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Essays.

Each Contributor presents freely his or her own Opinions, and is alone 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."

HOUSEHOLD SURGERY.

THE HUMAN FOOT: ITS COVERINGS, DISEASES AND TREATMENT.

With Illustrations.*

BY JOEL SHEW, M.D.

INJURIES OF THE FOOT.—I refer here to those which arise from voluntary abuse simply. We abuse the teeth, the stomach, the bowels, the lungs, the skin, the head, and the nerves, but hardly any part more than the foot. For example, look at fig. 1, representing this part in a

FIG. 1.



FIG. 2.



natural state, and then at fig. 2, which shows the form of a fashionable shoe or boot fitted for such a foot. Look also at figs. 3 and 4, the one giving a view of the natural foot; the other, one of a foot which has been cramped in such a way as to make one toe ride upon its neighbor.

If the reader wishes to know the scientific reasons why the foot should never be cramped, let him look at fig. 5, which represents the bones of this part in a natural condition. Looking at the cut, any one can imagine how easy it must be, by the pressure of a tight shoe, to force the

bones out of place—a thing never to be done with impunity in any part of the living body.

FIG. 3.



FIG. 4.



FIG. 5.

The same thing will be still more apparent when we consider the ligamentous connections that exist in this part of the living body; and it is easy to conceive how important it is to allow them to have at all times the freest motion and room for play.

The foot as well as the hand is formed in such a way as to admit of a great variety of motions, and hence a corresponding variety of muscles and tendons are found in the part. It is a law of the living economy that muscular health and development can only be secured by allowing the muscles full room for action. The numerous muscles



* In part from the HYDROPATHIC FAMILY PHYSICIAN.

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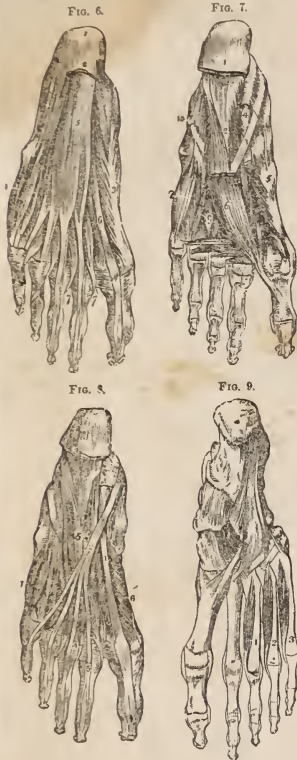
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and tendons concerned in the movements of the foot are well represented in figs. 6, 7, 8, and 9; and when we consider their variety and extent,



we may well conceive the injury that may be inflicted upon this useful part of the animal structure by violating the physiological laws just referred to.

TOE NAIL ULCER.—What is termed “inverted toe-nail,” but more properly “toe-nail ulcer,” is a most painful and troublesome affection of the great toe; so much so, that when it is considered necessary to extract the nail, as surgeons have often done, an

amount of pain is caused which, while it lasts, is not exceeded by that of any other operation. All this happens in consequence of wearing the shoe too tight, the same as in corns, bunions, etc.

Treatment.—With regard to the treatment of toe-nail ulcer, as a general thing, there is not much difficulty if the water-dressing and water-soakings are sufficiently persevered in, and the part kept from fresh irritation. True, in some cases, the patient's system may be so foul, and

the part so much affected, that the cure will be attended with a good deal of difficulty. In some cases the patient has preferred to have the toe cut off, rather than suffer as he had done.

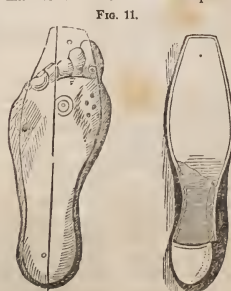
An ingenious method of curing this trouble, when not too severe or far advanced, is that of Dr. C. D. Meigs, of Philadelphia. His method is to scrape the nail or soften it in warm water, so as to render it moderately flexible, and then introduce under its angle on the sore side, some soft lint, so as to fill entirely the space beneath its edge. Next apply a very small compress upon the granulations, or tumefied or projecting integuments, in order to force them off the edge of the nail, and confine it there by a few turns of a little strip of adhesive plaster. The continued pressure of the compress, the action of the lint, and the use of a loose shoe, will, according to Dr. Meigs, suffice for mild cases.

The water-dressing, used from time to time, and often, would also be a help to this method.

CORNS.—These consist of a roundish, horny, cutaneous excrescence, with a central nucleus, sensible at its base. They are found chiefly upon the toes, arising from the pressure of too tight shoes. They are sometimes, however, spontaneous and gregarious, spreading over the whole head and body. They sometimes rise to a considerable height, assuming a sort of horny appearance. Oftener they are but flat and slightly elevated. They are of two kinds, *hard* and *soft*. The former occur on the surface of the foot, where the skin is liable to become dry and hard; the latter between the toes, where the cuticle is more soft and spongy. Soft corns are in general more painful than the hard.

Causes.—It is not a little surprising to see how far *fashion* sways people in many things. This truth is nowhere more strikingly exemplified than in the use, or rather *abuse*, of the feet. Every one knows that those who wear shoes of a proper size never have corns, however active their habits may be. Some have, indeed, as before remarked, gone so far in pinching their feet as to cause some one of the toes to be pushed up out of its place, and made to ride upon its neighbor. In this way corns have been caused, and so painful, that actual amputation of the toe has been performed. Think of that—a man having to get his toe cut off merely because he would persist in wearing shoes too tight!

The manner in which corns are produced is



well shown in fig. 11. The sketch represents a foot and the kind of sole that is usually formed to fit

it. Wearing a shoe or boot of a form so disproportionate to that of the foot, it is not at all surprising that people should be troubled with “hard corns,” “soft corns,” corns between and upon the toes as well as corns on the sole of the foot.

Treatment.—It is an instructive fact in regard to corns, as also warts, bunions, etc., that a course of water-treatment generally removes them wholly, or prevents all pain. Those who bathe habitually in cold water are seldom troubled with corns.

To extirpate the corn, the following plan has been adopted by some surgeons: The foot is bathed in warm water nights and mornings, and the corn kept continually covered with a plaster consisting of equal parts of soap plaster and oil, spread on very soft leather. When the corn has become soft and sodden by these means, an oblique incision is made with a lancet or other sharp instrument completely round it, and converging to its centre, but without cutting deeply enough to wound the skin. When enough of it has been detached in this manner, it is twisted around with a pair of forceps till the root is pulled out. In many cases this method succeeds well. The same kinds of caustic applications mentioned in the treatment of warts, are equally applicable to hard corns.

BUNION.—This is likewise one of the “fashionable diseases,” and caused in the same way as corns. It consists of a painful swelling of the inner side of the great-toe joint, although the same thing happens now and then on the instep. When it is situated at the toe, the member always becomes distorted, the joint thrown outward, and giving the foot a very unnatural appearance. The beginning of the difficulty is first known by some pain and redness, accompanied with a degree of swelling. If the pressure is now wholly discontinued, the trouble soon vanishes; but if it is kept on, it is certain to grow worse. After a while the redness and tenderness disappear, but the part feels as if full of fluid, and in time becomes hard and grizzly like a corn. In other cases the part becomes ulcerated, forming a fistulous opening that it is almost—if not quite—impossible to heal.

Treatment.—Taking off all pressure is manifestly the first thing to be done. The bunion, if hard, may also be pared and operated on like a corn. Says an English author, “The bunion, when once actually formed, is scarcely possible ever to get rid of, and it remains an everlasting plague.” The water-dressing affords some more hope in the case, it must be admitted; but a bad bunion is a bad thing, making the best of it.

I have in the next place some remarks to make on the various substances and the forms of articles used as coverings for the feet.

INDIA-RUBBER.—One of the worst evils connected with our subject at the present day, is the *abuse* of India-rubber. This is a useful article in its proper place; but as a covering for the feet it is often used to the detriment of health. India-rubber boots are an abomination, except where a man has to wade in mud or cold water for a considerable length of time. India-rubber

Fig. 13.



BUNION.

shoes, when worn so much or so long at a time as to sweat the feet, are harmful by making the feet tender and more liable to cold. The lower the shoes, the better; and if they are lined with thick cloth, the natural transpiration can the more readily go on. Shoes and gaiters having India-rubber webbing or springs at the sides should be as loose and elastic as the case will admit of; otherwise the ankles will become weakened, and a varicose state of the veins of the lower extremity may be caused. It is better, however, to avoid shoes and gaiters of this kind altogether, since the India-rubber used must, to an extent proportionate to the amount of material used, prevent the normal elimination of effete matter from the part.

PATENT-LEATHER.—For the same reason—to wit, the imperviousness to air, the use of patent-leather foot-coverings, which has become so common at the present day, is to be deprecated. Patent-leather likewise, besides being of too air-tight a nature, has also another objection, which is that of being a too rapid conductor of heat and cold. In summer a patent-leather boot or shoe is too hot upon the foot, because it possesses the property of conducting the heat from without rapidly inward upon the foot; in the winter the opposite effect takes place; i. e., the cold from without passes through the leather, rendering the foot much colder than it would be in an ordinary boot. The use of this article is especially pernicious when used for children's shoes and gaiters, as it almost universally is in our cities and larger towns at the present time. Morocco, cloth, or the softest calf, according to the age of the child and the season of the year, are the only articles proper for children's use.

STOCKINGS AND SOCKS.—Some tell us that they find their feet warmer, in winter even, if they allow the boot to come against the bare foot. This is no doubt true in some cases of persons who have a vigorous circulation, and for two reasons; first, the foot, being more subjected to the impression of cold, attains a greater calorific power than it ordinarily possesses; second, the foot has more room, or, in other words, less pressure upon it, a circumstance which favors naturally the circulation of blood in the part; and of course, the more blood, the more warmth.

Stockings, however, possess an important advantage, which is that of keeping up a more cleanly state of the foot. If a person wears a boot or shoe long without stockings, he will find his boots considerably more dirty than is commonly the case, especially if he is not extremely careful as to washing the feet. In summer particularly, socks or stockings of proper material will be found serviceable, preventing personal filth.

As to the material of which socks and stockings should be made, we may lay down the general principle, that that which is productive of the greatest degree of comfort is the best. Woollen is in general objectionable on the ground that it causes too great a degree of warmth while we are within doors, and because it is uncomfortable and irritating to the skin. There are circumstances, however, in which it is preferable to wear woollen stockings; as, for example, when a lady goes out in wet or cold weather with thin, fashionable,

paper-soled shoes. The good of the flannel is then greater than the harm.

Linen, soft-spun, is beyond doubt the most comfortable and, for general use, the most healthful article that can be worn next the skin. If a person desires real comfort of the feet, let him wear soft, elastic stockings next to the feet, and other covering which insures dryness and warmth. In the latitude of New York one pair of stockings with a suitable pair of boots will be sufficient. The boots, however, should be so large and roomy that a second pair can be added if necessary, which also may be of cotton or woollen, according to the inclemency of the weather. But it is always more strictly physiological that linen be kept next to the foot. And yet, wear even woollen next to the surface rather than expose those important parts to too great a degree of cold. Many suppose that we of the Water-Cure are always for chilling the body. But it was the doctrine of its great founder, that the extremities should always be kept warm,—a rule that holds alike good both in sickness and in health.

WOODEN SHOES.—The *sabots*, or wooden shoes, worn by the peasantry of France, have always been looked upon with distrust by Englishmen and Americans; and it was popularly said of William III., that he had saved his people from Popery, slavery, and wooden shoes. As generally made, the wooden shoe is a clumsy affair, but it is improved somewhat by the introduction of other shoes made of list, which serve to give warmth and steadiness to the foot. Fig. 14 gives some idea of this kind of shoe, which may often be seen among the Canadian French, and sometimes in the northern part of our

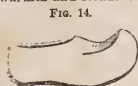


FIG. 14.

States, among those who have come from the old country, or emigrated across the Canadian line.

THE JEFFERSON BOOT.—A very good form of foot covering was that called the "Jefferson boot." It was introduced into use at about the time Mr. Jefferson became President, and he was himself fond of wearing it. The boot was laced up in front, as high as the ankles—in some instances, perhaps higher. (See fig. 15.) This

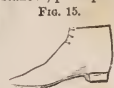


FIG. 15.

at about the same time when pantaloons were introduced into this country, and became fashionable.

That form of boot which was laced up at the side came into fashion soon after the "Jefferson boot," but the inconvenience of lacing, we are told, prevented it from being generally adopted. From this

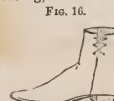


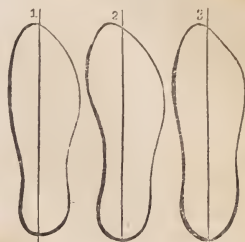
FIG. 16.

we learn, that if patience in lacing boots is a virtue, females are deserving of more credit than we men are. This kind of boot is represented in fig. 16.

MODE OF FITTING THE FOOT.—The only reliable method of getting shoes and boots that are at all comfortable seems to be, either to select at a store from a large assortment of the articles, or, if they are made to order, have a last fitted expressly for the foot. It is by no means sufficient to have a last of the proper length and width simply, as many bootmakers seem to suppose; and in fit-

ting the last, the foot should be set square and comfortably upon a piece of paper, upon which with a pencil its outlines are traced. Let almost any three persons having feet of the same length and width make a drawing in this manner, and the result would be something like that indicated in fig. 17. This serves to show the importance

FIG. 17.



of each foot having a last of its own, and how impossible it is for any shoemaker to insure a fit without it.

BUCKLED SHOES.—In the times of the "Declaration of Independence," it was customary to wear small-clothes fastened below the knee with buckles, the leg covered only with stockings, the shoes fastened with large buckles. (See fig. 18.) The same fashion continued till about the close of the 18th century, when pantaloons and boots were introduced from France. According to Mr. Sullivan, in "Familiar Letters,"



FIG. 18.

"about the end of the 18th century the forms of society underwent considerable change. The levelling process of France began to be felt. Powder for hair began to be unfashionable. A loose dress (pantaloons) for the lower limbs was adopted. Wearing the hair tied was given up, and short hair became common. Colored garments went out of use, and dark or black were substituted. Buckles disappeared. The style of life had acquired more of elegance as means had increased."

Whatever may have been the ideas of those who were instrumental in doing away with tight stockings, tying the hair, &c., it is certain the changes were conducive both to bodily comfort and health; and it is not probable that such customs will ever again become fashionable in civilized communities.

THE MOCCASIN.—For dry weather and deep snows, the Indian or deer-skin moccasin is one of the most safe and useful of all coverings for the feet. The parts are left free in all their movements, in consequence of the elasticity of the material; and the article, when dry, is a good non-conductor of heat and cold, which enables the parts to maintain a good degree of warmth. Dr. Rush, who studied the habits of the Indians more than any other medical writer, informs us that he could not find that the aborigines of our country ever suffer in their limbs from the action of cold upon them. "Their moccasins," observes this author, "by allowing their feet to move more freely, and thereby promoting the circula-

tion of the blood, defend their extremities in the day-time, and their practice of sleeping with their feet near a fire defends them from the morbid effects of cold at night. In these cases, when the motion of their feet in their moccasins is not sufficient to keep them warm, they break the ice, and restore their warmth by exposing them for a short time to the stimulus of cold water." Dr. Rush also informs us, that "it was remarked in Canada, in the winter of 1759, during the war of the time, that none of those soldiers who wore moccasins were frost-bitten, while few of those escaped who wore shoes, and were much exposed to the cold." A form of the Indian moccasin is represented in fig. 19. It is made of deer-skin,

FIG. 19.



tanned by a mode peculiar to the Indians, and smoked. The moccasin is usually ornamented with beads, or porcupine's quills or feathers, and worn without soles.

ORIGIN OF BOOTS.—Dr. Baynard, a quaint but

able English writer, a hundred and fifty years ago, speaks thus of the rickets as a cause of boots coming into fashion in that country:

"As to the rickets, it was a distemper in England almost worn out, but now it begins to come into play again. But in the time of King Charles I. it was almost epidemical, few families escaping it; especially those that were rich and opulent, and put their children out to nurse; when, through unnatural usage, and vicious, disagreeable milk, the infant was soon spoiled by contracting from the drunken nurse cacocymous juices; hence, with the growing infant grew up the boot fashion for the man, and long coats for the woman, for they were so ashamed at their crooked legs that they wore boots to hide them. And this beginning at court, (among the quality,) the straight-legged fools must follow the fashion and wear boots too, with great boot-hose tops of fine linen, laced, &c."

It must be admitted, however, that boots, although they do not allow of so free play of the muscles of the ankle, are very serviceable in the deep snows of our northern country, and women as well as men should be allowed to wear them.

HIGH HEELS.—One of the evils connected with boots and shoes is, that fashion often compels us of the male sex to wear those with high heels

Now, it must be evident to all, that if the Creator had designed man to walk with heels elevated an inch, less or more, from the ground, some contrivance, in His infinite mechanism, would have been instituted to answer that end. In consequence of wearing boots and shoes with high heels, easy locomotion is hindered, the ankles are more liable to be sprained, and even the

FIG. 20.



FIG. 21.



knee joint injured. Fig. 20 is a very good form of boot, the heel being but little elevated. Fig. 21 exhibits a much more objectionable specimen. Fig. 22 represents a very good form of foot-co-

"coverings for the feet," has published a little work in which he gives some curious illustrations of the forms of boots, shoes, &c., that have been worn at different periods in the world's history. With permission, we use some of his cuttings.

HISTORICAL NOTES.

COVERINGS for the feet have been worn since the earliest ages, descriptions of them having been readily traced back to a period nearly fifteen hundred years before the birth of Christ. The first essay in giving shape, or style, to the rude skins that had previously enveloped the feet, produced the SANDAL.

The sandal reached a state of great perfection among the Romans, and it was to the gallantry of the Emperor Aurelian that the ladies were indebted for the exclusive privilege of having them manufactured of red, yellow, white, or green color, the men being expressly debarred from this liberty.

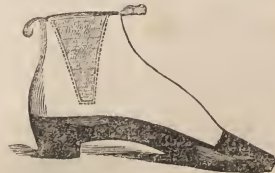
It was during the reign of Edward III. of England that "the gentle craft" produced the most sumptuous boots and shoes.

It is impossible to conceive any shoe more exquisite in design than fig. a of our plate. It was worn by a royal personage, and it brings forcibly to mind the rose windows, and other details of the architecture of the period. The next figure in the same plate (b) is simpler in design, but not less striking in effect, being colored



ver, the upper part being of cloth, prunella, cashmere, &c., according to the season, and the

FIG. 22.



lower part, above the sole, of leather, suited also in quality and thickness to the season.

Our friend, Mr. CANTRELL, of No. 336 Bowery, New York, who is a skilful maker of all kinds of

ored (as the previous one is) solid black, the red hose adding considerably to its effect. Fig. c is still more peculiar to those times: the left shoe is black and the stocking blue: the other leg of the same figure being clothed in a black stocking and a white shoe.

The boots and shoes worn during the fourteenth century were of peculiar form, and the toes, which were lengthened to a point, turned inward or outward, according to the taste of the wearer. In the reign of Richard II, they became immensely long, so that it was asserted they were chained to the knee of the wearer, in order to allow him to walk about with ease and freedom.

They afterwards became so wide that it was necessary to pass a law restricting their width.

The large plate in the centre of this page represents many different styles of foot-coverings.

WATER-CURE
IN LUNG COMPLAINTS.

BY DR. S. FREASE.

There is an opinion prevalent among the people, as well as among physicians, that consumption is incurable. And, notwithstanding its tendency to produce indifference and hopefulness, the announcement of its positive existence fills the mind with an undefinable dread. Visions of an early death, of separation from friends and all things dear on earth, crowd upon the unfortunate sufferer. And no wonder. For on looking around for friends and acquaintances, who but a few years before were in the same condition, they are not to be seen. All that now remains of them is confined in the silent tomb, and the inscription on the headstone tells their sad tale.

And looking over the annals of medical science—over the ponderous volumes that lumber the shelves of medical libraries—is not calculated to afford consolation. Long lists of "remedies" have been confidently recommended, tried, and abandoned as useless, or worse. Now calomel, now cod-liver oil, now phosphate of lime, now the application of the knife to the diseased part. In view of these things, it is no matter of wonder that the first authoritative announcement of consumption brings terror to the mind.

From a somewhat extended observation, and considerable practice, I am persuaded that the water-cure treatment is capable of depriving this disease of much of its terrible power; and this can be readily understood when we consider that it consists merely in the application of the health-preserving and health-restoring agencies to the diseased organism, and the removal of all poisonous, disease-producing instrumentalities. It may seem simple, and it undoubtedly is so. Yet it is just what is needed to restore as well as to preserve health, and whoever expects to arrive at these results in any other way must be disappointed.

I do not wish to convey the idea that all cases of consumption can be cured, even by the water-treatment. There is a point beyond which the patient must sink under this, as well as other modes of treatment. It is the same with diseases of the liver, the kidneys, the stomach, and every other important organ. Beyond a certain point there can be no recovery. But the precise stage beyond which recovery is possible cannot with certainty be told. The following cases may serve to show that the water-cure has power to heal beyond any other known means.

On the 10th of April Mr. — entered our establishment an emaciated, diseased, disheartened man. At this time his symptoms were as follows: Pulse 100 beats to the minute; cough severe and almost constant; expectoration copious, amounting to a quart in twelve hours; great difficulty of breathing; severe pain in the chest at times; often a sensation of dryness in the larynx which would throw him into the most violent fits of coughing; slight chills followed by fever; profuse night-sweats; limbs considerably swollen; fingers clubbed at the ends, the nails of which seemed almost lifeless; burning sensation in the soles of the feet; complexion sallow; urine of a lye color. These were the prominent

symptoms, which had been increasing in violence for three months. On examination we could give but little encouragement. But if he was to be saved, the water-cure, we felt confident, was the instrumentality by which it was to be done. And we decided to try it.

He soon began to improve, and at the end of twelve weeks returned home, a renovated man. The rosy hue of health was again on his cheek. The swelling had left his legs and arms—the cough had subsided, the expectoration ceased. In short, he was a well man with the exception of some weakness in a portion of the left lung, which has since recovered.

It would be difficult to give a description of the treatment in this case. The leading measures were wet-sheet packs, sitz-baths, and the wet jacket worn whenever it did not produce chilliness. The frequency and temperature of the baths were changed to suit the varying conditions of the patient. Previous to coming here he had been treated by a Botanic physician.

Mr. —, aged 19 years, entered our Cure April 28. Constitution cachectic. Four of his brothers had died of consumption. For two years he had been declining. Had been under the care of six different Allopathic physicians during the two years that he was failing, and was left by them in the following condition, and assured that water-treatment would be fatal in his case, as his lungs were affected. But I must refer to this farther on. A few days before arriving here, he bled from the lungs, at different times during four days, more than a quart. He had cough, pain in the chest, and great weakness of the lungs. His lung disease was greatly complicated with other disorders, such as dyspepsia, torpid liver, constipation of the bowels, gravel, &c. For three months previous to coming here he had no natural action of the bowels, and every few days castor oil or other disgusting substances were taken to move them.

In less than two weeks under water-treatment his bowels moved regularly without any artificial aid. In a few weeks, calculi of the size of a grain of wheat were frequently passed, but in two months all symptoms of gravel had disappeared. In four months all symptoms of disease had left him.

One of the great advantages of the water-cure, as has often been shown, consists in its ability to heal the particular organ or set of organs affected, at the same time that every other organ of the body is purified and strengthened; while the drug-system, even when it relieves one organ, depraves every other part of the system. This case powerfully illustrates both these positions.

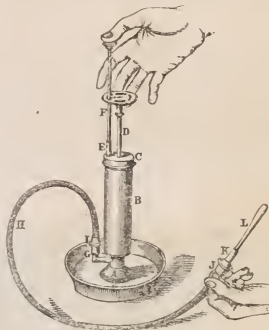
Before closing this article, I must allude to a very prevalent error. This was not the first case of patients having been advised that the water-treatment was not adapted to lung diseases, and that a trial of it must prove fatal. It is time this delusion was exploded, and I would say to invalids suffering with consumption, or any other form of lung complaints, that the water-treatment is adapted to them, and in it lies their chance of safety. It may fail to cure you. You may be too far gone for that. But when judiciously applied it will not fail to benefit you, even when a cure is impossible.

Sugar Creek Falls Water-Cure, Ohio.

USE OF THE SYRINGE.

THE NEW INJECTING INSTRUMENT.—We are now prepared to furnish Hydropathic physicians and the public with an instrument, the invention of Dr. Matison, which combines many advantages not found in any other, nor in all other syringes. It is extremely portable, and may be carried in the pocket, as its name imports. It is ready for use at any moment, without the trouble of adjusting a single screw, and is not liable to get out of order. It enables the individual to inject any desirable quantity of fluid without interruption, and is preëminently superior as a "Self Syringe," inasmuch as the piston may be worked with one hand, thereby leaving the other hand free to direct the terminal tube. This tube, K, L, as seen below, may be used for injecting the bowels of an infant or an adult, or for any of the purposes of a "Female Syringe."

VIEW AND DESCRIPTION OF THE INSTRUMENT.



- A. Base, connected by a screw, resting in a basin or vessel. It contains a cavity and valve, through which the fluid is drawn into the barrel.
- B. Barrel.
- C. Cap, connected by a screw.
- D. Piston-rod, surmounted by a metallic handle, and terminated within the barrel by the piston.
- E. Socket for reception of piston standard.
- F. Piston standard, passed through one of the openings in the handle, and inserted into the socket E.
- G. Elbow, or lateral tube.
- H. Flexible tube.
- I. Short metallic coupling, connecting the flexible tube with the elbow.
- J. Terminal metallic coupling, containing a cavity and valve.
- K, L. Terminal or injection tube, connected with J by a screw.

Each instrument is accompanied with an Illustrated MANUAL, by Dr. Trall, giving ample directions for the administration of enemata, on hydropathic principles. In his preface to the MANUAL, Dr. Trall says:

"The general adoption of water injections or enemata, by hydropathic practitioners, in lieu of purgatives, which have ruined so many stomachs and bowels, has made a good injecting instrument, or family syringe, a desideratum. Having thoroughly examined all the varieties which have

been introduced, and also expended not a little time and thought on the best method of constructing an instrument which would answer all ordinary purposes for both males and females, and, at the same time, be portable, convenient, economical and durable, we have adopted the one accompanying this manual, as in every respect satisfactory.

"Few patients present themselves at Water-Cure establishments who have not suffered more or less from constipation, piles, leucorrhœa, or some other morbid condition, for which injections are not only useful, but indispensable. And, under the existing unphysiological habits of the majority of people in civilized society, some sort of extraneous aid to the motions of the bowels, until proper hygienic training can bring them back to a 'state of nature' again, is a general necessity.

"Every invalid and every family, therefore, should be provided, not only with a suitable apparatus for employing injections, whenever and whatever exigences demand them, but also with the intelligence requisite to manage them judiciously."

EXTRA FROM THE MANUAL :

"DEFECATION.—The *chyle*, which is a milky fluid, moves slowly, very slowly, through the small intestines, the mucous or lining membrane of which is arranged in folds or platts, not only to prevent its too rapid passage downward, but also to increase the surface for the mouths of the lacteal vessels to absorb it. Fig. 6 is a representation of this platted structure.

FIG. 6.



FOLDS OF THE SMALL INTESTINES.

"As the contents of the alimentary canal approach the œcum, their fluid matter is nearly all absorbed, and they begin to acquire the consistency and smell of *feces*. In cases of habitual constipation, the small intestines themselves become the seat of fecal matter, often occasioning a very foul tongue and fetid breath. The strong odor of the contents of the lesser bowel is not, however, attributable so much to the excrementitious or innutritious portions of the food, as to the secretion of putrescent elements from the blood, by the glands scattered along the mucous membrane of the large intestines. The feces are, therefore, ordinarily a mixture of the innutritious parts of our food, and of putrescent elements secreted from the circulating system.

"Proper defecation implies a motion of the bowels daily, and the matter discharged should not only be a soft solid, but passed without pain or straining. Persons who use constipating food, or do not properly attend to the solicitations of nature, do not, perhaps, have a *clean state* of the intestines once a month; and it is not uncommon for hardened feces to remain for months impacted in the folds or cells of the large intestines. They are also often discharged in the form of hard, black balls, resembling the excrements of sheep. These rounded masses are called *scybalæ*. Seden-

tary females sometimes go from three to ten days between the motions of the bowels; but they ought to know that all this time the œcum and colon are impacted with excrementitious matter, which is inflaming the whole mucous surface of the alimentary canal, corrupting the whole mass of blood, and laying the foundation of piles, leucorrhœa, prolapsus, and many other disorders.

"The color of the stools is exceedingly variable, though in perfect health they are of a yellowish-brown color. When the biliary secretion is deficient, they are of a *clay color*. In piles and dysentery, they are red or dark-red, from the admixture of blood. Purgative medicines render them *dark and fetid*; and mineral drugs, especially mercurials, give them a *very dark* appearance.

"Green stools are common with children during the irritation of the 'teething' period, and are usually, though erroneously, attributed to presence of bile. Some mineral preparations, as of lead and iron, render them of an *inky blackness*.

"The character and consistency of feces are also variously affected by ailments, diseases, and drugs. They are often mixed with chyme, chyle, half-digested food, purulent matter, albumen, &c. Chalk, magnesia, sulphur, and various other drugs, when used habitually, have been known to accumulate in the intestines to the extent of several pounds.

"So also of pills, cherry-stones and other indigestible matters:"

* Orders should be directed to FOWLETS AND WELLS, Clinton Hall, 131 Nassau street, and will be promptly attended to. The price of this instrument, including an extra vaginal tube, is only \$3.50.

Practical Water-Cure.

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

WATER-TREATMENT AND WATER-CURE DIET.

MESSES. EDITORS: Being a subscriber to your very valuable Journal, and being now, as I always have been, an advocate for the use of water in all diseases—viewing it, as I do, the most natural of all remedies—I can but hail with delight the system you have adopted to introduce *method and order* in its use, and thereby establish the efficiency of water as the proper curative means or agent, universally.

I have been an invalid all my life, and for many years most thoroughly dosed by a species of medical men usually called family physicians, of the pestle and mortar stamp, or mineral doctors. This continued, of course, so long as I was under the tutelage of my parents, with whom the *family physician* was a perfect king. At the age of twenty, father being dead some years, I was with my mother, when the camp fever, so called by many, in the year 1816-17 broke out on the Rappahannock and Potomac rivers in lower Virginia, the place of my nativity and early life. Almost every case was fatal in the hands of the regular doctors, and none others were in that country at that period. It swept through the estate of my mother, with some three or more of

these practitioners in constant attendance. It happened, however, that four of the sufferers who were declared hopeless cases by said doctors, had been favorite playmates of mine, and one of them my nurse; and I determined to turn doctor myself, and accordingly went to work with cold wet cloths applied to the breast and stomach, and finally on the back. These appliances I continued until the internal heat was reduced, and uniform circulation brought about. In the course of twenty-four hours each of the four cases was conquered, and the patients walking about and entirely recovered. This I was induced to do, because I had frequently witnessed the successful application of water in fevers and other cases of sickness.

I have resorted to the copious use of water, both internally and externally, since I have had a family, and never to my knowledge without a good effect; and my family, white and black, have not been less than sixty in number for thirty years past.

Since my removal to this far-distant Southern country, I have invariably pursued the Water-Cure system after the plans laid down by Doctor Shew, in one of his works, with the exception of some ten or twelve cases of cholera which occurred a few years since. I had no doctor, and treated those cases with such remedies as I deemed safe and prompt, and lost only one, a woman of seventy-five or eighty years of age.

In those cases I made the sick ones drink freely of cold water, and bathed the feet and legs with warm water, which, in conjunction with other remedies given internally, succeeded in my object without difficulty.

Within the last few months, since the terrible scourge, the yellow fever, has committed such havoc in New Orleans, and has in many instances spread into the adjacent country connected in trade with that city, it has, in various shapes made its appearance on sundry plantations. I did not expect it on my plantation, either by infection or from natural causes, as I am situated immediately on the Gulf, far distant from the trading-points, and constantly under the influence of breezes from the sea; but there did occur twelve cases of fever, exhibiting, in several respects, symptoms of the New Orleans disease—such as pain in the head and the back, vomiting incessantly large quantities of bilious matter; and in most of the cases fever very high, and continuing without abatement—and in several of the cases a distressing diarrhœa, and distressing complaints of *internal heat*.

I employed no physician. In fact, there is not one nearer than fifteen miles; but I had no idea of employing other means, or doctors, when I too plainly perceived that the remedy was at hand, sure, prompt, and safe. I therefore, without hesitation, had each and every sick one wrapped up in a dripping wet sheet of the coldest water on the premises, which was cistern water, and invariably repeated the wet sheet until there was total relief of internal heat, and a healthy pulse, giving large quantities of water to those who either complained of thirst, or continued vomiting; and at the same time, injections of cold water frequently administered. Under this treatment, I assure you, there was not a single case of more than thirty-six hours' duration.

I have not a doubt, that if the cases I have described had been treated with calomel, the lancet, and other et ceteras, so much in vogue with the *peste and mortar* gentry, the black-vomit would have carried each one to the grave. As it was, I did not even let my overseer or white family know what the nature of the disease was, until all danger was over, and there was apparently no danger of yellow fever in this quarter. There has been a death from yellow fever within the last few days within a mile of my place, but it was brought there from one of the towns on Bayou Teche.

I submit these facts as encouragement to all friends of the Hydropathic system, although in a style not at all consistent with the usual learned mode of treating of human diseases; but in the hope that I have described the facts as they occurred, understandingly, at least.

When I visit the city of New Orleans, I shall supply myself with a copy of the *Hydropathic Encyclopaedia* as a guide in future. I am willing to do for others what I cannot do for myself. The disease which has afflicted me, in the most painful manner, for thirty-eight years past, the *gout*, has now reached that state in which the joints are becoming stiff and set; the soreness after each attack continuing, and without my crutches I can rarely walk but a short distance. By the constant use of the water appliances, however, I maintain more good bodily health than from any other of the many scores of remedies which I have resorted to, as advised by members of the *learned faculty*. I have tried nearly all the approved mineral waters on the continent, spent many summers at most of them, and have found, after all this trouble and expense, that in all probability the best remedy was near me at home—that is, pure, unadulterated water. Of late I have so entirely resorted to it, that I have almost forgotten the names of some of my former remedies, such as “*Eau Médicinale of Count De Husson*,” “*Colchicum*,” &c., &c., and a list of the various preparations of magnesia, too numerous to mention.

There is, however, a thing or two which are taught by hydropathists, that I shall be hard at learning, and they are in relation to diet; and it does seem to me that the teachings upon that subject might, with advantage, be dispensed with. I allude to the prohibition of tea and coffee, and the use of meats of any kind, fowl, fish, &c., &c. Why, Sir, there are many men—and probably I am one of that number—who had rather endure some sickness and pain—and as to the latter, a good deal, as I am so accustomed to it—than to give up a good, well-flavored dish of meat of any kind—say, for instance, a well-cured Virginia ham of bacon, or a nice beefsteak, roasted mutton, &c., &c., or a brace of fat wild ducks, a fat roast turkey or goose, and occasionally a nice oyster-pie, or a dish of scalloped oysters, and even fried. The fact is, these things are so good, that many persons would forget all about Hydro-*pathy* and Allopathy, or any other system of cure, when such temptations are set before them; and hence it may be that any system, no matter how good it may be, may be brought to an untimely end, if its advocates attempt too much. I say, let a man eat what he pleases when he is well—eat nothing when he is sick, and carry out this

Water-Cure system, and he need fear nothing till his time comes in the course of nature, when the machine can last no longer, and then let him die.

There are several points on which I would ask advice, but I perceive that you are much beloved already in that line, which is not fair; and hence I have taken the hint, and will, as soon as I can, get a copy of the *Encyclopaedia*, which, I doubt not, will answer what questions I might have to ask you for information, not only as to diseases, but their appropriate mode of water-treatment. And I am, with due respect, your obedient servant,—Y. H. [*Bayou Salli, La.*]

REMARKS BY DR. TRALL.

It is no uncommon circumstance for gouty patients to present themselves at the Water-Cure establishments, who have an enthusiastic love for the water-processes, and an inveterate hatred of the dietetic part of the remedial plan; and yet, in nine cases out of ten, so far as a real cure is concerned, the diet is the most important part of the treatment.

It is our business to teach the prevention as well as the cure of disease. We cannot consent to play the part of mere tinkers of the system; to doctor folks when they are sick, and leave them to eat and drink what morbid appetites crave, and become sick again. We cannot alter, abridge, abrogate, or in any way modify the laws of nature. She knows no respect for morbid appetites, nor will she abate one jot or tittle of her penalties, because we violate the laws of life and health in ignorance.

It is very true that many persons will prefer to indulge false and artificial appetences for an hour, and then groan and agonize for as many days with the consequent pain. But our full conviction is, that all medical systems are destined to go to oblivion which do not recognize and are not built on the *true system* of diet, whatever that may be. When our friend has carefully examined the teachings of the *Encyclopaedia* on the points suggested by his communication, we should be happy to hear from him again, and to remove any objections to our whole system of prevention and cure which may then occur to him.

WATER-CURE AT SEA.

BY REV. JOSHEA BUTTS.

MESSES. EDITORS:—I did not expect, when I promised to write an occasional article for your valuable paper, that the first would be about myself; and I write this, not so much for any information it may contain, as to show what can be done, under very disadvantageous circumstances, with water.

On my way to California last fall, I was detained two weeks at San Juan del Sud, on the Pacific side of the Isthmus. The day of our embarkation (the 13th of Dec.) was intensely hot. A severe pain in my head compelled me to leave the deck early in the afternoon, and seek for repose, such as I might expect, with a thousand human beings swarming around me. I slept for three hours.

When I awoke, the Isthmus fever was flaming

through every vein, and leaping through every artery; its burning tongue was lapping up my life-blood. I attempted to arise, but its fiery grasp had already nearly prostrated my physical energies.

I was as feeble as a child. In my state-room were five men besides myself, who were all sick. Porters and waiters were running to and fro, piling up trunks, bags and valises, packing and unpacking them.

This confusion made me worse. In attempting to walk, I reeled like a drunken man. On leaving my room I met the surgeon of the boat, who is an intimate friend; he advised me to take some “*blue mass*” immediately, and then “*quinine*.” I told him that as I had no conveniences for bathing, I would fast until I was better. But I would not take any medicine. Five days passed, during which time nothing but pure water passed my parched lips. Still the fever flamed on, not with such intense suffering, but my whole body seemed wrapt in a continual blaze, and my strength rapidly failing.

During this time nearly four hundred had been added to our sick list, and death was hovering over our company, though dashing along so proudly upon the Pacific’s sparkling wave. Already the bodies of several of the company had been consigned to a watery grave, far, far from the green fields and smiling valleys of their childhood’s home. Being the only clergyman on the boat, I was called upon to officiate on these occasions.

At these services a man stood on either side to support me, for I could not stand alone. A body had just been committed to the deep, and I sank upon a seat near by, feeling that I had probably performed my last service on earth, and that the next would be *for me*, and not by me.

A stranger came to me and inquired concerning my health. I freely stated my case to him. He at once offered me his state-room and his services in assisting me to take the wet sheet. Oh, how gladly did I accept the offer! But a difficulty arose at the outset. There were no sheets of suitable size. I procured a pair of linen pants and shirt, wet them, and put them on. Several friends brought their blankets, and I was soon enveloped in proper style.

No pen can trace, no tongue can tell, no imagination, however vivid, can portray the exquisitely refreshing sensations that swept like a wave from the very fountain of life, over and through my whole system.

One by one I felt the fiery chains that had so long bound me falling away. The sheet of flame that had long been blazing around my brow, like a heated furnace, was put out.

I could feel the healthful tide of life ebb and flow around my heart, as if struggling for the mastery. It succeeds. The living current gushes forth, overleaping every obstacle, and sweeping away every barrier opposing it.

Perspiration started first from my brow, and rapidly spread over the whole body. Oh! it seemed like a resurrection from a bed of fire. I assured those around me, that with ordinary prudence I was pretty sure I must soon be well.

Some wept, and all rejoiced at the great and favorable change that had taken place. So delicious were my sensations that I continued here

more than one hour. When I had dressed, after a general ablation, I could stand alone, and even walk a few steps without any aid. Again my friends wept, and grasping my hand, said: This is like a resurrection from the dead. We thought this morning, when your feeble voice was pleading before the throne of the Heavenly Majesty, that the scenes of earth would close with you before many hours. But can it be possible that you have taken no medicine? that nothing but pure simple water has wrought this great change? We have heard of its power, but have been faithless. But now, having seen its efficacy, we believe.

I continued this treatment for two or three days, when every symptom of fever disappeared. But my strange friend was now attacked. Under my direction the water-treatment soon restored him. Others were taken, treated in like manner, and with like success.

There were so many sick that it was impossible for me to bathe, consequently my strength was recovered but slowly. Fifteen of our number found a grave in the ocean, but not one of those relying upon the healing power of water, and some of them were very sick. I had a few of your best practical works on the water-treatment with me, also a few Journals, all of which I gave away to these new converts. Some of them went to the book-stores and got a copy of all the works on the subject they could find. These works are scarce here. I could sell many if I had them. I am in the newspaper and periodical business, and often have calls for them. I endeavor not to be obstructive, but I cannot help conversing upon the subject everywhere I have an opportunity, and earnestly recommending the system and your many valuable books connected with it, which seem like the leaves from the tree of life, scattering health, comforts, and blessings upon mankind. I believe that fifty thousand copies of your books could be sold in California. Hydropathy is the very system for this country. Men cannot afford to be sick long here.

Circulate your books and papers here freely, and send among us your able lecturers and physicians, and California, clasped in her golden girdle, disentrilled from the chains of Allopathydom, (is there such a word?) with her gold and precious stones in one hand, and the beauties and riches of the floral world in the other, will lay all upon the altar of health, and devoutly invoke Heaven's choicest blessings on those who were instrumental in pointing her to the well-spring of life and happiness.

WATER-CURE IN MISSISSIPPI.

A FEW items of information in regard to the progress and prospects of Water-Cure in this part of our wide and happy land may not, perhaps, be unacceptable to the readers of the JOURNAL. We had scarcely so much as heard of this great reformatory movement, until within the last two or three years; and when it began to be spoken of, most of us heedlessly regarded it as one of the idle humbugs of the day, without any serious consideration of its merits.

Its first staunch supporter and ardent advoca-

cate among us was General T. J. Holmes, an intelligent, energetic farmer, and a brother of one of our most prominent physicians of the Allopathic school, for which profession the General was himself regularly educated. He was first convinced of the superior efficacy of Hydropathic treatment by a cure effected in his own person of severe periodic attacks of nervous headache, which, resisting all the powers of drugs administered by the most skillful practitioners procurable, steadily increased at each successive return, until he commenced the water-cure treatment. He avers that water-cure was the means of saving him from an untimely grave, and has defended and practised it in his family, in spite of the opposition and ridicule sure to be encountered by every bold and fearless innovator upon old and established habits and usages. The General, however, stood his ground with admirable firmness, meeting his opponents with unanswerable arguments, and successfully maintaining the philosophy of the Hydropathic principles, and the eminent safety and efficiency of their practical application. These new doctrines are now fast gaining friends; and the General often receives applications for advice from acquaintances, and even from strangers, to whom he freely gives directions for the treatment of their complaints. And this he does wholly from motives of benevolence, never accepting any compensation for his good offices. He has been repeatedly urged by his friends to set up a Hydropathic establishment, but he prefers the more quiet, retired occupation of agriculture.

Among those cases for which he has prescribed have been several of more than ordinary interest; and I will mention one or two of them: Mrs. R., of this county, was brought to the residence of Gen. Holmes by her husband in a carriage, to obtain directions for trying Hydropathy as a last resort, (I believe by the advice of her physician.) She had been under the care of the best practitioners of the country for five or six years, and had paid to one more than seventeen hundred dollars. Hers was considered by her physician as a hopeless case. Though reduced almost to a skeleton by a complication of disorders, yet by an intelligent use of the water-cure appliances at home, in five or six months her cheeks bloomed with the rosy hue of health, and her eyes sparkled with the joy of renewed life!

Another case was that of a gentleman from New-Orleans on a visit to a neighbor of Gen. Holmes, and while there attacked with fever, for which a dose of blue mass and quinine was administered. (Our doctors can do nothing without blue mass and quinine; and, in this connection, I must be permitted to suggest the word, hobby!) As he was not benefited, but rather grew worse, on learning that Gen. Holmes was a Hydropath, he caused himself to be taken over to his residence in a carriage, from which he was lifted to the house at his arrival. He had no use of his lower limbs, which were very hot, contracted, and much swollen. He was in a pitiable condition, and required prompt treatment; but in three days he was able to walk over to his friend's residence.

I will merely mention, without detailing, that the General has successfully treated cases of chronic tetanus or lock-jaw, measles, scrofula,

dysentery or bloody flux, congestion of the brain, inflammation of the uterus, chills and fever, etc., and never lost a case. Those practical exemplifications of the efficacy of this rational mode of curing disease by one known among us, have done more to challenge our attention and command our confidence, than the best arguments not demonstrated by actual experiment could have done. People are beginning to ponder these things, and subscribe for the WATER-CURE JOURNAL. (I have sent you forty-five or fifty subscribers for the present volume.) Almost every one can call up, from his own experience, instances of the destructive effects of drugs on the human organism, even in the hands of the regular practitioners; and many are beginning to seek a more rational, safe, and reliable way of relieving the "ills that flesh is heir to." This "better way" Hydropathy opens to them. Our great need, now, is an *able, fearless, and competent* Hydropathic physician. Many families would employ a physician in whom they had confidence, who will not try water-cure without professional advice.—B. H. D. [Jackson, Miss.

General Articles.

MARY'S FIRST CHILD;

OR,
AN OLD PRACTICE IN MIDWIFERY.

BY THE AUTHOR OF "HOT CORN."

A BEAUTIFUL country girl acquaintance of mine got married last year. Now, that is not very singular, exclaim a good many other country girls who read the first line of this article, and then turn over a leaf to look for "something interesting," with a rather turn-up-nose remark, "that she don't want to hear any thing about midwifery; and as for the beautiful country girl getting married, 'spose she did?' so would I, if I had a chance." Well, 'spose you would, and perhaps, in due time thereafter, it might be the least bit in the world interesting to you to hear something about midwifery. Accouchement is an event in the life of the young wife, always looked forward to with extreme dread. It is not wonderful that it should be, since such a practice as I shall detail directly, is one which commonly prevails.

I said, a beautiful country girl got married; previous to which, and nearly a year after, she was a rosy-cheeked, healthy, fine-constitution girl as ever came from the healthy county she did, with her young husband, and located in one of the cities which in the aggregate make up the million of people of this great emporium-of-quackery. In the first six months of her time, I saw her every day, for she was a fellow-boarder, and neither the fact nor fear of consequences made any impression upon her mind or health. She was in buoyant spirits and free from dread of a natural event, and if left to nature, would undoubtedly have passed through it without a blanch of her rosy cheeks:

About the first of May, I said, Good-bye; God bless you, Mary; and she went to her new home. I did not see her again till November, and then, instead of the Mary of other days, I saw a pale, emaciated, feeble mother; her head of thick, beau-

tiful brown hair had fallen, leaving her almost bald. I naturally exclaimed, "Why, Mary, what has happened? Did you have such a bad time at childbirth?"

"No, Sir, I think, judging from what I have heard of others, I had a remarkably easy time. I was well and hearty as when you saw me last, up to the very day of my confinement, and I do really believe that I could have got up the next day and dressed myself, but my nurse would not hear of such a thing."

"Why not?"

"Oh, she said I should get my death of cold. Yes, of cold in some of those clear hot days of July! So she kept me in bed, in *woollen sheets*, with a blanket, comfortable, and spread over me, and a comfortable folded under me on the mattress, and my head upon two great feather pillows and a bolster, and the windows down, almost air-tight, with the blinds closed and shades down; and the door—dear me, if any one came in and did not shut it instantly, she would sing out, 'Do shut that door. Do you want to kill the woman?'"

"Why, Mary, how you talk. Was she crazy, or are you so, or telling me a story?"

"Upon my word, Mr. R., I am telling you the candid truth, but I have not told you half of it yet. Why, she was a professional nurse, one who followed the business, and has for years, up where I used to live; and it was on that account, and by my mother's advice, that I got her. Oh dear, it makes me shudder now to think how I suffered for two or three weeks—it seemed long, long months—that I lay there sweating my life away, without a breath of fresh air or drop of water, not even to wash my hands, except it was almost boiling hot; and if I asked for a piece of ice, just to touch to my burning lips, my nurse, my pious nurse would roll up her eyes heavenward, with an ejaculation of perfect horror, that a woman just confined, only two weeks in bed, should ask for ice."

"Why did you not send for your mother?"

"Dear me, she was there all the time."

"And stood by and saw her daughter tormented in that way! Shut up in a July-heated oven; the air made fetid by the natural causes of such an occasion; deprived of a drink of the pure beverage of angels; not allowed to see the light of heaven, or snuff the air, wafted fresh from the river, by fields of new-mown hay! by my soul, it seems incredible: and she so kind and good a mother!"

"Yes, Sir, she is a good mother, and she did remonstrate, but nurse said 'she was responsible for my life—she was not going to let anybody murder me [but herself]—she had charge of me, and she was going to do what she knew was right; if we chose to turn off a nurse that had taken care of a hundred women, we might do so, and open the windows and let in the wind and kill the woman: we might do so, but if we did, her blood be upon our own heads; that's all!'"

"Well, Aunt Sally, do let the light shine in a little, it looks so gloomy here."

"Gloomy! Who ever heard the like? Let in the light! Do you want to give the baby sore eyes? I shall expect next thing to hear you recommend putting the poor thing into a tub of cold water, like some of them hydrophobia doctors."

"Hydrophobia, Aunt Sally. Hydrophobia is when folks are bit by a mad dog."

"Then that is the best name for them; for I am sure they are mad, to go to dip a poor little innocent baby in the water, and rinse it out, just for all the world as they would one of its diapers. I wish you wouldn't talk so unreasonably. The Lord knows, if I don't know what to do with babies, I should like to know who does. I am sure I have had enough of them—more than a hundred—"

"Why, Aunt Sally! had more than a hundred!"

"Yes, had more than a hundred to nurse, and I never open the windows till they are two weeks old; and never let them go out of the room till they get their eyes open. And it stands to nature that they don't do that as soon as kittens, and they take nine days. And I always want to carry them out myself the first time, and carry them up stairs instead of down, 'cause, if you do that, you may expect them to be going down all their life; they'll never rise in the world. There is nothing like giving a child a good start up to begin life."

"Well, Mary, pray tell us what Aunt Sally gave you to eat and drink, since she would give you neither air nor water, nor let you think of ice."

"Oh, dear, don't ask me. It almost makes me sick to think of it. Gruel and castor oil and catnip tea. Upon my word, for the first week I never tasted of any thing but gruel for food. And I was so hungry—why, I was as well as I was last winter, only that I was starved and smothered and sweated almost to death. Oh! Mr. R., if I could only have got into your bathroom, and then into your kitchen, and hold of a piece of that good home-made bread and sweet butter! Why, I could have eaten a peck of sour-kraut. And then to lie there and hear the men come by in the morning, crying 'milk, ho!' and the women with 'strawberries; and I shut up in that heated oven, with nothing to eat but that hated gruel!"

"Where was your husband? Why did not he interfere?"

"He was away all day at the store, and when he came home at night, he was hardly allowed to come in to look at me; and if it happened to be a little damp, he must not come near the bed, or touch the baby, for fear of giving us our death of cold. Then he did not know but it was all right; nurse kept dinging it into his ears that she knew best; that she always did so—everybody did so, except some of them are crazy water-doctors; and it was a wonder to mercy that they didn't kill off all the women and children they ever had any thing to do with. Why, there was Mehitable Free-love; they took her baby right out of bed and put it in a tub of water with the chill only just taken off, and washed it as unfeeling as though it had been a little trifling puppy, instead of a human critter with an accountable soul; and they kept doing it every morning."

"Well, Aunt Sally, did they kill it?"

"Why, no, but it was a Lord's mercy that they didn't; for the gal, when it wasn't two weeks old, used to have it all over the village, with its poor little face open to the weather, and its eyes so weak, I wonder it had not gone blind. I do think it must have had a constitution of iron, for

it grew as fat as a little bear, with nothing to eat in the world but its mother's milk, and she drinking not a thing but cold water to strengthen her and make the milk come plenty."

"And what did she eat, Aunt Sally?"

"Eat; why, the gal said—and she was all the nurse she ever had—that she ate hearty of bread and butter, and drank cold water, with ice and sugar in it, the very day after she was confined, and never took a drop of physic to carry off the impurities of the system."

"Perhaps she washed them off."

"You may well say washed off, for I heard she was in the bath-tub the second day after, and it wa'n't very warm water, either. And before three days, Jo Free-love was over to Sim Jones's, shooting quails and getting peaches for his wife to eat; and as I live, a week hadn't gone by fore he had her in his open buggy, carrying her own baby, riding over to his father's, old Deacon Free-love's. They do say that the Deacon's wife gave Mehitable a right good setting-down for acting so; but the Deacon, the old fool—he takes one of them crazy papers printed in New York—he chucked her under the chin, and kissed the baby, and tossed it round—I wonder he hadn't broke its bones—and said it was as fat as one of his Suffolk pigs. Well, for my part, I don't see what some folks are made of."

"But she would not let you do as Mehitable Free-love did?"

"No, indeed. She said it was contrary to nature, and she was not going to have my death upon her conscience."

"Pray, tell me what she fed your child upon?"

"The Lord only knows; she had to feed it, for she fairly starved, and physicked, and roasted me into a fever, with a broken breast; and look at my fine head of hair, all scalded out. Oh, I could cry now to think of it; and how I did suffer! It is a wonder that I am alive, or my baby either, for she stuffed it with pap and paregoric, and Godfrey's cordial, and castor oil and magnesia, and sweetened gin and water. Oh!"

"Why did she not feed it with milk?"

"Milk! Oh, dear. Why, she would no more think of giving it milk from the milkman than she would give it arsenic. She is fully persuaded that feeding a child upon the milk of more than one cow would be certain death."

"What in the world can be her reason for that?"

"Indeed, I could not tell; but she has a reason for every thing. One is that 'Mrs. Somebody lived in the city, and fed her children on city milk, and lost both of them. Then she had two more, and bought a cow, and used to move the old cow with her wherever she went, and would not go visiting without her cow; and so she raised both of her children, till, unfortunately, she went into the country, and fed them upon the milk of another cow, and then—"

"Did they die?"

"No, but she has been awful 'fraid they would, ever since."

"And this woman, you say, is a professional nurse?"

"Yes, Sir, and I understand she practises strictly after the old fashion."

"Heaven speed the day, then, when 'old things shall be done away, and all things become new;"

and when human beings shall not be afraid of Heaven's best gifts—pure air and pure cold water!"

DIARY OF A NEW ENGLAND
PHYSICIAN.—NO. XII.

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BY NOOGS.
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DR. LIENTUCH deserves a little special attention, as he will hereafter figure somewhat conspicuously in this veritable history of the doings of doctors. I will merely mention that Mrs. Brown, after hovering for some time between life and death, finally recovered with the loss of the use of nearly one half of the left lung; but if "a half of a loaf is better than no loaf," a lung and a half is much better than no lung.

This case, as will be supposed, caused a good deal of talk, especially as Dr. Fillicoddy had said that "nothing but the interposition of divine Providence could save her." Mrs. B. thought it amounted to that; at any rate, she said, "if somebody hadn't interposed, she must inevitably have perished." In fact, Mrs. B. considered the Lord, the Doctor, and Jemima, as "jointly and severally" concerned in snatching her from the grave; and all the neighbors began to inquire who "Jemima's doctor"—as he was now called—was?

Mrs. Limbertongue declared "he wa'n't nobody nor nothing but a mountain-bank, who pretended to know every thing, and cure every thing with a pail of water, when everybody know'd that the Lord did it all, and he got the credit of it."

Jemima asked her if the Lord helped the other kind of doctors? If so, she "should think they'd have better success;" especially if "the Lord did it all!" She shocked Mrs. Limbertongue "dreadfully," when she told her that, in her opinion, "the Lord had very little, if any thing, to do with sickness or cures, any farther than he made the creature subject to certain laws, and that those laws must be obeyed, or the consequences would be sickness and death."

Mrs. Limbertongue "didn't believe any such doctrine as that: it was downright blasphemy, and no better than heathen talk."

In reply to this, Jemima quietly handed the lamp which was burning on the table to her, and asked her "to put her finger in the blaze!" but Mrs. Limbertongue declined, saying, "if she should be such a fool as that, the Lord would let it burn her!"

"Even so," replied Jemima: "it is only when we are fools that the Lord lets any thing harm us, as a general thing. Would you let your daughter go where the small-pox was, Mrs. L.?"

"No, I am sure I wouldn't," said she: "I a'n't a fool quite."

"It seems then you are rather afraid to trust to the Lord, notwithstanding you don't believe my doctrine; but you *do* believe the same as I do in reality."

"No, I am no infidel," said Mrs. L., "and I wouldn't believe as you do if I knew it was right!"

"As for the infidelity," replied Jemima, "it is all on your side, for he who thinks he can violate God's laws with impunity is an infidel in

truth and deed, call him what you will, or be he who he may."—But to the Doctor.

Dr. Lientuch was a man about thirty years of age at the time we speak of, and was in very truth a physician; in this respect he differed much from the majority of his countrymen who come over to this country, and who, under the plea of not being able to speak much English, pass for the most wonderful physicians the world ever knew; whereas many of them possess no more knowledge of the art they profess than could be picked up in a year or so, by being hostler or waiter to some physician in the "Old Country." Dr. Lientuch was none of these, but a well-educated man, and a man of excellent judgment; and what is more essential generally, in this country, to the attainment of a good practice, he had the "*suaviter in modo*," in a remarkable degree, which is often far better than brains! Some may think I am joking; but I assure them I was never more serious in my life.

Brains, to any amount, are the least important thing for a physician! an ounce of "brass" is worth a pound of brains any day in getting business. The fact is, people like to be humbugged; and the man who makes the most pretensions, though an ass and a knave, will soon be able to ride in his coach; while the man of real merit, talent and education, whose modesty is proportionate to his skill and worth, and equal to the other's brass, will be obliged to go on foot, and scarcely gain a decent subsistence! If you ask *why* this is so, I can only say that people at large are too apt to take things on trust. Common folks have somehow got the idea that a medical man is not to be questioned, or that it is of no use, as they are not judges of how much he knows of medicine! No matter how much he knows of medicine—the less the better, some think. They pretend to be judges of men's fitness for political offices and other kinds of business; and I know of no reason why they shouldn't judge of a physician's capabilities in the same way. "Oh," say they, "if he has a 'diploma' from the regular faculty, that's enough, a'n't it?" No, Sir, I say it is not enough; hundreds are turned loose upon the community every year, duly licensed to practice, who are no more qualified by nature—nor, very often, by education either—than the medicines they so boldly dispense are calculated to improve a man's constitution.

What is education? and what is a certificate of education especially? A *parrot* can be taught almost any thing! A man to be a physician should be one not only educated, but a man of the strongest mind as well as nerve; of the greatest and best judgment, of the most acute perception, and above all, a man of practical, sound, common sense.

What proportion of those annually let loose upon an unsuspecting public are thus qualified?

Dr. Lientuch left his native land on account of political troubles, and came to this country when the Water-Cure was in its infancy, and the advocates thereof were considered little better than lunatics, and when to stand forth the undaunted champion of such an unpopular cause was indicative, to say the least, of manhood. A righteous determination to uphold what he believed to be truth, let the consequences be what they might, was his inward resolve; and nobly

did he carry out his resolution, though met on every hand by the jeering physician and the sceptical layman; but what are the sneers of knaves and fools (none other sner at truth or honest sincerity) to such a man?

Geese hiss, fools sneer, knaves denounce unheeded and unknowing, while honest men consider.

Fortunately for the world, this part of it more particularly, Dr. L. was a man of robust constitution, as well as of a healthy, active mind; otherwise he must have fallen by the wayside, for there was no end to the malicious tricks that were played upon him by the enemies of medical reform, who, at the time of which I write, comprised nearly all the common people.

Just in proportion to the goodness of a thing will be the opposition to it from the worldly. Men don't like to be told they are wrong; and will not believe that *their* minister or doctor is ever so! The doctors, of course, won't "own up," and so of necessity comes war, when a true reformer comes along.

"Why, said one M.D. to Dr. L., "a doctor must be a fool to preach Hydropathy; for if it is true, the profession will run out in a short time, as every old woman can soon learn to practise it!"

"Well, what of that?" said Dr. L. "God speed the day when women—the legitimate nurses of the sick—shall be the only physicians needed! As for the doctors who now cumber the land, it wouldn't hurt 'em to work a little: though to many of 'em getting an honest living would come hard at first, yet after the novelty wore off, they might come to like it: at any rate, it would be better for their health."

Jef. declared that old Dr. B. (who had never been known to alter an opinion once formed, for the fifty years he had been in practice, and always bled in all kinds of fevers, "whether or no," let the patient be strong or weak, followed invariably by Dover's powders and antimony till the patient died—or got better, as would *sometimes* happen in good constitutions) had done nothing in his leisure moments, since Dr. Lientuch came to town, but talk against the new doctrine he advanced, and do all he could to keep people from employing him; but if he only knew it, he was helping the cause which Dr. L. advocated ten times as much as if he had said nothing.

"Why should Dr. B. oppose Dr. L.'s doctrine? What odds can it make to him, what cures his patients?" asked some one of Jef., one day.

"Well," said Jef., "it's my opinion that he does it, in part, because he can't help it! he always opposes every thing new; so much so that he will never buy a new sulkey till his wife and all his friends get so sulky about it that he can't stand it, and would then have them made second-hand if he could. But the great reason is, that he's ashamed to own that the hogsheads of human blood he has shed in his day were unnecessarily and wickedly thrown away, or that the pounds of calomel and jalap, salts and senna, gamboge and aloes, &c., &c., were uselessly, and of course injuriously given! No, no, the old man will never own that he is ever in the wrong. Why, I knew him once to give a man in our neighborhood calomel, till his mouth was so sore he couldn't speak the truth!—because he couldn't speak at all, his tongue was so much swollen!—and don't you think the old man swore

right up and down that it was nothing but *canker!* and doctored him four weeks to cure it! and then made him pay thirty-two dollars and a half for curing his canker! And the beauty of it all was, that the man wasn't sick at all—or next to none at all: he found out afterwards that he had eaten some tainted meat which nature knew enough to throw up; but he, not knowing what he had done or what nature was up to, thought he'd got the cholera or something worse, and like a fool sent for the doctor, who didn't stop to inquire what he had been doing, but down with his calomel; and so between the two poisons the poor man had a time of it. The meat was bad enough, but the calomel was a thousand times worse; for if it had been left to nature, or a simple dose of warm water, he would have been well in a few hours; as it was, he has been made miserable for life! And there was Jack Brown's youngest child, too, only four years old, as healthy a young one as ever grew out of doors—as he did most of the time—who stuck a pin in his leg somehow, and the old doctor gave him physic for a fortnight to get the 'verdigrise' of the brass out of his blood! and the child hasn't seen a well day since, and it is now nine years old!

"No, no, friends," Jef. continued, "don't expect Dr. B. will come into any modern arrangements, especially such as this of curing disease by air and water; he likes the profit on the drugs too well for that; he makes sixteen cents on every cathartic and emetic that he sells for a shilling, and he can't afford to lose such profits; and then again, these different kinds of 'tics, that he gets a shilling apiece for, are self-producing, as it were: each one begets a necessity generally for another, and thus makes a market for those at home! Ay, let Dr. B., or any of the old-fashioned ones, get one or two of their 'searching emetics' and 'alterative cathartics' down a patient's throat, and you'll find that he's in for a few weeks' cruise in the dark sea of sickness, the best way you can fix it."

"O Jefferson! Jefferson! what a man you are to talk!"

Dr. Lientuch, in spite, if not in consequence of the opposition to him, went steadily on in his practice, making new converts every day by his heretofore unheard-of success and his unassuming and intelligent ways.

Dr. Pilloccody, in the meantime, was not idle; but, stimulated by Jemima, whom he much respected, if nothing more, was reading the works she and others put into his hands on the Water-Cure, and watching carefully the progress of Dr. Lientuch, and where he could, the practice also.

As for Jemima, she had her reasons for urging on Dr. P. What those reasons were may hereafter appear.

INSANITY AND TOBACCO.—It is said that numerous cases of confirmed insanity, now among the inmates of our asylums, may be traced directly to the almost constant and excessive use of tobacco. Frequent suicides are also traced to the same cause. Digestion is impaired, the nervous system becomes deranged, dyspepsia follows, and a kind of delirium tremens takes possession of the patient. The light-wrought metal extensibility of many young men, brought on by the use of tobacco among the students in our colleges and literary institutions, is one most potent cause of premature decline and insanity.

A LETTER FROM THE WEST.

BY MRS. FRANCES D. GAGE.

THE MOTHER AND HOME—PROSPECTS OF REFORM—RAILROADS ARE REFORMERS—THEY PROMOTE INTERCHANGE OF THOUGHTS—THE COUNTRY VISITS THE CITY, AND THE CITY RETURNS THE VISIT—BROADER VIEWS OF EDUCATION—INFLUENCE OF MACHINERY—ENLARGEMENT OF WOMAN'S SPIRIT—WOMAN'S DESTINY—SPIRIT OF PROGRESS.

DEAR MRS. WELLS:—I have been at home one week, and yet it seems as but yesterday, so fleetly have the days and hours sped by amid domestic care and domestic love. I found all well. It is said that the mother is the main spoke in the wheel of home; and so she is, for the most part; and yet, if she has plenty of spokes ready-made to step into her place when she wants to rest or do duty elsewhere, the wheel will move on, and the outsiders and insiders scarce know or feel the difference. Such spokes have I in my good daughters, who are ever ready and willing to fill my place when duty calls me from the home.

I have taken a long journey, seen a vast number of people, visited several prominent cities, and had some opportunity to become cognizant of the tone of public feeling. And never was my heart more buoyant with hope for the future than now.

Reform seems to be the order of the day; and go where you will, you hear its rumbling, as of an earthquake, stirring the foundations of society, and causing them to look about and inquire what is to be done. Listen in the railroad-car, and you will hear men earnestly discussing some projected railroad. They urge it; their hearts are bent upon it, because it will enrich the community, because the convenience of trade demands it, because interchange of business, social life, and pleasure demand it. And what is a railroad but a reformer, doing the work in a day that years could not accomplish a short time ago? Once, the lecturer could not visit the little inland village; the artist could not be there; the musician could only sing in the city, and the great mass were unimproved. They did not know the stirring thoughts that were waking the great beating heart of city life into activity and progress. But the route was surveyed, the hills dug down, the hollows filled up, rocks torn away, mountains removed, the track laid down, and the iron steed led out with his ponderous car at his heels.

And straightway the lecturer, the artisan, the reformer, sought the interior life of the country; and the country, tired of its monotonous round, rushed to the city. Both were made wiser and better. Interchange of thoughts, feelings, and affections, has made a new life; new thoughts, feelings and affections, enlarged, purified, progressing, and expanding, have sprung up from the ashes of the old. The farmer, who twenty-five years ago raised his field of corn, and turned his swine into it to harvest it to their liking, and then disposed of his pork at one cent and a half a pound, could not think of education for his children, or, if he did, it was only for the boys. The girls did not need it; what had they to do? Anon came better times. The steamer ploughed the rivers; arts and sciences moved on; pork was worth three cents a pound, even in the country; school-houses were better patronized, more boys

went to college, and more girls studied grammar and arithmetic. Men woke up to the true interests of humanity, here and there, and began battling for the common school. Education for the masses was the burden of their song. Better markets made more money, and more money enabled more people to take the papers, and more papers awakened thought, and thought suggested improvement, internal and external, in the heart and in the head, in the shop and in the mill, in the meadow and in the field. Steam-power suggested steam-power, and one invention gave leisure for another; mind was released from physical labor, and gained time and leisure for higher and nobler development; woman was obliged to keep in sight of the age. She was a help-met, suggesting, striving, planning, and executing; thinking for the young, and leading them to the dépts of usefulness, and starting them on the car of life, as best she might. But in doing this, and looking about her, she found that her sphere, as laid down in the books, was behind the times. As the great conservator of morals, the trainer of mankind, she was not fully equal to her task. She was not fitted to the condition and emergency in which she was placed. Woman, who thirty years ago seldom went from home, because she *could not be spared*, now that spinning-jennies and patent looms do the spinning and weaving, and sewing-machines are doing the needle-work, steam-power does the knitting, and garments are made so cheap that it seems an idle waste of time to use

"Her needle and her shears,

Making the old clothes 'maist as good as new,"

finds time to go to New-York, to Boston, to London, to Paris, anywhere and everywhere. First, she ventured, as Horace Greeley said, "to go to see the men hear Mr. Webster;" then she ventured to hear for herself; and when she heard, she said in her own heart, "These words of wisdom, after all, are but the chiselled marble of my own thought. I hate intemperance; it has been the bane of woman's life—why should I sit idle when I too can work to reclaim humanity? I hate war, for it is unjust and cruel, taking from woman her heart-treasures, sacrificing them on the altar of ambition and oppression. I hate slavery; for on woman's head has ever fallen its deepest, darkest curse. I hate licentiousness; for ever and evermore has woman been its victim. Why should I fold my hands and be idle, while these things are scourging the nation?"

"But what can I do? How can I accomplish all my work? I am not free myself!"

"Ha! these fetters of conventionalism, of pride, of custom, must be broken; I must act my part. The world will not let me be idle; in some way I must fill my place in this great drama of progress, mental, moral, and physical, that is being acted in my 'day and generation.'"

Thus reasoning and thus feeling, I find woman everywhere rousing to a higher sense of her duties as woman, as the mother and companion of man; working for reform in dress, in eating, in drinking, in working, in living, and in loving. Seldom it is that I sit at a table that I do not see some one sipping cold water, instead of tea and coffee; and forthwith comes up an argument, and tea, coffee, wine, alcohol, and tobacco, are discussed.

These discussions are listened to by the young, and will make their impression. Thirty years since, I do not remember to have heard one such conversation as now comes up daily as the common sociability of life.

Croakers tell us that the world is growing worse, day by day. Not so. There may be rowdiness in New-York, grog-shops in Boston, gambling in Cincinnati, murder and madness in St. Louis and New-Orleans, or all these things—as all know there are—in all these places. But is there as much, in proportion to the whole people, all things considered, as there was thirty years ago? There may be. But we must remember that our new world has been the great *dépôt* of untutored minds from the old world. Oppression has made them poor, ignorant, and, too often, degraded. They have come to us in swelling numbers, and, mingling with the same class in our land, have helped to enlarge the list of crime and wrong. Still, I do not feel that the world is worse even for them; and, as I said in the beginning, reform seems everywhere the spirit of the times; and if old offenders are not saved, the young who are now coming up into active life will and must be redeemed; for the good and the true, everywhere, are putting on the armor of reform, and they will do battle for the right till Victory shall fold her wings among their banners. Men have hitherto fought alone; but their action has seemed like the breathing of the north wind upon the traveller upon the heath. It has served only to make him wrap his cloak of ignorance and folly more closely about him. Now woman has aroused to the work, and her action will be like the sun. The rays of love and kindness will soon compel him to yield and lay himself down to rest from his weary pilgrimage of sin, beneath the cooling and soothing shades of virtue and peace.

St. Louis, Mo.

Dress Reform.

A SOUTHERNER'S IMPRESSIONS.—A correspondent of the *Georgia Citizen*, writing from Mount Prospect Water-Cure, Binghamton, N. Y., thus records his impressions of the American costume:

"Among some peculiarities of a Water-Cure establishment, none struck me with more force than that of the dress of females. Accustomed as I have been all my life to seeing women arrayed in *tight* dresses only, I had become disciplined into the belief that no apparel would look 'decent,' unless drawn about the waist with considerable force, preparatory to its being worn. Hence I noticed, on my first visit to one of these 'Cures,' the peculiarity of loose dressing more particularly, and also saw its advantages in a remedial point of view, especially while under a treatment that required much out-door exercise, in which the lungs and other vital organs have to perform a very vital part.

"After my first morning bath, I was ordered to take exercise for three-fourths of an hour, before I rested. I strolled out accordingly, and wended my way along the secluded ravine for a mile or so, when my admiration of the loveliness of the scene was brought to a halt by seeing what I sup-

posed to be a young miss of sixteen approaching me, some distance ahead. 'Well,' thought I, 'here is an example in early rising worthy to be followed by older heads than hers, and I will not fail to compliment her accordingly.' But when we met 'face to face,' I discovered that I had to salute a lady older than myself, (and that's well up in the 'pieters,' you know,) who had by her *Bloomer* contour completely deceived my visual organs. I therefore made my best bow to the lady of one of the Professors in a Mississippi Female College, who, with her husband, was a patient in the Water-Cure, and both nearly or quite restored to their wonted health.

"On returning from my walk, I asked the physician to tell me the use of the *Bloomer* dress, and he frankly replied: 'Sir, there are two reasons why I request my lady patients to wear them. The first is, in a large majority of those afflicted like the lady you have just met, the *main cause of their disease* is the wearing of tight, long-waisted dresses. I wish to remove that cause by the use of the more appropriate Bloomer costume, which you see cannot readily be so long-waisted, nor are they so tight. The second reason is, we, as Hydropathists, require our patients to take considerable out-door exercise. How could a lady climb the rugged steep of that mountain, before sunrise, and over the wet grass, clothed in one of her long city-fashioned dresses? Then pointing to a boat two miles distant on the lake, he said, 'There are four ladies, and two of them rowing that boat: do you think they could *man* it as easily, if their feet were clogged by the long skirts of your city dannels?' Of course I had no demurrer to offer to the remedial advantages of such a costume. I would say, however, that in but one of the water-establishments did I find this habit prevail *exclusively*; but I believe all Hydropathic practitioners are more or less partial to its adoption by female patients while at the Cure, and a few at each can be frequently seen arrayed in this appropriate apparel.

"It has been said that in Rome we must act like the Romans; hence, while in New-York city, I felt justified in manifesting a bit of the Yankee spirit of curiosity, by inquiring of an intelligent lady, 'How she felt when she first rigged out in one of them Bloomer dresses?' She frankly replied that 'her feet felt too free—they had nothing to hit against in front, and nothing to kick behind; so she was constantly peering down to see what had become of them—and this, she presumed, made her look as awkward as she felt?' Wasn't she a philosopher?"

DRESS IN CALIFORNIA.—A San Francisco editor tells this story about the prevailing taste for finery among the Californian ladies: There is, perhaps, no place in the world where ladies dress so richly as in California, and the every-day costume of a lady in San Francisco is quite equal to a special "get up" for a promenade in that wonderful thoroughfare, the Broadway of the Gothamites. The good old-fashioned ten-cent calicoes that our grandmothers used to wear, which were made up on economical principles, and not to run to *wast*, are here scarcely ever seen; but, "though lost to sight, are to memory dear." In those good old days, a dress three yards in circumference was considered sufficiently ample,—

but now it takes more material to dress a lady than to envelop a respectable mummy. We have not passed any thing in our streets, time out of mind, but silk and satin: how rich and pleasant it sounds as it rustles past—so luxurious and refined! Yesterday, as we were plodding in sober reflection towards our sanctum, a lady came out of a store and moved gracefully on in front of us: her figure was elegant; a rich China silk swept the pavement and the cigar-stumps; a splendid Canton crape shawl enveloped her shoulders; a hand encased in a white kid hung gracefully over one arm; a French embroidered handkerchief emitted an odor of "Jockey Club." Our curiosity to see the face of the fair proprietress of these dry goods was intense; we walked faster, got before her, dropped our walking-stick, stooped to pick it up, and as we regained our upright position, the face met ours. Shade of departed romance! It was our washerwoman, *Sally*, a respectable "cullard pusson" of the fust water.

MORE ABOUT BONNETS.—Prentice, of the *Louisville Journal*, has the following on bonnets:

"We are glad the season is approaching its termination, because with it, we suppose, will terminate that graceless style of bonnets with which the beautiful heads of our ladies have been afflicted for months past. We do not see any reason why Louisville should adopt any style of dress unbecoming or uncomfortable, at the dictum of some foreign milliner or mantuamaker."

[Why not apply the same remarks to other portions of female rigging and gear? Is the "head-dress" so much worse than other imported "die-flows" and tight "strait-jackets"? Why not "come out" and advocate the only appropriate, sensible, convenient, and healthful dress ever invented; namely, the AMERICAN COSTUME, with hat and boots to match? Women could then, at least, help to take care of themselves.]

MEN-WOMEN AND SHAWLS.—Next in foolishness to the wearing of long, dragging dresses by silly women, we regard the wearing of *shawls* by silly men. They are quite as objectionable, in a physiological point of view, and far less comfortable than a coat. A *shawl* should never be worn by woman or man. It prevents free exercise in walking or working, contracts the chest, and makes the wearer "*round-shouldered*." Besides, it is unmanly. Let both men and women wear coats, instead of *shawls*.

READERS OF THE JOURNAL, have you procured a copy of "HOPES AND HELPS for the Young of both Sexes?" If not, permit us to recommend you to lose no time in doing so. It is the book of books for the young, and even the old and middle-aged will be profited by its reading. It is a succession of gems and dew-drops from beginning to end. We hope Mr. Weaver, the author, will be encouraged to go on in the good work he has so nobly begun.—Respectfully, SETH WEAVER, *Baldston Spa, N. Y., Jan., 1854.* [See advertisement for terms.]

GREELEY'S ADDRESS ON AGRICULTURE, delivered before the Indiana State Agricultural Society, and entitled, "What the Sister Arts teach as to Farming," is full of practical suggestions of the highest value, and should be in the hands of every intelligent farmer in the land. Issued in a handsome pamphlet by FOWLER AND WELLS, 161 Nassau st., New York. [Price, prepaid by mail, 15 cts.]

The Month.

NEW-YORK, FEBRUARY, 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 conferring health on men.—CICERO.

FEBRUARY MATTERS.

BY R. T. TRALL, M.D.

THE CHOLERA AGAIN.—There have been a few cases of the real spasmodic or Asiatic cholera, alias *blue pestilence*, amongst us this winter. A correspondent of the *Tribune*, who witnessed a case at Bellevue Hospital a few weeks since, after detailing the history of the epidemics of 1830-32 and 1847-9, both of which originated in Asia, and over-spread, during the succeeding two years, a large portion of Europe and America, comes to the conclusion that the prevalence of the disease in this city and this country again, in the spring of the present year, is inevitable.

He presents many good reasons for this conclusion. The disease is now pursuing a similar course to that which indicated its laws on the former occasions; it is already in Great Britain; the winter months may hold it in check; and when the warm weather comes, it will find many of the streets, alleys, yards, and tenements of our city, and even many of the bodies of our citizens, in that condition of filthiness which forms a nidus for and gives intensity to all pestilential influences. The principal historical data are thus stated:

"In 1817 the disease first began to show a disposition to quit its usual Indian boundaries, and to lose its endemic character and take on that of an epidemic. In that year it prevailed with severity in Bengal, and choosing that as a point, it radiated and encircled the whole world. After traversing Asia, it entered Europe in 1830, and attacked in its turn, Moscow, St. Petersburg, Warsaw, Dantzic, Berlin, and Hamburg. In the course of its progress it reached Paris and London in 1832; Quebec, 8th June; Montreal, 10th June; and New York, 24th June of the same year.

"We heard no more of the cholera until 1847, when we learned it had commenced a new course of desolation. Before the close of that year it had again entered Europe. It reached Astracan in July, 1847, and Moscow before the close of the year.

It was suspended there by the winter; but in the spring of 1848 it advanced westward, reaching St. Petersburg in June, Berlin in August, Hamburg in September, and Great Britain in October. I would now particularly direct attention to its course as being *exactly analogous to that now taken by it*. A ship left Havre on the 3d Nov., 1848, bound for New Orleans; after being out twenty-six days, cholera made its appearance on board, and it was carried to New Orleans, where the ship arrived the 11th December. Isolated cases soon occurred in the city, and rapidly multiplied. It extended from New Orleans to Texas and up the Mississippi, reaching Memphis the 22d December, sweeping over the valley of that great stream with remarkable rapidity. It did not, however, surmount the Alleghanies, and with the exception of a few cases in the harbor of New York, the Atlantic States remained free from the disease during the winter. The epidemic was, however, pursuing its regular course across the Atlantic, and, as on the previous occasion, reached these shores in the season following that of its appearance in Western Europe. It broke out in New York in the beginning of May, 1849.

"During the present year (1853) it has pursued much the same course. It is now in Great Britain, and a few isolated cases have occurred in New York; but, as before, it will be stayed by the winter, and its regular visitation will take place in the spring of 1854."

In view of the threatening invasion we shall, of course, have a "hue and cry" about dirty streets; and this is well, for there can be no shadow of doubt that dirty streets will then as now cause many to die who otherwise might live. Our opinion is, that dirty streets cause the deaths of hundreds every year in this city, cholera or no cholera; and therefore we would say and do all in our power in favor of their thorough cleansing.

But what we fear is, that those who look to dirty streets as the great source of danger, will overlook worse evils. Hundreds and thousands have more to fear from dirty skins, foul secretions, impure blood, morbid humors—all within and a part of themselves—than they need apprehend from streets as bad as bad can be. Let every person begin his sanitary regulations at home; in his own domicile, on his own person; and if he does these things hydropathically, he will not have the cholera;

and then, if the authorities will keep our highways and byways in hygienic order, so much the better.

THE POINT IN ISSUE.—We are continually written to by old-school doctors, new-school doctors, and doctors of no school, on the subject of *ultraism*, *carrying things to extremes*, &c. yet for the life of us we can't get a soul of them to tell in what the error consists. The following extract from a medical gentleman in North Carolina, whom we judge to be both candid and conscientious, is a sample of the style and matter of many complainers:

"I am still rather on the side of Allopathy. I practise the druggery system, as you call it, and am quite sure you are wrong in some cases; for it is very clear to the experience and observation of every prudent man who is in the habit of giving medicine, that medicines internally administered often effect cures in a very short time, whereas water, however applied, would not cure in four-fold the time, if ever. But I am not disposed to enter into controversy at present; I have, however, thought I could occasionally, as I have leisure, point out what I consider errors in your system."

Do so by all means. We shall at any time have leisure enough to attend to them. But, Sir, are you aware that you *assume* the very thing you ought to *prove* if you can? Hundreds of your faith have assumed the same thing; but when we have asked them for the facts, the reasons, the evidences, the philosophy, the *proof*, they are all *num*; none of them have any leisure to adduce evidence; but they all have abundance of time to complain and object, and assert, and advise, and criticise! We are told by drug doctors, and often too by those who practise Water-Cure, with a reservation in favor of drugs in a few rare cases which cannot be cured in any other way, that there are cases wherein water-treatment will not succeed when drugs will. But if so, why cannot such cases be stated? Why cannot *one* such case be described? Surely the subject is worth discussing; and those who *know* of cases, ought to be willing, for the sake of true science and suffering humanity, to let us know what they are.

CONGESTIVE CHILLS.—This affection, which is a disguised or modified form of intermittent fever, in which the cold stage of the paroxysm is so prominently developed that the hot and sweating stages are scarcely apparent, prevails in many parts

of the Western States. And in answer to several inquiries respecting its proper treatment, we cannot do better than quote the following case from "*The Friend of Man*," a spirited monthly published at Evansville, Ind., by Dr. Geo. H. Wood:

"About one year ago, while in Kentucky, we were called to see a patient who was supposed to be dying of congestive chill, and so thought we. The answer to our question, What is the matter? was made by the patient, and was as follows:

"I am freezing to death—I am frozen to the heart."

"There was an almost incessant cough, and the spitting of blood was profuse. In fact, it was the most severe case of congestion we ever saw or heard of. There was evidently no time to be lost. The large organs were to be relieved, or death must soon follow.

"Our treatment of the case was as follows: The feet were put into hot water for ten or twelve minutes, and rubbed smartly. Several bottles were filled with boiling water. A pack was prepared as speedily as possible. The pack-sheet was wet in water of a temperature at about 56 or 58°, and wrung as dry as possible. In this sheet the whole body was enveloped to within a foot of the feet, and two blankets brought snugly around the body over the sheet. The bottles of hot water were now applied along both sides, and at the feet, and several other blankets brought up over the whole, thus confining the heat. In five minutes from the time the body was in pack, the patient began to feel relief; in less than twenty minutes the cough ceased entirely, the whole body was in a profuse perspiration, and the patient out of all danger. The patient remained in pack one hour and a half. No more treatment was required."

COLD WATER IN THE REDUCTION OF HERNIA.—We have noticed, within a few years, the accounts of several cases of hernia, which the application of cold water promptly succeeded in reducing. We do not recollect any instance, among those reported, in which it did not succeed. Another confirmation of its efficacy is furnished in the report of a case published in the *Western Journal of Medicine and Surgery*; but it is to be regretted that when such a patient falls into the hands of an anti-hydro-pathic doctor, he is pretty sure to be nearly killed with drugs before the water-treatment is resorted to. The case in point was

treated by Dr. Giesham, of Ebenezer, Mississippi.

"The case was one of oblique inguinal or scrotal hernia, in a male servant. On the 5th of June, at 4 o'clock P.M., the obstruction occurred. I was called to see him the next day, about 5 o'clock A.M. When I arrived, I found the patient in the utmost pain and suffering. The hernial tumor was very large, and not disposed to yield to the usual remedies prescribed for the reduction of hernia. I gave him an anodyne, and left the following prescription: ℞. Wine Antimony, Tinct. Lobelia, āā ℥ss. M. Take ℥j. every half hour. Apply cloths dipped in warm water every fifteen minutes, for the purpose of relaxing the muscular system. At 3 o'clock I saw the patient again, but found no amelioration of the symptoms; if any thing, the sac was more tense, and the patient exhibited some incoherency of mind. I began to think I should have to operate, but concluded, before resorting to this last measure, to try the effect of an emetic and the application of cold water to the scrotum. The following prescription was given: ℞. Tart. emetic, gr. vi. Tinct. Lobelia, ℥j. M. Give ℥j. every fifteen minutes till free emesis occurs. This over, a gentle stream of cold water was let fall a distance of four or five feet on the tumor, while I administered, at intervals of half an hour, ℥ss. of the mixture already mentioned. The tumor began to recede under this treatment, and in the course of an hour and a half from the time the operation was commenced, the tumor was small enough to be grasped in my hand, and by gentle taxis returned to its proper place."

PUBLIC HOSPITALS.—The *Philadelphia Sunday Ledger*, in view of the expected visitation from cholera, says very justly:

"For a large city like Philadelphia, there should be four such hospitals: one exclusively for 'Allopathic,' one for 'Homœopathic,' one for 'Hydro-pathic,' and the other for 'Eclectic' practice. The public could then judge which was the best mode of treatment, by the success of each institution.

"The ablest physicians, the most experienced nurses, and kindest assistants, should be appointed, and all unnecessary intercourse between them and the other citizens strictly prohibited. Vehicles for conveying the sick should always be ready at stated places, and so constructed as to form comfortable beds, on which the patients might indulge in the recumbent position, and at

the same time be entirely secluded from the public gaze."

So far as the hydro-pathic hospital is concerned, we would not only consent to the experiment, but give something for the privilege of contrasting the success of our institution with that of the others. Why is it that the medical party in power—Allopathic—has always opposed such "dangerous experiments?"

BRANDY AND MILK FOR BABIES.—A new periodical, from the Allopathic school, has appeared amongst us, under the title of "*The American Medical Monthly*." Most of the matter of the first number has already been the rounds of the medical press, and hence is not now very new. Under the head of "Hospital Records," we find the following paragraph:

"At Ward's Island we have been much interested with the success which has attended the employment of cod-liver oil in the marasmus of immigrant infants, induced by want of proper nourishment, and the unhealthy atmosphere during the Atlantic voyage, this condition being exhibited as well among the children born in the vessels as in those who were carried on board healthy at the port of embarkation. The oil is given to the youngest, in quantities as large as the stomach will bear, in combination with brandy and milk. Many little ones have been thus rescued from apparently impending dissolution."

It requires more blind credulity than reasoning mortals ought to possess, to believe that the poisonous abomination of cod-liver oil and brandy is a valuable addition to the milk which is fed to sickly immigrant children. Common sense ought to teach even medically miseducated men, that wholesome food, proper ventilation, and an attention to the general hygienic management, is the course necessary, and all that is useful, in recovering diseased and famished children, who have been poisoned by foul air, putrescent animal exhalations, and bad food, during a voyage across the Atlantic. It is very true that the brandy and cod-liver oil poison is not as dangerous to life as is the confinement and dietary on ship-board; and it is true too that, under the influence of a salubrious atmosphere, the majority of such children will recover rapidly in spite of such medication. But the practice of thus poisoning the food of children in the name of medical science, deserves to be reprobated in severer language than we care to employ.

THE DISCUSSION.

DR. WILSON TO DR. TRALL.

AIRMOUNT, ALA., NOV. 10, 1853.

DR. TRALL—DEAR SIR: The August number of your Journal, containing the fourth skirmish between Hydropathy and Allopathy, was received only a few days since: this circumstance will account for the tardiness of my reply. Can you explain why the Journal was not sent earlier? Shall the failure to send it be considered as an indication of "backing-out" on your part? But without further preface, I proceed to notice your last letter, (July 4th.) In my last I declared my resolution not to "enter" a discussion upon "any" terms you might see fit to propose. In your reply, you pretend to see in this "indications of backing-out;" and understand me as distinctly declining all discussion on any terms whatever.

Now, Sir, if you will refer to the original you will find the words "enter" and "any" italicised, as above; and this, together with the general tenor of the sentence in which these words are found, would indicate plainly to any one of ordinary comprehension that I declined entering a discussion on your own terms. Hoping that you now understand me, I pass on. The guns which you "fire into" our *Materia Medica*, remind me very forcibly of a comparison, made by Randolph perhaps, when some futile attack was likened to the storming of the fortress of Gibraltar with pocket-pistols! I suppose it will be difficult to convince you that your big (?) guns belong to the pistol class; still I think I shall be able to demonstrate, even to your satisfaction, that they are very "light artillery," argumentatively considered; and moreover, that you will have to find some heavier ordnance wherewith to drive your "assault home" upon the impregnable Gibraltar of regular medicine. I shall now take up your guns, one by one, and *spike* them:

Gun No. 1 is loaded with three distinct assertions, neither of which is supported by a shadow of proof, and therefore, our defensive position gives us nothing to which we may reply.

Gun No. 2.—Under this head we are informed that an over-dose of tartar-emetie, digitalis and colchicum, have produced death. As it is no part of regular medicine to give or advocate "over-doses" of remedial agents, we will only reply to this by saying, that an over-dose of water has caused death in many instances; that "even the benign religion of the Prince of Peace has been made the unwilling instrument of the greatest calamities ever experienced by man;" still, no reasonable man would refuse to use water because it had been abused in some instances; nor would he object to religion on account of its perversion.

Gun No. 3.—To this the same general reply made under No. 2 will be applicable; and we would add that the "many instances" of death from a single drop of laudanum, &c., are exceptionable and extremely doubtful.

Gun No. 4 may be answered as No. 2 and No. 3; and we may be allowed to suggest in addition, that chloroform is as yet in a state of probation, and it is therefore impossible even for Dr. Trall to decide whether it has been used *judiciously* or not.

Gun No. 5.—See answer to No. 2, No. 3, and No. 4.

Gun No. 6.—This, like No. 1, contains a sweeping assertion which cannot be sustained by a walk through "graveyards," because the causes of death are not generally inscribed on tombstones.

Having now given you guns all the attention that they deserve, permit me to remind you, that it would be much more creditable for you to beat a retreat than to continue your "assaults *ad infinitum*" with such missiles as these.

The next thing for consideration is, those "frequent spells of intermittent fever." In your remarks upon the subject, you say that you think those "spells" were caused by ignorance, or a disregard of the hygiene taught in your infallible Journal—this is the substance of what you say. Now, Sir, I care but little what you think about my knowledge or my prudence, when almost all men of science and experience sustain me in the position that the most rigid and perfect system of hygiene, not even excepting that taught by Hydropaths, will not afford immunity from malarial diseases. Omitting the almost unanimous testimony of our school on this point, we will only refer you to Dr. Shew, a Hydropath, and one of your contributors. This writer, in the June number of your Journal, says: "The most sedulous hygienist, who lives in a miasmatic district, may, in spite of all his good care, yet become a subject of fever." Well said! Dr. Shew—this sounds temperate and discreet; and if your enthusiastic brother Trall is not yet convinced, we can only repeat our invitation to him, to come and try it.

We come next to the influence of blisters over respiration. As I have said nothing about blisters in "consumptive cases," I cannot see the propriety of referring me to the *Hydropathic Encyclopaedia* on that point; I shall therefore proceed to discuss the general issue between us: You express great surprise that I have so far stultified myself as to make a difference between the "voluntary constraint" of a muscle, and "paralysis" of a muscle; and then you go on to say, that it strikes your "understanding with sledge-hammer force, that it will puzzle you [me] exceedingly to show wherein the difference lies between the *voluntary constraint* of a muscle, and a *loss of voluntary muscular motion*." Now, Sir, I must be permitted to say, that your cranium must need a "sledge-hammer" force to penetrate it, if you cannot perceive the difference, with a glance, between the two. What is Webster's definition as given by you? "Paralysis: loss of power of voluntary muscular motion." Now I would ask, if the *voluntary constraint* of a muscle does not necessarily imply the influence or power of the will? Suppose, then, that this controlling influence or power of the will be removed; it then becomes a case of paralysis—a "loss of power of voluntary muscular motion"—the will is null; therefore the difference is this: *voluntary muscular constraint cannot exist without the control of the will*; while *loss of voluntary muscular motion or paralysis cannot exist without the control of the will*: a difference I think sufficiently striking to enter even your "sledge-hammer" cranium. I think it needless to multiply words on a subject which is certainly plain enough for the most ordinary mind without explanation, and I hope I have succeeded in adapting it to your compre-

hension. Your next onslaught is made upon what you term my "wroug" and "almost ridiculous" ideas of the respiratory function. Now, in reply to this I have to say, that I "have been taught," and do "believe" and "expressly" repeat what I have before said, viz.: that a blister to the chest would not interfere seriously with "easy respiration."

In confirmation of this position, I will refer you only to one of the "better books" after which you inquire. This book is the Elements of Physiology, by Wm. B. Carpenter, a book which is certainly as reliable as the *Hydropathic Encyclopaedia*.

The distinguished author above-mentioned says *expressly*: "In the ordinary act of respiration, however, the diaphragm performs the most important part." Then, after explaining the combined "reflex" action of the respiratory muscles, he goes on to say, that these are "the result of the operation of a certain part of the nervous centres, which does not involve the will or even sensation," &c., p. 379. Again he informs us (p. 380) that "the sensory nerves of the general surface, and more particularly the sensory portion of the fifth pair, which supplies the face, are most important auxiliaries, as *excitor nerves*" (of respiration). Deeming the evidence in favor of my "ridiculous" ideas of the function of respiration sufficient, unless it is confuted by some more reliable physiologist than the author of the *Hydropathic Encyclopaedia*, I shall in conclusion call your attention to some interesting points contained in my last, which have, somehow, been overlooked by you. But there are two, to which I invite your *particular attention*, and I hope that you will not fail to reply "at length," on account of any imaginary fears of an "abrupt refusal to discuss any thing." By referring again to my letter, you will find that I call on you to prove the assertion that "our system of doctoring folks is absolutely *manslaughterous*;" and you will also see that I have suggested that "you begin by giving a history of the *murders* committed by you, during your ten years of allopathic practice." I now beg leave to repeat the suggestion, and to *insist* upon the disclosure of your murders or *manslaughters*: It will no doubt afford an instructive lesson by showing the rocks upon which you split your professional (regular) bark; or, in other words, it may show why you could not succeed in regular medicine; and why you had to "take water." Please remember to give a *minute account of the means used in each murder, and also the manner of dying*. Was the death rapid, and the cause manifest in many cases, or the contrary? The next point to which I wish to call your attention is, the inability of Hydropathy to maintain a separate and independent existence. In proof of this, I refer you again to Dr. Jackson's letter published in your Journal, and request a distinct reply.

Now for the Epsom salts, once more:

In your letter of April 15th, you ridicule the idea of acting upon the moral, through the physical constitution by means of a dose of salts; in your letter of July 4th, you very justly and willingly assume the paterfamilias of that beautiful idea; and then you add, "most decidedly, that every dose of the stuff you or I have ever administered, has injured both the moral and bodily

constitutions of those who have swallowed it." In the first place, you intimate plainly that Epsom salts has nothing to do with the moral constitution; and then you declare that every dose has injured it. How will you reconcile such an inconsistency as this? Are you not afraid that you will "stultify yourself utterly," by making some absurd and contradictory statements? Finally, I take pleasure in renewing the comfortable assurances contained in the concluding paragraph of my last letter; provided you write any thing worthy of a reply. Yours, &c.,

JNO. S. WILSON, M. D.

DR. TRALL TO DR. WILSON.

NEW YORK, JAN. 1, 1854.

DR. WILSON—DEAR SIR: I have perused your article of Nov. 10 with unfeigned satisfaction. It has relieved me of at least two sources of unpleasant apprehension, inasmuch as you have expressed your willingness to go on with the discussion, and have proved your ability, as a scholar, critic, and controversialist, to do justice to your own side. It has happened in times past and gone, when some adventurous Allopath has got "worsed" in a written contest with an "Irregular," that his *confres* disowned him with the epithet of "humbug," "small potatoes," "ignoramus," &c., rather than acknowledge their system had experienced a defeat.

Your last communication has fully convinced me that if your system *should happen* to get demolished—so to speak—in this controversy, your associate "regulars" cannot "hide their diminished heads" behind the subterfuge of your incapacity. "Whoever attacks me assaults the Commonwealth," said the Boston constable; and whoever conquers Dr. Wilson in debate, will necessarily overthrow the whole drug-system.

The field of controversy is *now* fairly open before us. The target to fire at—your *Materia Medica*—is plainly in sight. Its assailant—your humble servant—is ready for the "onslaught;" and its defender—your valiant self—in waiting for something to reply to; and all the conditions of the "war of words" fairly understood. Let us then to the work.

But lest you deem me disrespectfully inattentive to several points you have made a "very pretty fight" over, I will dispose of them as rapidly as possible, and then come directly to the merits of this controversy; and in such a way that you not only can't help understanding it, but can't very easily dodge it.

Your play upon the words "enter" and "any" does not seem to me to be at all relevant to any question we have discussed or are likely to discuss. If I am mistaken, as you have had the last word, our readers will please give your side the "benefit of the doubt," as it is the criminal—I mean the accused party.

As to the "guns," I will admit that you have spiked them, "after a fashion." Your spiking, however, merely consists in declaring that there was no powder in them. Such an exploit reminds one of the man who begged of Noah to be taken into the Ark until the water had actually risen up to his chin; but finding Noah inexorable, consoled himself with the reflection that "he didn't think there was going to be much of a storm."

But as I intend to salute you with a "broadside" presently, I will rest the "guns" here.

You find it difficult to get over that "spell" of intermittent; and you seem almost to become ecstatic over something Dr. Shew says. I admit the correctness of all Dr. Shew states in the article you allude to. He thinks malarial influences in a given place may be sufficient to induce disease, notwithstanding the most careful attention to hygiene; and I think so too. But in a place like yours, where only a part of the people suffer (and only occasionally) from intermittent, professors of hygiene like yourself and myself ought to be proof against the "spells."

Now, as to "voluntary constraint," "paralysis," &c. This seems to be the strong point of your last communication; and I acknowledge your criticisms to be perfectly just, so far as the distinction exists between actual loss of power and loss of the influence of volition. But you entirely misapply your critical skill. The point between us was, the *effect* of a blister applied to the chest on the function of respiration. My argument was, that those conditions were identical in relation to that effect. I almost regret, however, to be obliged to interpose a shield against this lance—thank God it wasn't the lance—for it was wielded with such adroitness, and seemed to afford you so much comfort in the exercise thereof, that I felt willing to suffer any reasonable degree of "cranial sledge-hammering" for your gratification.

I am afraid we shall never get the "function of respiration" settled. Against my statement, that a blister applied to the chest does interfere with easy breathing, you quote something from Carpenter's Physiology. But it does not help you; nor is it, as I can see, to the purpose, directly or indirectly. I believe all you have quoted from Carpenter to be correct; but so far as the argument between us is concerned, you might as well have quoted the same number of words from the Declaration of Independence.

I will endeavor once more to render this troublesome problem intelligible to you; to which end I copy from the Hædrotaphic Encyclopedia the following explanation, with its accompanying illustration:

"The diaphragm, by extending the ribs and pressing down the abdominal viscera, is the principal agent in inspiration; in a deep inspiration the intercostal muscles assist in the expansion of the chest by spreading the ribs, aided also, to some extent, by the muscles of the thorax generally. Expiration is mainly accomplished by the abdominal muscles, whose contraction draws down the ribs and compresses the vis-

cera up against the relaxed diaphragm, thus diminishing the cavity of the thorax from below."

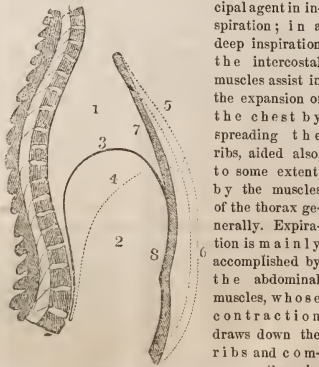
Observe, Doctor, that the diaphragm is the principal agent in *inspiration*, whilst the abdominal muscles are the principal agents in *expiration*. Both of these processes, as you are aware, constitute *respiration*. The only apparent difference between your Dr. Carpenter and my Encyclopædia, is this: he speaks of the diaphragm as the principal agent in respiration, whilst I define the particular part of the respiratory process in which it is the principal agent. His language is not precise enough. He should have said, "The diaphragm is *one* of the principal agents in *respiration*;" or else "the principal agent in *inspiration*."

Next look at the cut, which you will observe is a side view of the chest and abdomen in respiration. 1, represents the cavity of the chest; 2, cavity of the abdomen; 3, line of direction for the diaphragm when relaxed in respiration; 4, line of direction when contracted in inspiration; 5 and 6, position of the front walls of the chest and abdomen in inspiration, and 7 and 8, their position in expiration.

Now we approach that blister again. Mark you, whilst the diaphragm descends in inspiration, the *intercostal muscles* particularly, and the *muscles of the thorax* generally, assist in the full expansion of the chest. Now suppose these very muscles are in a state of violent inflammation from the effect of the blister, what is the result? Can't you understand that, as soon as the diaphragm descends sufficiently to induce a very moderate inspiration, the inflamed muscles are called into action; and the moment the chest has expanded sufficiently to affect them, pain is felt? It hurts them to move or be moved; or they may be so paralyzed by the poison of the "*emplastrum cantharidis*," that they can't move. In either event, and in all such cases, "easy respiration" is *very seriously* interfered with.

I hope this demonstration will be satisfactory to you, and I hope it will convince you that the common practice of your school, of blistering the chest in consumption, bronchitis, asthma, pneumonia, &c., is a "manslaughterous" way of exercising the "healing art."

Your call for particulars in relation to those patients who died whilst I had the honor of dosing them druggatically, I must regard as a sort of "revulsive measure," intended to get up a collateral issue, and to some extent confuse the minds of our readers as regards the main question. I shall take good care to stick to the text myself, and to keep you there, unless you are more slippery than a thousand eels. Permit me, however, to inform you, that it was the good fortune of my patients that I had the good sense to discover the falsity of many medical doctrines, and the benevolence to repudiate the practice of many of the most destructive of the drug-shop appliances, even before I was made a "graduate." Hence, I never administered such deadly drugs as nitre and tartar emetic, which you know or ought to know are the common medicaments in candies, lozenges, cough syrups, soothing cordials, &c., that are so generally fed to children, per advice of Allopathic doctors; never used leeches nor scarificators; never bled much, nor



ACTION OF THE DIAPHRAGM.

blistered much, nor gave much mercury; in short, during my whole career as a regular "regular," my druggifications were continually growing "small by degrees and beautifully less," till there was not force enough of poison left to kill a baby or mar a shadow. May your neighborhood be equally blessed in your similar enlightenment!

On the Epsom salts topic I rather think you are ahead of me again. I claim no infallibility. Indeed, I am conscious of many defects in logic and weak points in argument. There are probably many sciences, or facts in science, with which you are familiar, and of which I am ignorant. And as you seem to be so very positive you have achieved something wonderful with that dose of sulphate of magnesia, I can hardly imagine it possible that you haven't. I must, therefore, out of politeness, acknowledge your advantage; yet candor obliges me to say that I do not see precisely what it is.

Having thus, out of respect for yourself, your position in society, and your positions in debate, skirmished around the battle-field, I am ready to pour that "broadside" into your materia medica. You say that my first gun contained three assertions without a shadow of proof, and therefore left you nothing to reply to. Allow me to repeat those assertions, for I regard them as the very gist of our whole discussion.

"All apothecary-drugs are chemically incompatible with the structures, and physiologically incompatible with the functions of the human body; thus rendering them absolute poisons, under all circumstances."

I will now proceed to prove, in their order, each one of these assertions:

1. *All apothecary-drugs are chemically incompatible with the structures of the human body.* The evidence is the fact, that these drugs decompose the structures, or else unite with them and form new compounds, resulting in each case in a change of structure. For example: Arsenic, applied to the stomach, is an antiseptic; it enables the stomach to resist change or putrefaction. Why? Because of its combination with the tissues; thus converting them into dead, but fixed, chemical compounds. Have you never heard of a chemical compound called *arsenic of flesh*? Carbonate of potassa produces that chemical action in the stomach we term corrosion, ulceration, etc. Spanish flies, applied to the skin, separate the cuticle from the true skin, and chemically corrode or decompose it. Tartar-emetie, or ipecac, applied to the skin, destroys the cuticle, and eats into or chemically decomposes the true skin. See the scars on the backs of thousands who have used these drugs for what are called, or mis-called, spinal diseases. Calomel rots or decomposes the teeth. Sulphuric acid burns or corrodes the structures like fire. Again, apothecary-drugs are incapable of assimilation with, or conversion into, the substances of the tissues: another evidence of chemical incompatibility.

2. *All apothecary-drugs are physiologically incompatible with the functions of the human body.* The evidence is, their *modus operandi*. Take your own Epsom salts, for example. When this is taken into the stomach, there is great disturbance of the vital machinery at once. Scrum is poured out to dilute it, and to defend the tis-

ues against its *chemical incompatibility*, whilst the alimentary canal and abdominal muscles contract violently to expel it; and thus the poison is got rid of. Can anybody conceive—can you, Dr. Wilson—that such a disturbance would result, if the material were compatible with, or in friendly relation to, the structures and functions? You can do nothing of the sort. Why is there not the same disturbance when an apple, or a potato, or a piece of bread, or a slice of beef is taken? Because they are compatible, both chemically and physiologically. The same reasoning will apply to any apothecary-stuff you can name. What effects does opium, your great nerve-panacea, produce? Præternatural excitement at first, followed by stupor, delirium, convulsions, and death, in large doses! and in smaller doses, a less degree of the same symptoms. Need anybody be told that such phenomena evince physiological incompatibility? Perhaps in your reply you can show that this apparent discordance is some kind of "harmony not understood!"

Then, again, take Dr. Wolfe's Schnapps, (just now all the rage with "the profession") has he sent you a bottle?) or Dr. Whale's cod-liver oil; Dr. Porter's toddy, or Dr. Toddy's porter; Dr. White's black-drop, or Dr. Black's white-powder; Dr. Godfrey's cordial, or Dr. Lueifrey's *sirup of lactucarium*; Dr. Brandreth's pills, or Dr. Wilson's *proto-chloridi hydrargii*; Dr. Radway's Ready Relief, or Dr. Physic's jalap and gamboge; Dr. Moffat's bitters, or Dr. Slaughter's Bitter Extract; Dr. Townsend's Sarsaparilla, or Dr. Blood's *tinctura ferri chloridi*; Dr. Morse's *Invigorating Cordial*, or Dr. Remorse's *rumo-saccharinum*, (to be translated, *rum and sugar*); Dr. Quack's whiskey-punch, or Dr. Regular's wine sangaree; and just as many more drugs, stimulants, narcotics, poisons, etc., as you please.

What phenomena indicate their *modus operandi*? Pain, agitation, disorder of body, derangement of mind, nausea, vomiting, griping, spasms, trembling, dizziness, drunkenness, staggering, blindness, deafness, prostration, and so on to the end of the chapter of abnormalities. Are these symptoms, feelings, effects, phenomena, operations, or whatever you prefer to call them, any part of the healthy or natural state? If they are really abnormal, as I suppose, their *causes* are certainly incompatible with the normal or healthy state, and hence functionally and physiologically incompatible.

3. *All apothecary-drugs are absolute poisons, under all circumstances.* If the preceding propositions are true, this follows as a necessary inference. You may reply, that the stuff I am considering—apothecary-drugs, I mean—though poisonous in large, is nevertheless medicinal in small doses. But I shall contend that all the effects which you term medicinal are themselves the evidences of the destructive chemical and the injurious physiological incompatibility existing between the drug-agents and the vital tissues and properties of the living organism.

I have perhaps said enough to bring you to the merits of this controversy. When you reply to this "broadside," I shall have a whole "battery" to bring into action.

Yours, &c.,

R. T. TRALL, M. D.

Reviews.

NEW WORKS NOTICED.

BY R. T. TRALL, M. D.

I.—THE HYDROPATHIC FAMILY PHYSICIAN. By JOEL SHAW, M.D. NEW YORK: FOWLEES AND WELLS, 1854.

The question is often asked, How is it that Water-Cure physicians, whose professional vocation is most emphatically one of work, can find so much time to write letters, fill up journals, and make books? It is because they "work on, work ever." *They almost never rest.* They live simply, bathe often, eat sparingly, drink pure soft water *temperately*, sleep little, and labor incessantly. Should all the present race of hydropathic authors and practitioners "die before their time"—should they unfold the laws of longevity, and yet themselves go down to dust in middle age—let not the enemies of our system charge it to our teachings. Those who prepare the wilderness for human habitations are generally self-sacrificed by the toils of the task, and the misms they are compelled to come in contact with. So has it been with reformers in all ages; so has it been with several of whom the world has heard much within the last half century, as physiological, medical, and dietetic reformers and philanthropists; and so it may be with others now on the stage of action, of whose sayings and doings and writings the present generation is hearing, seeing, and reading much.

These reflections are suggested by the appearance of another book from the prolific pen of Dr. Shaw, and the still more prolific press of FOWLEES AND WELLS. The character of the work will be better understood by the following extract from the title-page: "A Ready Prescriber and Hygienic Adviser with Reference to the Nature, Causes, Prevention, and Treatment of Diseases, Accidents, and Casualties of every kind." It is an elaboration of the author's previous writings on many subjects, with more extensive details in relation to that most valuable department of all medical literature, the prevention of disease. A variety of topics are introduced which are not treated of in any of the author's former works; in making up the "ready prescriber" part, he has drawn partly upon the practical resources afforded by his extensive experience.

The chapter on "Hunger-Cure," as practised by a Mr. Schrott, near Graefenberg, in Germany, will be found peculiarly interesting, as but little has hitherto been known or published in this country on that subject.

The arrangement and style bear evident marks of haste, or rather, perhaps, of an amount of work to do disproportioned to any ordinary amount of human ability. This, however, is no serious objection, as the work is designed especially for popular use, and the people will not be misled in the practical application of its doctrines by any technical inaccuracies.

The work, I doubt not, will readily find its way to the Water-Cure libraries of our country, now happily filling the shelves of that closet where, a few years ago, mystic phials, and portentous powders, and strange tinctures, and dangerous washes,

were regarded as indispensable appendages to the family arrangements. [Prepaid by mail, \$2.50.]

II.—ALCOHOL AND THE HUMAN CONSTITUTION.

By EDWARD L. YOUNG. New York: FOWLETS AND WELLS. 1854.

The author and publishers of this little book have done the Temperance cause and humanity good service. That alcohol, in all its relations to vitality, to the human organism, to all living tissues and properties, is a poison, has been long since and repeatedly asserted. But *why* and *how* it is a poison has not been generally understood. This problem the author, by means of a colored chemical chart, has demonstrated in such a way that those who look may comprehend. The work is a "popular scientific account of the chemical history and properties of alcohol, and its leading effects upon the healthy human constitution," &c.

It would be difficult for those (amongst whom we are sorry to know there are some medical gentlemen and a few clergymen) who still insist that intoxicating drinks are "to be received with thankfulness," like *other* "good creature-comforts," to fabricate a shadow of an argument for their employment, after glancing over the facts so conclusively presented by Mr. Young. And whilst its demonstrations must put to silence all the cavillings in favor of alcoholic beverages, I cannot see why the medical profession should not receive its reasonings as unanswerable against the employment of alcoholic medicines.

The work ought to circulate wherever intoxicating drinks are found. [Prepaid, 30 cts.]

TOBACCO PRIZE ESSAYS.

TOBACCO: its History, Nature, and Effects; with Facts and Figures for Tobacco Users. By R. T. TRALL, M.D. [24 pages, 12mo.]

TOBACCO DISEASES; with a Remedy for the Habit. By JOEL SHEW, M.D.

EVILS OF TOBACCO as they affect Body, Mind, and Morals. By REV. DWIGHT BALDWIN. New York: FOWLETS AND WELLS. 1854.

It will perhaps be remembered by those who were at that time numbered among our readers, that in April, 1853, we were authorized by a friend of reform to offer ONE HUNDRED DOLLARS, in prizes of \$50 for the first, \$30 for the second, and \$20 for the third best essay on the deleterious effects of Tobacco on the human constitution, physically, intellectually, and morally, with suggestions for the cure of the evil, or how persons can break the habit; the manuscripts to be submitted to Messrs. Fowlers and Wells, and such other persons as they might select to aid them in the examination.

The prizes were awarded as announced in the January number of our Journals. The Essays are now ready for delivery, and we have given above the title of each in full, with the author's name. We shall perhaps present a critical review of them in our next. At present we can only say that they are most complete and thorough expositions of the subject, and comprise altogether a whole arsenal of weapons with which to attack and overthrow the strongholds of the Tobacco user. Never before, we venture to say, has so strong an array of facts, figures, and reasoning been presented as in these essays. They should be translated into all the languages of the globe, and

circulated coextensively with the almost omnipresent weed.

The benevolent and philanthropic gentleman by whom the prizes were given, prefers for the present to remain unknown, but hopes by the publication of these essays to aid in suppressing a degrading and dangerous habit, and in preventing the young from ignorantly becoming its willing victims.

The series of Tobacco Essays of which these Tracts form a part, is but the beginning of the end of what he designs. Should the world be found to have been improved by his efforts, he will consider it an ample reward for all he has done, or may do hereafter.

THESE THREE PRIZE ESSAYS will be sold separate or together, for gratuitous distribution, in large quantities at cost of paper and printing, as follows: Five hundred copies, \$10; One hundred copies, \$2 50; Fifty copies, \$1 25; Twelve copies, 37 cts.; Single copy, 6 cts; One thousand copies, \$18 00; Five thousand copies, \$75.

Here is a field for "HOME MISSIONARIES." There is scarcely a family in all our broad domain, but what has been and is now afflicted by the use of that blighting, body and soul-destroying narcotic, Tobacco. The senses are weakened, the nerves prostrated, the memory and the vision lost, the taste and the appetite impaired or destroyed, and all the faculties of the mind and functions of the body paralyzed or perverted.

The evil is realized, admitted, and regretted by many; while hundreds of youth are blindly and ignorantly acquiring a habit which, unless broken or stayed, will prove a curse to them and their children. The object of these prize essays is to point out the evils, guard the innocent, admonish and restrain the victims, and to thus save them from disease, ruin, and premature graves. "Have we a MISSIONARY among us?" If so, there is hope; if not, let us send to "heathen lands" and implore the services of the godless. But there are enough, if *they* will act, to drive this hideous, nauseous, vile, wicked stuff from the mouths of mankind, and from the face of the earth.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. No. 2, January, 1854. New York: FOWLETS AND WELLS, Publishers. [Price \$2 a year, in advance.]

True to the great law of progress, the editors and publishers of the New QUARTERLY have made the second number even better than the first. There is not an article in it which is not fully worthy of its place, or that can be read without decided profit. The following are the titles of some of the principal articles: The Movement-Cures, (illustrated,) by R. T. Trall, M.D.; Dyspepsia, by James C. Jackson, M.D.; Colds and Relapses, by Levi Reuben, M.D.; Hysteria, (illustrated,) by Joel Shew, M.D.; Modus Operandi of Medicines, (illustrated,) by R. T. Trall, M.D.; Philosophy of Common Colds, by G. H. Taylor, M.D.; The Hunger-Cure, by E. A. Kittredge, M.D.; Water-Crises, by S. O. Gleason, M.D.

It is illustrated with nearly forty engravings.

THE DESTINY OF AMERICA.—An eloquent and characteristic speech by W. H. Seward, delivered at the dedication of Capital University, at Columbus, Ohio. For sale by Fowlers and Wells. [Price, prepaid by mail, 15 cts.]

Miscellany.

That's the best physic which doth cure our ills
Without the charge of 'potheries' bills.

FOMENTERERS.

By S. O. GLEASON, M. D.

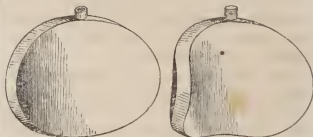
DESCRIPTION OF CUTS.



No. 1 constitutes half of a four-inch circle. This is 2 by 2 inches. It is used to foment the neck.

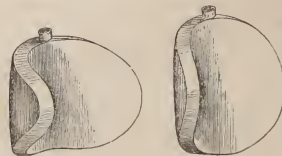
No. 2 is 9 by 7 inches, and gives a curve of one inch in depth. This measurement is

obtained by drawing a line from end to end, then measuring downwards to the centre of the curve. This is true of all the rest. This is applied to the upper part of the chest.



No. 3 is 9 1-2 by 6 1-2 inches. The curve is 2 inches deep. This is the best-shaped instrument for the stomach and bowels, and is to be applied over them.

No. 4 is 7 1-2 by 8 inches. The curve is 2 inches deep. This fomentor is adapted to side of chest, just below and in front of the arm-pit, and also the same regions on the back part of the chest.



No. 5 constitutes half of a 7-inch circle, or nearly half of such circle, and is to be applied to the side just above the hip.

The spaces between the inner and outer plates or surfaces is *one inch* in the four last specified. The tube is 3-4 of an inch long, and the bore of the same 3-4 of an inch. The orifices are made tight by corks. These fomenters are made of tin. Any tinman can make them.

MANNER OF APPLYING FOMENTATIONS.

E. W., of Westmoreland, N. H., having read my article on *Fomentations* in the Nov. number of the WATER-CURE JOURNAL, thinks this method of applying should be described. Perhaps he is right. There are two methods of using this remedy, and I do not know but the one is equally effectual with the other. The old method consists in tak-

ing one-half to one yard of flannel cloth and folding it several times, putting it in the bottom of a wash-bowl and pouring on boiling water till it is saturated, then removing and wringing it in a towel, (as it can be wrung out much hotter by this process than in the naked hands,) placing it upon any part of the body that is desired, and covering it so as to retain the heat at as high a temperature as can be well endured by the patient. Let this remain from five to eight minutes, then repeat the process till some four or five changes have been made, or until the desired impression has been secured.

The second method requires much less labor, and is more convenient, as one can apply it himself, wherever he may be, if hot water can be secured. Tin fomenters can be made, about ten inches in the largest diameter by eight in the shortest, and one inch thick, with a hole in one side, and tube one inch long, in which a cork is put to keep the water in, and, at the same time, it makes an exit or entrance for the water. The fomenters can be made of any desirable curve to suit the wishes of the patient, or to fit any part of the body. The temperature of the water to be put in these fomenters varies from 130 to 160 degrees. Under the fomenters should be placed two or more folds of flannel, wrung out of warm or cold water, as is convenient of access. The application may be continued from twenty to thirty minutes. The surface becomes red, and either a wet bandage should be applied after it, or the part should be sponged off, as it is better to apply water of a lower temperature to the skin after it has been heated than to let it cool without such an application. It diminishes the sensitiveness that would otherwise occur from frequent fomenting. A much better idea of the shape of tin fomenters can be obtained from the wood-cuts than can be given in language; and, with the description given, I hope "E. W." will be able to understand how to apply this remedy effectually in any emergency.

OUR JOURNALS IN CALIFORNIA.—An order for SIX HUNDRED COPIES by one mail! Our cause flourishes in the "golden regions." Seed has been sown upon good ground, and is now producing "an hundred-fold." Reforms are progressing. The pioneers are rejoicing. God prospers the right. Let us be faithful. We have a great truth to impart to the world, a truth of no less import than the physical regeneration of the human race. Will it be heeded? It will. No man can always resist the light, or violate the physical laws, and live. Drugs have been tried, and found wanting. Hydropathy has succeeded. The world will embrace it the moment it becomes acquainted with it—understands it. Help us, help us—teach it, preach it, proclaim it everywhere. We will print, you circulate. Together, we will regulate the "regulars," and put "the people" on the track to life, health, and a reasonable degree of HUMAN HAPPINESS!

VALUE OF THE JOURNAL.—A subscriber, receiving his subscription, writes:

"We have already received the January number, with which we are much pleased; in fact, my wife says the first article under head of 'Water-Cure Processes and Rules for Bathing;

by Dr. Shew, is alone worth the price of subscription. We have taken the JOURNAL so long, that we do not know how to keep house without it."

LIFE SUBSCRIBERS.—A Canadian subscriber writes:

"In renewing my subscription for the JOURNALS, I send you the names of forty-one new subscribers, and the cash to pay for them. You will notice that one of the ladies on my list wants two copies of the WATER-CURE. She says that she has been so much benefited by reading it (a borrowed one) that she wants one for herself and one to lend.

As regards myself, I have derived much benefit by reading the JOURNALS. You may consider me a life subscriber, as I shall have the JOURNALS as long as I can raise a dollar to pay for them. I am satisfied that reading the WATER-CURE JOURNAL has been a saving to me of what would pay for twenty copies, and it will be to any one who reads it and follows its teachings."

COLD WATER.

BY ISAAC COBB.

Cold water for me—
Instead of blue pills—
Meandering free

Through rivers and rills,
When fevers attack me, and troublesome chills,
And pain which the spirit with agony fills.

Cold water by far
Is better than tea,

Is better than me
Ning-pong and Bohea,

Though they come from a clime that is over the sea,
Renowned for its wealth and imperial decree.

Drink coffee you will,
And cocoa as well,

And quaff to your fill,
Ye in cities who dwell,

The myriad drinks by the epicure made
To tickle the palate and punish the head.

Who cares for them all,
When Croton supplies

The thirsty one's call.

From a fount that ne'er dries,
With the purest of liquids that ever was known
To peasant, or prince, or king on his throne?

Talk and Topics.

We feel that our readers, however distant, are our BROTHERS, but FRIENDS, with whom we may sit down and have a quiet familiar talk, and to whom we may suggest topics for CONVERSATION, DISCUSSION and INVESTIGATION.

THE LIQUOR BUSINESS: Its Effects upon the Minds, Morals, and Pockets of our People. By P. T. BARNUM. Being No. 4 of "Whole World's Temperance Tracts."

Containing—Rum "a Common Enemy"—the Best Portion of our Citizens liable to Fall—the Innocent suffer more than the Guilty—an Appeal to the Pocket—all Evil and no Good—Acidol a Poison; God never made it—the License Laws—their Impotency and Absurdity—the Liquor-Seller, what his Trade makes him—his Argument—his Rights—Adulteration of Liquors—the Maine Law—Objections answered—Closing Appeal.

Twelve pages: Per one hundred copies, fifty cents, or four dollars a thousand. Published by FOWLERS AND WELLS, New York, Boston, and Philadelphia.

This is a capital thing. The author's argument is convincing and conclusive. The nail is driven and clinched. As a popular document for gratuitous distribution, it is the best yet issued. Friends of temperance, how many thousands can you or will you circulate?

THE PRETTIEST JOURNAL IN THE NATION.—The editors of a thousand newspapers, and our half a million of readers, pronounce the WATER-CURE JOURNAL the cleanest, brightest, and neatest, and all together the PRETTIEST publication on the continent of America. And why shouldn't it be? The very best white printing paper, manufactured expressly for it, is used; an excellent quality of printing ink is put on to it, never sooper-faced types, (not brass), and printed on new steam power Adams presses, by the very best printers of Europe or America, the sheets being laid on press by the prettiest girls this side of Ireland. WATER-CURE folks would not be satisfied with any thing short of this. Clean themselves, they demand cleanliness in others.

But "handsome is who handsome does."

Then, too, there is a satisfaction in presenting our PET—(every subscriber's pet)—the JOURNAL—to outside neighbors, who have not yet discarded dirty, dangerous, expensive drugs. They hold up the JOURNAL exultingly, as a mother would a newly-fed, cleanly-dressed baby, sparkling with intelligence and beauty, and demanding, "Did you ever?" Did you ever see a better specimen of human-odd printing? Wouldn't you like to subscribe? "Will you save 'ever so much' in doctors' bills, patent medicines, tea, coffee, rum, and tobacco, and it costs only a dollar a year, or even less than that in clubs. Will you subscribe? Well, I don't care if I do, says neighbor Hopeful.

Such is the language daily used in various parts of our country. Where a single copy was taken last year, clubs of several, sometimes fifty, are now ordered. Having received a benefit, the reader becomes a benefactor, and calls the attention of all with whom he comes in contact to the same, and thus puts his neighbor on the right road to physical redemption.

The mission of the WATER-CURE JOURNAL is beginning to be understood and appreciated. When permitted, through the influence of its friends and co-workers, to do its perfect work, it will totally demolish numberless evils by which humanity has been, and is now afflicted, and erect in their stead a vigorous, healthful, efficient, long-lived, and a happy, successful, and prosperous humanity.

MOTORPATHY.—We cheerfully publish the following letter from Dr. Halsted:

Rochester, 10th January, 1854.

MESSES. FOWLERS AND WELLS: In your December number of the WATER-CURE JOURNAL, page 138, you reply to an inquirer that you know of no work professing to explain the *modus operandi* of the system of Motorpathy. In saying this, you do well. But on page 136 of the same, you reply to the inquirers of "L. L. M. D.," by saying, "You can obtain instruction in all the *pathies* known to men, and in the *alone* in particular, at the Hydropathic, etc. school in this city."

This, to say the least, is a sweeping assertion, and in my opinion, its correctness is not unquestionable. Permit me, most respectfully, and with all modesty, to inform yourselves and the inquiring public, that I am the father of my *motorpathy*, "MOTORPATHY," and I shall endeavor, by all just and lawful means, to vindicate the *paternity* of so promising a child, and rescue its *genealogy* from the eager graspings of those who would eke out a precarious and unmerited reputation, rather than earn a more commendable one by scientific industry and investigation.

Motorpathy was lawfully conceived, and in a time born and christened in my own institution; and I may be permitted, with all deference, to question whether it has ever been intelligently taught at any other.

Here it has been educated in the principles of physiology and pathology, and has grown up to be one of the most invaluable therapeutical agents. It presents to the public no claims not based upon the most reliable facts and the soundest philosophy. The *modus operandi* has never been given to the profession, from the fact, already often stated, that it cannot be correctly taught without the demonstrations to be witnessed in the hospital. Reference can be readily given, showing that it has been satisfactorily demonstrated, within the last few years, to a number of thousands of patients suffering from long-standing chronic diseases, which have been successfully treated at my institution in Rochester. The system is becoming so deservedly popular, that I feel it a duty I owe to the public to say, that ere long there will be forthcoming a further explanation of the principles of *motorpathy*. As I hope to be among you within a few weeks, to give practical lessons in the same, I will say no more at present.—Yours, heart and hand, in all righteously reforming,
H. HALSTED, M.D.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Write on one side.

Professional Matters.

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

SPITTING BLOOD.—W. A. Glover, Port Burwell, C. W. It is difficult to judge of the curability of the case you describe. If the bleeding is caused by an enlargement of the liver, it is probably curable; if the result of deep ulcerations in the lungs, very doubtful; the probabilities being against the patient. For treatment, see "Dyspeptic Consumption" and Hemorrhage, in *Encyclopædia*.

SPRAIN OF THE ANKLE.—G. W. G., Lowell, Ill. When the foot and ankle are badly swollen and very painful, in aged persons, it may be necessary to pack the whole body occasionally in warm wet sheets; applying constantly cold, wet cloths, covered with dry flannel, to the local affection. The diet must be very plain and opening.

SWELLED NECK.—M. F., Farmington. This disease, as well as the eruption of which you complain, will probably get well, if you persevere long enough in a strictly vegetable and abstemious diet, and avoid greasy, salt, hard water, vinegar, and spices. The obstinacy of your skin affection is perhaps owing to repellant washes, ointments, etc., employed during infancy.

DISPLACED PATELLA.—J. T. T., New Bedford, Mass. "In 1847, I had the scrotal fever, followed by a fever-sore in my right knee-joint, which displaced the knee-pan to one side, giving the knee a flat appearance. Since then it has remained lean and poor, compared with the other." The difficulty is irremediable. You may, however, strengthen the muscles, and develop the capillary circulation, by wearing the wet bandage occasionally, and applying the pouring-bath or pall-douché daily.

MALPRACTICE.—D. B., Russellville, Ky. "We saw a notice in the papers, several months since, that A. Dr. Kittredge had been fined for malpractice in a surgical case." Was it Dr. E. A. Kittredge, of Water-Cure celebrity? No, Sir; it was another "individual" of the same or a similar name. N. B.—Your suggestions, as well as criticisms, are gratefully received. Recollect, however, that all Water-Cure writers are also working-men, and have less opportunity than almost any other class of authors to dress and polish their style, and perfect their technicalities.

EVERY-DAY AGUE.—J. P. P., Hutsonville, Ill. Diet sparingly on wheat-meal gruel, root potatoes, and a very little brown bread, and take the wet-sheet pack in the height of the hot stage of each paroxysm. With reasonable attention to other hygienic circumstances, such a plan of treatment will cure the disease in a short time.

DYSPEPSIA.—O. S., Darlington. To cure a bad case of dyspepsia, of long standing, you must pursue a thorough dietetic course for a long time; probably one or two hip-baths daily, and the wet-giraffe occasionally, would be serviceable, in addition to the baths you are now using.

LUMBAGO.—F. S., South Lee, Mass. When the pain is severe, employ hot fomentations, or warm hip-baths. At other times, the rubbing wet-sheet, and tepid hip-baths.

CATABERH AND WARTS, ETC.—F. L. S., Worcester. You will find ample directions for treating such cases as you describe, in the Hydropathic books. Your dietetic habits must be very strict for a long time, to get rid of chronic catarrh.

DYSPEPSIA, WITH PALPITATION.—G. Y. S., Portland. Your case is clearly that form of deranged digestive organs which usually takes the name of "nervousness," or "nervous debility." You will do well enough by perse-

verance in the general plan you are now pursuing, provided you drop off such special evils as "molasses candy," "mineral waters," etc.

DUODENITIS.—E. D., East Douglas, Mass. Your symptoms—"pains in the stomach, very severe, coming on suddenly, often extending to the shoulders," etc., indicate that condition of the alimentary canal called *duodenitis*. There is also, probably, hard and thickened bile, amounting to gall-stones. To cure it, avoid greasy, salt, salted meats, and milk. Eat plain vegetable foods, with a large allowance of good fruits; and take a daily sponge-bath, and one or two hip-baths. Cook, knead, pound, thump, or otherwise exercise the abdominal muscles frequently.

FROZEN FEET.—J. N. G. "What is the Hydropathic treatment for cases of freezing; the feet, for example?" Allow them to thaw very gradually. First place them in the coldest water until the frost is out, or until the circulation is restored; then gradually, but carefully and slowly, raise the temperature of the water.

SEMINAL EMISSIONS.—Dr. T. D., "Down East." You will find answers to all the questions you propound in relation to the cure of this affection, also the treatment and regimen necessary, in the work on *Sexual Diseases*, published by *Fowlers and Wells*. \$1.

PAIN IN THE CHEST.—H. W. B. An obstructed liver, consequent on over-eating or bad food, will produce just such pains as you complain of. Adopt an exceedingly abstemious and very plain diet. Tobacco is very injurious to sore or weak eyes.

SPERMATORRHEA.—A. S., Poughkeepsie. "Are mechanical means of any benefit in cases of spermatorrhea?" In some cases they are of great benefit; in other cases they are of no benefit.

General Matters.

THE GREAT EXHIBITION.—We are glad to be able to announce that the New York Exhibition of the Industry of All Nations is to be a permanent institution. The Crystal Palace is to remain open, and new goods, machines, works of art, &c., will constantly be added, renewing and increasing its attractiveness. It is now open during the day, but not in the evening, and is by far the most attractive place in this great city. We shall, doubtless, be able to make some more definite announcement in regard to its permanent arrangements in another number. In the meantime, let no one who comes to New York fail to see this wonderful structure and its not less wonderful contents.

HORTICULTURE.—C. W. K., Glenn's Falls. The tomato seeds came safe to hand. Thank you for them, and for your suggestions in regard to horticulture, fruit-growing, etc.

WOMAN'S SPHERE.—H. S. R., Elmira. Your poem was duly received, and is very acceptable.

"CRAZY SABBATH."—We are not able to publish your letter in the February number, but have sent you the name.

MATRIMONIAL MATTERS are unavoidably deferred, but will be attended to in our next. We have a large number of letters on hand, which will interest all, and especially the *UNWEDDEN* ones, and will cause some flutterings of susceptible hearts.

HERMONS, Breecze Hills, Mich.—If you will send us your true name and address, (not for publication), or that of the "lone uncle" in behalf of whom you write, we will communicate something which may be of interest.

Several Answers to Correspondents, and a number of Literary Notices, which are in type, are necessarily deferred.

FRANCIS & LOUREL, manufacturing stationers, 77 Maiden Lane, New-York, manufacturers of all styles of account books, manifold letter-writers, copying and seal presses, portfolios, scrap-books, envelopes, tracing paper, sample cards, fancy and staple stationery, writing paper, &c., &c., have issued all sizes of pocket and other kinds of Diaries, for 1854.

Literary Notices.

All Books published in *AMERICA* may be obtained through the office of this JOURNAL at Publisher's price. *EUROPEAN WORKS* will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be post-paid, and directed as follows: *FOWLER AND WELLS*, Clifton Hall, 131 Nassau st., New-York.

JANUARY AND JUNE: Being Out-door Thoughts and Fireside Musings.—By F. TAYLOR. New-York: SAMUEL HURDSON. (Price, prepaid by mail, \$1.25.)

Here is a "gift-book" not only "suitable for the holidays," but fit to occupy the centre-table every day in the year. Unlike many "beautiful" books, it will not only bear to be looked at, but to be read and re-read. Indeed, some of the sketches—for the work is a series of sketches on "out-door" and "fireside" topics, making an elegant volume of 300 pages—will grow better as repeated readings render us familiar with the author's style, which, if not wholly original, is certainly very remarkable. A judicious contemporary declares the book unequalled "in beauty of style, in genuine poetic sentiment, and in all that is calculated to touch or move the innermost heart of the reader." Notwithstanding it is emphatically a book "for the heart and fancy," it is replete with gems of thought, many of them of exceeding force and brilliancy. Its pictures are wonderfully life-like; its pen-paintings almost marvellous, charming the imagination and stirring the moving-springs of thought at the same time. The work is embellished with several engravings.

PHILOSOPHY OF FRENCH PRONUNCIATION; OF, Pronunciation in Twenty-four Rules; with Systematized Explanations and Practice in Prose and Poetry, and Extracts for Translation. By GILLIEMAN H. TALBOT. New-York: IYSON AND PHINNEY, 1534. [Price, prepaid by mail, \$1.]

Every one who has attempted to learn French is aware that a prominent difficulty is its pronunciation. This cannot be acquired without the aid of a teacher, whoever interested publishers may say to the contrary; and with a teacher, the task is not ordinarily found to be an easy one, from the lack of rules—too much effort of memory being required to learn the sounds of all the various combinations of letters in the language. This difficulty, the lack of reliable rules, has been entirely removed by Prof. Talbot in the work before us. No student of the French language should fail to procure a copy of it. It will save, in time and trouble, many times its cost.

MUSIC.

We have received from the well known and popular establishment of *HOMER WATERS*, 393 Broadway, (see advertisement) the following beautiful pieces of new music, published by him:—"The Water Spirits;" words by James Simons, music by Thomas Baker, leader of Julien's orchestra; a favorite duet. "Eva to her Papa," as sung by that juvenile genius, Little Corrella Howard, in her original character of the "gentle Eva," in "Uncle Tom's Cabin;" words and music by Geo. C. Howard. "St. Clair to Little Eva in Heaven;" also by Mr. Howard. "The Katydid Song;" by Thomas Baker. "Katydid's Lullaby;" Here we have the answer, all in a song, and a beautiful one; it is "The Good-for-nothing Polka;" by Thomas Baker; dedicated to Miss Annie Lonsdale "Despair Not," a sacred duet and quartette; words by J. H., music by V. C. Taylor. "The Prodigal Son," a sacred quartette or chorus, harmonized and arranged for the piano-forte by Henry C. Watson. "Do Good," a song and chorus; words by J. R. Orton, music by I. B. Woodbury. "The Dying Words of Little Katy," by Thomas Baker. This is a popular piece founded on Solon Robinson's story of "Hot Corn." "Van der Weide's Gift-Polka for 1854," presented to his pupils and music-loving friends. "La Princesse Donna Polka;" by Van der Weide. "Song of the Blind Flower Girl;" poetry from Bulwer's "Last Days of Pompeii," music by Van der Weide.

We heartily commend to our music-loving friends the establishment of Mr. Waters.

MUSIC FOR THE MILLION.—We would urge our readers to cultivate as far as possible the delightful art of music; and to all who would do this advantageously, we recommend the *New-York Musical Repository*, which we cordially endorse as being imbued with the true *progressive* spirit of the age, as well as filled with the choicest new music, and interesting and instructive musical intelligence. For a full description of this paper, see advertisement.

BOOKS AND STATIONERY.—IVISON & Co. (Successors to Mack, H. Newman & Co.) Wholesale Bookellers and Publishers, No. 119 Fulton Street, New York, keep on hand...

As Ivison & Patten publish several of the most popular series of School and College Text-Books, and these books are in constant demand by their brother Publishers...

The following are among the Valuable and Popular Works published by Ivison & Patten: The American Educational Series, recommended by many of the distinguished promoters of Education throughout the United States...

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II. Sanders' New Series of Reading Books, (entirely new.)
III. Wilson's Historical Series, for Juvenile and Adult Readers.
IV. Thomson's Series of Arithmetic, (3 books.)
V. Woodbury's German Text-Books, (2 different books.)
VI. Faugère's French Course, (4 books.)
VII. Scientific and Miscellaneous Text-Books, (12 books.)
VIII. Hastings' Grammar's Standard Books, (12 different kinds.)

Among their New and Classic Religions and Theological Publications are:—Vine's Hierarchy, or, The Theory of Frenching; Vine's Parson's Theory, or, The Theory of the Evangelist; Vine's Parson's Theory, or, The Theory of the Evangelist; Vine's Parson's Theory, or, The Theory of the Evangelist...

THE NEW YORK JOURNAL OF THE WATER-CURE. Published by the Proprietors, No. 119 Fulton Street, New York.

THE ONLY NUMBER JUST PUBLISHED.—This only Lady's Book in America—so pronounced by the Press of the U. States. Govey's Lady's Book for 1854, Every-where a New.

THE LADY'S BOOK FOR 1854.—Every-where a New. Govey's Lady's Book for 1854, Every-where a New. Govey's Lady's Book for 1854, Every-where a New.

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THE NEW YORK MUSICAL REVIEW AND THE CHAPEL ADVOCATE: a cheap Musical Paper in the World. This Journal (which has heretofore been published monthly) commences its fifth year in January...

The Editor of the Journal of the Water-Cure, and the Editor of the Journal of the Water-Cure, and the Editor of the Journal of the Water-Cure...

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THE HUDSON RIVER RAILROAD.—Trains leave Chambers Street daily at Albany and Troy. On and after Monday, Dec. 1, 1853, the Trains will run as follows:—

EXPRESS TRAIN—1 A. M., through in four hours, connecting with Northern and Western Trains. MAIL TRAIN—9 A. M., through via Train, 11 M. & P. M.

EXPRESS TRAINS—5 P. M., Accommodation Train, 6 P. M. FOR TARRYTOWN—At 10 1/2 P. M.

FOR PERKINSVILLE—At 4 1/2 P. M. The Tarrytown, Peekskill and Poughkeepsie Trains stop at all the Way Stations.

NEW YORK AND NEW HAVEN RAILROAD.—New Water Arrangement, commencing Jan. 3, 1854. TRAINS FROM NEW YORK FOR NEW HAVEN.—At 8 A. M. and 4 P. M.

FOR NEWARK AND BRIDGEPORT.—SPECIAL ACCOMMODATION TRAINS.—At 11 1/2 A. M. and 6 1/2 P. M. FOR BOSTON, VIA HARTFORD, SPRINGFIELD AND WORCESTER.—At 10 1/2 A. M. and 4 P. M.

FOR CONNORVILLE, VERMONT RAILROAD, AND HOWLANDS.—At 10 1/2 A. M. and 4 P. M. FOR THE ACCOMMODATION TRAIN OF THE NEW HAVEN, HARTFORD, AND SPRINGFIELD R. R.—At 11 30 A. M.

FOR NEW HAVEN AND NEW LONDON R. R.—EXPRESS—At 8 A. M. and 4 P. M. FOR HONOLONG AND NATOGATUCK R. R.—EXPRESS.—At 8 A. M. and 4 P. M.

FOR DANBURY AND NORWALK R. R.—ACCOM.—At 8 A. M. and 4 P. M. TRAINS TO NEW YORK. FROM NEW HAVEN.—At 6 30, 6 45, and 9 30 A. M. and 4 P. M.

FROM NORWALK AND PORT CHESTER.—SPECIAL ACCOMMODATION TRAINS.—At 11 1/2 A. M. and 6 1/2 P. M. FROM NEWARK AND BRIDGEPORT.—SPECIAL ACCOMMODATION TRAINS.—At 11 1/2 A. M. and 6 1/2 P. M.

A HOME FOR ALL; OR THE GRAVEL. Walker and Otis's Medical Review, New, cheap, and complete. It is a most valuable and interesting work, and is published by the Proprietors, No. 119 Fulton Street, New York.

THE WATER-CURE JOURNAL. Published by the Proprietors, No. 119 Fulton Street, New York.

THE HYDROPATHIC QUARTERLY REVIEW. Opinions of the Press.

The generous and the liberal Newspaper Press of our country have shewn down, in the most genial and benevolent expressions of heartfelt approval, the warmest encomiums upon our New Hydropathic Quarterly.

Among hundreds of Editors, none have spoken but to welcome and to praise it. Even the Journals of other schools commend it and pronounce it a "Model Magazine" both in regard to its style and matter.

It is filled with articles of permanent value, without reference to the peculiar therapeutic doctrines which it inculcates, which ought to be read by every American.

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THE HYDROPATHIC QUARTERLY REVIEW. Opinions of the Press.

The unparalleled progress and success of the principles it unfolds and applies in the practice of the healing art, is the best evidence that can be given of the superiority of Hydroopathy over all other systems of medicine.—Nat. Free Press.

A candid exposition of the doctrines of Hydroopathy. It presents in a manner very strong points that will make Allopathy, with her blue pills and ipecac, tremble upon her premises, and look around for war-weapons to demolish a manly foe.

It is filled with articles of permanent value, without reference to the peculiar therapeutic doctrines which it inculcates, which ought to be read by every American.

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Poetry.

OH! WHERE IS HOME?

BY HORACE S. RUMSEY.

Where accents harsh fall on the ear,
Where discord reigns, it is not home;
Better to range the desert drear,
Or isolated dwell a gnome.
How many in this world of ours
Know naught of home except in name!
They have not walked its fields of flowers,
Or warmed them by its cheering flame.

Where beauty glows in works of art,
Whose stored is many a royal tome,
Without a genial, loving heart,
How meagre all!—it is not home.
Where palaces in grandeur rise,
Where all is bright around above,
The heart aint in the splendor dies,
With none to love us, none to love.

Where parents, brothers, sisters dwell,
Whose hearts in every tone accord,
Cemented by love's hallowed spell,
That would not coin a chilling word;
There flowers of the heart can bloom,
There at perfection they arrive;
There they exult each sweet perfume;
Ah! there is home, that social life.

O Home! thy very name a spell
Entrancing through name o'er the soul;
From absent eyes the tears will well,
When thoughts of thee do o'er us roll.
When false, unkind the world doth prove,
How homeward turns the suffering throng!
There, in a kindred spirit's love,
A balm is found for every airt.

Affliction all must feel and see;
Yea, sorrow to each one will come;
There's none but needeth sympathy,
And only where it is, is home.
Affliction twines a flowery wreath,
Where errors freely are forgiven;
Yea, there the very air we breathe
Inspiring comes down from heaven.

Each dwelling here a type should be
Of that bright mansion in the skies;
Then reign would sweet Tranquillity,
And earth become a Paradise.
How sad it is, through this wide land,
That many a home is made a hell,
And weak and palsied many a hand,
By that dire spirit of the still!

Narcotics, too, the nerves unstring,
Give Nature's harp a jarring sound;
They cause the tongue like asp to sting,
Inflicting many a bitter wound.
Oh! when shall this wild discord cease,
And heard be Nature's harmony?
Oh! when shall come the reign of Peace,
For man a higher destiny?

When man beholds in man a brother,
When temperance hears boundless sway,
When each shall labor for the other,
Oh! then shall dawn a glorious day.
Around each dwelling joys will cluster,
And backward roll the clouds of gloom;
The soul attain a heavenly lustre,
Preparing for the spirit's Home.

Elmira Water-Cure, N. Y.

CALIFORNIA AND OREGON.—It gives us pleasure to make the following announcement:

DR. GEORGE M. BOYNE, agent for California and Oregon, 295 Clay street, San Francisco, will furnish the Journals, prepaid from San Francisco, at two dollars per annum, in advance, for single subscriptions, and to clubs of ten or more, at one dollar per annum, in advance.

Business.

TO PREVENT MISARRANGES, 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.

ALWAYS HAPPY TO OBLIGE.—Not a few of our good friends and patrons omit, at the proper time, to renew their subscriptions, and, when too late, request us to send back numbers, or to let their subscription begin with "last July," for example, regretting that they had not "re-subscribed more promptly," and so forth. Now it is not possible for us to keep twenty thousand extra "back numbers" with which to supply an *uncertain* demand. But, when we have extra numbers, or extra volumes, we will cheerfully send them to all who wish, at subscription prices. The safest way, however, to keep complete files of the Journal, is to renew subscriptions promptly, at the beginning of the volumes.

COUNTRY MERCHANTS, visiting New York, Boston, or Philadelphia, to purchase goods, may, at the same time, have packed, and shipped as freight, BOOKS, BESTS, etc., from our establishments. Remittances may also be made through the merchants; or drafts on Eastern houses, properly endorsed, payable to our own order, will be the most acceptable. We pay cost of exchange. Our publications are in demand throughout the country, and especially so in the South and West—even in California and Oregon—while the market much nearer home is far from being supplied.

CHOICE GARDEN SEEDS BY MAIL.—To answer the numerous inquiries, and to place within easy reach of our 50,000 patrons, from the Atlantic to the Pacific, and from the great Lakes to the Gulf of Mexico, we have made arrangements to supply, from the most reliable sources, every variety and kind of Garden Seeds raised in the United States or the Canadas. We shall publish a list of the principal seeds in our next number, which will be in time for spring planting.

Nothing contributes so much towards the support of a family as a good vegetable garden, at the same small cost. In passing through the country, especially in the West, we have often been surprised to find so few good gardens. In New England they are more common, and many a family obtains half its sustenance from that source. Once planted, the women will cheerfully attend to both the Vegetable and Flower Garden, and thereby obtain healthful and pleasant exercise. Have your garden ready for early spring planting, and for a list of choice seeds in our next number.

MEDICAL INSTRUCTION FOR WOMEN.—We take pleasure in calling the attention of our readers to the announcement of Mrs. Fowler, which will be found in our advertising columns, of a course of medical lectures to females, to be commenced in this city the first Tuesday in April next. The kind of instruction proposed to be given is in the highest degree important, and is much needed. We are glad that one so well qualified for the task as Mrs. Fowler has undertaken in this way the instruction of her sisters, and trust she will have a large class. We commend these lectures especially to nurses. The importance of the subject to them cannot be overrated.

The Hydropathic Encyclopedia and other Water-Cure books published by Fowlers and Wells can be had of Rev. H. H. Smith, Hinsdale Depot, Mass.

IN SOUTH BEND, INDIANA, our publications may be obtained of MESSRS. WITTER AND MILLER, at New York prices.

FRUIT TREES.—MESSRS. DELL AND COLLINS, of Waterloo, New-York, have a large assortment of Fruit and Ornamental Trees in their extensive nurseries. Send to them for a catalogue.

OUR MARCH NUMBER will be printed the first week in February. ADVERTISEMENTS should be sent in at once.

OUR ILLUSTRATED JOURNALS.

FOWLERS AND WELLS PUBLISH THE following Periodicals. They have an aggregate circulation of One Hundred Thousand Copies.

These Popular and Professional Serials afford an excellent opportunity for bringing before the Public with Pictorial Illustrations all subjects of interest, Physiological, Educational, Agricultural, Mechanical, and Commercial.

THE WATER-CURE JOURNAL AND HERALD OF REFORMS. Devoted to Hydropathy, its Philosophy and Practice; to Physiology and Anatomy, with Illustrative Engravings; to Diætics, Exercise, Clothing, Occupations, Amusements, and those Laws which govern Life and Health. Published monthly, in convenient form for binding.

TERMS IN ADVANCE:

Single Copy, one year, \$1 00 | Ten Copies, one year, \$7 00
Five Copies, one year, 4 00 | Twenty Copies, 1 year, 10 00

"Every man, woman and child who loves health; who desires happiness, its direct result; who wants to "live while he does live," "live till he dies"; and really live, instead of being a mere walking corpse, should become at once a reader of this Journal, and peruse its contents."
—[Foreign Journal.]

THE AMERICAN PHRENOLOGICAL JOURNAL. A Repository of Science, Literature, and General Intelligence; Devoted to Phrenology, Physiology, Education, Magnetism, Psychology, Mechanism, Agriculture, Horticulture, Architecture, the Arts and Sciences, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Illustrated with numerous portraits and other engravings. A beautiful Quarto, suitable for binding. Published Monthly.

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"A Journal containing such a mass of interesting matter, devoted to the highest acquirements and interests of man, written in the clear and lively style of its practical editor, and afforded at the 'fraternally low price' of one dollar a year, must excite in reading up its present large circulation (50,000 copies) to a much higher figure."
—[New York Tribune.]

THE ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. A New Professional Magazine, devoted to Medical Reform, embracing articles by the best writers on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, etc. 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, etc., etc., with appropriate illustrations. Each number contains from 100 to 200 octavo pages.

TERMS IN ADVANCE:

Single Copy, one year, \$2 00 | Five Copies, one year, \$8 00
Ten Copies, one year, - - - \$15 00

"In addition to the widely-circulated monthly journals issued by these enterprising publishers, we have the *New Hydropathic Quarterly Review*, edited by the most distinguished members of that school. It is filled with articles of permanent value, which ought to be read by every American."
—[New York Tribune.]

POSTAGE ON THE REVIEW, when sent to regular subscribers, and paid by them Quarterly in advance, at their own office, is only four and one-half cents a number, or eighteen cents a year.

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