

THE WATER-CURE JOURNAL



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REMOVAL.

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EARLY TO PRESS.—In consequence of our "moving," we were compelled to send the present number to press, and away to subscribers, a few days in advance of the usual time, in order that it might not partake of the "noise and confusion" incident to such an interesting event. Our usual publication-day is on the 10th of the month *preceding* the date. Thus, copy for the June number will be put in hand early in April, and we shall commence printing early in May. Advertisements, and other matter, should therefore be sent in accordingly. Address the Publishers, 308 Broadway, New York.

A PRIVATE CLASS for learning PRACTICAL PHRENOLOGY will be formed in New York by O. S. and L. N. FOWLER, on the first of August next, to be continued One Month. Daily lectures and practical instruction will be given, with a view of qualifying those who may wish to become practitioners of this most useful and interesting science. Full particulars will be given in circulars, which may be obtained by addressing FOWLERS AND WELLS, 308 Broadway, New York.

Essays.

Here 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. CHOKING AT THE THROAT, WINDPIPE, AND ŒSOPHAGUS.

NO. IV.

BY JOEL SHEW, M. D.

DEATH is in some instances caused by the mere act of getting a piece of meat, potato, apple, &c., fast in the throat. In such cases the patient, or assistant, should pass the thumb and finger down the gullet, and, if possible, at once extract the

Fig. 1.



CHOKING.

offending substance. Or if this cannot be done, he should swallow large draughts of water, a piece of bread, and the like, to force the mass downwards; and if all else fails, the probang itself should be at once used.

Choking may happen in three ways, either of which may prove fatal. A substance may become lodged at the pharynx, closing both the œsophagus and the epiglottis; or it may slip through at the epiglottis into the bronchus, or windpipe; or it may pass some way into the œsophagus, and from its being of too large size, may there remain.

Mr. South, one of the surgeons of St. Thomas' Hospital in London, relates an instance in which a man who, when eating leg-of-beef-soup for his supper, rather greedily, it may be presumed, got into his throat a piece of meat about two inches long

and three inches round. He left the table immediately, went out at the street-door, and about a quarter of an hour after was found dead. It was supposed that he had died of apoplexy, but on examination of his body, it was found that this large piece of meat was in his throat, and beyond doubt had caused his death. Had any one been present, and had understood the matter, it might easily have been pulled out with his finger and thumb, as it was at the top of the throat, and fully within reach. The way in which death is caused in such a case is readily understood by referring

Fig. 2.



WINDPIPE.

Fig. 3.



WINDPIPE.

to Figs. 2 and 3. In the first, *a* shows the narrow opening of the upper part of the windpipe, the glottis, the epiglottis *b* being raised to allow of the inspiration of air. But when we swallow, the epiglottis, *b*, Fig. 3, is closed, and the œsophagus starts up to receive the portion of food that is sent into the back part of the mouth for the purpose of being swallowed. Now, when so large a piece of meat as the one described gets into the throat, it can neither pass down the œsophagus, nor can the person breathe, because it forces the epiglottis down upon the glottis, and thus strangles him for want of air.

The explanation will also serve to show in what manner substances sometimes get the "wrong way" into the throat. Every one knows the sensation that follows the ingress of a drop of water, saliva, morsel of food, and the like, when it passes into the windpipe. If the substance is a small one, it does no harm generally; but children sometimes, when laughing at play, and perhaps older persons, get a bean, a piece of money, or some similar article into the windpipe, and it may be impossible for the expulsive action of coughing

or the efforts of art to bring it away. It then either remains stationary, or passes down, and sooner or later causes an inflammation that ends in death. A boy has been known to live with a piece of money in his throat for three years, and then die of consumption in consequence. In many cases death takes place in a few days at most, in consequence of the inflammation caused.

The length of time bodies may thus remain lodged in the windpipe without causing serious results is variable. A remarkable instance is on record, in which a girl of nine years old got a piece of chicken-bone into her windpipe, which she did not throw up till she was twenty-four years of age; she afterwards died of consumption. In a case mentioned by Mr. South, of London, a plasterer threw up a lath-nail which had slipped into his windpipe more than twelve months before. This patient also died of consumption, resulting from the irritation caused by the offending substance.

When a substance has lodged in the windpipe, and is felt to move by coughing, patience and perseverance will not unfrequently suffice to enable the patient to expel it. He should not worry and fret himself in the matter, for this would only make things worse, by increasing the tendency to inflammation.

There is an account of a Highland shepherd who, whilst mulling a small bullet between his teeth, unfortunately had it escape from them and slip into the windpipe. He coughed incessantly for two hours, after which he had slight inconvenience beyond a little occasional dry cough, till the middle of the following day, when he was attacked with shivering, headache, and deep pain in the right side of the chest. The shivering and headache ceased, but the pain continued, and he was excessively drowsy. On the evening of the third day he was seen by a physician, who, being satisfied of the lodgment of the bullet, directed the man to be strapped securely to a common chair, that he might be easily suspended from the rafters of the roof of the house with his head downwards, in order that his chest might be conveniently shaken by a rapid succession of sudden smart jerks, and that the weight of the bullet might favor its escape from its seat in the lungs. He was kept depending as long as he could endure such an uncomfortable position, and then placed in a horizontal posture for a few minutes to rest. When sufficiently recruited, he was hung up again. Upon being taken down the first time, he described the pain in his breast as moved nearer the top of his chest, and during the third suspension he joyfully exclaimed, "It has come, it has come!" After a smart shaking, and a few convulsive coughs, he spit the bullet from his mouth. It was three-eighths of an inch in diameter.

Another case was that of a celebrated engineer, which excited considerable interest in London. Whilst playing with his children, a half-sovereign slipped into his windpipe, and was followed by the usual symptoms. On the sixteenth day after the accident, he made an attempt to get rid of the coin by placing himself in the prone position, with his breast resting on a chair, and his head and neck inclined downwards; and having done so, he immediately had a distinct perception of a loose body slipping along the windpipe. A violent cough ensued. On resuming the erect pos-

ture, he again had the sensation of a loose body moving in the windpipe, but in an opposite direction, that is, towards the chest. The experiment was repeated six days after, more completely; he was placed in the prone position on a platform, made to be movable on a hinge in the centre, so that one end of it being elevated, the other was equally depressed. The shoulders and body having been fixed by means of a broad strap, the head was lowered until the platform was brought to an angle of about 80° with the horizon. At first no cough ensued, but on the back having been struck with the hand, the patient began to cough violently; the half-sovereign, however, did not make its appearance. This process was twice repeated with no better result; and on the last occasion the cough was so distressing, and the appearance of choking so alarming, it was not thought right to proceed further. Two days after, the windpipe was opened by a surgical operation, but the money could neither be felt nor got out. He was, therefore, left alone ten days to recover from the operation, and was then placed again upon the movable platform, in the same position already mentioned; the back was struck with the hand, cough followed, and he presently felt the coin quit the bronchus, striking almost immediately afterwards against the front teeth of the upper jaw, and dropping out of the mouth. The first of these cases is given on the authority of Mr. Liston, and the latter on that of Sir E. Brodie.

THE TWO SYSTEMS.

If the Allopathists have the advantage of us in many respects, we have the advantage of them in others, of such importance as to make the principle of compensation true in this, as in all other things. They have the advantage of us in having institutions established and endowed by Government, in which the materia medica and principles of therapeutics of their school are taught by learned professors, who are able to spread out before their classes the accumulated experience of centuries; while we, in order to obtain a thorough knowledge of those sciences essential to the accomplished physician, of what ever mode of practice, have been obliged to patronize the same institutions, though half our time there has to be spent in hearing what can never be of any benefit to us as Hydropathic practitioners.

They have the advantage of us in having attached to their system of practice that universal passport to popular confidence—antiquity; while the very newness of our system is sufficient to excite the popular suspicion. They have the advantage of us in having their patients to treat in the incipency of their diseases, while, as a general fact, our patients go through the hands of every other school of physicians before they trust themselves to Water-Cure.

They have the selfish advantage of us in the fact, that in curing one form of disease, they lay the foundation of another; and thus, when a patient is once secured, he is likely to be a patient, at short intervals, as long as he lives; while with our patients we do not consider the work accom-

plished until there is such a thorough renovation of the system, and such a degree of intelligence acquired by the patient, that he is not likely to need the doctor afterwards.

We have the advantage of them in this: the more intelligent our patients become in regard to the philosophy of life and the action of pure water upon the tissues of the body, the more earnestly do they cooperate with us in all our plans of treatment; while, if the Allopathists' patients investigate these subjects, together with the nature of the substances used by their physicians as medicines, they must grow distrustful of their efficiency to cure. We have the advantage of them in knowing what we are doing; in understanding the operation of our remedies, and the extent of their effect, so that we do not go blindly to work to combat symptoms, trusting that by some sort of magic our applications will produce the desired result. If there is great acceleration of the circulation and heat of the surface, we know how a cool bath carries off the excess of caloric, is taken up by the absorbents and carried through the myriad channels of the body, dissolving and washing away the irritating matters which had provoked nature to this disturbance in her efforts to cast it out.

They do not know how their refrigerants act in reducing febrile heat. If we wish to produce an inverted action of the stomach so as to cause vomiting, we know that simple distension of it by tepid water causes the muscles to contract, and thus expel the contents.

They do not know how their emetics cause such contractions. If we wish to empty the bowels of their contents, we know how distension by the same agent produces the same result. They do not know how their cathartics procure evacuations of the bowels. So ignorant are the most learned among them as to the action of their medicines, that one of their number, Dr. Meigs, of Philadelphia, says in his letter on Woman and her Diseases: "I conceive that we have not, and that we cannot ever reasonably expect to have, any very clear notions as to the *methodus operandi* of any medicine. Who can explain the cathartic power of jalap, as contradistinguished from the emetic force attendant upon the chemical constitution of calicea ipecacuanæ, or the tartrate of antimony and potash?"

"We are well acquainted with the facts, the phenomena; yet to say why tartar emetic shall produce vomiting, while sulphate of magnesia shall have the effect of a purgation, is beyond the power of the human mind." After stating that he has great trust in the power of iron to cure anæmia, and admitting that he does not know how the cure is effected, he says: "I do not consider myself as credulous in believing that iron has a special power to invigorate the tissues composing the permatose membrane; certainly not more so than ten thousand American physicians, who confidently administer five or twenty grains of calomel, with the utmost certainty of exciting the liver into greater or more healthy activity; squills to excite the mucous follicles of the bronchi; nitre to arouse the kidneys, or belladonna the skin; and strychnia to wake up again the torpid muscles of a paralytic leg or arm. In the *methodus operandi* of drugs and medicines, all our cognitions are purely empirical."

Another advantage which we possess over them is the fact, that we control the habits of our patients. This indeed is a part of our treatment: so much so, that we would not attempt to cure the sick person whom we could not influence in this matter. So great importance do we attach to the establishment of correct habits in the cure of disease, that they say our success is attributable to this, and that our baths are of no account—as wide a mistake in theory as they make in practice, when they fail to teach their patients the necessity of living in conformity to the laws of nature. Our philosophy compels us to put much stress on the habits of our patients, for we believe disease to be the result of wrong modes of living; and if we cannot induce them to return to the simplicity of nature, we cannot hope to give them permanent benefit from water-treatment; for it is impossible to remove the effect while the cause remains. We look after their social feelings, their mental operations, the quantity and quality of their food, the manner of eating, their hours of retiring and rising, the quality of the air they breathe, and their manner of breathing; their exercise, dress, and bodily positions; and in hundreds of cases, of which the following are examples, we have sufficient evidence that this care is not wasted:

Miss L., a young lady, fair and fragile as a lily, entered our Institution in the spring of 1853. Though the daughter of an Allopathic physician, her health had been offered a sacrifice on the altar of the customs of society. She had lived in a community where not to be conservative on all the questions of the day is a thing unheard of. Tea, coffee, meat, butter, and high-seasoned food of all kinds had been her diet; she had worn long tight waists, with whalebones; long heavy skirts and thin shoes. Her habit had been to read till midnight, then retire to a restless pillow, from which she arose at a late hour in the morning, languid and without appetite. Added to these practices, and a naturally delicate constitution, she had permitted the loss of friends, under peculiarly painful circumstances, to weigh upon her spirits, till all youthful buoyancy had departed, and she came to us cheerless, hopeless, purposeless, and with, apparently, too slight a hold on life to last long. Her mother, who was with her, was sure that she would not live. Frail as she was, we could make no sudden attacks upon her mental or physical habits, but gradually we introduced her to our way of thinking and acting, till she came to feel that comfort and health are of more consequence than what people will say. She had no more than got initiated into treatment, when she had a severe attack of bilious cholera, followed by violent fever and obstinate constipation; but her system adapted itself readily to our baths, and she came up from the attack in better condition than she had been for a long time. Soon she was climbing the hills and rowing on the lake, in short dresses, with cheerful company, while the color came gradually to her cheek, vigor to her muscles, and hilarity to her spirits.

At the beginning of this year she left us, a perfect wonder to those who knew her when she came here. She has gone back to her home, but I trust not to her old manner of living; for she must ever bear in her heart the consciousness that there is a more excellent way, and that life has a

higher aim and woman a nobler destiny than to move passively along with the popular current, whether its course be towards happiness or misery. Had not the whole tendency of this girl's habits been changed, she might have taken medicine till doomsday—which would have come to her soon—without the shadow of a benefit.

Little Eddie, a child four years old, who had always been considered as very healthy by his parents, took cold in the latter part of last March, which resulted in a gathering in his head, accompanied with great general disturbance.

The discharge from this was so acrid as to excoriate the face, forming a bad sore, which spread, covering the entire side of his face and his chin. The best physician in the town exhausted his skill upon him, but he constantly grew worse. On the 28th of May he was brought to the Glen for treatment. He had daily fever, exceedingly restless nights, appetite fickle, craving only meat; and though his parents were convinced he ought not to eat it, they gave it to him rather than have him eat nothing.

We commenced packing him daily, with half and foot-baths and abdominal bandages, and such a diet as we thought most wholesome for him. At the end of a week I made this entry in my journal: "Eddie's face is already much better; appetite is improving; sleeps well at night; is having a rash come under his bandages." At the end of three weeks he had improved so much as to make it expedient for his parents to take him home; and at the end of the fourth week his father wrote to us, saying that his face was well and smooth, and his health entirely good, which remains so to this day.—[Glen Haven, N. Y.]

THE LITTLE POWDERS.

[The following capital exposition of medical logic, and of the virtues of Signor Blitz's "leete powders," is from the pen of the eccentric but witty and talented Elizur Wright, formerly so well-known as the editor of the *Chronotype*. We copy it from the *Boston Commonwealth*.]

MR. EDITOR: I am well aware that it is dangerous for a layman (the "faculty" consider all men but themselves lame men) to talk about medicine or the art of healing. Perhaps I shall make myself ridiculous, but people must have something to laugh at. Laughter is salutary and sanitary, according to all schools of medicine. Therefore, if I occasion some of it at my own expense, while talking of medicine, I shall so far prove myself no bad doctor.

Who has not been delighted with the professional logic of our old friend, Signor Blitz? "You see," says that learned professor, "this leete box. It is empty. I put in it this leete ball, you see, and shut it. I put it on this table. Here is another box. You see it is quite empty. I put it on this other table, and shut it up empty. The leete ball, you remember, is in that box yonder. This other is quite empty." In course, the professor cannot be mistaken, for the tables stand apart from each other, and there is no communication between them. "Well, now," says he, "we shall try the effect of this leete powder." And he drops a little pinch of white powder on the empty box. "If this leete powder has its proper effect," he continues, "the leete ball will be no longer in the box where it was put, but in the box where we put the leete powder. As soon as it has time to operate, we will see what

is the effect of the leete powder." Accordingly he proceeds to open the first box, which, to the astonishment of everybody, is perfectly empty—no sign of a ball in it. He then opens the powdered box, and there is the identical ball. Of course the removal of the ball from one box to the other is the effect of the little powder. There is no other visible cause, which amounts to the same thing as no other possible cause, and every thing must have a cause; therefore the "leete powder" of the learned professor is the cause of drawing that black ball from one of those boxes to the other.

After witnessing this simple and beautiful experiment, and hearing the still more simple and beautiful logic by which Signor Blitz explains it, one has no difficulty at all in understanding how the "leete powders," so neatly put up by our apothecaries, under the administration of learned physicians, draw diseases from one part of the human system to another, or, as many fancy, draw them entirely out of the system, and leave it sound as an empty box. The analogy is perfect and complete. Signor Blitz cannot possibly get along without the "leete powders" any more than the doctors—can get along without protochloride of mercury or tartrate of antimony and potash. If the ingenious Signor should show the natural way in which the sight and presence of the ball is transferred from one box to another, it would cease to be miraculous or wonderful, and his occupation, so far as concerned that trick, would be gone for ever. So, if the doctors on whom the people depend for their health—many of them seem to enjoy bad health—were to show the natural course which a fever takes in getting out of the system, or the relation which its final departure has to Dover's or any other "leete powders," their patients might transfer their faith from Blitz, M.D., and the "leete powders," to Nature or their own constitutions, the way they were made to get well when sick.

It is a very pretty and probable theory that the Maker of mankind made each of them liable to the attacks of several hundred diseases, each particular disease answering with its own distinct particular bend, to each of several hundred little powders, drops, or pills, as the case may be, all of which may be seen arrayed in admirable order at one of the Browns', for example. Goodness gracious! what has not modern science achieved, in discovering all the different diseases, marking and naming them, and again in discovering, out of all the millions of different sorts of powders, drops, gums, and pill-stuffs this immense globe composed of, precisely those which the great Creator intended as antidotes, or locomotives, to each of the aforesaid diseases! Truly, life is short, and art is long and wide—the art of healing especially. I admire the phrase, "art of healing," for nothing can be more artful, not to say artistic. If the received system of medicine is not a science, assuredly the art of it is one.

Blitz is suspected by some to have had a private summons, or process of his own, by which the ball that was snug in one box at one time, afterwards made its appearance in another; so I confess I have suspected that the regular doctors must have, besides the little powders, some sensible sort of practice against fevers, which escapes general observation. They not only order, with pomp of Latin, *Tart. Antimonii et Potassae, in aqua pura, etc.*, with hieroglyphics of quantity, but hint casually to the nurse to stop of the patient's food, and keep him cool with wet towels, ice-water, etc., as an engineer would save a dangerously hot boiler by not increasing the fuel, and throwing water on that already burning. Of course, these directions to the nurse are only designed to facilitate the sovereign effect of the "leete powders"—on the faith of the public.

The public must and ought to have faith, and it can far more easily believe in "leete powders" than in Natur's being left to herself, with as little obstruction as possible. Hence a great

many excellent and able physicians, who have made the patients too *leete* to do any mischief, still parade them with great pomp and circumstance, as the authors of the cures which Nature effects by the aid of pure air, clean water, and a fit temperature to remove obstacles out of her benevolent path. They seem to think honesty is not the best policy, when the policy is to be used for physic.

But there is one doctor in this village of ours so eccentric that he never uses either the logic or the little powders of Blitz. He actually doctors people, and very sick people too, by a resort to the natural resources of air, water, cold, heat, rest, and motion, as the symptoms seem to demand. People see him convey the ball, by the most natural means, from one box to the other, and have to confess the fact, but they do not wonder. Why should they? The case is perfectly natural, and couldn't be helped. It must be obvious to all thinking people that this queer and exceptional M.D. cannot be thought much of, or make much money. His science is nothing more than common sense. He plainly cures nobody, but at most only lets Nature do it. He lets people get well if they can, not interfering himself, nor letting any thing else interfere to prevent it. People readily perceive that, if this is all, anybody who has common sense can let himself get well, without the aid of a doctor. Hence the doctor's success does not tend to distend his purse, but rather the reverse.

But, exclaims some inquiring reader. Nature lets people die, even causes them to die; and if your doctor leaves Nature to her course, of course his patients must in some cases die. Probably they do. I have known people die under the little powders. I cannot say that they die natural deaths. Nobody can. They may have died naturally and inevitably, but there is some considerable chance that they died artificially. Everybody who swallows the little powders and the consoling logic of Blitz—unless the powders are those blessed little infinitesimal doses that would not either kill or cure a gnat—has the romantic consolation of knowing that, whether killed or cured, no mortal can be certain what did it in either case. In case of death, this uncertainty ought to be as good to bereaved friends as an equal degree of doubt whether the departed was not buried alive. To the deceased himself it amounts to the same thing.

When one looks at the immense masses of matter that pass into consumption through the drug trade, most of it poisonous, more or less, from that, a drop of which will kill a dog, down to ordinary dirt, it is hard not to believe that human life is shortened rather than lengthened by it. Not reckoning the alcohol, there is doubtless poison enough, in the shape of medicines, in Boston, to kill outright half the people of Massachusetts. It is a very pretty thing to believe that all this poison can be so diluted and so gradually swallowed as only to promote health, instead of impairing and destroying it. For one, I don't believe a word of it. And what is more, I have lived up to this medical infidelity for eight years. My health and family have not, on the whole, decreased in the mean time. We have had sickness under the old theory and under the new. I believe more and more firmly that it is always easier to get well without any little powders than with them. And I feel it due to Nature, and to Dr. Edward A. C. Strudge—sometimes called Noggs—the only "educated" physician within my knowledge in this vicinity who does not insult Nature, and practise on human credulity, more or less, by the use of "little powders," to say, that to their genial and cordial cooperation I owe the recovery from the most virulent attack of "summer complaint," or, as the doctors would perhaps call it, *chronic cholera infantum*, which I ever saw, of my two youngest boys. Twins, with sixteen brothers and sisters, children of their own mother, preceding them, and one only by an interval of eleven months, it could not be supposed they should have robust constitutions to

withstand the deadly pestilence which carries off so many children in a crowded city during the first and second year. They were, in fact, wasted to skeletons, and hung at death's door for weeks. But their case excited neither distrust in nature's remedies nor faith in the little powders of the Blitz faculty; they swallowed no diarrhoea cordials, or any thing of the sort, and they are now well and thriving. I think I could not be induced by any money to "certify" for any medicine-render, patent or otherwise; but when good Dame Nature herself goes into partnership with an M.D. who shows that he thinks more of the thanks than the dollars of his patients—more of his cause than of himself—the firm shall have my spontaneous and cordial certificate. If you are sick, therefore, and do not feel full confidence in your own acquaintance with Nature's remedies, I beseech you to send for "Noggs," her interpreter, without powders, pills, leeches, lancets, tinctures, blisters, or Blitz.

P.S.—In all I have said above, my friends, the dosing physicians will please not to find any imputation of murderous or mercenary motives. They are the kindest and best-meaning men in the world, many of them the most generous and self-sacrificing. But they were educated to the logic of Blitz. So was I, both as to medicine and theology. By the venerable tomes of pillology, the doctors themselves are as much duped as their patients. It is not to be expected that any man should discover such a fact, against his own pecuniary profit, quite so quick as if he should save money by the discovery. But the discoverer has had its Columbus, and only waits the decadence of the Blitz philosophy, and the adolescence of common sense, to be universally received.

Practical Water-Cure.

FACRS are the arguments of God—the workings of His Power. He who fights against facts fights against God.—Dr. F. Lutz, F. S. A.

REPORTS OF CASES.

No. 1.—BY J. C. JACKSON, M.D.

MR. J. L. D., of —, presented himself at the Glen on the 20th July, aged twenty-six, a tailor by profession. He was a pitiable-looking object, though, when in health, fine-looking. His thinness amounted to cadaverousness, and his feeble step denoted the last stages of atrophy. I could hardly ask a question relative to the condition of the different organs and their functions, without receiving an answer affirming drangement. He coughed, and had his hectic, his diarrhoea, and his night-sweats, his bloated feet and glistening eye, almost amounting to a glare, like a consumptive who could not live a week; yet his lungs were, on examination, only sympathetically affected. His diarrhoea alternated with the most inveterate costiveness; his stomach sour, yet he could eat without distress; his circulation in the skin as bad as it could be, and his pulse quick and slamming. I had not a patient who did not affirm that he must certainly die. He said that his physician could do nothing for him, yet declared that his lungs were not diseased. I gave him the following treatment: Wet-sheet on rising, at 90 to 80 degrees; sitz-bath once a day; packing, three times a week, with foot-baths; injections daily, compresses over the abdomen, and a vegetarian diet. The first perceptible improvement was increased steadiness in walking. He staggered less. Next his feet took on better circulation, his appe-

tite improved, his constipation lessened, and his countenance assumed a new phase altogether. He became hopeful of himself. He said one day that he thought he should get well; and from that time—about ten days after he arrived—till he left, which was at the expiration of ten weeks, he gained steadily, and without a drawback. When he left, he was fleshy, well in every feeling; could walk mile after mile without fatigue; could wield the oar like a sailor; and went back to preach a new doctrine, and inform the physicians of the drug school that Nature is greater than their potencies or potations; and that "there are things in heaven and earth not dreamed of in their philosophies."

No. 2.—BY MRS. L. E. JACKSON.

On the 27th of June last, there came to the Glen a lady from Canada, aged forty-six. She was of large stature and full habit. Her head was large, countenance massive, dark eyes, black hair, and a fine personal appearance. A diagnosis of her case, taken the day after her arrival, presented the following symptoms: Headache almost constantly, affecting her eyesight at times; pain in the nape of the neck and between her shoulders, palpitation of the heart, great acidity of stomach, and at periodical intervals excruciatingly violent vomitings, lasting for three or four days, during which all the resources of the materia medica were used in vain. These vomitings repeatedly, in the estimation of her physicians, had placed her life in imminent jeopardy. Added to these, she was habitually costive, had bleeding piles, with severe prolapsus ani, a very bad prolapsus uteri, whites excessively at times, and for twenty-four years had had no menses, nor show of them. She had eaten as gastronomists only like to eat, to the full, daily, of rich food, and had *gout* in the left foot. She uniformly had cold feet and hands; and for the last ten years had been in the hands of physicians, and gradually had grown worse. She was able to walk but a very little way on her arrival, and LIFE was, unmistakably, a burden.

In conjunction with my husband's counsel, I decided on a plan of treatment, and she commenced. It would extend this statement unduly to give the treatment in detail; let it suffice that it was purely hydropathic, administered with great gentleness and prudence, and she began soon to improve. She was with us five weeks, during which time her derangements, one by one, gave way, and she became so vigorous that she could walk two miles before breakfast. I have never seen a more marked case of speedy recovery from the ailments of years, and do not report this case to you that the reader may therefore infer that the age of miracles has not passed, but simply to show the great adaptability of Water-Cure in female diseases. I also wish to say, that in the treatment of her prolapsus uteri, no mechanical nor drug appliances were used; and that in none of the very large number of cases, amounting to hundreds, which we have treated, have we ever found it necessary to use other agents than water, except in one case, and that was clearly a case for the knife. But anteverisions, retroversions, ulcerations, indurations, and, in some cases, so-called tumors have given way to water-treat-

ment. In the case of this lady, we all think her improvement whilst with us very remarkable.

NO. 8.—BY HARRIET N. AUSTIN.

Miss — came to our Cure in August last, aged seventeen years. She inherited a feeble constitution, and during the winter of '52 had a cough; over-exerted herself in preparing for school; and in the spring of '53 had a severe attack of lung fever. During the fever she took a great deal of medicine. She did not recover her strength after the fever had left her; and when she came to us, was very much emaciated, and was suffering from great lack of nervous energy, shown in inability to maintain muscular effort. A journey of a few miles completely exhausted her. She had constant headache, a dry hacking cough, pain in her shoulders and right side, constipation, occasional sick headache, severe pain in the small of the back, and on making slight exertion, bearing-down pain. Her back was so weak that she could not sit up more than five minutes without support. Her hands and feet had so long been cold that they had forgotten the sensation of warmth.

We commenced treatment by giving her short sitz and half-baths, at a temperature of 85 to 80 degrees, with much hand-rubbing. Wet bandages were gradually applied, and packs as she was able to bear, and rubbing wet-sheets and douches as the symptoms seemed to indicate. Under this treatment, and a simple, nutritious, unstimulating, and purely vegetarian diet, the organs of nutrition assumed a more healthy tone, her appetite became good, the bowels set up a regular action, the circulation put on a better aspect, her strength increased, and our injunction to *sit up straight* was no longer an impossibility. At about the tenth week a rash appeared on her neck, which spread by the fourteenth week nearly all over her body, at which time she had grown quite fleshy. Her cough entirely disappeared, and she was able to walk three miles a day; and her appearance excited great wonder among all who saw her at her entrance into the Glen. Aside from a small boil, she is perfectly well.

NATURE THE BEST DOCTOR.

BY VERIROS.

It was during the hottest month of the year that a friend who resides near us sent me word that her little James, the sprightliest boy in the village, was very ill. Accustomed as we were to reciprocate kind offices daily, especially upon occasions of affliction, I hastened my steps to her dwelling. He had been quite unwell for several days, but the night previous, vomiting and purging had set in, accompanied with violent pains in the head, and unusual heat of the body. We saw the boy was in an alarming state, yet as one of the family had recently recovered from a long siege of calomel, morphine, blistering, &c., the parents dreaded to call in a physician. The mother was a very intelligent woman and a skillful nurse, and by extensive reading in Physiology and Hygiene had acquired a knowledge of diseases which caused her to be very highly ap-

preciated in our little community. "If I send for a doctor," said she, "he will give a heavy dose of calomel, and the child's strength will become so reduced that he will not be able to contend with the disease. I will look to the Almighty for a blessing, and administer to him myself."

"No one can do it better," was the answer we all gave her. Now this lady never saw our "JOURNAL," Messrs. Editors, at least had never read it, neither any work upon Hydropathy. So the method she pursued was a part of the old system, while the light of nature, shining into her mind, revealed the beauties of primitive healing so clearly, that she seized upon them so far as she understood them.

Believing the child to have worms producing the fever, she gave him a mild vermifuge, which operated in expelling a remarkable number of those enemies to the peace of children. Having done this, she bathed him twice a day; made nourishing light soups to sustain his strength, and as the pain in his head still continued, she kept it constantly covered with wet cloths. This course was pursued for a few days: still the child did not improve, except in the abatement of pain. He lay in a heavy stupor, refusing the nourishment provided for him, and calling almost constantly for cold water, which was allowed him without restraint. "I am sure pure cold water cannot hurt him," said his mother in reply to an inquiry by one who thought so much cold water injudicious. "It seems to do him so much good that I cannot bear to refuse." Little James still grew worse; we all thought he would die, and it was suggested that a physician be called. "What can he do more than I have done, if he comes, except to make the child weaker? I don't think he will die: it seems to me that he has not come to the crisis. I will watch carefully, hope and trust."

And so she gave her boy as much water as he wished, and laved his poor fevered body, reduced to a skeleton, in the cool water as often as it seemed requisite; changed his bed-linen and clothing daily, and in a few days a fine eruption came out on his hands, face, and the whole of his body. His fever left him; he awoke from his stupor and asked for nourishment. The eruption was a mystery to us all, but on the second or third day it assumed a character which seemed indicative of varioloid. A physician was requested to look at it, and he immediately pronounced it to be what we had feared. He said the mother was doing all that could be done, and he should not call again unless sent for. Now came the trial of a mother's love; for she saw her child a victim to a disease which would no doubt spread through all her family. She kept a fresh current of air constantly flowing through the room, and continued her cold water and bathing, with occasional nourishment. But all would not do; the disease had begun, and it marched with rapid strides; and poor little James was soon the victim of the worst kind of SMALL-POX. Covered from head to foot with the most loathsome sores, his eyes closed with the swelling, his hands and feet almost ready to burst, unable to lie or to sit, in misery in every pore—who but a mother could have watched over him with hope? The news of his illness got wing; "friends and acquaintances stood far off," and

the dwelling of our friend became a modern Jericho; "none went out and none came in."

How unremittently that mother labored to mitigate the sufferings of her darling boy! Her strongest efforts were directed to the cleanliness and coolness of the child. Clean rags, clean body and bed-linen, *daily bathing* through all, practised "because it seemed so refreshing;" and without waiting for the pustules to vent themselves and run into each other, she opened them herself, nature and common sense telling her this course would relieve misery, and hasten a cure. And while in the height of the disease, several of the *Regulars*, who wished to know if things were really as report described, desired to see the child, and were admitted. As they approached the bed and saw the bloated, disfigured little creature, whose humanity was hardly discernible, they raised their hands in astonishment.

"A genuine case of SMALL-POX surely, and no mistake," said one.

"Of the very worst kind too," responded another.

"What do you do for him, Madam?" turns a third to the mother.

"I let nature take its course, and assist it by pure air, plenty of cold water outside and in, and keeping him very cool and clean. Now and then I give him a very gentle *laxative*, when it is necessary."

"Excellent, Madam! we ourselves could not do better. Go on, and you will save your child."

"I move that Mrs. — be admitted to practice," smilingly said another.

"I think she has sufficient already. I am afraid we shall have to leave."

And so they retired, quite honorably leaving the laurels with the unassuming "angel of the household."

Slowly, indeed, and with many alternations of hope and fear, many quiverings on the margin of the dark river, did little James rise from his couch of suffering; once more he walked about his room, and finally took his seat at the family table. The marks were evident for many weeks, nay, months; but owing to the delicacy and care with which the pustules had been watched, they gradually vanished, until it requires considerable attention to perceive them at all. Where would little James have been, "long, long ago," had he been treated by an Allopathic physician under the old régime? Water, water, bright water for me!

CASES REPORTED.

BY WILLIAM A. HAWLEY, M.D.

CASE III. INFLAMMATION OF THE BRAIN.—Mr. —, fifty years of age, a lawyer by profession, and at the same time a farmer, has been ever since his college days more or less a dyspeptic. For years he has been, at times, subject to depression of spirits, to such a degree that he could only find relief by busying himself in active outdoor business. Much of the time of late he has suffered a great deal with a difficulty in the head, which became greatly aggravated during the latter part of the summer and early fall just past, when he often spoke of his brain as feeling as if it were on fire.

All of this time he was not aware of any disorder of the stomach or bowels, but had a voracious appetite, which he indulged freely—eating with great rapidity. At nights he was sleepless, and his mind was full of evil forebodings—filled with apprehensions of permanent insanity. At length his health became so miserable, that, about the last of October, he concluded to go to the New Lebanon Water-Cure for treatment. He went the 30th day of the month, but could content himself only one day, and returned the next. The night after he got home he was taken with furious delirium, so that it required four stout men to hold him. This furious delirium recurred in paroxysms of from one to three hours' duration, two or three times daily for a week or ten days. The first day of November, Dr. BEDFORTH was sent for to see him, and visited him on the third. His business was such that he could not remain, and after leaving directions for treatment, he returned home, only to be called again as soon as a messenger could come for him. He visited him again on the eighth, and finding him no better, returned on the ninth, and sent out the writer the next day, with directions to stay till the case was decided. He arrived about four P.M., and found the patient just quieted down after a paroxysm which had lasted about three hours. At this time his face was flushed, all the vessels of the head fully distended, the conjunctiva entirely engorged, pupils dilated, with an expression of staring wildness. The whole head intensely hot, while his hearing was very acute, so that he could hear even a whisper in the adjoining room. Delirium constant but various, sometimes making him very loquacious, and again equally taciturn, but all the time oppressed with fears that he should injure himself or others. Almost entirely sleepless. Tongue covered with a heavy white coat. No appetite. Thirst moderate. Bowels constipated and extremities cold. Up to this time his only treatment had been the constant application of cloths dipped in ice-water to the head, with occasional sponging of the whole person, and lavements twice daily, with hot applications to the feet.

On my arrival the whole head was at once enveloped in towels filled with pounded ice, which was kept constantly renewed as often as it melted away. So great was the heat, that a pint and a half of ice applied at a time would all disappear in fifteen or twenty minutes. The other treatment was not changed. This was continued with no variation for fourteen days, when the ice was removed, and hip-baths at 75°, with ice on the head twenty minutes once a day, with dripping-sheet at 70° in morning, were prescribed.

The effect of the ice became manifest in two or three hours, in so far calming the patient that he had no more paroxysms. The third day the engorgement of the conjunctiva began to disappear, and with it the dilatation of the pupils. The fourth day these symptoms were entirely gone. The fifth day there began to be a marked decrease of the heat of the head and a softening of the pulse, with much abatement of the delirium. This decrease continued gradually till the ice was removed. For four or five days there were three distinct exacerbations of the fever daily—10; A.M., 4 P.M., and at midnight. Then these became reduced to two, occurring about noon and

midnight. The last two or three days there was but one exacerbation, and that in the latter part of the morning. During the exacerbations, which generally lasted about an hour and a half, he was always desponding, and filled with a feeling of certainty that the paroxysms would return. As soon as the inflammation was reduced, his appetite began to return, and with it his strength, which had been considerably reduced. He gained quite rapidly under the tonic treatment adopted, but still complained of a constant ringing in his head. About four days after the removal of the ice, a very large carbuncle appeared on his forehead, which was ten days in coming to suppuration; but when it did discharge, it was to the manifest relief of his head. At the end of the fourth week of treatment he left his home and came to this establishment, where he rapidly gained a vigorous state of health.

OPHTHALMIA.

INFLAMMATION OF THE EYE.

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BY JAMES BURSON, M.D.

AUGUST 25, 1853.—Commenced treating Joseph H. Gardiner, who had been attacked three months previously with violent scleritis and choroiditis, and of course inflammation of the optic nerve and all the appendages of the eye. The light was so painful as to require entire seclusion; he had to be led about, and was, in the language of his friends, "perfectly blind." He had been treated by Homoeopathic and Allopathic physicians until they "gave up," and then had tried quack nostrums to his heart's content.

Of course his friends began to think that he never would see again. Feet cold; appetite morbidly "good" and craving. Commenced with hot foot-bath; next, wet-sheet pack continued about three hours; following with a thorough douche or shower; and lastly, as much friction with coarse towels as he could bear. Diet, vegetable and spare. No medicine of any kind.

After two days I was able to open his eyes, and discovered their appearance that of blood; commenced, in addition to the other treatment, cold water to the eyes, but appearing to aggravate, was exchanged for warm, though no reliance was placed on either, the whole effort being to direct the excessive action of blood from the eyes. In three weeks I sent him home to continue the treatment, he having in every respect commenced improving.

In three weeks more he was able to bear the glorious noonday sun without goggles, pursue reading and outdoor avocations with a more healthy appearance than he has evinced for five years. Yet those who are able to accomplish such results are denounced as quacks, for nothing else, I suppose, than a departure from their authorized method. Time will show the world who are most deserving the Paracelsian title.

Perhaps, if we except the stomach, no portion of the human frame has been more subject to the vandalism of unprincipled quacks, ignorammuses and designing knaves, than the human eye. Thousands are driven blind, and thousands more rendered miserable by applications of sulphate of zinc and copper, nitrate of silver, &c., &c., to say

nothing of leeches, cups and blisters as near the affected part as possible; no poison too strong, no knife and scissors too severe for the delicate eye. I do not contend that the latter are never needed by the oculist, but I do say that their necessity is generally caused by caustic and irritating applications, or by a neglect of all appropriate treatment.

Only think of it! One would suppose that any fool would know better than to make such applications. How can cups, blisters and vitriol applied to the eye cure inflammations depending on excessive circulation of blood thereto? How nonsensical, in their estimation, are applications to the feet and surface to cure the eyes! hence their application of specifics to the eye—all having a tendency to make the feet colder and the eyes and head hotter, and of course worse. In simple or subacute inflammation of the conjunctiva, these sometimes appear to have a magical effect: their stimulating and astringent effects cause the relaxed and debilitated vessels to contract and shut out the excessive supply of blood, and thus the administrator claims an astonishing cure. He heralds to the world a certain cure, a specific, when the facts are, that not one in a hundred is benefited by its use. Yet so long as those who should know how to relieve such cases fail, and others promise relief, the afflicted will be sure to resort to the nostrum-monger. A true science of medicine, a rational practice by Regular physicians, will put a stop to their golden fortunes. The Regular Faculty are to blame for all the quackery in the world, Regular and Irregular.—[Canton Water-Cure.

General Articles.

DIARY OF A NEW ENGLAND PHYSICIAN. NO. XIII.

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BY NOGGS.

JEMIMA, as I have said, was much interested in Dr. Pilloccody, and notwithstanding all that had passed, the Doctor began to feel "a lively interest" in her, especially since he was becoming a convert to the doctrine that she had so ardently advocated. Coming to like her doctrine, he naturally came to like her. Finding he was touched by a coal from the altar of truth as it is in cold water, Jemima took care to keep him supplied with an abundant supply of the right material for keeping up the combustion; and Dr. Lientuch was but too happy to assist her in her laudable purpose by furnishing her with the best books on the subject of Hydropathy that his well-stocked library could afford.

Not long after this, Dr. Pilloccody, being called to a patient afflicted with severe inflammation of the lungs, or "lung fever," came to the heroic determination to give the water a fair trial, and commenced at once by washing the patient all over in water nearly cold; and finding immediate and exceedingly great relief from it, he concluded to venture farther, and accordingly soon after put him in the wet-sheet pack, although, as he said, with some little fear and trembling; but he found that his fears were groundless, for he had

scarcely got his patient packed up before he found him entirely relieved from the excruciating pain in his side and the laborious breathing, which had been intolerably severe for some hours.

"At first," said Dr. P., "I thought I had killed him; so sudden and complete was the transition from the greatest agony and restlessness to the most perfect relief and quiet; but I found to my joyful surprise that he was fast asleep, although not more than ten minutes had elapsed since I got him into the pack!"

After this, Dr. Pilloccody became more courageous, for his greatest fears had been in using it in lung complaints; he had thought, in common with almost all the uninitiated, that "cold water put upon the surface would drive the blood to the vitals," and in lung-fevers and such like, there was always too much blood coursing to the lungs, and so of course it must be injurious if not fatal. But he now had a practical demonstration to the contrary, and found that the recuperative power of nature was fully adequate to prevent any such danger as that; and coming to reason upon it, he saw that the old notion of "cold driving to the vitals" was all an idle whim, unsupported by a shadow of proof, and contrary to the law of God written upon every constitution, that action shall produce reaction. It is astonishing how much some folks don't know.

Were it true, as the majority of the world believe, or pretend to believe, that "cold drives to the vitals" the whole blood of the system, and keeps it there, mankind would be in a "pretty fix," especially in such hard old winters as this! Why, a man would die in less than ten minutes, when exposed to a temperature anywhere near zero, if the reaction of the system was the feeble thing the world seem to suppose.

It would seem that any man of decent brains ought to know better than to talk about the danger of using a little cold water on the body when a man is burning up with fever, when they know thousands of thousands have been exposed to the severest tests of its powers of evil, and yet live. I allude now to the numerous and oft-repeated instances of persons staying for hours in the ocean, lakes, &c., when shipwrecked, almost if not quite immersed in water of the coldest possible kind; and yet have they lived—those of them who got picked up or reached the shore. Ay, not only do people stay in the water for hours and hours without injury, but the world is full of instances where persons have got cured of severe diseases, some of them of long standing, by having the good luck to fall overboard and having to swim a mile or so for their lives! And yet we hear the bugbear cry on every side of, "Cold water is dangerous!" "It drives the blood to the vitals;" "It will kill you if you wash all over in it when you are sick!" Ay, it will not do even to drink it when you are thirsty, if you are sick! Stupid, if not wicked, must be they who make these assertions, and oftentimes I fear they are both.

Just carry out this doctrine, "a man must not drink cold water when he is sick." Well, a man who has been toiling and sweating, however robust, for hours, deprived of water, becomes very thirsty; he is sick, in fact, and the thirst is the symptom of his sickness; and the good God has

made this so prominent and urgent a symptom, that nothing but the freest indulgence of this by the swallowing of copious draughts of cold water will satisfy the patient: now let us suppose a man so stupid as to be persuaded that it will be injurious for him to gratify his thirst in the manner nature has provided; and what would be the result? Why, in a short time he would be in a raging fever, and, "doctored" by one of the terribly timorous doctors, would probably die as the fool dieth, and the verdict of all sensible men would be, "Served him right!" Now I want one of these "wise-beyond-what-is-written" folks to tell why the thirst of a man sick from over-eating, or any other cause, should not be gratified? I pity the man who honestly believes that it is dangerous to give a man cold water to drink when he is thirsty, let the cause of his thirst be what it may; and I despise the man who refuses it him, in order to stifle the truth, or to prevent a patient from getting well, as I fear too many do. Uncharitable as this may seem to some, I can't well avoid the conclusion, for I know of "physicians"—that's the name of 'em—who are apparently tolerably well endowed with brains, &c., and yet who almost invariably go against the use of cold water in any way, however their patients may call for it!

Certainly no man, not a downright idiot, can do so blind as not to see and know that cold water always assuages and relieves in sickness, if it does not cure, and never does harm unless immoderately and very injudiciously used.

The next case Dr. Pilloccody had was one of small-pox; and as they were dying all round him with this loathsome disease, under the old-fashioned treatment, he thought he would try the water, especially as it seemed to him to be peculiarly adapted to this kind of disease; and here, again, the prejudices of the multitude and the past beset him on every hand.

"What! put a patient into a cold wet-sheet who has got the small-pox! Goodness gracious, Doctor, it'll kill him sure! It will drive all the humor into him, instead of out of him, as is desired!"

"How do you know that?" said the Doctor.

"Why, everybody says so!"

"But have any of you ever tried?"

"Oh! la me! goodness, no! guess we ha'n't."

"Well, Madam, let me reason the case with you! I think I can convince you of the croneousness of your impressions."

"Perhaps you can, Doctor, but I don't want to be convinced! I'm afraid of cold water in sickness, especially in cases of this kind, where there is a humor to come out! I a'n't larned like you be, Doctor, nor I ha'n't had no experience, I know, but everybody says that in all diseases where there's an eruption to come out, we must give warming things instead of cold, to drive it out; and I mus'n't think of going agin everybody."

"But I assure you, Madam," said Dr. P., "your 'everybody' is very much mistaken in this case; for the great trouble why the eruptions in scarlet fever, small-pox, measles, &c., don't come readily to the surface is, that there is so much fever in the system that nature can't assert her supremacy; she is crippled by it; and consequently the eruption remains within; now, if we only apply

water in some way, so as to conduct off this superabundant heat, nature will be relieved, and then will be enabled to throw to the surface whatever troubles her."

"Well, well, Doctor, I s'pose you know bes', or oughter, but I darsen't let you apply cold water to my husband when he's sick, and I shouldn't have sent for you if I had have known that you was a water-doctor. You musn't be angry, Doctor; it a'n't you I don't like, it is the cold water! I sent for you because I thought you was the most skillful doctor in town."

"And if I would give him medicines, you would let me doctor him now?"

"Oh! la! yes, Doctor, and glad to have you!"

"But, Madam, it seems to me very strange, if you consider me skillful, that you shouldn't allow me to know what is best for a case of this kind! You would let me give him arsenic if I thought it best, wouldn't you?"

"Oh! la! yes; of course I would, 'cause I know arsenic is mighty powerful medicine; it kills rats in no time, and it must kill disease! Will you give him some if I'll let you doctor him; or some other good strong drug?"

"No, Ma'am," said the Doctor.

"Why not, Doctor, if I want you to?"

"Because I don't believe they would do him any good, and might do him a great deal of harm."

"But I wouldn't blame you, Doctor, let what would happen."

"Supposing I saw your child running away, and to stop him I should knock him down with my silver silver-headed cane, wound, and nearly kill him, or perhaps quite; would you blame me?"

"Oh! la me! Doctor, how you talk! you would never do no such thing, when you could stop him by just ketching hold on him."

"And yet you think me capable of giving poisonous drugs which I know will endanger life, when I can cure a patient ten times as well without, with something that will make him better instead of hurting him! No, Madam! I have given in the days of my blindness all manner of poisonous things, thinking I was doing God and my patients service; but 'whereas once I was blind, now I see; and now to do so would be wicked in the highest degree."

"But, Doctor, if folks want you to, what do you care what you give?"

"What do I care! I care so much, Madam, that I'd sooner dig clams with my naked hands than thus to pander to the vitiated appetites of the multitude, believing as I do their appetites to be false."

"Well, I'm sorry, Doctor, to have to send for anybody else, but I must, for I never could forgive myself if any thing should happen to my husband, and he using cold water. I must send for Dr. Boanerges Phosphorus; he gives 'em just what they like best, they say—Allopathy, Homœopathy, or Hydropathy, or all three together!"

Well, the sort of it is, the son of thunder came, and, as usual, gave all three of his systems a trial, and the result was, that the patient died, as might be supposed. "Between two stools you fall to the ground," and between three you break your neck generally!

A CHAPTER OF SORROW.

BY OLIVIA OAKWOOD.

"Died, Charlie, aged one year and ten months; James, aged three years; Joseph, aged five years; Ada, three years; Bella, five years; Villette, two years; the two latter, children of Dr. —, all in the space of two weeks, of scarlet fever and malignant scarlatina."

What sorrowful events are shadowed forth in the above announcement! Dear little lambs! Others like them were laid low beneath the storm, but these the Good Shepherd gathered to His fold. Day after day the village-hell has tolled its mournful peals upon the air; day after day has the little coffin, upon the bier, been borne to its new-made grave. How many fond hopes were hurried there! How many heart-strings have been rent, as the cold clouds rattled upon the clay of the idolized only child! There were eyes to pity, but no arm potent to save, and so the Destroyer came and made sure of all that was mortal in the lovely prattlers of the household.

Poor little sufferers! How they tossed from side to side—now nearly falling from their heads—now endeavoring in their delirium to creep up the cool walls—now clutching with frenzied eagerness the glass containing the limpid draught, and in their haste pouring it over their swelled and burning cheeks. Had drugs the power to cool those flames within—to quench for one moment that burning thirst—to allay those bloated, disfigured visages—the swelled, distorted eyes—the blackened tongue—to soothe the ravings of delirium? Oh, no! All hearts seemed to quail in the presence of this terrible disease; and drugs "hid their diminished heads." WATER was given—was applied to the hurrying hrow, but, alas, no one knew how sweet it would have been to have wrapped the whole of those precious forms in the soothing wet-sheets, and loved them in the saving bath.

Not one in this community—not one for a hundred miles around us understands the true science of Water-Cure sufficiently to be trusted with the lives of immortal beings. There are a few who practise it upon themselves, but society must be more generally and fully enlightened upon the mode of treatment before much can be done here. Many admit that Hydropathy is good, but how to practise it they know not.

I believe, were a good Water-Cure physician settled near us, he would be well patronized, and thousands of lives might be saved, especially those of children. Although there are no springs in the village that I know of, there is a fine little stream running by its boundary, and a few miles north of us there is a farm admirably adapted for an Institution. A person settling there, and once obtaining the confidence of the different communities around, would be almost overwhelmed with practice; at least, such is my opinion.

Ah, dear! Could I conduct you to the various dwellings in this village, what sorrowful sights you would witness! Slow, wasting consumption, ill-treated and mistaken from the first; inflammatory rheumatism, long, lingering and frightful; bronchitis in various degrees, and a hundred other chronic and almost hopeless cases. It is quite time for Hydropathy to advance and unfurl

his banner to the four winds around us. May the good time soon come when his empire shall be established in this community, where they are daily "going to their long home, and the mourners go about the streets."

AN UNFORTUNATE.

MESSES. EDITORS: I read in the WATER-CURE JOURNAL, a long time ago, a letter from "Ivy Gazelle," which seemed to turn my thoughts upon myself, not on account of the similarity between us, but rather on account of dissimilarity; and I thought it might benefit me to write to you, if so he you thought it worth your while to notice me. By the way, pray tell me what has become of Ivy. Is she dead, or is she married?

Now I am unlike her in most respects; not, like her, the light-winged, happy creature, ardent with hope, beautiful and fairy-like, with elastic, bounding step; but an oftener seen with the clipped and drooping wing of melancholy, sad and pensive with thoughts of boding sorrow; my feet are weighed down with heaviness, and lines of care and anxiety are marked upon my face. Still a casual observer would say, that naught of care or sorrow ever hooded o'er my path. True, I want nothing which wealth can buy, and have many friends, and doting parents, who use every exertion to render my life easy and happy, and to raise me in the eyes of the world.

But notwithstanding all the helps I have, my inefficiency ever shows itself. In most of my studies I succeed very well when others assist me, but can do nothing alone; and I often wonder how others can manage to get along and study out their lessons by themselves, for I am sure of failure in the first trial. Why, my letters are first written by some good friend, and I copy them to send away. My compositions are all amended and revised before "writing off," and the additional improvements generally overbalance the original, and the former resemblance is hardly perceptible. My time would pass much more pleasantly if my abilities were such as to insure success in efforts of my own.

Another thing which makes life wear heavily upon me is the feeble state of my health. I have always been unable to have any care of myself, or to assist in those little duties which one so often finds to occupy the time; having always been favored with good servants, ready to wait on me at all times. But father often says, that it would be more benefit to me than all the doctors if the servants were dismissed, and I were to step into the kitchen. He cannot be in earnest, surely; do you think he can? His daughter in the kitchen! what an idea!

I suppose you would recommend frequent bathing and walking. But really, how can one so feeble perform daily and semi-daily ablutions? I seldom rise in season to breakfast with the family, I feel so languid in the morning. When I get up from my bed, it seems as if I must lie right down again, which I just do. Now the trouble of the bath and its contingent labors could not be borne. If I could only bathe by proxy, there would be no failure, certainly; for extra

pay would insure the services of any of our domestics.

As to walking, I have a pretty good share of this, as there are two long flights of stairs to ascend in order to reach my room. Yet I have sometimes thought of trying to walk out a little; but on the whole have come to the conclusion that, as father has such a dear little carriage, and such splendid match grays, it will benefit me as much to ride as to walk. That is, a two-mile ride is as good as a mile walk. But then again, I am obliged to be so careful about taking cold, and have been shut up in my room for nearly a month on account of cough. Whenever I venture out it gets worse. How hard it is to be so confined this fine weather! But I fear you are weary with my troubles, and it is nearly twelve o'clock—almost my bedtime—so I will just put some wood in my stove and retire. These air-fights are a glorious invention: don't you think so? Well, a good-night to you all.

MARY MOSELE, *Myrtle Vale.*

Dietetics.

ERRORS IN BREAD-MAKING.

SECOND ARTICLE.

SOFT BREAD.

"WHAT is the reason," I am asked, "that soft bread is so much used?" Many ignorant persons prefer it; it can be swallowed without much mastication, and the labor of kneading is greatly abridged. Bread, to be good, requires much kneading, and to be baked until the crusts are well browned.

LEAVEN—CORRECTIVES.

The use of leaven has led to the use of other powerful agents, such as sal-eratus, known as the bicarbonate of potash; the bicarbonate of soda; and the super-tartrate of potash, called cream of tartar, and magnesia, as substitutes and correctives.

The composition of these chemicals is as follows: sal-eratus is composed of potash and carbonic acid gas; the base of potash is a metal called potassium; a portion of this metal added to a corresponding portion of warm tallow, will form soap in a short time; hence we know that it possesses great power over animal matter.

Potash, when put into an atmosphere of carbonic acid gas, drinks it in, (if I may use the expression,) and so becomes highly carbonized: it is then called sal-eratus. Bicarbonate of soda is of the same nature: its base is a metal, and will form soap also. Cream of tartar is composed of tartaric acid and potash. It is stated on the best authority, that it is never pure; that it uniformly contains tartrate of lime, amounting occasionally to fourteen per cent, and it is sometimes adulterated with sand, clay, and similar substances; and is sometimes mixed with white flinty pebbles bruised into fragments. It is used as a medicine: in small doses it is aperient; in large doses it produces copious watery evacuations. Magnesia is a metallic compound: its base is a bright shining metal. A sulphate of this article is called Epsom salts. Sal-eratus is used in cakes of

various kinds, and in crackers; and in conjunction with sour milk. Sometimes the quantity is so great as not only to be perceptible, but unpleasant to the taste. Now, what is the chemical action of sal-eratus on sour milk? Milk is acidified by the decomposition of the sugar of milk. The acid formed may be called acetic acid. The chemical action of sal-eratus on that acid is this: When sal-eratus comes into contact with it, the potash leaves the carbonic acid gas, and unites with the acid, and forms acetate of potash, something near akin to Glauber salts. The carbonic acid gas being liberated, produces the same effect on the cake as is produced by the decomposition of flour in the process of fermentation—the cake is made light. It operates on flour in the same manner as carbonate of lime does on saw-dust; it makes it tender, imparts a peculiar kind of rot to it, and in a degree destroys it.

Acetate of potash, according to authentic investigations and actual experiment, after entering the alimentary canal, is decomposed; and the potash enters the circulation. This is a startling statement. A worthy member of society, now deceased, said, "Sal-eratus rots the bones."

The future bone is in the blood in a fluid state: the potash is there also in the same condition. The action of potash on animal matter is well known; hence we can judge how it will affect the very delicate particles destined to form bone and muscle, no matter whether it be the muriate, the nitrate, the acetate, the tartrate or carbonate of any of these alkaline substances. The law of analogy sustains the conclusion, that the alkaline matter enters the circulation with the blood.

Allow me to reflect for a few moments on the conduct of man. Observe how he abuses the richest blessings of material things: he goes to work to rot in part his bread, before he will condescend to eat it; and when he wills to eat something nice and light, pleasant to the eye and to the palate, he, or rather she, puts into her bread a little sal-eratus—O nay! something better, a little bicarbonate of soda—to soften the bones, the liver, and the brain. And after many years of faithful and willing perseverance in this course, he complains of weakness, gastric difficulties, and nervous inquietude; he then invokes medical aid; gets better; and again pursues the well-beaten track, till the constitution, wearied with the imposition, yields up before the appointed time.

MEDICAL TESTIMONY.

Medical men have had their attention drawn to this subject, and many efforts made to discover antidotes, and to prevent the ill effects of alkaline compounds; and although medical men disagree on many points that come within their province, yet on this point they are nearly unanimous as to the cause, the effect, and the remedy. Some of the effects of the long-continued use of alkaline compounds are: difficulty of breathing after motion, weariness, heaviness, gums apt to bleed on the slightest touch, fetid breath; and "dissections of such cases have always shown the blood in a very dissolved state." The remedy is abstinence from alkaline compounds, with a diet of fresh vegetables and wholesome farinacea.

EFFECTS OF ALKALIES ON RESPIRATION.

But there is a digestion beyond that which takes place in the stomach, of a higher order; I mean that which takes place in the lungs, wherein atmospheric air is decomposed, one part of it appropriated and identified with the blood, and the other parts expelled from the body, and may be termed pneumatic digestion. Now, the all-wise Creator has so arranged the venous blood, by imparting to it a peculiar power, which chemists call an affinity for oxygen, that when fresh portions of venous blood arrive at the lungs, and come into contact with atmospheric air, the air is immediately decomposed, the oxygen remains in the blood, and the carbonic acid gas is expelled. This carbonic acid gas is of a very deadly nature: one or two full inhalations of it will kill a man. Now when any foreign chemical matter is in the blood, and cannot be controlled by the gastric and biliary digestion, then, that matter must remain under the law of its own chemical affinities; and should that matter be soda or potash, it will imprint its own character on the fluid bone and muscle, and of course operate to prevent a full oxygenation of the blood; and according to the amount of alkaline matter, a dull and heavy feeling will be experienced; for it is ascertained with sufficient certainty, that oxygen is vivifying, and a larger portion than what is usually derived from breathing is highly exhilarating, while carbonic acid gas is the reverse. Hence we may conclude, that the fluid bone and muscle have suffered injury in themselves, and their power to decompose atmospheric air is impaired and weakened.

As I have already hinted, this is a subject of serious moment, and opens a view explanatory of subjects heretofore covered up. And it seems to me, that the dissolved state of the blood exhibited by dissection in cases where death ensued from the long-continued use of alkaline matter, was, in the first place, owing to the chemical action of soda and potash on the fluid bone and muscle; and in the second place, the strong affinity these salts have for carbonic acid gas, prevented in a degree pneumatic digestion; for be it remembered, these chemicals have their affinities, as well as venous blood; the former for the carbonic acid gas of the atmosphere, and the latter for the oxygen. Hence the wisdom to allow nothing to enter the circulation which has an affinity for carbonic acid gas, or can chemically operate on fluid bone and muscle.

EDUCATIONAL HINTS.

If bakers and cooks were but slightly informed regarding the nature of the chemical agents they are in the habit of using, it might be an advantage to themselves and others. And I would suggest that children, when receiving elementary education, should be so instructed as to make their education bear upon the duties and necessities of life. A knowledge of many things is communicated to them, pleasant and agreeable to know, that have but little practical use; while many other things, equally pleasant and agreeable in themselves, and necessary to be known, are not presented to their minds; and of course, they remain ignorant of them through life.

Ask a girl at school where Kamtschatka is, and what are the manners of the people there, and

the probability is that she will give you a correct answer; but ask her what table-salt is, and she cannot tell. She knows where the Mountains of the Moon are, and what kind of nooses the people have there, and what an isthmus is. But she does not know how much quicklime ought to be added to a bushel of ashes to render ley caustic; neither does she know what office lime performs in the case. From ignorance in this little matter, loss is sustained every year in soap-making. Ask her what chemical changes take place in bread from the action of leaven, or whether flour is improved in any respect by having alkaline matter added to it, or what is the object of breathing, and she is equally at a loss. Hence, from the want of a little knowledge, she is content to live in an ill-ventilated apartment; and to maltreat flour and meal, to the detriment of her own and of others' health.

BUCKWHEAT.

Buckwheat is one of Heaven's blessings, but the pan or griddle cakes, in which it is mostly used, are a wasteful form of bread, and not a wholesome article by any means; and the matter is made worse by calling into operation the uncultivated habit of eating butter and saccharine matter at the same time. The Germans and the Russians I believe hull their buckwheat, and boil it as we do rice. In that form it is wholesome, palatable, nutritious, and economical; a consideration which ought never to be lost sight of by those who have many mouths to supply.

INDIAN CORN

Is a noble grain, a rich boon, nicely covered up and presented to the human family in a very clean condition: no grain more so. The consumption of it should be encouraged. The meal of this grain, so far as I have observed, is ground too fine, so that when cooked it has a pasty consistence. Cern ought to be always coarsely ground. It is naturally more friable than wheat, and in this respect it has the advantage over wheat. This friability is a valuable mechanical property, and should never be injured by grinding or cooking. A good mechanical condition is an indispensable requisite to easy digestion; therefore friability ought to be stamped upon every dish, and marked on every cake and loaf. All doughy, glutinous and pasty bread and puddings should be avoided; they do not become the tables of an intelligent and cultivated people; the time and fuel expended in preparing doughy bread and pasty puddings is worse than a dead loss.

MILK IN BREAD.

I have more objections than one to milk in bread, but the most serious is, that persons of advanced age, who are in the daily use of milk-made bread, will be exposed to suffer from an over-supply of osseous or bony matter, and particularly so if their kidneys be affected. Bread should always be made with water, and when so made, it is suitable for the aged and the young, the sick and the well. And as for sour milk, a microscopic view would, I presume, present additional arguments against its use.

CRACKERS.

Plain crackers and biscuit are made of flour and water, and are more extensively used than

any other kind. Great quantities are consumed at sea: it is the main article there in the bread line; and much experience has decided that coarse flour makes the best bread.

No system of diet is perfect which does not include this form of bread. For the sick, when properly prepared, it sits kindly on the stomach. For the well, its sustaining powers are well known, imparting elasticity and vigor to both body and mind. Blood made of such unleavened bread, I am induced to believe, is more easily oxygenated than that formed from any other article of diet containing the same amount of nutriment in the same bulk.

This bread is made to a great extent by machinery. The kneading is done in a very simple manner: one hundred pounds of flour is put into an oblong box; an iron shaft is placed lengthwise of the box, on which are fixed kneading-knives extending six inches from the centre, and two inches apart, which, when set in motion, perform the kneading; slowly at first, but finally so quick as to knead the whole in four and a half minutes. The dough is then rolled out, shaped, and put into the oven; fourteen minutes completes the baking. The bread is then removed to a hot dry room, where it remains two or three days, and is then ready for being packed in casks.

There is a cracker in much repute, and used by sick persons: it splits open very easily, and readily softens in warm water; this kind of cracker is a great favorite with many persons, and quite extensively known; but the reason why it splits open so easily is not so well known. To throw a little light on this subject, I will state that fermentation is permitted to proceed to a greater extent than in making bread—more of the flour is destroyed, and more acidity generated; this acidity is neutralized by a copious application of one or other of the alkaline carbonates, and the presumption is, that the gluten of the flour is removed from its natural condition by the operation of inorganic action, or by the solvent action of the alkaline matter: dry flour is then rapidly kneaded in, the dough rolled out to the required thickness, slightly baked, and kept dry for sale. Instead of being called Boston Crackers, they may with propriety be called Rotted Crackers. A public writer on this kind of bread states, "Besides the fact that the best qualities of a portion of the flour are destroyed, the quantity of alkali employed in neutralizing the acid is necessarily injurious to the digestive organs; and to say the least of it, such bread is miserable stuff." Magnesia is sometimes added to flour in making crackers: it is very white: if it was black dirt, no persuasion could induce bakers to use it; but being so very white, down the gullet it goes, superfluous flour and dirt together. When the chemist looks at magnesia, the color to him is nothing; he inquires, What is its base? what are its affinities? and what are the properties of its compounds? He ascertains that magnesia is a metallic oxide, and that magnesium, like other metals, has its chemical affinities, and that these give birth to compounds having certain properties. Magnesia has been used by medical men as an antacid in cases of sour stomach and sick headache; but it is too late in the day now, even for physicians to make use of it. Abstinence from food, and a due supply of

water as drink, are highly preferable, more efficient and kindly in their effects. It cannot be safe to introduce earthy matter into the bowels; and cannot be creditable to any people to use it in food. There is a cracker, or biscuit and cake, in considerable use, made of sour milk and saleratus. It may be remarked of this kind of bread, that if more saleratus is used than is sufficient to saturate the acid of the milk, the object of the baker is not furthered thereby, because the amount of carbonic acid gas liberated bears a certain proportion to the quantity of acid in the milk, therefore care should be taken not to use more of a bad thing than is required. And here allow me to add, that I cannot sanction the use of such things in food. The soap-room and not the bake-house is the place for them.

SOUTHERN DIET.—The summers of 1851 and 1852 I spent in Florida and Georgia, and being much among people of every grade of society, I had an excellent opportunity of observing their ways. A previous perusal of O. S. Fowler's Physiology, in connection with impaired health, had led me to buckle up my total-abstinence girdle with renewed energy, and to station around the citadel of life more watchful sentinels than ever before. So, when invited to drink, (and it was often, very often,) I always answered in a polite, friendly, and often jocose, but resolute and decided manner, "No, I thank you; I never drink. I think I can get along through the world better without it than with it." This, together with a mouth undefiled by tobacco, and frequent refusals of coffee, and calls for cold water, and the use of but very little meat, almost invariably called forth a spontaneous expression of real opinion, which, from its frequency, made a deep impression on my mind. "Well, I believe we'd all be better off," they would say, "if we'd drink nothing but cold water, and not eat so much meat." And yet they would keep right on sipping against God by eating and drinking that which they knew would shorten life. And is it not so in a great degree with almost the whole human race? Do we not let our appetites, feelings, and passions run away with our judgment, and our convictions of what is really for our highest good? Will He who seeth all things hold us guiltless for thus inverting the order of his universe, and allowing our lower faculties to triumph over faith, justice, intellect, and humanity, without one effort towards obedience? One other thing made a deep impression on my mind, and explains one deep, one all-pervading cause of the prevailing ignorance in those regions. When soliciting assistance in the establishment of schools, excuses would often be made, "We are too poor; we cannot afford it!" But they were not too poor to visit the grog-shop; not too poor to thrust the (as they thought) delicious quid into the mouth as often as desired; not too poor to furnish coffee, baker and more malignant in its color than the demon of darkness himself, three times a day to the whole family; and not too poor to spend a great amount of time and exertion raising, cooking, and eating that most charmingly refined, neat and polished appendage of society—the hog. By simple dietetic measures I passed, without visible harm, through one of the most sickly seasons the South has ever known,

while the cry all around was, fever, fever, fever; and calomel and beloved quinine were adding new misery to the horrors of disease. F. A. G.

A CALIFORNIA FRUIT TREE.—Last year, in March, Mr. A. Myers sold a golden pippin tree to Mr. Beard, of the mission of San Jose. The tree was scarcely larger than one's finger, and had neither bud, branch, nor leaf. There is now on exhibition, at San Francisco, a beautiful apple, the product of this tree, which, in fragrance and appearance, is equal to the finest we have ever seen. All the books on agriculture—all the "leaders" in newspapers on the subject, are as nothing in comparison with this one fact, as exhibiting the matchless soil and climate of California.—Commercial.

[If "golden pippins" can thus be produced in California, it will afford a field more useful and scarcely less profitable than the gold mines themselves. We have had the pleasure of shipping quantities of apple seeds to both California and Oregon the past season. We may yet export dried fruit from those States to Europe. Who will take the lead in this enterprise?]

VEGETABLE FOOD ABUNDANT IN LAPLAND.—There is no more common objection to the universal applicability of vegetarian principles, than the notion held, by those who have not examined the facts of the case, that vegetable food cannot be procured in the cold regions of the north, and there is nothing more opposed to the truth. George Combe commences his CONSTITUTION OF MAN with the following illustration of the reason for what *exists*: "It is a matter of fact, that arctic regions and torrid zones exist; that a certain kind of moss is most abundant in Lapland in mid-winter; that the reindeer feeds on it, and enjoys high health and vigor in situations where most other animals would die." It is well-known, or, if it is not, it ought to be, that this "Ice-land moss" is a most nutritious vegetable, and when properly cooked, becomes well adapted for human sustenance, especially in cold climates. What, then, is the value of this far-fetched argument of our anti-vegetarian friends?

MATRIMONIAL CORRESPONDENCE.—THE WATER-CURE JOURNAL for March contains quite a number of interesting letters under the head of "Matrimonial Correspondence;" and among them we find one from "Fida," who expresses a decided partiality for editors and printers. Poor innocence, uninitiated Fida! Her acquaintance with the profession must, we are sure, be limited. But still, if the fair Fida (we have made up our mind she is good-looking) "loves us for the troubles we have passed," we certainly can do no less than "love her that she does pity them."

We think we know of some bachelor editors who would like to find for themselves a Fida; and we recommend, as the best method we know of, that they put their names down under this matrimonial correspondence and "run their chances."—Public Meeting.

A MONUMENT OF MERIT.—MR. BOWEN, of the firm of Bowen and McNamee, of New York, has just ordered 8600 worth of evergreens to be set out in the streets of South Woodstock, Connecticut, his native village. A sensible way this to keep "his memory green."—The papers.

MAPLE MONUMENTS should line the streets of every village, while fruit trees should be planted by every lane and roadside throughout the land. Who can estimate the good which would result from a work so benevolent? Young men, plant trees along the highways—fruit trees if you can, shade trees if no other—but plant trees!

WITHIN a few days, three women have been fined in Boston for flogging their husbands.—Franklin Democrat.

[Well, why, what of it? Are not these the days of equal rights?]

Home-Voices.

One page of personal experience is worth folios of theoretic fanciful—
Dr. K. H. BERRY.

EXTRACTS OF LETTERS.

FROM M. C. A., Pulaski, Ill.—The WATER-CURE JOURNAL is doing acts of mercy in this Western country. Wherever it is taken it is cherished as a messenger of good tidings; and many who thought it was all a "humbug" on its first introduction have become friendly, or cease to oppose it. The Allopathic doctors are forsaken by the mass of the people, and look like so many wolves going about in search of prey. Many of them have acted wisely, and left off their practice of killing people, and gone to business more honorably. Parsimonious persons find that it is *economical* to take the JOURNAL, as it saves them not only the expense of purchasing tobacco, tea, and coffee, but also *doctor-bills*. I know one man whose doctor's bill for the last seven years preceding 1849, amounted to \$27 annually, since which time he has had no sickness in his family, and consequently no doctor-bills to pay—in consequence of his taking the WATER-CURE JOURNAL.

[The drug-doctors' occupation is nearly gone in many places out West. The people will read, and reading they believe; and the WATER-CURE JOURNAL and the "Encyclopedia," or the "New Illustrated Family Physician," take the place of Dr. Colmel and his pill-bags. Those who make this change never desire to "sway back."]

FROM J. C. G., Ripley, N. Y.—Your JOURNALS are worth more to me than ten times their cost. Oh! had I sooner known the truths presented in them, I might have saved myself many hours of untold misery. I little realized the consequences of yielding to the temptations to sensual enjoyment. But I am cured. The blessed truths taught by Hydropathy and Phrenology tell me I may live, that misery need not be my portion. Noble souls are those engaged in spreading the precious doctrines taught in your JOURNALS. May they never cease to warn and instruct their fellows, and especially to teach the rising generation! When I read such passages as I find in your last WATER-CURE, in the address of Dr. Hamilton, it fills my soul. How true every word! Such a man must do good; he must have a *mind*. What that is truer than the following words from his address: "The control of the *passions* and *propensities*—here we shall meet with the *greatest obstacles*, and in proportion to our success *here* will be our *triumph* in the management of disease." The passage immediately succeeding this is most excellent; so is it all.

FROM F. A. M. S., Wapello, Iowa.—My husband is trying to quit the use of tobacco; and I think it will be a great benefit to his health, for he is quite nervous. I have had the third-day ague all the time for four months, but still my faith is unshaken. I believe water will cure it. I have had also the neuralgia which falls all the fall, arising from debility and decayed teeth; but I have no one to pack me, as my husband has been from home all the fall; but I have had one tooth out, took a pack last week, and had a light chill last night. I have treated my youngest son, a boy of five years, who was always diseased, and had been drugged three or four years, this fall; and, although he had taken no calomel for eighteen months, he was salivated three weeks. His complaint is affection of the liver, with hemorrhoids, causing prolapsus of the lower bowel, which has had to be replaced after every evacuation for three years; he had more than forty boils, besides being covered with skin blisters; it has been about six weeks since his body became well enough for me to rub him; he was a perfect skeleton, but could stand alone all the time. My faith was almost shaken when his strength failed day by day; but still he would answer always to the question, "Do you want a doctor?" with great emphasis, "No." But now he is around all day, and can walk a quarter of a mile; although his digestive organs are quite weak. I am a hard-working woman, and I think the Water-Cure adapted to the working-class; but alas! how blindly they cling to their idols, and say the doctor knows. One lady said she would rather die with the consumption than look like a fight with a loose shroud dress. But time and patience will even work wonders. I have been sent for in two families to bathe, and they begin to believe when they see my boy walking around, and our doctors have both buried theirs.

[The foregoing is from a conscientious, energetic, and brave Water-Cure woman. Such a one will overcome all obstacles and all opposition. Such pioneers of reform have a hard and thankless task to perform in the outset, but a few years will work wonders in opening the eyes of the people to the enormities of druggery and the boanities of the Water-Cure.]

FROM S. H., Peoria, Ill.—As to pecuniary considerations, it is useless to speak. Only think of two such publications as the PNEUROLOGICAL and WATER-CURE JOURNALS being furnished one whole year—when sent for in clubs—for *one dollar!* Why, it is next to nothing; every number is worth the money to any one who will study and practise their teachings. I know this by experience. I have been a regular subscriber to the JOURNALS for the past four years, and to say that they have merely saved me ten times their cost yearly, would be paying but a poor tribute to their real merit. When I commenced reading the JOURNALS I used tea, coffee, meats, and high-seasoned dishes of various kinds; now I have nothing to do with either; then I thought it necessary to take several ounces of blue-pill, besides several kinds of alcoholic bitters yearly, to *purify* the blood and ward off bilious attacks which are so prevalent in this country. Now, I have no use for such stuffs, having removed the principal cause of those attacks by a change in my dietetic habits; and I find that frequent abluitions in pure *cold water*, in connection with a strict vegetable diet, is all-sufficient to purify the blood and insure one almost uninterrupted health.

[Yes, it will "pay," if that question comes up, to take our JOURNALS—pay in health and happiness as well as in money saved; and, more than all, it will help to redeem the world from sickness and physical and moral degradation, and hasten the advent of the "good time coming."]

FROM J. C. P., Lake Mills, Wis.—It is astonishing how rapidly the cause of Hydropathy is extending in Wisconsin. We frequently hear from different parts of the State: where two years ago the Water-Cure was hardly heard of, it now has taken strong hold, never to be abandoned. In this country, one town which last year furnished but five subscribers, which I sent this year has an independent class of thirty; indeed, the principles of reform are fairly "before the people." Your JOURNALS are missionaries, persuading the people to abandon their false modes of living; creating a demand for good books, thereby enriching their body and mind—pocket besides. Cases of acute diseases, and especially fevers, are frequently occurring, in which Water-Cure is completely triumphant, furnishing facts for observation which are doing their work in a manner not to be misunderstood; no, not by the fogies themselves.

FROM A CONVERTED ALLOPATH, Mt. Palestine,

Ill.—I have for a long time felt a desire to add my testimony with the many thousands who have gone before me in the field of reform in which you are engaged. It is worthy the attention of all, as it proves a blessing to mankind. The JOURNAL is doing wonders in the West, in opening the eyes of the blind, and unstopping the ears of the deaf, and healing the sick. I rejoice as did Simon of old, that my eyes have often seen the great salvation.

I was a practising physician (Allopath) in Massachusetts for a number of years before coming West, which I did in 1841. I have long since quit the drug system, tea and coffee, and those poisons which tend to kill, and am a free man. I drink at nature's fount, and rejoice in my pilgrimage. I am looking forward to the time when I shall see many more redeemed from Allopathy and come into the Hydropathic ranks. Speak kindly to the Allopaths for they have too long made silver shrines for the goddess Diana, and their craft is in danger.

FROM H. B., Williamsburg, Mo.—Most persons here are more or less in the habit of making their stomachs the receptacle of the doctors' pill-bags, and, as a matter of course, we have a great deal of impotence and effeminacy in our midst, and the natural sequent is, degeneracy follows in its train. Instead of becoming familiar with the *real* cause, cure, and prevention of disease, why the argument is advanced that the doctor does all this, and there is no necessity of others doing so. I long to see the WATER-CURE JOURNAL in the hands of all; not that I expect that it would convince all of their errors, for there are those that will not yield to proof, however plain and powerful; but there is a vast deal of benefit to be derived from it, even if one does not concur

with the views advanced; the code or standard of morals advocated by it is the highest contended for by any publication. I have taken the PNEUROLOGICAL JOURNAL three years, and the WATER-CURE JOURNAL one, and I hope I may never be deprived of them so long as I live. I also hope the time is not far distant when it may be an object for lecturers to traverse the State and lecture.

[Everywhere throughout the West and South-west there is a great demand for lecturers and physicians of the right stamp—pure Hydropathists, zealous, earnest, and well-educated. The people need instruction in the laws of life and health. There is a call for the physician to take his true place in the community—the place of teacher of hygiene—though there are unfortunately plenty of sicker people yet to give him other work.]

FROM F. G. C., Beloit, Wis.—I am much pleased with your JOURNALS, particularly the WATER-CURE JOURNAL. I "have suffered many things of many physicians," and some time since came to the conclusion to "drug" no more. We very much need a Hydropathic physician here, and think Beloit and vicinity would support one handsomely. Beloit has a population of about 5,500, and we think it a "right smart chance" of a place. We have an army of Allopaths here, who ride round-shod over the necks of the people. A goodly number of our citizens prefer the Water-Cure treatment to all others, and practise it as far as their knowledge extends. Indeed, we are having quite an extensive "revival" herabouts, and *conversions* to the *good cause* are of daily occurrence. For one, I am bound to circulate the JOURNAL among the people, and shall make an effort to send you a new club of subscribers to commence with the July number. Put me down for a "life" subscriber.

[The letter from which the foregoing is an extract is dated May, 1853. It got mislaid, or would have found a place at the time. Later returns from the writer, and the increased list of names on our books, attest that he has not lost his interest in the good cause, but still, to quote his own expression, "rides the Water-Cure hobby."]

FROM D. T., Albany, Oregon Territory.—The health of emigrants this season was good compared with what it was last year. The diseases that prevail are bowel complaint, and what they call mountain-fever. Tetters, erysipelas, scurvy, and scrofula, frequently make their appearance in subjects predisposed to them. This is probably owing to the absence of fresh vegetable diet, and the enormous quantities of swine's flesh consumed on the journey. Most emigrants provide themselves with cholera melleine, pain-killer, brandy, quinine, &c., to repel the attacks of disease. The result of the contest is various with different persons, and at different times; sometimes the disease is victorious, and sometimes the medicine, or rather the vital energies of the persons attacked. The most of the emigrants are from Missouri, Illinois, and Iowa; and exceedingly few of them appear to be acquainted with the blessings of Water-Cure. The writer brought with him nothing in the shape of medicine; believing that wherever good water could be found, there Providence furnished him with medicine; and accordingly, when diarrhoea threatened our health, the abdominal compress or long wet towel was employed, and the quantity of food greatly diminished; and this consisted in hulled rice for the most part. Should the complaint appear a little obstinate, the syringe with cold water was employed once or twice, and no further doctoring was required. Two of my drivers, who held Water-Cure in contempt, but who were ignorant of its principles or practice, took dysentery, and used cholera melleine, pain-killer, opium, &c. The medicine, however, was like to *kill* one of them, as well as his *partner*; he therefore sent back for a doctor who was travelling in a train full ten miles behind ours; and behold, when he came, he told the patient that his *main reliance for a cure* was on the use of the syringe and wet towels applied to the abdomen. With the use of these Water-Cure appliances, and some melleine from the doctor, he got over the disease in five or six weeks; but had he applied to me, and used the Water-Cure, he might, under Providence, have had his complaint removed in that many hours from its commencement. Having him and his *partner* sit in my wagons for about a month on Bear and Snake River, helped to break down two teams for me and occasioned the death of some oxen.—Yours, &c.

[We thank our correspondent for his hints to emigrants, and commend them to all whom it may concern. Don't take the doctor's pill-bags with you when you get West.]

Deferred Articles.

HOW TO MAKE MONEY FAST AND HONESTLY.—Enter into a business of which you have a perfect knowledge. In your own right, or by the aid of friends on long time, have a cash capital sufficient to do at least a cash business. Never venture on a credit business on commencement. Buy all of your goods or materials for cash; you can take every advantage of the market, and can pick and choose where you will. Be careful not to overstock yourself. Rise and fall with the market on short stocks. Always stick to those whom you prove to be strictly just in their transactions, and shun all others, even at a temporary disadvantage. Never take advantage of a customer's ignorance, nor equivocate, nor misrepresent. Have but one price and a small profit, and you will find all the most profitable customers—the cash ones—or they will find you.

If ever deceived in business transactions, never attempt to save yourself by putting the deception upon others; but submit to the loss, and be more cautious in future. According to the character or extent of your business, set aside a liberal per centage for printing and advertising, and do not hesitate. Never let an article, parcel or package go out from you without a handsomely-printed wrapper, card or circular, and dispense them continually. Choose the newspaper for your purpose, and keep yourself unceasingly before the public; and if matters not what business of utility you make choice of, for if intelligently and industriously pursued, a fortune will be the result.—Dr. BOURSE.

[There are some good hints here, which prove the Doctor to be something of a business man.]

PERIPHERAL FEVER.—On the 17th of October I was called to see a lady in Putnam Co., Mo., who had been nine days in *puerperal* fever. One Allopathic and one Botanic physician had been attending on her all the time, both of whom declared they had done all they could, and that she must die. I was then sent for, but not being at home, I did not see her till the afternoon of the 18th. The patient was suffering with a severe pain in the right hip, remitting only for a moment or so at a time. So severe was the pain that her screams could be heard for half a mile. Her cheeks were as red as scarlet, eyes sunken, and quite delirious at times; head very hot, tongue thickly coated and dry, great difficulty in breathing, feet cold as clay, great tenderness in the abdomen, and pulse one hundred and twenty.

Cold applications were immediately made to the head, breast, and abdomen, and bottles of hot water to the feet. When the cold applications were made, the patient exclaimed, "Oh, how refreshing!" As much cold water as desired was given, which had hitherto been denied. The hot fomentations were applied to the hips, and to the astonishment of all present, by twelve o'clock at night the disease began to yield to the treatment. The cold applications were frequently changed, and the bottle removed every half-hour. Next morning, flush in the cheek gone, tongue moist, coating white, pain in the hip considerably abated, breathing easy, and pulse one hundred and twelve. In six days the fever had entirely left, and the patient considered convalescent; and in two days more, able to sit up long enough to have her bed made and clothes changed, without prostration or fatigue. I would remark, that

owing to the fact of the patient's being so full of pain, and her leg so stiff, she could not be moved; hence we could not resort to the sitz-bath, wet-sheet, etc.; hence, her cure was not as speedy and relief as quick as it otherwise would have been; yet I regard this case as being one among the most striking evidences of the powerful resources of Hydropathy in relieving pain and extinguishing inflammation.—D. A. M. [Bloomfield, Iowa.

WATER-CURE IN CHILDBIRTH.—My wife has had eight children, and in all the cases of confinement she has always been kept in the house and bed from three to four weeks, and commonly has caught cold and had to call in a doctor; but the last time, against the remonstrance of all her friends, she resolved to carry out the directions given in your excellent paper. I must confess I was uneasy, and much concerned for the result. The old midwife told her it would be sure to kill her; but she was somewhat disappointed, for my wife, like the Hebrew woman, was delivered before she came. Her friends generally talked of her strange notions; but the fourth day she went into the garden, and she could have done so the third day, but it was a cold, blustering day; and she kept her bed no more, but attended to her business as usual.

A. B. F.

[A correspondent in Campbell Co., Georgia, sends us the above little item of home experience. Such facts tell more effectually than the most logical arguments.]

RUM AND DRUG-DOCTORS.—People of the "old fog" school think your JOURNALS are too hard on "rum" and the "drug-doctors;" but since I had the pleasure of calling at your office, (about four weeks ago,) two "items" have come under my notice which ought to lead to a different conclusion. I left Cincinnati on the boat *Indiana*. Within twelve hours the pilot, who was in "liquor," ran the boat ashore three times, the third time knocking a hole in her bottom. The boat had to be hauled out of the water (on the "dry-dock" at Madison) for repairs. After trying for two days, with but little success, to get the boat in a position so that she could be overhauled, a telegraphic message was sent to Cincinnati for another boat to take the passengers to New Orleans. The *Indiana* lay three days idle, at an expense of \$275 per day; and the owners gave us the whole of our passage-money back, or passage on the other boat. The pilot's "drink" will cost him the loss of his situation, a fine of \$1500, the loss of his "license" for one year, (by which he cannot act as pilot;) and to crown the whole, the owners of the boat intend to bring an action for damages. The pilot's pay was \$250 per month.

The second "item" is as follows: One of the engineers of the boat I am now on, about ten days ago had a small "pimple" break out on one of his fingers; he did not think much of it for a day or two, doing to it what he thought best. Unfortunately there happened to be two drug-doctors on board the boat. After a few days one of them saw his finger, and told him that as he had not called in a "doctor" at first, it was possible that he might now lose his finger. The two "doctors" now took his case in hand. Gentlemen, they killed the poor fellow; he died yester-

day in the most dreadful agony. Being told that there were two "doctors" on board, I asked one of the passengers which was the other; (I knew one of them.) He said, "Why, that fellow who is all the time half drunk."

J. H. C.

[Mississippi River, near New Orleans.

Poetry.

HYGEIA.

BY HORACE S. RUMSEY.

GODDESS of Health and Beauty, hail!
Hygeia, rosy maiden;
Thy goblets filled with Adam's ale,
With fruit thy panniers laden.
And he who quaffs the sparkling dew,
Where lurks no fiery spirit,
And is to laws hygienic true,
Shall length of days inherit.

His cup of sweets shall reach the brim,
New pleasures ever blending;
Oh! happy is the life of him
Hygeia is attending.
Her smile is like the sun's warm ray,
On earth in spring-time falling,
When Sol from cold, ungenial clay
Is sweetest blossoms calling.

Her voice is like the song of bird
In amaranthine bow;
The heart's fine chords are sweetly stirred
By its enchanting power.
Her step is like the gentian shower
O'er violet beds distilling;
Her breath, th' aroma of a dower,
The air with fragrance filling.

Light flow her robes; her limbs are free,
And sylph-like is her motion;
She moves majestic, gracefully
As swan upon the ocean.
Her haunts are where the balmy breeze
Is ever freshly blowing,
By murmuring rills, where forest trees
Are wide their branches throwing.

She nerves with strength the yeoman's arm;
His babes she crowns with roses;
O'er him at eve she breathes a charm,
Then sweetly be reposes.
Her best-beloved are sons of toil,
She giveth them her blessing;
But who from exercise recoil,
Receive not her caressing.

Ye smitten by disease and care,
Oppressed with many sorrow,
Go breathe the health-restoring air,
Toil for a better morrow.
Go lave ye in the sparkling rill,
Sip of the crystal fountain;
To-day ascend a gentle bill,
To-morrow climb a mountain.

Then from your airy height survey
The realms of Health and Pleasure;
Drink in the scenery day by day,
And yours shall be the treasure.
The rose shall with the lily blend,
And glow in every feature;
Hygeia will your steps attend,
If you commune with nature.

Elmira Water-Cure, N. Y.

The Month.

NEW YORK, MAY, 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 confer-
ring health on men.—CICERO.

Office Removed.

THE OFFICE of the WATER-CURE JOURNAL has been removed to 308 Broadway, New York, where all letters and other communications should hereafter be addressed.

We are two blocks above the Park, and not more than five minutes' walk from our old stand on Nassau street.

Go up Broadway, pass the Astor House, City Hall, the Irving House, and Stewart's marble block, and our office will be reached a few steps above, nearly opposite the New York Hospital.

Our address is now as follows:

FOWLERS AND WELLS,
308 BROADWAY, NEW YORK.

MAY MATTERS.

BY R. T. TRALL, M. D.

WATER-CURE FOR THE POOR.—Long, deeply, and seriously have we pondered on a subject which our correspondents are frequently writing about. Complaints come to us from all quarters, that the Water-Cure gospel is too expensive for poor folks; and so far as most of the "Establishments" are concerned, this is true to a great extent. The honest, industrial, productive, and intrinsically most useful classes in society are apt—so imperfectly are the premiums of civilization awarded according to merit—to be the poorer classes. But they are certainly no less entitled to enjoy, in health, the circumstances of comfort, and in sickness, the conditions of cure.

Unfortunately rather than criminally, the present generation of invalids became such in ignorance of the laws of health. If the next generation is a race of invalids, the penalty of violated law will be, in part at least, well merited; for, with all the machinery now in operation to enlighten mankind on this subject, the majority cannot long be in a state of excusable ignorance.

But all existing invalids who are curable ought to have an opportunity to get well. Many—a majority probably—can work out

their own salvation at home, aided, by such hints and instruction as they may derive from this Journal, the *Quarterly Review*, and the standard books of our school.

But some there are who cannot do this; they require all the facilities afforded by the best establishments and most skillful physicians of our country, and often it takes a long course of treatment to cure—six or twelve months, or even longer; and this, at \$8 or \$10 a week, is no small affair to a workman. Many could and willingly would "throw away" a year or two or three, for the sake of possessing health for the remainder of life; but as to the money, where is that to come from?

Complaints are sometimes made that Water-Cure doctors, like doctors of other schools, have a hankering after "filthy lure;" that *money* is the great end and aim of the keeping up of their establishments. This may be true. We have not a word to say as to Water-Cure doctors being any better men, *as men*, nor any less avaricious, *as the world goes*, than doctors of other schools. Human nature may be the same, whether the being manifesting it believes in one system or another. All we are particularly anxious to prove, or even to argue before the public, is, that the Hydropathic system is the most successful method of preventing or curing diseases.

But sometimes the proprietors of the Water-Cure establishments are not fairly represented. Few persons have any adequate conception of the wear and tear of mind and body of proprietors and physicians; of the hard drudging labor of attendants and servants; of the waste and destruction of machinery and furniture: and after all, the expenses at the best Water-Cures in the country, including room, board, lodging, bathing attendance, and medical advice, are less, considerably less, than the expense of merely boarding at a second-rate hotel in the city, or a first-class boarding-house in the country.

But all these considerations do not provide for the poor and needy. We can suggest but one scheme that will meet this emergency, and to carry this into successful operation requires capital. With *ourselves* it has long been a favorite, a *darling* project; and we are happy to be able to record the fact, in evidence of the philanthropy of some Water-Cure practitioners, that several of them have also, with no promptings from us, suggested a similar plan; and although we are rather anxious to

have a hand in carrying out the project, and monopolize the lion's share of the profits—for we are perfectly sure it *could* be made profitable—we are willing to manifest our unpaid-for benevolence in exposing the whole affair, so that "whom it may concern," if so disposed, can anticipate our enterprise and secure to themselves all the honors and emoluments.

It is this: Form a joint-stock association, with a capital of \$30,000 or \$40,000 or \$50,000. Invest the capital in a farm of 50 to 100 acres, where there are plenty of living springs of pure soft water bubbling out of the earth at a sufficient elevation to be conducted by its own gravity all over a four-story building; with a stream also large enough to make a power for mechanical purposes. Erect a plain but commodious house, capable of accommodating five or six hundred persons. The different stories might be arranged so as to accommodate both rich and poor, say \$10, \$8, \$6 and \$4 per week.

Some light mechanical business, (we can at this moment think of several suitable kinds,) which can be learned in a few days, and which brings ready pay, should be introduced, at which invalids might work for the double purpose of healthful exercise and of earning their way. Some would be able to earn more than their expenses, others one half, and others more or less. In this way hundreds would be able to remain at the establishment until recovery was complete, and, what is almost equally important, other hundreds would get well much faster by having their minds diverted by some profitable employment, instead of brooding continually, as they are apt to do, even when walking along surrounded by the loveliest scenery, the most beautiful streams, the finest rivers and bays, the most charming valleys, and the most magnificent mountains on earth.

Of course we would have labor, remunerative labor adapted to females as well as males; and our present notion is, (and we have thought *seriously* on this part of our scheme,) to have the workshops planned so that both sexes should work in each other's presence. One especial motive we have in this part of the arrangement is, to "elevate the dignity of labor."

We would have all the business transacted on the "mutual assurance" or joint-stock plan. We would have all persons interested, stockholders, housekeepers, farmers, gardeners, physicians, superintendents, &c.

paid out of the profits, or made to suffer the losses, according to the scale of their capital invested and services. All help or servants are of course to be paid by the month, and all invalids by the job or piece; these items going into the sum of the expenditure.

This is, very briefly and hurriedly sketched, our whole scheme. Those who have the money and the inclination are welcome to take the enterprise off our hands; otherwise we shall continue to cherish the expectation of sooner or later realizing the project for ourselves.

One difficulty may be suggested to all this project, which our friends may say, as has been said of Western cities, "looks so pretty on paper," that of finding a suitable location. To this we have only to reply that we know of locations within an hour or two of this city, having all the requisites we have indicated. Other ones and better ones, however, may be found, by a little time spent in exploration. We know persons too, who would be willing to become associated in the enterprise and furnish a part of the necessary capital; all of which information is at the service of any person and all persons who have the honest means and the earnest disposition to enter into the scheme.

Miscellany.

WATER-CURE IN THE COUNTRY. BY WM. A. ALCOTT, M.D.—Having occasion to lecture, and to spend ten or twelve days in Athol, Mass., of late, in giving lectures on Hygiene, and finding that both of the public-houses there were places where rum and tobacco were thought more of than water, I solicited admission to the Water-Cure establishment conducted by George Field, M.D., of which your readers have heard, but of which they know less than I wish they did; for not only is Dr. F. one of the right sort of men, but he has one of the most accomplished assistants as a helpmeet which can possibly be found, to say nothing of other advantages at present enjoyed, or the society which his house affords. In the summer season particularly, his establishment affords a most beautiful retreat for those who wish to escape the noise and dust of the crowded town and city; and the scenery is delightful. It is, as you know, contiguous to the railroad, so as to be easily accessible.

I am the more free to commend this excellent institution to your notice, from the fact that I love modesty, especially that degree of modesty that does not seek to blazon itself, but contents itself in obscurity, when others will not notice it. Another thing moves me. In theory Dr. Field does not, I believe, entirely accord with me as regards diet, and yet I can truly say—and I rejoice to be able to say it—that he prescribes a vegetable diet for many of his patients—perhaps

for the most of them—reserving only the right to give a small amount of animal food to particular persons of a particular temperament. I will also concede, most cheerfully, that his table, though it contains once a day a very small quantity of animal food, is, nevertheless, as simple and rational and truly physiological a table as I have yet seen at any of the numerous Water-Cure houses I have visited. The cures effected by Dr. F. are, some of them, among the most surprising I have known.

Since I wrote you, I have also had occasion to spend a week or two at P. P. Stewart's establishment, in Troy. This is as popular as ever, and as deserving. There is among the inmates and boarders a laudable spirit of inquiry as to the way of life, physically, which I wish I could say was more generally diffused abroad. The inmates, in particular, seem not only disposed to get well of their diseases, but to *keep* well, by obeying the laws. Last evening nearly thirty of the patients and boarders came together to hear me on "Fires and Warming," and were scarcely willing to leave me at the late hour of ten o'clock.

HOME TREATMENT IN CHILLS AND FEVER.—This summer my wife was taken with the chills and fever. She took the "infallible cures" of her friends, who said if she took the water-treatment she would die, as she had been confined but three weeks before. To make short, they failed. She grew worse, and I determined to try the Water-Cure. I did so, and in two days she was well. Since that, I was taken myself. The second paroxysm I took a rubbing in the cold sitz-bath before the paroxysm came on, then the cold wet-sheet pack, changing every half-hour, with much vomiting by warm water. Every few minutes, when the chill had worn off, I poured cold water on the head, and over the whole body; this kept down the fever, and prevented the sweating-stage. This constituted the first cure. The second day I took a warm-water vomit every five minutes, commencing three hours before the chill, until near the time of the chill; then I took a blanket-pack, with bottles of hot water to my feet. I thus prevented the chill altogether. I would here mention that I ate nothing on my sick-days till after the fever was off, and very little even on my well-days.

L. W. M.

HAVE YOU ANY MERCURY IN YOUR BONES?—This may be answered in the affirmative by nine-tenths of our adult population. When the weather changes, it may be felt. If we happen, from necessity, to lift the weight of our own bodies, we so far over-strain as to throw us on the "sick-list." If we happen to get caught out in a shower, the "mercury in our bones" gives us a deal of trouble. There are no less than thirty-six different forms in which *mercury* or *calomel* is applied or administered to the human system by the "regulars," who pronounce it "scientific," and according to their creed. Thus it comes about that we all have more or less mercury in our bones. It was fed to us when we were babies. Our mothers took it into their bodies before we were born. We have inherited their infirmities; being "bone of their bone," etc., we could not escape, but must endure and suffer on account

of the sins committed by them before we came to have a voice in the management of affairs; for are not the sins (physical) of parents visited upon their children, even to the third generation? This may seem hard, uncharitable, and even wicked, but it is so, an irrevocable law of—Nature, and there is no getting away from it. MERCURY is imported into our country by the ton, and administered to sick folks, and others who *think* they are sick, from over-eating, a want of fresh air or exercise—to anybody who will pay for it, shut their eyes and swallow it. They hope—blindly, it is true—to be better for having swallowed a virulent poison, which lingers through a painful life in their bones and bodies, until old mother earth receives them, still undissolved, into her cold sepulchre. Have you any mercury in your bones?

THE SOUTH ORANGE WATER-CURE ESTABLISHMENT opened on the 15th of April, under the management of Drs. WELLINGTON and MAY. See announcement in advertisements. Further particulars will be given in our next.

CASE OF RHEUMATISM.—Having been for years a constant reader of the JOURNAL, and seeing the encouragement you give to those who ask advice, I would lay before you a case upon which I would very gladly have your mind. I go upon the principle of the golden rule, "Whatever ye would that men should do unto you, do ye also so to them." Whenever and wherever I can find an opportunity of showing the beauties as well as benefits of the Water-Cure system, I do it "without money and without price." I have many enemies to contend against, but patience, success, and the *legalised murderer's* practice of Dr. Allopath, are opening the eyes of some of my neighbors. One of them has been sick for four months of rheumatism—or I may say for years rather; for when he gets so as to work for a few months, if he takes a little cold he is down again. He has tried all the best (worst) doctors in the country—has been bled, blistered, cupped—in fact, has been made a miniature drug-shop, but all to no purpose—they have done him no good. His brother (one of the learned Allopathic profession) told him the other day, (after he had experimented upon him for years,) that *he might give him something to help him a little, but that he could not be cured.* This led him to think seriously upon the subject, and to give up in despair. However, he was induced by his wife to try the Water-Cure, and he concluded to do so, whether it kill or cure. I will now give you a few particulars:

Habits.—Has used tobacco, coffee, pork, and fine flour freely. He is spare in flesh; about thirty years old; dark hair.

Symptoms.—Severe pain in the shoulders and across the hips; feet very much swollen; restless during nights; stomach and bowels disordered. Can't dress himself, and can scarcely walk.

Treatment.—I commenced with the well-wrung sheet at 85°; a pack and dripping sheet; two or three foot-baths daily. I occasionally give a warm bath with a tepid pall-douche. This treatment with slight variations has been given about two weeks. Don't see much change. Feet still much swollen and tender. His skin will not

react with anything colder than 80° or 85°; hard work sometimes at that. Told him he is a hard case, and need not expect to get better short of six or eight months. His skin is just beginning to exhale the impurities of the system. I have put him upon water-diet.

From the above statements, I hope you will be able to judge of his case, and to prescribe accordingly. I would earnestly beg of you to answer at your earliest opportunity, as many eyes are upon me, especially two of his brothers (doctors) and the rest of his family, who are dreadfully afraid of cold water.—Yours, in the cause of suffering humanity,
GEORGE THOMPSON.
Geneva, Kane Co., Ill.

[REPLY.—You are on the right plan. Persuade. It will take, as you suggest, months to cure; but it is the best the case admits of

CURE OF SPINAL CURVATURE. By W. A. ALCOTT, M.D.—Travelling among the hills of Massachusetts, a few months since, I fell in with an old educational friend whom, though I had not seen him for nearly twenty years, I immediately recognized. After the first salutations was over, he asked where I stopped. "Just by here," I said, pointing to my place of sojourn. "Why don't you go to the *Water-Cure*?" said he. "Will they admit me?" said I. "Most certainly," he added: "we are not very full just now."

I removed, by my landlord's permission, to the *Water-Cure*. It was in Athol, at the upper village. The place in summer is most delightful. It is conducted by Dr. George Field, a well-educated and sensible practitioner of medicine, aided and sustained and cheered—for we find here and there a help-meet to man—by his excellent wife.

Here I staid ten days, during which time I was chiefly employed in giving lectures in the two villages, in visiting families, prescribing for invalids, &c. I also seized the opportunity to make observations on the treatment of patients, of which the Doctor had several interesting ones. For your readers know already that I am an "old-school physician," not yet so nearly converted to the *Water-Cure* as the air-cure. Still, I was anxious to learn all I could of disease, and of the peculiarities, if there were any, of treatment. Among the patients was a Miss —; she was twenty-four years of age, and had been sick for eight years. For the greater part of the time she had been confined to her room, and for a part of it to her bed. She had taken for her stomach, liver, bowels, nerves, &c., and to induce sleep, a world of medicine, so to speak; and yet, like the woman of old, was nothing bettered, but rather grew worse. She even arrived at the institution leaning upon three different kinds, and feeling as if she could not live comfortably without them. Had labored very hard from fourteen to sixteen years of age; and had not, all the previous summer, been able to walk farther than the door-yard gate.

When she came to Athol she had very bad lateral curvatures of the spine, obstinate dyspepsia, liver complaint, prolapsus uteri, and neuralgia. The last, however, was probably sympathetic. Which of all was the primal disease I am not formed. In circumstances like these, she ought to have remained at the Institute a year; but she

staid only twelve weeks. In that time the curvatures—strange to say it—diminished one half, or not far from that. The digestive organs all improved slowly, but surely. The same might be said with regard to the prolapsus, neuralgia, and general strength. She was able to walk half a mile without harm, and to perform some labor. At the last I heard of her, which was about Jan. 1, (three months or so after I saw her,) she was so far recovered as to be able to work for her board; and her weight was greater than for many years; having gained in all ten pounds!*

I ought to add that she was kept, so far as I could ascertain, on a very moderate diet as regards quantity; and I might even say as regards quality too. The most rigid vegetarian could hardly have desired more. She took three cool baths a day; and was constantly required to take what exercise she could, and not reduce her strength by it.

This case I regard as adding one more to the many brilliant triumphs of *Water-Cure* in this country. The almost miraculous air-cures performed at Mr. Stewart's institution in this place, (Troy, N. Y.) some of which I should like to send you ere long, will hardly exceed it. By the way, why does not some New Yorker who loves the country buy out Dr. Field—if, indeed, the latter could be induced to leave so charming a summer residence, and so delightful a retreat for invalids?

* Since writing the above, I have ascertained that on Feb. 7 she had gained in all fourteen pounds; had nearly lost her evening appetite for food; and was almost nearly satisfied with her single slice of bread for supper!

Reviews.

THE POCKET WATER-CURE GUIDE; showing how much better Disease can be cast out by Natural Means than poisoned out with Drugs. By W. HUNT. Published by FOWLER and WELLS, 308 Broadway, New York.

Such is the copious title of an admirable little tract which the author tells us is intended for those who *think for themselves*. It is, however, well calculated to "make some think who never thought before" on the simple truths of health and hygiene, and to make those who have thought much on the subject of drug-medicines "uow think the more."

It contains the quintessence of an introduction to the *Water-Cure* system, compressed within the limits of a little book of thirty-two pages, and of a size suitable to be enclosed in an ordinary letter envelope, thus being fitted for universal distribution. A single sixpence will enable any person to send the work through the post-office, prepaid—the book costing three cents, and the stamp three cents more—to any deserving friend or needy enemy.

The author has long been a consistent and exemplary advocate of health-reform, and in his travels among strangers, and visits among friends, he has listened attentively to, and carefully noted the objections which are most frequently and most forcibly urged against our system; and to answer these objections indirectly by giving the information necessary to remove them has been the main object of the author in preparing the work. A few brief extracts will indicate its peculiar features.

EDUCATION.—In educating the child, we should begin with the body: all its powers should be developed and strengthened, and their energies made to serve the true interest of the intellectual and moral nature. To secure this end we should understand the structure and uses of the several parts of our own frame, the relation and adaptation of food to the organs of digestion, of air to the lungs, of light to the eye, of sound to the ear, of clothing to the body; that in adjusting these relations, reference must be had to exercise and rest, sleeping and waking, moisture and dryness, change of temperature and the vicissitudes of the seasons. It should be enjoined upon the child that the laws of health are the laws of God; and that it is no less sinful in the sight of Heaven knowingly to waste and destroy life little by little, than it is to commit suicide at once.

NATURE AND MEDICINES.—Every effort of nature is for health. Medicines, instead of aiding, check her curative processes. They deaden and stifle diseases, instead of casting them out. Often they change acute affections, which, left to their own course, would result in health, to chronic and incurable diseases. In nine cases in ten the patient will get well if left alone. Unassisted nature, where there is a large stock of vitality, may triumph over both disease and medicine.

HEALTH REFORMERS are often confirmed invalids themselves. This tells against the cause which they advocate. The circumstance arises from the fact that ill-health first drew their attention to the subject; and while they reap few of the benefits and pleasures that an earlier inquiry would have yielded, others who have not sinned away their day of health and strength, or let false habits get too strong a sway, may, if they will, profit by their investigations.

THINK FOR YOURSELF.—Respect no doctrine on account of its age or the numbers who believe in it. The precept of the apostle, "Prove all things; hold fast that which is good," is now beginning to be understood, respected, and obeyed. Reject no doctrine because it is as yet new, and its teachers have their fame yet to acquire; or because it has not the influence of numbers to support it. A man should look back upon the wrongs, falsehoods, and errors of the past, as he looks upon the follies and mistakes of his own childhood and youth. They are not to be revered or repeated. The past has its lessons; but it teaches us, for the most part, what to avoid.

CONSUMPTION IMPOSSIBLE.—It is impossible to have the consumption if the lungs are filled several times each day with a few full inspirations of pure fresh air.

Now it is unnatural to fill the lungs when there is no demand for the air, therefore take a little active exercise just before your deep breathing, and all will be right.

WORK FOR THE SICK.—The sick have their work to do as surely as those in health, and they require a strong power of will to do it; their work is to leave off bad habits—to resist such customs as are injurious—to cease to do evil, and learn to do well; seek for the right, and when it is found, practise it; the bodily as well as the morally sick require personal effort.

All the waters of Jordan will not restore a person who lacks soul-force to abandon bad habits and substitute good ones—who shrinks from tasks that will become as pleasant as they are at first uncomfortable.

Where there is no will there is no way; the man of strong will often recovers, though you see him lying at the grave's mouth; while the inefficient man dies from mere spiritual inactivity, though you can hardly judge him sick. The physician, the nurse, the friend, feel the courage of the one and the want of courage of the other, and catching them, reflect them to build up one and kill the other. One is a firm believer in the doctrine that "God helps those who help themselves," and therefore willing to work; the other, drone-like, is willing Divine Providence

should cure him, if it will, but unwilling himself to aid.

NEW WORKS AND NEW EDITIONS,

Published by FOWLES AND WELLS,
808 BROADWAY, NEW YORK.

HYDROPATHIC FAMILY PHYSICIAN.—A ready Prescriber and Hygienic Adviser, with reference to the Nature, Causes, Prevention and Treatment of Diseases, Accidents, and Casualties of every kind; with a Glossary, Table of Contents and Index. Illustrated with nearly three hundred engravings. By JOEL SHEW, M. D. One large volume of 820 pages, substantially bound, in library style. Price, with postage prepaid by mail, \$3 50.

It possesses the most practical utility of any of the author's contributions to popular medicine, and is well adapted to give the reader an accurate idea of the organization and functions of the human frame.—*New York Tribune.*

CHRONIC DISEASES.—An Exposition of the Causes, Progress, and Terminations of various Chronic Diseases of the Digestive Organs, Lungs, Nerves, Limbs, and Skin, and of their Treatment by Water and other Hygienic Means. By JAMES M. GELLY, M. D. Illustrated. Muslin, prepaid by mail, \$1 50.

DOMESTIC PRACTICE OF HYDROPATHY, with Fifteen Engraved Illustrations of Important Subjects, with a Form of a Report for the Assistance of Patients in consulting their Physicians by Correspondence. By E. JOHNSON, M. D. Muslin, prepaid by mail, \$1 50.

RESULTS OF HYDROPATHY; or, Constipation not a Disease of the Bowels; Indigestion not a Disease of the Stomach; with an Exposition of the True Nature and Causes of these Affections, explaining the reason why they are so certainly cured by the Hydropathic Treatment. By EDWARD JOHNSON, M. D. Muslin. Price, prepaid by mail, 57 cents.

ALCOHOL, AND THE CONSTITUTION OF MAN.—Being a Popular Scientific Account of the Chemical History and Properties of Alcohol, and its leading Effects upon the Healthy Human Constitution. Illustrated by a beautifully-colored Chemical Chart. By EDWARD L. YORRMAN, author of "Class-Book of Chemistry." 1 vol. 12mo. Price in cloth, postage prepaid, 60 cents. Cheap edition, in paper, 30 cents.

"This is the best book yet issued in elucidation of Temperance and Intemperance. We have read no other book so lucid, so concise, so methodical, so convincing as this. The chart alone, even without regard to its explanation of the nature of Alcohol, is worth far more than the cost of the book."—*Horace Greeley.*

A HOME FOR ALL; or, the Gravel Walk and Octagon Mode of Building. New, cheap, convenient, superior, and adapted to rich and poor; showing the superiority of the gravel concrete over brick, stone, and frame houses; manner of making and depositing it; its cost; outside finish; clay houses; defects in small, low, long-winged, and cottage-houses; the greater capacity, beauty, compactness, and utility of octagon houses; different plans; the author's residence; green and tea-houses; filters; grounds; shrubbery; fruits and their culture; roofing; school-houses and churches; barns and out-buildings; board and plank walls; the working-man's dwelling, etc., etc. By O. S. FOWLER. New stereotype edition, revised and enlarged; with engraved illustrations. Muslin. Price, prepaid by mail, 57 cents.

THE REPORTER'S MANUAL.—A complete Exposition of the Reporting Style of Phonography. By ANDREW J. GAHMAN. Price, prepaid by mail, paper, 62 cents; muslin, 75 cents.

"Had phonography been known forty years ago, it would have saved me twenty years of hard labor."—*Hon. Thomas H. Benton.*

THE NEW HYDROPATHIC BOOK. By R. T. TRALL, M. D.—A System of Cookery on Physiological Principles. Containing an Exposition of the True Relation of all Al-

imentary Substances to Health, with plain Receipts for preparing all appropriate dishes for Hydropathic Establishments, boarding-houses, private families, etc. It is the Cook's Complete Guide for all who "eat to live." Price, prepaid by mail, muslin, 57 cents.

NEW WORKS IN PRESS.

DISPLACEMENTS OF THE UTERUS.—Illustrated with engravings from original dissections, showing the various degrees and conditions of prolapsus, anteversion, retroversion, inversion; vaginal, vesical, and rectal prolapse; fibrous, polyposus, and hernial tumors. etc. By R. T. TRALL, M. D., author of the *Hydropathic Encyclopaedia*. Price, \$5 00. In press of FOWLES AND WELLS, New York.

FRUITS AND FARINACEA, THE NATURAL FOOD OF MAN. By JOHN SMITH, Esq., of England; with Notes and Illustrations by R. T. TRALL, M. D.

This work is now stereotyping, and will be issued in four numbers, at 25 cents each. It discusses the question of vegetarianism in all its aspects and bearings. The philosophy of the subject is presented in a remarkably clear and comprehensive manner. Reason, Revelation, Human Experience, Natural History, Chemistry, Anatomy, and Physiology, have been searchingly investigated, and their evidences lucidly recorded; whilst an immense amount of important statistical data has been compressed into the smallest possible compass, and presented in an admirably systematic manner. In a word, it is precisely such a text-book as the age, the times, and the state of the public mind in reference to diet demand. FOWLES AND WELLS, New York, Publishers.

Notes and Comments.

A "FIRST-RATE NOTICE."—The Supreme Court, at its last session in Franklin county, granted several petitions for divorces, among which was Sarah A. Mott vs. Darwin Mott, formerly editor of the *N. A. Boston Dispatch*. Of this worthy the *Kentland Herald* kindly furnishes the following short and pithy biography:

"We know that man, D.—M.—. He came to St. Albans with a long face, a silver-headed cane, and Rev. prefixed to his name. He preached one faith a few months, and suddenly changed it. He preached and went hunting the same day. He lectured on Temperance (and the people were astonished at his stolen lectures and feigned honesty) and got drunk. He lectured to young ladies and played the adulterer. He kept a bad school—dilled a reckless paper—stole money from his (borrowed) boy, and charged the theft upon the servant-girl—got the office of Deputy Inspector—got drunk on smuggled liquor—took one shirt, another man's wife, and a bundle of manuscript sermons, and ran away from his own wife, his paper, and a crowd of creditors."

That man ought to be handed over to the *Allopathic doctors*. They would take away some of his "bad blood," physic him thin as a June shad, put on a blister-plaster, give him cod-liver-oil, then in a few weeks hand him over to the patent medicine or sarsaparilla swindlers. Then he would sign any certificate, testify to the potency of patent medicine, linger a few long months, weeks, days, and—finally—be sold to the surgeons for dissection. We submit the question, Would not such a course be more humane than State Prison for life, or hanging by the neck?

CLEVELAND, Ohio, is a reading city. One thousand families take, on an average, ten publications each, including dailies, weeklies, and monthlies; one thousand families average five publications each; one thousand, three each; and two thousand, one each.—*New York Tribune.*

[UPWARDS OF FIVE HUNDRED COPIES OF THE WATER-CURE JOURNAL are taken in Cleveland. And it is not only a reading city, but a beautiful and healthful city.]

DON'T GET SICK.—The *Christian Register* says: "It is stated that the physicians of one of our cities have agreed to raise their charges—meaning to live, however it may be with their patients. The patients had better strike and resolve not to be sick!—*Westfield News Letter.*

Water-Cure folks are already "on a strike," circulating Journals, and are in a fair way to dispense with both drugs and diet-stuffs. We would again suggest the propriety of those drug-doctors engaging in some other pursuit which will "pay" better and at the same time be more useful—less injurious—cod-fishing, for example, or gathering roots and herbs.

WATER-CURES WANTED.—A correspondent writes from Wheeling, Va., as follows: "The increasing and rapid growth of our city, the population of which is nearly 20,000; the dawning light of progress in Water-Cure, which has heretofore been dimmed by Old Fogymism, and many other things, has induced a physician of the right stamp—viz. Water-Cure—should be abroad by Allopathy and its adherents." Dr. Vall, now of the Concord (N. H.) Water-Cure, is seeking a location for an Establishment. See advertisement.

TO COUNTRY PEOPLE.—We have received from the Secretary of the Children's Aid Society, Mr. Charles L. Brace, a circular addressed to "Farmers and Mechanics in the Country," from which we make the following extracts:

We call upon every man in the country who has the opportunities for it, and who would do a Christian charity, to assist us in getting these children saved. There would be no loss in the charity. These boys are, many of them, hard and active, and would learn soon any common trade or labor. They could be employed on farms, in trades, in manufacturing; and many an intelligent lad might be saved to society from a life of theft or vagrancy. The girls could be used for the common kinds of house-work. They are the children of parents coarse and very poor, with many bad habits, but kindness has a wonderful effect on the young girl; and of this, the vagrant child in our great city gets little. A charity at this time of life would do what no reform or good influence can do afterwards.

It is hoped that farmers will be found who will take small numbers of boys on trial, receiving a fair compensation for their board, and then distribute them to those in want of such, through the neighborhood or country. Good references of character are in all cases demanded.

All communications on this subject will be addressed to the office of the "CHILDREN'S AID SOCIETY," No. 20 New Bible House; or after the first of May, to the Clinton Buildings, Astor Place.

CHARLES L. BRACE, Secretary. We heartily commend this philanthropic and Christian enterprise to the country readers of our JOURNAL. Let us see what can be done to save the poor children in whose behalf this appeal is made. Those who have already grown up in the ways of crime and shame may be beyond our reach; for the young at least there is hope. Who would not stretch out a hand to save them?

To Correspondents.

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

Professional Matters.

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

MILK-LEG.—J. M. M. "What ought to be done for a bad case of milk-leg, of four years' standing, now very sore and lame, and of the color of a bad bruise? If keep the bowels very free with coarse food, and injections if need be: let the whole diet be very plain and simple; use the wet or dry pack (according to the general temperature) occasionally, so managed as to induce moderate sweating; and wear wet bandages to the limb a part of the time."

WHITE BLOOD.—M. L. U., Ulysses, Pa. "Our doctor tells us that the blood is white in the capillaries which connect the arteries and veins. Is it so? If so, what makes red cheeks?" Your doctor has pronounced a disputed problem. The capillary system is made of a minute ramification of arteries, veins, nerves, and lymphatics; and the probability is that the fluid called white blood is a secretion or exudation from the blood, or the red fluid we call blood.

LOSS OF VOICE—HEARTBURN.—A. K., Quebec. "I send you the two following cases, for which I should be glad to learn if the Water-Cure furnishes a remedy:

"A lady, some years ago, took cold, and ever since she has completely lost her voice. She has always enjoyed the most robust health. The whisper is generally quite audible and intelligible, but at seasons of depression it can hardly be understood. On one occasion the voice returned altogether for a few hours.

"2. A lady of considerable nervous excitability is constantly troubled with heartburn; sometimes it yields readily to a simple remedy, such as drinking milk or eating an apple; at other times it baffles all attempts to relieve it."

We have cured many cases of loss of voice resulting from colds. It requires judicious gymnastic exercises directed to such of the respiratory muscles as are in a weakened or semiparalytic condition, in addition to full water-treatment for the general health. Heartburn is a symptom of dyspepsia or indigestion, and will disappear if the primary malady be properly treated.

WHITE PAPER.—A correspondent wants to know if white unglazed paper is poisonous. To write on it is not poisonous, but to eat or chew it, is. Fish and poultry are the very worst articles of diet to overcome a morbid appetite with. Better eat of the ordinary flesh-pots.

HYDROPATHIC SCHOOL.—"What would be the probable expense of attending two terms of the New York Hydropathic and Physiological School?" About \$300.

OBSTINATE ULCER.—G. A., Eldersville. Attend to the general health first. Give the wet-sheet pack occasionally; and adopt a strict vegetable diet. Wet compresses are the proper local application.

COLD OR HOT WATER.—A. E., Evansville, Ind., finds some discrepancy in the treatment of "congestive fever," as respects cold or hot applications, in the writings of Dr. Wood, Dr. Rausse, Dr. Shaw, etc., and asks us to explain. All the difficulty will disappear if he will look *always* at the condition of the patient, and not at the name of the disease. An ever-present indication is to equalize the circulation. If the whole surface is hot, use all cold water; if the head is hot and feet cold, hot applications to the feet will most promptly meet the indication.

FLATULENCE.—J. O., Sardinia, Ill. "My symptoms are flatulence in the stomach and bowels, beating in the stomach and chest, difficult breathing," etc. Constipation is probably the principal difficulty. Use the plainest and coarsest food, rub and knead the abdomen occasionally, and daily take a sponge and sitz-bath.

BILOUSNESS.—M. L., New York. "Will you please answer, in your next, how true your biliousness? A young man, twenty-five years of age, who is troubled with pain and fulness in the stomach; has not a natural appetite, and often a dizziness in the head, with a delicate constitution, and subject to colds."

Give the patient a warm water emetic; let him fast for twenty-four hours, then eat very moderately afterwards of the plainest food. A daily bath or wash is necessary for cleanliness; and if his skin is yellow or jaundiced, he ought to have a few wet-sheet packs.

ERYSIPELAS.—J. C. C., New York. "Though this disease is almost universally prevalent, yet it seems but little understood and seldom, if ever, effectually cured. I was first attacked with it about a year past; it returned three successive times, and was cured each time by the application of bruised cranberries; and though it has not returned since, yet traces of it still remain in my face, and frequently exhibits itself in a fiery redness of the face and a burning heat, and keeps me in constant fear of taking cold and having it break out anew. If I may trespass on your time, I would take it as a special favor to have you briefly notice it in the next number (or as soon as convenient) of your valuable and instructive paper, the 'WATER-CURE JOURNAL.' Is it your opinion that the disease is affected by the constant use of flesh-meat, &c.? and if so, what course of diet would you recommend me to pursue?"

The common causes of erysipelas are salted meats, grease, fish, and seasonings or condiments of all kinds. The free use of fresh meat-also tends to induce it. The proper diet therefore is, obviously and naturally, plain, unconcentrated fruits, vegetables, and farinae. Don't forget a little washing of the whole surface, for "cleanliness is next to godliness," in all bad humors.

HARD WATER.—C. A. E., South Framingham, Mass. All the questions you propound are fully discussed in the *Hydropathic Encyclopedia*. It would take a very long column to answer them here.

A PATHOLOGICAL PROBLEM.—H. S. H., Jamestown, N. Y. "In the March number of the *JOURNAL* I discover the following Hydropathic cough recipe, which I presume is all right; but as the modus operandi of cure seems to conflict with my preconceived notions of things, I take this opportunity of exposing my ignorance and asking for information. I have always supposed the object and office of every 'cough remedy' was to promote an easy expectation, and thereby to assist nature in her efforts to throw off the offending matter accumulated on the lungs. Now, by following the directions of the recipe above alluded to, it appears evident to one with my present limited knowledge, that you effectually close up within the system what nature is making an effort to throw out, which of course must then be disposed of in some other way. Now, if you can enlighten me and some others of your readers on this subject, through the *JOURNAL*, without taking up too much room, I shall be duly thankful.

"A WATER-CURE COUGH RECIPE. By one who has 'tried it.'—Place a glass or cup of pure soft water within reach, and whenever inclined to cough, or feel an irritation or tickling in the throat, take a swallow or sip, with a determination not to cough. Continue this perseveringly, and 'my word for it' the most vexatious cough will be cured in much shorter time than by the use of any other means known to—yours truly, E. F. E."

Your ignorance is no worse than similar ignorant notions we find in medical books. How it is that a few drops or sips of water can close up offending matter within the system, would puzzle Esculapius himself to explain. We should think it might mix with, dilute, and help wash away the stuff, providing it affected it in any way. But coughs are often induced by a tickling sensation; and this tickling sensation is induced by a dryness or feverishness, or want of mucous secretion in the mucous membrane of the mouth, throat, stomach, or windpipe; and, by affecting the respiratory muscles sympathetically, excites coughing. Now, cool water, frequently sipped, will supply the moisture, cool the fever, allay the irritation, and thereby prevent the coughing, &c. &c.

A TRIO OF QUESTIONS.—A. E., Framingham. "I should like to propose two or three questions in regard to the use of water on the head, &c. 1. Is it best, ordinarily, to wet the head all over—hair and all—when taking the morning bath, especially in cool weather? 2. In syringing the ear for deafness, &c., is there no danger of too much water remaining in the ear? 3. In using the heating bath over the ear at night for the same cause, (deafness) is there danger, ordinarily, of taking cold next day, if ears and side of the head are well washed in cold water and left unprotected?"

1. It is usually the better way if the hair be not too thick. 2. No. If any uneasiness is experienced after syringing, it may be absorbed by a little cotton-wool. 3. Not in the least.

COUGH AND EXPECTORATION.—S. D. A. "Is there any way (hydropathically) to stop a violent cough and expectoration, when the system is so reduced by prolapsus, &c., as to require an immediate check? Much depends on the cause. If from consumption, it cannot be suddenly arrested. If a severe cold or acute inflammation, wet cloths to the neck, the chest-wrappers, and derivative hip and foot-baths, will almost always succeed very promptly.

ASCARIDES.—F. A., Fountain. "I have been troubled with small white worms from infancy. What is the remedy?" Eat mainly unboiled and unfermented bread, with good fruits; raw injections are also occasionally useful.

SHOWERING THE HEAD.—J. B. B., Sparta. "Why is it injurious to take the water of the shower-bath on the head? I have always been in the habit of doing so without inconvenience." So have we and many others. It is objectionable only in feeble persons, or those liable to local determinations to the brain or lungs. In such cases the shock disturbs the proper balance between the circulation and respiration.

SOFT WATER.—L. B. M., Griffin, Ga. "Will you please inform us what is meant by the term soft water?"

We live in this country what we call freestone water and Haverstone water, &c. I have asked several whom I thought were learned and ought to know, but they do not agree. Some say rain or distilled water is soft water; others, warm water; and for that reason apply it to pond or standing water. From the reading of the cold-water books, I supposed what we call freestone water is what we mean by the term soft water—am I right? Again, some in this country say that constant or daily bathing in water will bring on disease of the lungs—will it do it?"

Water is soft when it will readily dissolve soap so as to make a good suds. It is pure when it holds nothing in solution. For hydrophobic purposes water should be both soft and pure; for all pure water is soft, but soft water is not necessarily pure. To the second question—No.

Talk and Topics.

We feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit at dawn and have a quiet familiar talk, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

FLOWER SEEDS BY MAIL.—Just as we expected. We had estimated correctly the desires, wants, and wishes of our distant country patrons, who prove to be amply blessed with taste, refinement, and a love of the beautiful in nature. Every woman desires a flower-garden, and so does every man, though he may have heavy work to do, and it is impossible for him to attend to the adorning of the door-yard or garden, or he may fret to feel no interest in such matters. But offer him a fragrant bouquet when he returns to the house for his meals, or to rest, and see the "sunshine" in his eyes! Yes, be he ever so tired or troubled, a fresh flower will aid to cheer and comfort him.

We have the seeds of nearly a hundred varieties, (see MARK NUMBER for a list) which may yet be sent by mail, in time for spring planting in the Middle and Northern States. We have made arrangements by which we are enabled to send *double* the varieties offered in our Mark number. In smaller packages, that is, for 15 cents, we will send, post-paid, any two kinds or varieties on the list; for One Dollar, fourteen varieties; and for Five Dollars, ninety varieties—enough to beautify the pleasure-grounds of any private residence, Water-Cure establishment, school, or college. It will do in this latitude to plant flower seeds in May or June, and farther north, still later. Postage-stamps may be enclosed in a letter and remitted in place of small change. Address FLOWERS AND WELLS, 808 Broadway, New York.

PRICES RISING.—With the rise of prices for wheat, corn, and all other sorts of provisions, comes a corresponding rise in the price of house-rent, labor, and nearly every kind of agricultural and manufactured products. Printing-paper has advanced from twenty to twenty-five per cent, while the wages of printers, stereotypers, and binders, have gone up in the same ratio. Books cannot now be manufactured as cheaply by twenty per cent as formerly, notwithstanding the improvements in machinery. But when the "staff of life"—provisions—becomes more abundant, and when the world's people "stop fighting," and engage in more humane and sensible employments, then books may become more plentiful and accessible, schools more liberally endowed, a higher and better development of the race attained. Now, while a part of the human family are at war, others must work to provide them with food and raiment. Thus a great loss in time, property, and human life is sustained, and the world put back. Still, *we do believe* in "our good time coming," and shall, with the aid of our friends, continue to work for it.

DR. FRANKLIN'S "WATER-CURE" ESTABLISHMENT.—The FREEDONA (N. Y.) Advertiser gives the following description:

"This fine edifice, on Temple street, is nearly completed, and will be ready for public patronage on the first of May. On inspection, we were struck with the peculiar convenience and adaptation to the objects in view. There are upwards of fifty rooms in the building. On the basement, or ground floor, are bathing-rooms, and two of them are swimming-baths. There are also on this floor a kitchen, dressing and sleeping-apartments, vegetable and wood-rooms, &c. On the second floor, to which there are three front entrances, are the office and private family apartments of the Superintendent, a large parlor, dining-hall, and kitchen. On

the third floor, a large parlor and numerous chambers on either side of a hall 100 feet long by 10 feet wide and 12 feet high, which latter is to be occupied as a sitting-room by the occupants. The fourth story is to be used as a gymnasium, while the cupola above will be a commanding place of observation. The roofs are made so nearly level as to be appropriated for promenade. On the whole, the entire disposition of the space seems to be admirably adapted to a desirable system of utility and economy, and reflects much credit upon the author of the design.

GOING THE WHOLE SAM PATCH.—The *Schoharie Republican* says: "A hog owned by Reuben Decker, who lives at Bouck's Falls, recently slipped off the bank, striking upon the ice, falling about 100 feet. The water being high, the hog was carried over the cataraet, a succession of falls about 150 feet. Three hours afterward he was taken out of the water about one-half mile below the falls, alive, having sustained no injuries with the exception of one lame leg."

A DISCUSSION.—We have received several numbers of the *Democrat Transcript*, published at Canton, Ohio, and containing a discussion on Medical Reform between Mr. John Grable, a zealous Hydropathist, and a regular and somewhat rabid Allopath. Mr. Grable has the advantage of being on the right side of the question, and has therefore no occasion for fear the onslaught of a dozen M. D.'s. The crowded state of our columns precludes the possibility of copying any portion of the discussion.

MISS HARRIET A. JUDD—a medical graduate—is now practising Hydropathy successfully in Waterbury, Connecticut. We are assured that Miss Judd bids fair to occupy a prominent place in the medical profession.

MATRIMONY.—The Matrimonial Correspondence is necessarily deferred till our next number.

Business.

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May 11

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a portrait, proves to be a large productive variety, and, as the fruit is firm, valuable for marketing. The tree is a very strong, irregular grower—more so than the Elton, or any other variety we know of, and, as far as we have observed, quite hardy. Fruit—very large, larger than Black Tartarian, obtuse heart-shaped, with an uneven surface. Stalk—long and slender. Color—dark mahogany. Flesh—firm, somewhat like the Tradescant's Black Heart, juicy, and agreeable, though not highly flavored. The fruit is produced in very large clusters. Ripen, at Rochester, latter end of June and beginning of July—usually lasts to the middle of July.—*Horticulturist.*

REASONS FOR NOT SHAVING.—1. A saving of time. The time now expended on shaving in the British Isles amounts, at a moderate computation, to a period equal to the continuous labor all the year round of 8,000 men. 2. A saving of money. The value of the time, and the sum actually paid for shaving in the British Isles, we estimate at £3,000,000—\$15,000,000 per annum. 3. A saving of pain and annoyance from dull razors and shabby hands. 4. An improvement in personal appearance. All persons of artistic taste know that these natural ornaments give dignity and expression to the manly face. 5. The use of a natural respirator or barrier to intercept rain, fog, smoke, dust, or other

deleterious particles from entrance to the lungs; and this without expense for construction or repair. 6. The use of a natural muffer to protect the face from exposure to east winds, winter snows and rains, and thus prevent face and toothache, and rheumatic gums, jaws, &c. 7. The relinquishment of a piece of practical impiety. God made the beard to grow—man is ashamed of the gift, and by shaving endeavors to remove all traces of it.

SENSIBLE WISHERS.—We commend the following to all our readers as a very sensible desire, within the reach of those who read the WATER-CURE JOURNAL.

From the Knickerbocker.

I'd kind o' like to have a cot,
Fixed on some sunny slope; a spot
Five acres more or less,
With maples, cedars, cherry trees,
And poplars whitening in the breeze.

'Twould suit my taste, I guess,
To have the porch with vines o'erhanging,
With bells of pendent woodbine swung:
In every bell a bee,
And round my lattice-window spread
A clump of roses, white and red.

To solace mine and me,
I kind o' think I should desire
To hear around the lawns a choir
O' wood birds singing sweet:
And in a dell I'd have a brook,
Where I might sit and read my book.

Such should be my retreat,
Far from the city's crowds and noise:
There would I rear the girls and boys,
(I have some two or three.)
And if kind Heaven should bless my store
With five or six or seven more,
How happy I should be!

STRIKES OF THE WIVES OF ENGLAND.—Mr. Punch has received a letter, written in a bold feminine style, and sealed with a crest, a band, and a patten—a letter of which the subjoined are the contents:

"At the present moment, when every thing is rising, it becometh the wives of England to be up and doing too. There are thousands—perhaps millions of my depressed sisters this minute married to husbands in the human form who, with a meanness which ought to make them ashamed of themselves, allow so much and no more for the expenses of the house. No matter what are the markets—the weekly allowance is the same. Bread may rise—butter may go up—legs of mutton may advance—and still no rise at home! "Therefore, it is desired that all wives suffering in silence under the yoke of the tyrant will take their remedy in their own hands; and strike.

"All ladies willing to cooperate—that the blow may be aimed through the cupboard at the husband on the same day—are requested to communicate (post-paid) with

MR. MARY ANNE HEN.

"Shoulder of Mutton Fields."

In Boston there are 390 physicians, of which number, 15 are botanists, and 14 female; 8 manufacturers of artificial limbs; 16 dealers in botanical medicines; 73 dentists; 2 dental depots; 85 apothecaries; 45 dealers in drugs, medicines, &c.; 8 chiropodists; 111 midwives and nurses; 6 surgical and dental instrument manufacturers; and in connection with these statistics, it may be added that there are 15 coffin warehouses and 81 undertakers.

It is about time the trash about woman's rights and strong-minded women, to which every paper we receive devotes a column, should cease. Let the women stay at home, take care of themselves, their husbands, their babies, and attend to their domestic duties. Adam was a happy dog till a woman named Eve bothered him. Strong-minded women—pshaw! A woman has no business to have a mind.

DEAN SWIFT was once solicited to preach a sermon for the benefit of the poor. When the time arrived, he arose and selected his text: "He who giveth to the poor lendeth to the Lord."

"Now, says he, 'my brethren, if you are satisfied with the security, down with the dust.' He then took his seat, and there was an enormous collection.