, in the *New York Medical Gazette*, whose editor, as many of our readers know, has solicited the opinion of the profession as to the medical virtues of “gin schnapps.”

We find but little pith or point in the discussion thus far; but shall watch its progress carefully, and give our readers the benefit of any new light it may throw on the general subject.

In the October number Dr. Hussey remarks:

Neither will it be deemed legitimate to convert the vulgar practice of ignorant people into a pretext for accusing more than four-fifths of the profession of countenancing such a claptrap doctrine, as that brandy is both a preventive and a cure for cholera.

To which Dr. Johnson replies in the November number:

I again assert, that four-fifths or more of the profession here (in Cincinnati) sanction the use of brandy in epidemic cholera, both as a preventive and a cure.

But we have looked through the late numbers of the Gazette with more especial interest, to learn what responses "the profession" have made to the great question of the medicinal value of "gin schnapps." But we infer from the following editorial that they are all eminently eulogistic. We quote:

GIN AS A MEDICINE.—The articles sent us in eulogy of Mr. Wolfe's Aromatic Schiedam Schnapps are found to be too theoretical and irrelevant for the present state of the question of Alcoholic Medicine as discussed in our columns. We marvel that there should be so much evasion of the true issue among all the disputants; and both sides being now heard, in the present phase of the controversy, it can no longer either interest or profit our readers. We are free to respond to the numerous calls for our own opinion in explicit terms. We employ alcohol as a remedy, only in those pathological conditions in which it is indicated as preferable to other agents,—and we seek to obtain a pure article, whether wine, brandy or gin, by procuring it from some reliable importer; and having prescribed Mr. Wolfe's gin in a number of cases, and witnessed its effects, we have confidence in its purity and utility when judiciously prescribed, and used strictly as a medicine, and under professional advice. The common use of this or any other form of alcohol, as a beverage, we utterly condemn, as a bane for which total abstinence is the only antidote.

We have yet to find the first word of "response" from any allopathic physician to whom a bottle or two of schnapps has been sent, who does not pronounce it "first-rate;" and we have yet to see the first periodical of that school which does not either eulogize it or keep mum. We do not, however, marvel in the least that the responses are too "theoretical and irrelevant" to appear in print.

HEREDITARY SUICIDE.—Mr. Woffolk, late the sheriff of Tioga county, committed suicide a few days since, by hanging. But a few days before this his father hung himself, and three years ago his grandfather ended his own life in the same way. It is a strange illustration of "hereditary taint," or of that and the power of association combined. They were all wealthy men in the most happy circumstances, and had gained their means by frugal industry and slow accretion, and were universally beloved for their uprightness, kindness and honorable bearing. It is a strange circumstance, illustrative of hereditary insanity but surely developed.

Practical Water-Cure.

FACTS are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—Dr. F. LEE, F. S. A.

A COMPLICATED CASE

BY MRS. R. B. GLEASON.

The following case is reported for the encouragement of those whose infirmities are obstinate, and slow to yield under water-treatment.

At the request of the patient, but not in accordance with my usual custom, I give her name in full, she hoping the report may fall under the eye of some of the many physicians whom she had consulted, and who considered her case hopeless; and that it may also strengthen the falling faith of some suffering one, and thus induce him or her to protract the treatment, in hope of final and permanent relief.

On the first of September, 1852, Miss Pamela A. Chamberlin become a patient at Elmira Water-Cure. Her father is healthy. Her mother, always feeble, died with consumption, at the age of thirty-eight. In her childhood she was sickly. At fourteen she was bitten by a rattlesnake, and remained insensible three days. Her limb was badly swollen, and she walked with difficulty for one year, being always lame on taking much exercise. During her seventeenth year she had the bilious fever, and fever and ague, and took much calomel, quinine, opium, &c. Finally, she recovered so as to labor some, but suffered from indigestion, constipation, scanty and painful menstruation, &c., &c.

In October, 1851, while drawing water at a well with a low curb, she fell in, lacerating her scalp, bruising her side, and injuring her abdomen seriously. She was confined to bed four weeks in consequence. During that time, she had no evacuation without cathartics, and then her stools were attended with intense pain.

After that, she discontinued medicine for a week, and had no movement during the time. Profuse diarrhoea and severe spasms followed, which were arrested by medicine, when constipation again intervened. From November till June she had evacuations no oftener than once a week, and no menses during that time. Urine was scanty. In June she was attacked with diarrhoea, attended with spasms so severe that she lost her reason. This being checked, she had no movement for three weeks, though increasing doses of cathartics were administered every day. No urine was passed oftener than once in three or four days, and then only about a gill. She got no sleep, except by taking large doses of morphine or opium. Finally, in response to the most powerful purgatives, a profuse discharge was secured. The patient was now greatly reduced, and had abdominal spasms, worse than before, every day.

Medicine was then discontinued for one week, when active cathartics of various kinds, medicated injections and tobacco to the abdomen, were in turn resorted to, but all to no purpose, except to induce severe abdominal spasms daily, till, between four and five weeks after the previous drain, another equally profuse one came on.

This was followed by the same absence of all normal abdominal movement, and an increased spasmodic action. Recourse was again had to constant cathartising, with a result similar to that before obtained, only the pain was *more severe*, and the spasms *more frequent* and *more intense*, so that no appreciable sleep was enjoyed for four or five nights, even when under the influence of anodynes. Her physician then gave up her case as hopeless.

She was then brought to our Cure, where she arrived September 1, having then had no passage from the bowels in three weeks, and none from the bladder in four days. Her form was bent, as if with the weight of years; her distress being so great that she had not stood erect or walked for some weeks. Her face was expressive of the most intense agony, and protracted suffering had written lines so deep, that I supposed her past thirty years of age, though really only twenty. The catheter was immediately used, and a well-nigh incredible amount of dark-colored, fetid urine drawn off, more than I supposed the bladder could have contained without a rupture. Doubtless, much of it had been long retained, and that the urinary cyst had been but partially emptied in many weeks. So I judged from some of the symptoms, and from the present and permanent relief the operation afforded; for all the so-called "prolapsus uteri" vanished, and the patient could now stand erect, and walk about her room with comparative ease.

The following day I gave the patient an enema of two quarts of water at 75°, which was retained; after half an hour, repeated the same, when several abdominal spasms came on, which were relieved by a hot hip bath; but no evacuation, even of the water taken, occurred. The next day I gave three enemas, two quarts each, of water at 98°, at intervals of an hour. After the last was taken, a profuse discharge of dark feces took place, accompanied by intense pain, which continued for some hours after. For some weeks, injections of a half-pint of water at 72°, three times a day, were used, all of which were retained. Larger injections of warm water were often tried, but no operation from the bowels oftener than once in two weeks could be secured, though protracted friction and kneading of the abdomen was used. General treatment was also perseveringly applied. The patient, meanwhile, improved in strength, slept more, and had less frequent and less severe spasms. The urine increased in quantity, and I had no occasion to use the catheter more than three or four times.

In six weeks from the time she came here, the left side of the abdomen, where the injury was, began to swell, and become painful and sensitive, as did also the adjoining hip and limb, so that she could not walk. As this subsided, a bright red rash covered the body. This continued two weeks. About ten days after, another eruption, consisting of blotches, similar to those induced by the poison-ivy, covered the entire body, except the extremities, which were so burning and painful that there was no peace for the patient, except when cold wet bandages were freshly applied. She had little rest either night or day for two weeks, and for several nights did not lie down, her back and sides being so sore and sensitive to pressure. About three weeks

after, another crisis, in the form of a red rash, appeared, and covered the entire body and lower limbs to the knee. This was less painful than the preceding, but very fetid in character, and continued two weeks. Soon after this, the fourth eruption covered the entire body, even to the feet, which were much swollen, sensitive and painful.

All this time the patient steadily gained in strength, but it seemed impossible to induce any normal intestinal action. Enemas, small and many, large and few, warm and tepid, were tried, but the same torpor continued, despite these remedies and many others, such as kneading, friction, magnetism, &c., &c.

Ever since her head was injured by the fall, there had been a strong tendency to determination of blood thither; and as spring returned, these symptoms become more severe. In March, there was another discharge of blood and pus from the bowels. After this, I discontinued the use of large enemas, fearing a rupture of the intestines, as there were strong symptoms of some organic lesion. Small enemas secured no action, but merely added to her distress, being all retained. I then resorted again to friction, which was applied gently by an attendant, half an hour at a time, twice a day. This was felt to be a great relief from pain, but no movement was had oftener than once in two or three weeks. She had been dyspeptic for several years, but now her ability to digest seemed to diminish. Still she was no lean dyspeptic, for her system seemed built up of waste material retained in it, so that she had increased rapidly in size for the last year, despite all her suffering.

At this time the left limb, which had been bitten by the rattlesnake six years prior, presented much the same appearance as at the time of the accident; and much pain and lameness were experienced for several weeks. There were also frequent discharges of blood and mucus from the bladder. For ten days after this ceased, she suffered much from strangury, and had a profuse discharge of blood and mucus from the bowels several times. During all this time she was confined to the room and adjoining hall. January 1st, she came down stairs for the first time since the commencement of the first critical action. From that time she gained rapidly in strength, and was comparatively free from pain, except in the region of the abdomen, where the injury was. She had no spasms after the first eruption, except at each evacuation, which was usually once in two or three weeks.

To tell all the various changes which were rung on our varied forms of baths, would require an extra number of the JOURNAL. All that Yankee ingenuity could invent, counselled by my wiser half, was tried in the way of hip baths, half baths, dash baths, packs, bandages, compresses, fomentations, &c., &c., &c.

Her form had now become so unshapely, and her size so great, as to be both burdensome and embarrassing in the extreme. In June, the friction used seemed to be losing its power. Strong symptoms of apoplexy appeared, with much pain in the head, redness of face; patient often complaining that when she heard, it seemed so difficult to comprehend what was said.

I then resorted to full baths at 105°, of five minutes' duration, with constant cold pouring to the head while in; after this, a general pail-pour at 65°. The first operated as a cathartic and emmenagogue, though a painless one. This treatment was continued every other day for two weeks, and a free evacuation after each hot bath was the result. After that, the hot bath was used but once per week, but still the bowels moved freely every day, or every other day, till July, when a profuse diarrhoea set in, but without pain or prostration; on the contrary, the patient improved in strength and spirit daily. She also diminished rapidly in size, and though short in stature, she has lost thirty pounds within three months, and still has a plenty of flesh remaining. The diarrhoea continued some weeks, and ceased, leaving bowels regular, and without pain or soreness. The menses are now regular; the urine healthy. She sleeps well. There is no pressure in the head, and she says she has not known such a feeling of general health since her remembrance. She can work and walk with an ease to which she has heretofore been a stranger. She leaves us now, after a sojourn of a year and one month. She has not been subjected to a constant series of packing, bathing and bandaging, but for weeks, at varied intervals, treatment has been partially or entirely suspended, as symptoms seemed to indicate.—*Elmira Water-Cure.*

Reviews.

HYDROPATHIC FAMILY PHYSICIAN.—A Ready Prescriber and Hygienic Adviser with reference to the Nature, Causes, Prevention, and Treatment of Diseases, Accidents and Casualties of every kind; the whole illustrated with upwards of Two Hundred Engravings. By JOEL SNEW, M.D. Published by FOWLER and WELLS, 131 Nassau St., New York. Substantially bound in one large volume. [Price, \$2; with postage prepaid, by mail, \$2.50.]

Having before made reference to this work, we herewith present our readers with an abbreviated analysis of its contents; and we will likewise add, that we speak for THE HYDROPATHIC FAMILY PHYSICIAN a circulation commensurate with its importance and real worth:

CHAPTER I. PRELIMINARY OBSERVATIONS.—Health and Disease—Characters and Forms of Disease—Of the Symptoms—Sex—Occupation—Of Symptomatic—Pain, Physiologically and Pathologically considered—Prognosis in Disease—After the Temperature.

CHAPTER II. OF FEVERS.—Theories—Character—Ephemeral, or One-Day Fever—Hoic Ague—Malaria—Remittent, or Bilious Fever—Milk Sickness—Yellow Fever—Continued, Typhus, and Typhoid Fever—Plague—Milk, Childbed and Mercurial Fever.

CHAPTER III. OF THE NERVOUS SYSTEM.—(Illustrated)—The Cerebro-Spinal Axis—Ganglionic System—Brain and Spinal Marrow—Cerebrum—Cerebellum—Medulla Oblongata—Dura Mater—Arachnoid Membrane—Pia Mater—Spinal Cord—Cranial and Spinal Nerves—Hygiene—Mental Occupations as affecting Longevity and Health—Different Professions—Rules of Mental Labor.

CHAPTER IV. DISEASES OF THE NERVOUS SYSTEM.—Inflammation of the Brain—Water on the Brain—Headache—Vertigo—Diseases of the Cerebral Substance—Apoplexy—Compression and Concussion of the Brain—Paralysis or Palsy—Crepid—Lockjaw—Hydrophobia—Nervitis—Injuries of the Nerves—Epilepsy—St. Vitus's Dance—Convulsions—Cholera—Rabies—Tetanus—Hysteria—Insanity—Hypochondriasis—Delirium Tremens—Drunken Fit—Fainting—Sleep Disturbance—Somnambulism—Sleep-Walking—Night-Pollution—Nightmare—Sleeplessness.

CHAPTER V. OF THE DIGESTIVE ORGANS.—The Alimentary Canal—Mouth—Salivary Glands—Pharynx—Oesophagus—

Stomach—Intestines—Liver—Pancreas—Lacteal—Thoracic Duct—Process of Digestion.

CHAPTER VI. DISEASES OF THE DIGESTIVE ORGANS.—Inflamed Mouth—Cantharis Ovis—Cancer of the Lip—Hare Lip—Diseases of the Tongue—Tonsillitis—Salivation—Dyspepsia—Morbid Thirst—Dissipated Appetite—Anorexia—Depraved Appetite—Dist Eating—Inflamed Stomach—Organic Diseases of the Stomach—Indigestion—Cramp of Stomach—Nausea, Vomiting, and Sea Sickness—Colic—Biliousness—Lead Colic—Intestinal Worms—Inflamed Bowels—Diseases of the Liver—Bilious Attacks—Jaundice—Diseases of the Pancreas and Spleen—Diarrhoea—Cholera Morbus—Cholera Infantum—Acanth Cholera—Dysentery—Obstructions of the Bowels—Constipation—Flatulence—Hæmorrhoids, or Piles—Profluvium Ani—Fistula in Ani—Fissures and Ulcers of the Anus and Rectum.

CHAPTER VII. OF THE THORAX OR CHEST.—Mechanism of Respiration—The Lungs—Bronchial Tubes—Physiology of Respiration—Circulation of the Blood—The Arterial—The Venous—Importance of These Functions.

CHAPTER VIII. DISEASES OF THE CHEST.—Consumption—Inflammation of the Lungs—Bronchitis—Cold upon the Lungs—Suppression of the Voice—Nervous Cough—Hoarseness of the Lungs—Greasy—Foul Breath—Pleurisy—Asthma—Whooping Cough—Croup—Inflammation of the Heart—Chronic Heart Disease.

CHAPTER IX. OF THE SKIN AND ITS APPENDAGES.—Description of the Skin—The Epidermis—The Mucous—Cutis Vera—Offices of the Skin—Perspiration—Appendages—The Hair and Nails—Their Health and Uses.

CHAPTER X. DISEASES OF THE SKIN AND ITS APPENDAGES.—Small-Pox—Inoculation—Cow-Pox—Greasy-Pox—Chicken-Pox—Measles—Scarlatina—Nettle-Rash—Rubeo-Rash—Papular Rash—Gum-Rash—Lichorous Rash—Prurigo—Miles Rash—Acne—Dandruff—Lepra—Dry Scall—Scaly Tetter—Fish Skin—Ringing, Scabby and Papular Scall—Itch—Water Blisters—Tetter or Herpes—Scordid Blain—Heat Eruptions—Scarcy—Eczema—Sunburn—Vulgar Scabies—Croup—Plebsid and Albino Skin—Carbuncle—Wart—Chan—Bunion—Culiculus—Morbid Swell—Cloning or Galling—Clapped Hands, Feet and Nipples.

CHAPTER XI. OF THE BONES, MUSCLES, AND JOINTS.—Number of Bones—Composition and Growth—Nerves—Muscle or Flesh—Number of the Muscles—Growth—Effects of Exercise—Apparatus of the Joints—Cartilages—The Synovial Membrane.

CHAPTER XII. DISEASES OF THE BONES, MUSCLES AND JOINTS.—Rickets—Spinal Diseases—Curvature and Distortions of the Spine—Tumors of the Bone—Inflammation—Osteomyelitis—Osteitis—Caries—Necrosis—Exfoliation—Cancer—Periostitis—Of Club Foot—Weak Ankles—Wry Neck—Hip Joint Disease—Stiff Joint—White Swelling.

CHAPTER XIII. THE TEETH AND THEIR DISEASES.—First and Second Dentition—Management of Teething—Cutting the Gums of Infants—Tartar—Caries—Toothache—Extraction of Teeth.

CHAPTER XIV. OF DROPSICAL DISEASES.—Cellular Dropsy—Circum Hydrocephalus—Drop of the Spine—Belly-Ovaries—Fallopian Tubes—Womb—Serotum—Windy Dropsy—Obesity.

CHAPTER XV. GOVT, RHEUMATISM, AND NODOSITY.—Causes of Gout—Treatment—Causes of Rheumatism—Cure—Nodosity.

CHAPTER XVI. SCROFULA AND CANCER.—Symptoms, Causes, and Cures of Scrofula—Cancer—Its Treatment.

CHAPTER XVII. OF TUMORS, SWELLINGS, ULCERS AND ABSCESSSES.—Different kinds of Tumors—Wenks—Nævus—Aneurism—Varicose Veins—Varicocele—Boils—Wallow or Felon—Stones—Bruise—Milk Leg—Elephant Skin—Mumps—Ulcers and Sores—Abscesses.

CHAPTER XVIII. OF THE EYE, EAR, NOSE AND THROAT.—Anatomy and Description—Hygiene of the Eye—Inflammations of the Eye, Acute and Chronic—Fistula Lacrymalis—Cataract and Anæsthesia—Short and Long Sight—Squinting—The Ear—Dissolved Hearing—Diseases—Inflamed Ear—Earache—The Nose—Nasal Small-Pox—Polypus—Inflamed Nose—Lupus—Ozena—Sneezing—Coryza—Catarrh.

CHAPTER XIX. DISEASES OF THE URINE-GENITAL ORGANS.—Inflamed Kidney—Bright's Disease—Inflamed Bladder—Gravel—Stone in the Kidneys, Uterus, and Bladder—Destitution of Urine—Gonorrhœa—Strangury—Diabetes—Incontinence—Erratic Urine—Syphils—Stomach and Gleet—Spermorrhœa.

CHAPTER XX. OF WOUNDS AND HEMORRHAGES, AND THEIR CURE.—Historical Uses of Water in Wounds and Other Injuries—Hippocrates—Celsus—Ambrose Pare—Lauverrier—Todes—Lombard—Forsy—Larrey—Treillis—Sanson—Lacourbiere—Louis—Mearns—Billing—Liston—Mutter—H. M. Smith—Of Wounds—Incised—Punctured—Lacerated—Contused or Bruised—Of Fracture—Treatment of Wounds generally—Modes of applying Water—Of Hemorrhages from Wounds—Modes of arresting them—Nose Bleed—Hæmorrhage from the Extraction of Teeth—Hæmorrhage from the Mouth, Throat, Lung, Stomach, Bowels—Piles—Uterus—Lacerated Bites—Fossules cured most readily from Hemorrhages.

CHAPTER XXI. FRACTURES AND DISLOCATIONS.—Different kinds of Fracture—Fracture of the Nose—Of the Lower Jaw—Collar Bone—Ribs—Upper Arm—Forearm—Thigh—Leg—Knee—Compounded Fracture—Of Dislocations—Dislocation of the Jaw—Shoulder—Thigh—Wrist—Thumb—Fingers, &c.

CHAPTER XXII. OF ACCIDENTS, CASUALTIES, &c.—Rupture or Hernia—Sprains—Rupture of Muscles and Tendons—Wounded Testicles—Accidents—Electric and Contusions—Apoplexy, Suspended Animation and Apparent Death—Drowning—Hanging—Stroke by Lightning—Sun Stroke—Stiffing—Choking at the Gullet—Swallowing Pieces of Money, &c.—Choking at the Windpipe—Scalds and Burns—Swallowing Hot Liquors—First Bite—Chilblains—Swallowing Potions—Poisonous Repellents, &c.—Wounds of the Veins—Of the Eye—Substances in the Eye—Abscess of the Foot—Biting the Ears—Things in the Nostrils and Ears—Wetted Fingers—Spontaneous Combustion—Cold Winds and Feet.

CHAPTER XXIII. DISEASES OF WOMEN.—Menses—Menstruation—Amenorrhoea—Chlorosis—Menorrhagia—Dysmenorrhoea—Change of Life or Critical Period—Leucorrhoea, Fluor Alba, &c. or the Whites—Prolapsus Uteri, or Falling of the Womb—Inflammation of the Womb.

CHAPTER XXIV. OF PREGNANCY AND CHILD-BIRTH.—Signs of Pregnancy—Duration—Mode of Breeding—Management in the Various Stages—Safety of Labor—Amount of Pain—Terminations of Labor—Symptoms and Stages—The Waters—First and Second Labors—Placenta or Afterbirth—Flooding—Management after Delivery—Bathing—Exercise—Sitting Up—Bed-ridden Cases, &c.—Abruptions—Lochia Discharging—Inflamed and Prolapsed Breast—Sore Nipples—Importance of Suckling—Management of the Child.

CHAPTER XXV. PROCESSES OF WATER-CURE.—Wet-Sheet Bath—Rubbing—Wet-Sheet—Douches—Shower-Bath—Catact, Hot, Warm, Cold, Plunge, Head, Leg, Sitting Baths—Affusion—Towel and Sponge-Bath—Eye-Bath—Sens-Bathing—Vapor—Sweating—Rinses for Bathing—Drinking—Clysters—Division of Baths—Crysis—Air and Exercise.

CHAPTER XXVI. THE HUNGER-CURE.—The German Method—Theory and Practice—Acute and Chronic Disease—Rules of Diet.

We will here simply add that an important feature of this work is that relating to the subject of Diet as a means of curing disease. The HUNGER-CURE, as practised in Germany, and under the same sanction of Government as the WATER-CURE, is here elaborately explained, and for the first time published in America.

THE PRACTICAL FAMILY DENTIST: A Popular

Treatise on the Teeth, exhibiting the Means necessary and Efficient to secure their Health and Preservation; also the various Errors and pernicious Practices which prevail in relation to Dental Treatment. With a variety of useful Receipts for Remedial Compounds, designed for Diseases of the Teeth and Gums. By DEWITT C. WARNER, M.D., Dentist, New York. Fowlers and Wells, 1858. [Price, prepaid by mail, 57 cents.]

If we are not much mistaken, this little volume will do much towards rescuing the dental art—an art so very useful and necessary in these days of bad teeth, from the hands of ignorant quacks and pretenders, and placing it under the control of science and common sense. The public will thank Dr. Warner for the boldness and earnestness with which he has denounced the absurd and destructive practices of many who profess to practise the art. We commend the work both to dentists and to all who have occasion to employ them, and especially to the latter, that they may thereby be enabled to guard themselves against the impositions of quackery. To give the reader an idea of what may be found in the book, we copy the "Contents:"

INTRODUCTORY REMARKS.—General Anatomy of the Teeth—Chemical Composition—Form, Number, and Arrangement—Dentition—The Gums, or parts contiguous to the Teeth—Causes which affect them injuriously, and their modes of operation—Teething, or the First Dentition—Dentition as a predisposing cause of Caries—Chemical Agents the result of Putrefaction—Tartar—The Tooth-brush as a cause of Disease—The Dentrifice, a cause of Dental Disease—Filing the Teeth injuriously—Cleanliness, as a Remedy—The Tooth-brush a means to obtain it—The Dentrifice, as a Remedy—Scaling the Teeth—Plugging or Filling Carious Teeth—Destruction of the Nerve in order to Plug Teeth—The Extraction of Teeth—

Cutting the Gum—Materials for Filling Teeth: Gold, Tin, Silver, Metallic Paste—Artificial Teeth—Inserting on Pivots—Inserting Teeth on Plate—Composition of Plates—Silver for Plate—Platina—Gold—Galvanizing—Artificial Teeth: their Composition.

NEW EDITIONS.—Fowlers and Wells will publish immediately new editions of the following valuable works:

THE DOMESTIC PRACTICE OF HYDROPATHY, with Fifteen Engraved Illustrations of Important Subjects. By EDWARD JOHNSON, M.D. [Price, prepaid by mail, \$1.50.]

This work is from the pen of a learned English physician, and contains detailed descriptions of the various water-cure processes, the manner and time of applying them, observations on diet, clothing, sleep, exercise, general observations on the hydropathic treatment, and minute descriptions of each disease, with its appropriate treatment, etc.

WATER-CURE IN CHRONIC DISEASES.—An exposition of the Causes, Progress, and Terminations of various Chronic Diseases of the Digestive Organs, Lungs, Nerves, Limbs and Skin, and their Treatment by Water and other Hygienic Means. By JAMES MANBY GULLY, M.D., "Licentiate of the Royal College of Surgeons," etc., etc. [Price, prepaid by mail, \$1.50.]

Dr. Gully's work is an able and scientific one, and has already had a wide circulation both in this country and in Europe. The title-page copied above indicates very well the aim and scope of the book.

LIFE, HEALTH AND DISEASE. By EDWARD JOHNSON, M.D. Author of *Hydropathy*, *Nerves*, *Philosophical*, etc. [Price, prepaid by mail, 57 cents.]

This volume embraces a series of letters addressed by the author to a brother, who was suffering from a complication of diseases, or at least of dissimilar symptoms, supposed to be all represented by the term indigestion; and are intended to explain in common language the nature of the animal economy, detailing, step by step, the processes of life, and showing how life is sustained and health preserved. It is an excellent and useful work.

Miscellany.

NEW YORK HYDROPATHIC SCHOOL.—We are gratified in being able to announce that Dr. Trall's educational enterprise has been opened, and is now progressing under the most favorable auspices. The introductory exercises, which took place on the evening of Oct. 31st, were attended by a large and highly intelligent assemblage of the friends of health reform.

All the addresses, though brief, were spirited, bold, progressive, and to the point. Dr. Trall explained the general plan and objects of the school, and alluded to the communications he was constantly receiving from all parts of the country, asking for competent teachers and practitioners of Water-Cure, whilst he had none to send or to recommend. To meet this demand, he had determined to associate all the Hydropathic talent of this city, so that students of both sexes could be thoroughly qualified to go forth, either as lecturers or physicians. In this enterprise he had

been promptly seconded by every Water-Cure practitioner of the city—Drs. Shew, Taylor, and Wellington—each of whom generously proffered his services. Dr. Trall also paid a fitting compliment to Dr. Snodgrass and Miss Cogswell, who had refused the offer of more profitable situations in order to become teachers in this school.

Dr. Shew exposed the fundamental absurdity and absolute danger of the whole drug system. He showed, from the confessions of the principal authors and advocates of the popular medical science, that it was a curse instead of a blessing to the world; and adverted to the great field of usefulness now opening to those who can teach in theory and exemplify in practice the true principles of the Healing Art.

Dr. Taylor forcibly reviewed the various theories which had, in different ages, prevailed amongst medical men, swayed the world by turns, and passed away, to be succeeded by others equally futile and unenduring. He contended, that notwithstanding Chemical and Physiological Science and the laws of Hygiene were constantly advancing, the drug-medication of diseases was at this day more ruinous and destructive to human constitutions than it was in the dark ages.

Dr. Snodgrass illustrated the importance of the physician having a thorough acquaintance with Medical Jurisprudence, by a reference to appropriate cases which were constantly occurring in our courts of justice.

L. N. Fowler adverted to the relations of mind and matter, and the controlling influence which the former exercises over the latter in many cases of disease, as he would have occasion to explain in his lectures before the class.

Brief and pertinent addresses were also made by Mr. Steere, Miss Cogswell, Mrs. Vaughan, Mrs. Buckley, Mr. Brewster, and other friends of the enterprise. Altogether it was one of the most earnest and interesting gatherings of health-reformers we have ever witnessed.

In the medical class were a dozen or more who have given considerable attention to medicine in general and water-cure in particular, and amongst these are several who have already had some experience in hydropathic practice. They are well posted in all the progressive movements of the day and age, and are destined, wherever they go, to do honor and insure success to the principles they will advocate and practise.

Probably there was never before a medical class assembled, having so many advantages for a useful and practical education. Daily lectures are given by Drs. Shew, Taylor, and Wellington, and clinical explanations by Dr. Trall. Nearly every day new patients are introduced to the class, their cases examined, their symptoms explained, their diseases prescribed for, and all the difficult points in pathology, diagnosis, and practice, fully discussed between the members of the class and the teachers. There is also a general *clinique* on each Friday afternoon, which is open to the public, and which is always well attended. We wish the students of our drug schools would attend these *cliniques*, and see how different it is, and how much better it is, to tell a patient plainly and precisely what causes his suffering, and point out to him the road to health, than to astonish him with learned nonsense, and prescribe a few little

doses of insidious poisons, which leave his mind a little more ignorant, and his body a little worse diseased than it was before!

In conclusion, we cannot refrain from expressing the high gratification we felt, in noticing in the class five or six females who are also wives and mothers. Of such, more than all others, "the world hath need."

A CONVERT FROM THE OLD SCHOOL.—The following letter was received by me from an Allopathic physician of good talents, and of fifteen years' extensive practice, who attended this Water-Cure Establishment between two and three months the present season.

Having been afflicted for years with epilepsy, and now having passed for some time without an attack over the usual recurring periods for the paroxysms, the mind of the writer, as thereafter will observe, has passed from "no faith" to exultant hope and enthusiastic confidence; a result to be generally expected when physicians of the old school investigate our theory, and themselves experience our practice. DR. O. V. THAYER.
Mt. Prospect Water-Cure.

DOVER, Russell Co., Ala., Sept. 23d. 1853.

DR. THAYER—DEAR SIR: Up to this date I have escaped any further attack of epilepsy; and the symptoms—of which I have had but few—and (and they occurred in the city of New York,) were slight. I arrived at home the last evening of August, greatly fatigued by travel, and much prostrated by the sea-sickness I had suffered, and the intense heat of the weather, all which had unstrung my nervous system, and would tend, as I thought, to bring on a paroxysm; and yet I escaped.

I am strongly of the opinion now, that I may, by a prudent course of life, recover from what I esteem one of the most incorrigible diseases to which the human race is subject. My sufferings have been beyond my power of language to express. It has not been the physical pain, but the prostration of my mental powers—the darkness of mind, the hopeless despair—these have constituted the suffering.

For eleven long years have I suffered from the ravages of this fell destroyer of health and earthly happiness. Many remedies have I taken, most of which have ministered rather to the destruction of my health than to its restoration. Often, when a new remedy has been presented, have I grasped it, as a man overboard would a plank, thrown in vain for his rescue. Like his, my hopes would brighten for a short time; but soon the recurring paroxysm, like an engulfing wave, would bury me in despair.

When I visited your institution, I had slight faith that I should be benefited by its treatment, and none at all that I should be cured by it.

But there is now opening to my vision a ray of hope that brightens every prospect, and thrills through my heart as the cry of "land ahead!" thrills the heart of the long-absent sailor when approaching his native shore. But even now I can scarcely realize that I shall be cured. So long have I suffered the fearful pangs of epilepsy—so long have I given myself up as one of its sacrifices, and that it seems a departure from a proper standard of faith to believe it. I certainly feel very

grateful to you for the good I have already received, and I cannot but regard you as worthy of my entire confidence as a physician and a friend. You have been to me as an angel of mercy, and I may say to you as one of the ancient prophets said: "Thou hast led me by a way which I have not known." You remarked to me one day that "it was hard to convert me to a faith in the water-cure practice." Afflicted by a fearful disease, and enmeshed in old habits as I was, it would take something more than ordinary to effect a change in my medical faith; but you have done it to a large extent.

Your services are much needed at the South. Would that I could persuade you to establish yourself here!

CHARLES A. BROWN.

INTERESTING LETTER.—Those of our readers who have the WATER-CURE JOURNAL for August, 1853, will, by reference to an article from Mrs. McConnell, in that number, find the present communication of additional interest:

PONTIAC, Mich., 1853.

TO THE REV. MR. BRAY: My dear friend and brother: Your favor was duly received. You mention my mother and sister. Their health continues about the same. My mother has decided on giving Hydropathy a thorough trial. She left home one week ago for "Cleveland Water-Cure," which has a very high repute, not only here, from the success that has attended the visits of some of our citizens there, but also throughout the country. N. J. S. spent six weeks there last summer, and returned so robust in appearance as scarcely to be recognized. Miss C——, who was ill of dysentery last summer, had suffered from a complication of diseases, and was reduced to a very low state, having nearly lost the use of one side; had been treated by Dr. P—— all through the winter and early spring; has been at the Curé six weeks only, and now walks three miles a day with the most perfect ease! She has also been a great sufferer from spinal affection for several years, but now rejoices in the prospect of a perfect restoration to the pleasures and real enjoyments of life and health. You kindly inquire after my health; and I must reply that since my restoration to life, (is that term too strong?) it has been excellent, better than it had been before for fourteen years: I will say it is perfect! Dr. Trull's *Encyclopedia* and the *JOURNAL* enable me to cure all attacks of sickness in my family without the horrible medicines whose very names fill me with disgust and loathing. No physician has ever visited our house professionally since you left Pontiac. I fancy I am no great favorite of the faculty—a living, breathing monument of the blessing of God on water only as a remedial agent, after the fat had gone forth that I must die! Wherever I go, whatever company I am in, I never hesitate to recommend Hydropathy to all invalids as the only remedy on which I feel that I can seek the Divine blessing. And when my friends sometimes accuse me of enthusiasm, I ask them, Is it not just and right that I should be an enthusiast—a grateful one? which all who know me readily admit. I feel that my recovery was not alone a blessing to the little circle of my own friends and family, but that the notoriety and fame which the great remedy acquired from this one circumstance, in your hands, will prove of

such vast benefit to numbers around me, that the great good thus accomplished is incalculable; and for this alone, I feel that I have not lived in vain. I beg you will accept for yourself and Mrs. B. the most sincere assurances of grateful esteem from my husband and self; and believe me ever your friend,
CLEANtha B. McCONNELL.

TOBACCO—A PETITION.—Our readers know where we stand on the tobacco question, and we know where they stand! They are with us. We all fight shoulder to shoulder in the war of extermination which we are waging against the vile weed. We have again and again impeached this enemy of human health, purity and happiness at the bar of general public sentiment. Let us now drag the culprit into the halls of legislation, and ask our lawgivers to interpose between it and the young, at least, whose destruction it seeks, the strong arm of the law. But the following document speaks for itself. Give it the widest possible circulation. Let some zealous and energetic reformer in every town, village, and neighborhood in our State, take it in hand at once, and get as many signatures to it as possible. It should be copied upon a properly prepared sheet or roll of paper, and thus presented. When all the names which can be procured have been signed to them, the documents may all be forwarded, post-paid, to Fowlers and Wells, 131 Nassau street, to be sent up to the Legislature.

The form below, it will be seen, is adapted to the State of New York, but a similar one should be sent to the Legislature of every State in the Union. Friends and co-workers, see ye to it. Here is the

Petition.

To the Honorable, the Legislature of the State of New York:

The undersigned inhabitants of — Co., believing the use of tobacco predisposes strongly to the use of intoxicating drinks, besides the destruction of health and morals, and that in almost every case the habit is acquired during the years of minority, we therefore would respectfully ask of your Honorable Body the passage of a law prohibiting the sale or giving away of tobacco to minors, and that provision be made therein for arresting, and detaining minors (when found using it) till such times as they will divulge the name of the persons from whom it may have been obtained.

Should your Honorable Body have doubts of the evils flowing from the use of tobacco, we ask that you will appoint a competent committee to make a full and searching investigation of the subject, and report thereon.

And your petitioners will ever pray, &c.

THAT DISCUSSION RESUMED.—Just as the *JOURNAL* was going to press, we received Dr. Wilson's rejoinder to Dr. Trull's "guns" fired at Allopathy, in the August number. We regret its reception too late for this number, but it shall appear in February, together with Dr. Trull's "sur-rejoinder," as the lawyers would say. Dr. Wilson now avows himself ready and willing to go on with the discussion; hence our subscribers for 1854 may look for something rich.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

Queries which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRAIL.

SCROFULOUS SORE EYES.—M. A. G., Warren, Mich. How should we treat a child ten years of age, who inherits scrofula, but has every other appearance of perfect health? Last December, her eyes were attacked with inflammation, very bad for awhile, though now they have ceased to be painful; but she is almost blind, yet, not with anything on the eye that we can perceive; they are very weak, and continue to run. She cannot bear the light. I feel anxious to do something for the little sufferer, before they doctor her to death. She is now suffering a dying death with a seeton in her neck. I wish the Dr. had it in his neck, and was obliged to have me to dress it. Wouldn't I handle the string rather roughly? I assure you it is not my child! Probably a daily tepid bath, with a strict diet of unfermented bread, and fruit, would in the time rid her of both the distressing disease and tormenting doctor.

POROUS GLASS FILTER.—R. R. R., Syracuse. We have never used this kind of filter, but have no doubt it will answer all the purposes you desire in the filtration of rain-water.

STOPPAGE OF THE BOWELS.—W. N., Upland, Pa. Copious injections with tepid water, the wet abdominal grip, and a plain unconcentrated diet, constitute the general plan for removing such difficulties as you describe. Of course we regard all the drugs the patient you mention has taken, as worse than useless.

LECTURES ON PHYSIOLOGY.—J. P., of this city, asks if we cannot give the people a course of lectures on physiology, this winter; as there is no subject on which lecturing is so much needed. We are too busy to attend to such calls this winter; but we know of some promising lecturers who are preparing to take the field soon; and some of them will, no doubt, gratify our friend when the next lecturing season comes round.

CRAVING APPETITE.—S. B. C., Ypsilanti, Mich., who is troubled with dyspepsia, sour stomach, morbid craving, etc., wants to know how to bring about a uniform and natural appetite. Eat a very moderate allowance of unfermented bread and good apples, twice a day for a few weeks, and nothing else. There may be many other ways, but this is one.

SEVEN-YEARS ITCH.—E. E. E., Grand Rapids, Mich., tells us he has "got stuck" with a skin disease, which even sulphur cannot cure, or rather, has failed to cure. He tells us also, that his principal diet is "white bread and butter," and potatoes, fried in "swine's grease." Now it is our decided opinion that if the patient will reform his diet altogether, his itch will cease to trouble him. Get the Hydropathic Cook-Book, friend.

SKIN DISEASE.—E. C. P., Monument. Use tepid or warm water when the skin is very irritable, and be extremely abstemious in diet for awhile. Probably you have in former life had some eruption, which was repelled by ointments or medicated washes; and this may account for the obstinacy of your present disease. Do not drive it in again.

MULTUM IN PARVO.—The following questions we will answer as we go along:

Dr. TRAIL.—If we should eat fruits, vegetables, and nuts, more in their natural state, and harder bread, should we not have better teeth? Yes.

"Does not nature allow organs to decay that are not used?" Yes.

"What would you advise one to do who has the sick headache, if one cup of weak coffee is not taken in the morning?" Omit the evening meal.

"After one has been in the habit of using warm food, and

especially warm drink in the morning, all their lives, till 30 or 40 years old,—can they ever get so as to do without them, and feel equally as well?" In a few months they can.

"By eating at regular periods, are we not liable to overload the stomach?" Not if the periods are properly regulated. "Is it not natural for all animals to eat when they are hungry?" Yes. "And is hunger and thirst perilsous?" Yes. "Is it proper to sit up nights, either to stand or pray?" Not too late. Is it not best for one to rest and sleep all they desire to?" Yes, if they desire are natural.

"Will you please answer these questions to your students, and if you think proper, and can spare time, through the Water-Cure Journal?" We have done so.

"Can you not have weekly discourses, at your lecture-room, on reforms in general, and admit a limited number of outsiders on some terms?" We can and do.

SHORT-SIGHTEDNESS.—E. C. C., West Eaton, N. Y. "What treatment ought to be pursued in the case of a young lady sixteen years of age, whose eyes are so short-sighted that it is impossible for her to see across the room without spectacles?" Judicious manipulations would doubtless, if persevered in for several months, improve the vision, if not effect an entire cure. The chief point in practice, is to draw the fingers gently across the eye-balls several times a day, so as to flatten them ultimately.

SOOR STOMACH.—D. B. L., Ypsilanti, Mich. Employ a strict diet of unleavened bread and good fruit, with very little of vegetables. Be careful, too, and not overload the stomach when the morbid craving comes on. The daily sponge bath will be sufficient, as a general rule. When the stomach is very acid, drink one or two tumblers of tepid or warm water.

COLD FEET AND SICK HEADACHE.—C. M. M., Thorpville, N. Y. "What shall I do for continued cold feet, and frequent sick headache? Which is best, cotton stockings, or woollen?" Take foot baths, two or three times a day, and adopt a strict vegetarian diet; cotton stockings are best.

FOMENTATIONS.—A. G., Penn Centre, N. Y. We cannot describe the various forms of, and indications for, fomentations, in a single paragraph. You will find them fully explained in the water-cure books, which you say you are about to send for.

WEAKNESS OF THE KNEE-JOINT.—A. J. C., East Abington, Mass. Probably a moderate douche once a day, with cool or cold leg baths, two or three times, for ten minutes, and the wet bandage occasionally, would effect a restoration of strength.

FEIGNED DISEASES.—Several communications have lately been received, asking for information on the subject of counterfeiting such maladies as spitting of blood, convulsions, &c. The following article, which we cut from one of our daily papers, may, perhaps, satisfy our correspondents better than our mere opinion would:

For the last two years past, many stories have been in circulation respecting the operations of a young man said to be of German descent, passing under the following cognomens—Don Carlos de Castro, Ernest David Schenck, C. Geisels, and many other aliases not recollectible. This individual was of good figure, between twenty and thirty years of age, about five feet eight inches in height, dark complexion, and a Italian cast of countenance; he wore long black hair, turned back behind his ears, touching his coat collar; eyes black, with rather a sleepy look; moustache and imperial. Some of his recent places of operating have been Tallahassee, Florida; Cold Springs, Virginia; and many other places South and West. The *modus operandi* by which this speculative genius obtained money is alleged to be the following:—

He effected an introduction into some respectable family, and by his plausible and fascinating manner very soon attracts the attention of the daughter, who in many instances becomes the victim of the seducer, who, having the coqueting girl in his power, threatens her with exposure if she does not furnish him a certain amount of money. In other cases, in order to carry out his plans with a fuller degree of certainty, he will fall suddenly in the parlor and pretend to have convulsions; a sympathy at once is enlisted by the female portion of the household, and the greatest possible care is taken of him; in addition to the fits, he pretends to have

weak lungs, and *expectorates what is thought to be blood*, but which is nothing else than some red mixture chewed to represent blood. In gratitude for all this kindness, the rascal effects the ruin of one of the daughters, and then makes his escape, taking with him, in many instances, valuable from about the house. Thus this *romanzo* is said to have made his living throughout the South and West for several years past. New York is not exempt from the depredations of this libertine.

PAIN IN THE STOMACH.—E. D., Worcester, Mass. The cause of your sick turns is bad bile, and bad bile is caused by a diseased liver; and this by improper diet, and other unphysiological habits. Take a sponge bath daily; wear the wet girde occasionally; and adopt a strict vegetable diet, in which wheaten grits or Graham bread, with good apples, are the leading articles. You will find fomentations described in all water-cure books.

SEMINAL WEAKNESS.—"A Reader" will find the desired information in a work on "Sexual Diseases," published at the office of this Journal. Price, prepaid, \$1 25.

Business.

TO PREVENT MISARRANGEMENTS, DELAYS, OR OMISSIONS, all letters and 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.

IN ADVANCE.—The exceedingly small price at which this JOURNAL is furnished singly, or in clubs, precludes the possibility of its continuance on any other principle than that of *payment in advance*; consequently, no names are entered on our book till *paid for*, and none are continued longer than *paid for*, unless the subscription be renewed.

CLUBS may be composed of the names of persons residing in all parts of the United States, or the Canada. It will be all the same to the publishers, whether they send the JOURNAL to one or a hundred different post-offices.

SPECIAL DISCOUNT.—For Three Dollars, one copy of the WATER-CURE JOURNAL, one copy of the PHYSIOLOGICAL JOURNAL, and one copy of the NEW ILLUSTRATED HYDROPATHIC REVIEW, will be sent one year.

THE POSTAGE on the two JOURNALS above named is only *six cents a year*, and on the REVIEW, *eighteen cents*, a year, paid quarterly, in advance, by the subscriber, at the office where he resides.

CERTIFICATES OF AGENCY to obtain subscriptions will be given to travelling agents, who come properly recommended, say by the postmaster, or other public officer.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW.—Fowlers and Wells, who are accustomed to succeed in all they undertake, have issued the first number of a quarterly, to be devoted to the illustration and diffusion of the principles of the Water-Cure. It will embrace articles, by the best writers of the school, on Anatomy, Physiology, Therapeutics, Midwifery, &c., besides criticisms of the theory and practice of the various medical systems, reports of remarkable cases, and reviews of new publications on medical sciences. Dr. Trail, one of the editors, is a skilful and practised writer, who thoroughly understands his subjects, and has no fear of the prevailing authorities. Each number will be copiously illustrated, and contain about 192 pages of reading matter. The terms are two dollars a year.—*New-York Evening Post.*

PORTRAIT OF HENRY WARD BEECHER.—We have received from the engraver, Mr. McRae, of this city, an artist of the first order, a beautiful, large, and highly finished portrait of that eloquent and popular clergyman, Henry Ward Beecher. It is almost a full-length, from a painting by Hicks, and is executed in the highest style of art. It is a masterpiece of remarkable spirit and brilliancy, and will prove a most acceptable offering to the friends of its distinguished subject.

FOR ONE YEAR, OR FOR TEN YEARS.—When not convenient for our friends to form large clubs for the JOURNAL in sparsely settled places, they may obtain it at club prices by ordering it for a number of years. For example, one copy sent five years for four dollars; or one copy ten years, seven dollars; or twenty years, ten dollars.

AGAIN, One person may receive both the WATER-CURE JOURNAL and the PNEUMOLOGICAL JOURNAL five years for seven dollars, or ten years for ten dollars.

AGAIN, Ten persons in a neighborhood may receive both JOURNALS one year for ten dollars, or two years for twenty dollars, thus bringing the JOURNALS within the lowest club rates to a small number of individuals composing the club. By ordering the JOURNALS for several years together, both time of writing and letter postage is saved to subscribers. The plan is respectfully submitted for the benefit of those who may wish to adopt it.

Our regular terms may be found in the Prospectus on the last page.

EARLY ANNOUNCEMENTS.—Proprietors of the various Hydropathic Establishments are now busy enlarging, fitting up, and preparing for the coming spring. Every establishment within our knowledge, in city and country, proved quite inadequate, the past season, to accommodate the increasing number of applicants. The people are heartily sick of swallowing drugs in any form. They are sick of pills, plasters, and colic slops, put up in either large quart, pint, or any other bottles, and the knowing ones will have no more of them. Still they seek and need treatment. They need physical purification, and they find it in Hydropathy. Self-treatment at home, will obtain admission, when possible, to the Water-Cure Establishments, where they may receive daily advice and full treatment. Invalids see the evil of drug-taking, and foresees their inevitable fate, if continued. Converts to the truth as it is in Water-Cure are rapidly increasing; hence the demand for enlarged accommodations.

We shall be glad to announce editorially, in an early number of the WATER-CURE JOURNAL, the capacity of each establishment, for the benefit of the public. We are often requested to answer questions (by letter, and sometimes at our own expense for postage) relating to this or that establishment, the terms, how to reach it, and so forth. And not a few request the publishers to state "which particular establishment is the best." Now this is a delicate question. As well might they demand of us, "which is the best preacher," as which the best doctor. We can only say, in general terms, as we don't know.

Our Journal is sent to press nearly a month in advance of its date, and all announcements, business notices, or advertisements, should be sent in early, to insure insertion.

PEACE IN THE FAMILY.—A man called at the office of the WATER-CURE JOURNAL lately, and anxiously called for the "New Cook-Book," remarking that he had made his wife a promise not to return home without a copy; and knowing the effect which a broken promise would have upon his future happiness, he considered it an imperative duty to attend, first of all, to this matter. He was promptly provided with a copy, and, with many thanks and some compliments, he "went on his way rejoicing." We may add, for the comfort of those similarly situated, that "there are a few more left of the same sort." Price, pre-paid by mail, only 87 cents. Wives! you have it in your power to serve your husbands, children, and friends, with meals on HYDRO-PATHIC PRINCIPLES, with little cost or labor to yourselves, by reading this book. And a gentle hint to most men will be sufficient to incline them to adopt the plan above proposed, to "KEEP PEACE IN THE FAMILY."

THE OHIO FARMER is a capital agricultural journal, published in Cleveland. We are glad to learn that it is receiving a generous support. Western farmers will find it just the thing they need. See advertisement.

THE WATER-CURE JOURNAL, for December, is welcomed to our table. It is hardly possible for us to say more than we have already said in behalf of this most valuable publication. As the next number commences a new volume, let all our readers who have not done so, scurry it for the coming year, read and practise its teachings, and then judge for themselves. If they do not find it worth ten times its subscription price, then our experience goes for nothing.—*Boston Pathfinder.*

Literary Notices.

A COMPENDIUM OF THE THEOLOGICAL AND SPIRITUAL WRITINGS OF EMANUEL SWEDENBORG: Being a Systematic and Orderly Epitome of all his Religious Works, selected from more than thirty volumes, and embracing all his fundamental principles, with copious Illustrations and Teachings; with an appropriate Introduction, prefixed by a full Life of the Author, with a brief view of all his works on Science, Philosophy and Theology. Boston: CHESNEY AND NICHOLS, 1858. [Price, pre-paid by mail, \$2.00.]

Thousands of persons who have desired to become acquainted with the doctrines of the great Swedish Seer, have been effectually deterred by the voluminous character of his writings. To undertake the reading of over thirty volumes is a task too formidable for most persons. The design of this work is to obviate this difficulty, and present the substance of these volumes in one. It is a timely production, and will, no doubt, be extensively read. The Life of Swedenborg is the fullest ever written. The book is a large super-royal octavo volume, in double columns, and contains nearly 600 pages, which are equal to 1,500 pages of common octavo books. For sale by Fowlers and Wells, Clinton Hall, 131 Nassau street.

MAPLETON; or, More Work for the Maine Law. By PHARCELUS CHURCH, D.D., Author of "Philosophy of Benevolence," etc. New York: LEWIS COLBY & CO. 1858. [Price, pre-paid by mail, \$1.25.]
Another Temperance Tale. We cannot have too many of them if they are good, as this truly is. These books have their mission, where the sermon and the lecture are not heard, and where the elaborate essay would be thrown aside as dull and tiresome. "This Work," says the author, in his Preface, "is a humble contribution to a great reform in morals and legislation." As such, we wish it a wide circulation and a multitude of readers. For sale by Fowlers and Wells, 131 Nassau street, New York.

HARRY HANSON; or, the Benevolent Bachelor. By the Author of "The Attorney." With Illustrations. New York: SAMUEL HEUSTON. 1858. [Price, pre-paid by mail, \$1.25.]

This is a powerfully written and graphic work of fiction, the scene of which is laid in New York, before imprisonment for debt had been abolished. That cruel penalty for poverty and misfortune furnishes the principal material for the ground-work of the volume. Many of the scenes and characters are said to be real. In style and general character it resembles "The Attorney," which has been widely read and much admired by the lovers of that kind of mental aliment.

A REVELATION FROM HEAVEN; or, the New Faith: Being an explanation of the various Spiritual Manifestations which have of late been so common throughout the country. By LEWIS B. MONROE. Boston: Printed by Darnell and Moore. [Price, pre-paid by mail, 62 cents.]

We shall not discuss the claims upon our credence of the "Revelation," an exposition of which is briefly presented in this little volume, leaving that to others; but shall content ourselves with quoting the first article by the "New Faith." It is as follows:

"I fully believe that God is making a revelation of his plan of salvation in a clear and perfectly consistent manner, through the instrumentality of the author of this work."

ALCOHOL AND THE CONSTITUTION OF MAN; Being a Popular Scientific Account of the Chemical History and Properties of Alcohol, and its Leading Effects upon the Healthy Human Constitution. Illustrated by a beautifully-colored Chemical Chart. By EDWARD L. YOCUMANS, Author of the "Class-Book of Chemistry." New York: Fowlers and Wells, Publishers, Clinton Hall, 131 Nassau street. [Price, only 25 cents. Postage, when pre-paid by mail, 5 cents.]

From the Table of Contents:—Chemical Origin, Nature, and Properties of Alcohol—Influence upon the Digestive Process—Relation to the Constituents of the Tissues—Water—Albomem—Effects of Alcohol upon the Respiration and Circulation—A Heat-Producing Agent—A Stimulant—Relation of Alcohol to Disease—Alcohol a Poison—Value of the Brain in the Human Constitution—Exercise of the Brain

controlled by Physical Conditions—Poisons have a Local Action within the System—Alcohol attracted by the Cerebral Matter—A Brain Poison—Disease caused by Alcohol—Forms of Mental Disorder and Insanity Produced by it—Intensity of the Appetite for Alcohol—Responsibility in Drunkenness, &c., &c.

"We would call especial attention to an original work now in press—[just issued]—entitled, "ALCOHOL AND THE CONSTITUTION OF MAN," by E. YOCUMANS, illustrated by a magnificent diagram in colors, and giving the fullest, clearest, and most convincing demonstration of the intensely poisonous nature of alcoholic liquors that has yet appeared. The price of the common edition is twenty-five cents; and no Temperance lecturer or intelligent advocate of the cause can afford to be without one, while any child who can read may, with this volume, put to flight the ablest and subtlest adversaries of Total Abstinence."—*New York Tribune.*

We shall notice this important work more at length in a future number of the WATER-CURE JOURNAL.

Talk and Topics.

We feel that our readers, however distant, are not STRANGERS, but FAMILIAR, with whom we may sit down and have a quiet familiar, and to whom we may suggest topics for CONVERSATION, DISCUSSION and INVESTIGATION.

WESTERN MILITARY INSTITUTE. We have received the "Official Register of the Officers and Cadets of the Western Military Institute, at Drennon Springs, Ky., for the collegiate year 1857-8." The institution seems to be in a prosperous condition. No less than 327 students were in attendance during the session—a number surpassed by but few colleges of our country.

Whatever views one may entertain in regard to the morality or the necessity of a military education, as such, it must be conceded that we have at present few if any other schools in which young men receive the thorough physical training which they get in a military institution. When will our merely civil schools and colleges learn a lesson from them; learn to care for the development of the body as well as the mind?

THE GREAT WEST.—A correspondent of the *Chambersburg (Pa.) Whig* says "comes down" upon the people of the West. What he says may be true of a class of Western men, but our Western readers are of another kind altogether—they don't use the weed at all, are polite to the ladies, courteous in their general manners, and hospitable to strangers. (Is it not so?) But here is what the impudent fellow says:

"I had heard so much of this great West, that I expected to find a people superior to all else; and alas! forgive me—but—well—A more bigoted, bragging, bullying set of individuals Providence never placed me among. But to my personal experience. In the cars they don't spit, but throw up their tobacco-juice. Men seven feet six inches high (I mean six feet seven inches) force themselves into seats and let ladies stand; occupy two seats and let ladies stand; lie down on one whole seat, stick their feet (and such feet) on another, and let ladies stand. Might makes right. A Western man (resting on his republican dignity) steps neither to the right nor left, but moves on like a mover, caring not for the weeds he cuts down by the way. Their very appellation of 'stranger' to any one they meet, shows their feelings. A stranger is a natural enemy."

THE LILY.—Mrs. Bloomer's excellent paper, *The Lily*, devoted to the interests of woman, has been removed from Seneca Falls, N. Y., to Mount Vernon, Ohio. May success attend it.

DRESS REFORM.—We have been compelled to omit this department in the present number, but shall by no means lose sight of the subject. It has too important bearings on the great cause of Health Reform to be neglected.

LECTURERS.—We are happy to add to our list, Dr. Wm. T. Vail, Concord, N. H., and Mr. J. Washington Smith, Croton, Del. Co., N. Y.

HOW PLAIN YOUNG LADY: Now, my dear—very—how is it that you look so delicate and fairy-like, when for the life of me I can't? Delicate Young Lady: Well, Anna Maria, after a great deal of experimenting, I have found out that eating late-pencils and drinking vinegar, combined with tight-lacing, sitting up late at night, and several other things, have made me fairy-like, as you say.

OUR BRANCH HOUSE IN PHILADELPHIA.—To facilitate the great work in which we are engaged—the promulgation of laws and principles governing physical, intellectual and moral development, and by the dissemination of knowledge among men, through journals, books, lectures, &c., the PUBLISHERS have effected an arrangement with Mr. NELSON SIZER, formerly employed in our New York office, and have established a Branch House in the city of Philadelphia, under the name of FOWLER, WELLS AND COMPANY, where all our publications will be kept on sale, at New York prices. Our patrons may here obtain the professional services of a competent Phrenological adviser and lecturer. Mr. Sizer has been engaged, directly and indirectly, for many years in the various reforms, and will continue to do good service in a calling to which he is so well adapted.

Citizens and strangers visiting Philadelphia will find our bookstore and cabinet at 281 ARCH STREET, where they may be instructed and entertained.

DR. SNEW, of New York, proposing to locate a Water-Cure in the country the coming spring, wishes to purchase a place suitable for a first-class establishment of the kind. The location should be a healthy and salubrious one, free from fogs and all malarious influences; water abundant, of the softest and purest quality, near the institution, and with sufficient fall; easy of access, and not too near any already established Cure. Mountain scenery and location would be preferred. It is desirable that the building be already in part or wholly erected, and a farm should be connected with the establishment. Dr. Snew will be glad to hear, at an early date, from any one having a property of this kind to dispose of. Address, DR. JOEL SNEW, care of FOWLER AND WELLS, 181 Nassau street, New York.

THE TOBACCO PRIZE ESSAYS.—The Publishers of this Journal, assisted by a committee of competent literary gentlemen, after a careful and thorough examination of the manuscripts—nearly twenty in number—submitted to them in competition, have awarded the prizes offered through their columns last April to the successful competitors in the following order:

JOEL SNEW, M.D., New York.

REV. DWIGHT BALDWIN, Lohaina, Sandwich Islands.

The accepted essays will be published immediately for the benefit of mankind. Particulars in regard to terms, etc., will be given in our next, when we hope to have the tracts ready for delivery.

The unsuccessful essays, many of which possess much merit, and lead us to regret that we have no more prizes to bestow, are subject to the order of their authors.

* Essay, entitled "Tobacco." By—[J. L. H.] The author's name, at the time of going to press, is unknown.

NEW PUBLICATIONS.

THE NEW HYDROPATHIC COOK-BOOK, with Receipts for Cooking on Hygienic Principles. Containing also a Philosophical Exposition of the Relations of Food to Health; the Chemical Elements and Proximate Constitution of Alimentary Principles; the Nutritive Properties of all kinds of Aliments; the relative value of Vegetables and Animal Substances; the Selection and Preservation of Dietetic Materials, &c. By R. T. TRAIL, M. D. With numerous Illustrative Engravings. Price for the extra fine embossed edition, in gold, prepaid by mail, one dollar. For the plain edition, in muslin binding, prepaid by mail, 57 cents. For the cheap pamphlet edition, prepaid by mail, 62 cents.

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CRUOSITIES of COMMON WATER. A Medical Work. From London edition. 30 cents.

CHOLERA; its Causes, Prevention, and Cure: and all other Bowel Complaints. 30 cents.

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THE TRUE BASIS of AMERICAN INDEPENDENCE. An Address before the American Institute, New-York, Oct. 20, 1833. By William H. Seward, U. S. Senator, and Ex-Governor of New-York. 12 cents.

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For the encouragement of our co-working friends, and with a view of remunerating them for their generous services in promoting the good cause—the cause of humanity—to which this JOURNAL is devoted, the publishers offer the following valuable premiums:

FOR ONE HUNDRED DOLLARS, two hundred copies of the WATER-CURE JOURNAL will be sent, one year, to one or as many different post-offices as there are subscribers, and a premium of ten dollars, in any books published at this office, and two hundred copies of the "Water-Cure Almanac," for the year 1854.

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Sample Numbers, for Agents, will be prepaid by the Publishers, and sent to any Post Office for 50 cents.

THE AMERICAN PHRENOLOGICAL JOURNAL for

January presents the following attractive table of contents:

Phrenology in Literature.	Our New Year.
Analysis of the Organ.	Constitutionalism.
Wm. Perry Channing, (Portrait.)	A Sanctified Island Chief, (Illus'd.)
Grace Greenwood, (Portrait.)	Tobacco—a Petition.
Anatomy and Phys. of the Seneca, (Illustrated.)	Events of the Month.
Psychological Matters.	General Notices.
Electrical Lamp, (Illustrated.)	Literary Notices.
Duggerstotypes on Wood.	Notes and Queries.
Keep in Step, (Poetry.)	Varieties.

TERMS: One Dollar a year. Published monthly by FOWLER AND WELLS, 181 Nassau Street, New York.

Brevities.

An advocate of capital punishment argues that the gallows is calculated to *deceit* mankind.

A GENIUS in Ohio has invented an engine that he supposes will supersede steam. The motive-power is a gallon of fever and ague boiled down to a pint.

It may not be generally known that editors get one important item of subsistence at a very low price; they get *dored* for nothing.

An apothecary's boy was lately sent to leave at one house a box of pills, and at another six live fowls. Confused on the way, he left the pills where the fowls should have gone, and the fowls at the pill place. The folks who received the fowls were astonished at reading the accompanying directions—"Swallow one every two hours."

In the geography of Young America, the following boundaries of the United States are now gently given: East, by sunrise; West, by sunset; North, by the Arctic expedition; and South, as *far we darn please*.

A BROKER in State street, deeply absorbed in speculation, being asked the other morning,—"How do you do?" replied abruptly, "About two per cent. a month."

THE WATER-CURE JOURNAL.

Prospectus

Vol. xvii.

For 1854.

THE WATER-CURE JOURNAL now occupies a position and exerts an influence of which its editors and publishers may well be proud, being confessedly the BEST, as well as the most widely circulated Health Journal in the world. It has attained this position and influence by an earnest and consistent advocacy of the great principles of Health Reform; a constant and fearless exposure of the terrors and fallacies of the old systems of medical practice; and a faithful proclamation of the eternal laws of PROGRESS, in all spheres of human interest, as becomes its office as a JOURNAL OF HEALTH AND HERALD OF REFORMS.

Those who are already acquainted with our JOURNAL, need only to be pointed to the past as a sufficient guarantee for the future; but, as we confidently expect that this Prospectus will fall into the hands of thousands who are not yet numbered among our constant readers, we shall take this opportunity of re-stating briefly our aim and plan of operations, in conducting it.

OUR AIM

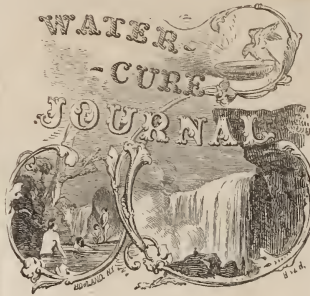
is a high one—the indoctrination of the people every where into the PHILOSOPHY OF HEALTH and the LAWS OF LIFE, with a view to the ultimate, entire PREVENTION OF DISEASE and the Universal prevalence of perfect PHYSICAL, and consequent INTELLECTUAL and MORAL HEALTH.

OUR PLAN OF OPERATIONS,

to correspond with this lofty aim, is a comprehensive one, embracing all subjects connected with Diet, Exercise, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements and Social Relations—all that makes up that complex thing called Human Life.

TEMPERANCE

on the highest grounds—grounds on which the Hydropathist alone can consistently stand, will be zealously and fearlessly advocated in the JOURNAL, making it, as it always has been, one of the most efficient TEMPERANCE PAPERS in the World.



AND

HERALD OF REFORMS.

THE PRACTICE OF THE WATER-CURE

will be illustrated in Reports of Cases treated by Physicians, and in numerous Records of Experience in Home Treatment by the people themselves, showing the vast superiority of the system, thus applied, over the most orthodox application of drugging in all its forms, and demonstrating that the PEOPLE, when properly instructed, may be their own doctors. Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion to apply it practically, without the aid of a physician.

THE DRESS REFORM

will continue to be earnestly yet moderately and candidly urged, as an important means of promoting the Health and Happiness of the Race in general, and of Women in particular, and as standing in close relation with UNIVERSAL REFORM. To be Illustrated with Engravings.

THE PHILOSOPHY OF HYDROPATHY

will be fully unfolded in all its bearings, in thorough and reliable but popular essays from the pens of our best writers, who will also explain the application of its various processes to the cure of disease, and the preservation of Human Health.

PHYSIOLOGY AND ANATOMY,

in their relation to the Laws of Health, will be explained and illustrated by writers fully competent to treat those important subjects.

DIETETICS,

holding a prominent place in the work of Health Reform, will continue to receive attention, and a true diet be enforced by arguments and facts.

AS A FAM ILY ER,

the WATER-CURE JOURNAL, embracing articles on a great variety of interesting topics, only incidentally connected with the subject of Hydropathy, will be found one of the most useful and attractive publications in existence for the HOME CIRCLE.

NUMEROUS BEAUTIFUL ENGRAVINGS

will, from time to time, be given in illustration of the various important subjects discussed.

TO OUR FRIENDS.

Believing that Health Reform—the basis of all other Reforms, and Human Progress in general—will be promoted by the circulation of 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 which the English language is spoken.

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For the New Volume commences in January, 1854. Clubs should be made up, and subscriptions sent in at once. Sample numbers gratis.

VOICES FROM THE PRESS.

We have the free press of America on our side on the great question of Health Reform. We might fill pages every month with incontrovertible proofs of this, in the form of notices, were it necessary. But it is not. Still, we are disposed to give a few, as specimens of the many, for the encouragement of our co-working friends, and to satisfy the curiosity of those who may wish to see what the Editors say of us. These notices are all voluntary, and—we shall do our brethren of the press the justice to believe—present the sincere and unbiased opinion of the writers:

THE WATER-CURE JOURNAL is a singularly beautiful display of distinct black impressions from nest-faced type on snow-white paper, emanating from the office of Fowlers and Wells, in New York. The new and rapidly-extending mode of care which it advocates, with all the details of the processes, and their application to every species of disease, are well explained in this work. There is a world of invaluable information found here, on the philosophy of hydropathy, and on diet, drugs, and exercise.—*Model American Courier.*

Do you want to know how to enjoy and prolong your life—or if unwell how to recover your health, despite physic and doctors' bills? Then send \$1 to Fowlers and Wells, for the WATER-CURE JOURNAL for a year.—*Hartford Bank Note List.*

THE WATER-CURE JOURNAL is a decidedly popular and instructive periodical. It has rapidly attained an overwhelming circulation. It is always filled with common-sense philosophy upon that important question—the preservation of the health. All could profit by its suggestions.—*Day Book.*

We have commended this work so often, that we suspect many of our readers already rank us among the disciples of Priesnitz. Without stopping to "*define our position*," we remark that, in reference to the WATER-CURE JOURNAL—which is the matter more directly in point—we are entirely clear in the opinion, that it is a valuable work, richly worth the subscription price—only one dollar.—*Alabama Beacon.*

It is devoted to *Health Reform*, and is a thoroughly popular work, being the organ of an elite, but adapted to the wants of the whole people. Its motto is—"*Sana mens in sano corpore*," believing that "sound minds in sound bodies" must be or ought to be the general rule, and not the exception, before humanity can work out its glorious destiny. All interested in the philosophy of life in its social, natural and moral relations, should take the WATER-CURE JOURNAL.—*Georgia Citizen.*

THE WATER-CURE JOURNAL.—This is a welcome periodical—one of the favored few we lay aside for home perusal, partly because the paper and type are temptingly agreeable to the sight. It has a clear, healthy appearance, as we think a man ought to look after a course of "water-cure." We are half converts to the system, and enter converts to daily baths at this season. We hate physic, and, as do the editors of the W. C. Journal, would "throw it to the dogs." Fowlers and Wells have the energy to gain for Hydropathy a large auditory.—*Wall Street Journal.*

TO SUBSCRIBERS.

THIS JOURNAL will be sent at club prices to different post-offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends and relatives who reside in other places.

MONEY on all specie-paying Banks may be remitted in payment for this Journal. Drafts or checks preferred.

ON THE SAME TERMS.—It will be the same to the Publishers, if TWENTY COPIES of EITHER or BOTH the WATER-CURE JOURNAL or PHRENOLOGICAL JOURNAL are taken in one club.

The only way to secure a complete file of this Journal, is by subscribing for it at the beginning of the volume. The Journal is not stereotyped. Back volumes out of print.