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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THAT IS GOOD."

WATER AS A THERAPEUTIC AGENT.—No. II.

BY G. H. TAYLOR, M.D.

By temperature supplied from external sources we have a most potent means of modifying and controlling the physiology of the system. Bathing, usually with water, is a common and convenient mode of adding heat to or taking it from the body, and according to the degree of temperature of the water employed may be described as *hot, warm, tepid, and cold*. More minute distinctions might be made, but even the above have no fixed boundaries, since the sensations received by different individuals will vary much for the same absolute temperature, and it is upon these sensations that the distinctions are founded. Thus, what would seem *warm* to one would appear *hot* to another, and what is *cold* for one is only *tepid* for another. The real temperature of the blood, being about the same in all persons, a bath of its temperature might be a common point, and would be a warm bath for all, though it might be far from grateful or appropriate under all circumstances.

The degrees of temperature that the body can bear without threatening to disorganize the part exposed, are much more extensive *below* than *above* that of the body. The average temperature to which the body is exposed being much below it, the impression of cold is a constant and natural stimulus to its functions, and when not excessive is salutary. The Arctic navigators bore well the temperature of an atmosphere differing from that of the body, from 130° to 170° or more, while the natural temperature nowhere rises but slightly *above* that of the body, and never long continues at such an elevation.

The remedial use of bathing depends on the adjustment of the temperature to which the body is exposed, to its different conditions, and these

require to be nicely appreciated by the practitioner, so that an intimate and profound acquaintance with physiology and pathology is essential to secure a wise adjustment of treatment, so as far as possible to fulfil the indications of cure.

Hot Bathing.—The universal effect of heat, it is well known, is to counteract cohesion, and thus to cause an expansion of all objects to which it is applied. The immediate effect of its application to the body, is to cause the peripheral blood vessels to expand and increase their calibre. These vessels will hence admit a larger amount of the circulating fluid, and will become distended and reddened with blood. And since a larger volume of fluid is required to fill the enlarged vessels, they become filled at the expense of other portions of the sanguineous system. The flow is increased in the direction of the heated part, and adjacent and deeper seated parts are relieved of the oppression by which their functions may have been embarrassed. Hence a hot poultice, or compress of linen, or a mass of any well-heated, moist substance, becomes a popular resource for the immediate relief of pain. These modes of applying heat may be said to afford a local stimulus, changing the direction of the current of blood—and thereby altering the general physiological, and especially the nutritive actions of the parts.

Living parts can bear a temperature but slightly above the natural standard, and are protected from injury when it is thus applied by the circulation which is efficient in conveying away and distributing the heat to other parts which are compelled to receive it. In this way, warmth and the diffusible stimulus which it implies are imparted to the whole body, by means of a local warmth applied for a limited time. Thus, a fomentation applied to the stomach or a warm foot-bath are oftentimes very beneficial in overcoming slight affections.

But dry heat of a much higher temperature may be applied to the body without injury. We are told of experimenters who have subjected themselves with impunity to the heat of an oven sufficiently elevated to cook flesh. The living body sustains this high degree of heat, because its own heat is not much elevated, being capable of throwing off vapor in proportion as the heat is supplied, whereby all excess is disposed of; for

it will be recollected that vapor contains about a thousand degrees of latent-heat, which is not indicated by the thermometer or the sensations.

Sweating.—Perspiration, sensible and insensible, is the means the body constantly employs to dispose of its surplus heat, and in health the amount thus thrown off will be in the ratio of this excess. It is no matter whether the heat is produced in the body or added by means of external causes, the effect is the same—the undue quantity is conveyed away as vapor, and this, when profuse, is condensed at the surface and stands or trickles down in drops. And as the blood loses some of its volume, which is thus transuded through the surface, the current will set more strongly thitherward to supply the deficiencies thus produced in the loss of its liquid contents. Hence, to promote perspiration, even by art, if necessary, is sometimes highly conducive to the proper distribution of the blood, and the nutrition of peripheral parts. But too much reliance is often placed upon sweating as a curative process. Let us not be mistaken as to the design of sweating. Nature uses it as a *cooling* process, and we may be sure it will accomplish but little else. It is *not*, as many suppose, an *eliminative* operation, for the ejection of other principles besides the moisture and some salts that are extruded by the heat. The reduction of matter proper to be disposed of by the usual oxidizing process is *not* promoted by heat, unless its application, as it always should, be followed by that of cold. And the stimulating and distributing effects desired of heat are, as a general rule, much better accomplished by the use of cold, without the risk of the debility that is apt to follow the use of long-continued heat.

Pain as Influenced by Heat.—In proportion as the congestion is removed, the pressure upon the sensitive nerves of the affected part is relieved, and the pain that was its consequence is relieved with it.

But there is another reason why pain abates with the use of heat. *Cold*, as we have often to repeat, is the true and normal stimulus for functional acts.

Now if this stimulus be wholly withdrawn, the functional activity of parts thus treated becomes correspondingly *depressed*, and *pain*, which advertises us of *wrong functions*, will necessarily abate. When there is no further use for four-fifths of the blood that is sent to the part, as there will not be if the need of heat be for the time suspended, the other functional acts that proceed coincidentally with this are proportionally suspended also, whether these functional acts were healthy and painless, or unhealthy and painful.

The *form* of bath is often a matter of some consideration, since the comfort and profit desired depends oftentimes on this matter. The *vapor bath* is often the most convenient, and can be applied most easily extemporized, and can be applied of a higher temperature than water. The hot bath cannot be borne long without oppression, because the functional stimulus is so suddenly withdrawn, and the pressure of water prevents the egress of perspiration, but this breaks out after coming out of the bath, to the great relief of the patient. The hot foot and sitting baths are often best, as

a good portion of the body is then exposed as usual to the air while the heat is added, and the general stimulating effect desired is produced. A portion of this effect is produced through the nerves as well as the circulation.

The Warm Bath.—The general effect of this is similar to that of the hot bath, but in less degree. The circulation is equalized, and, as the body is less stimulated, the system is more quieted than with the hot bath. Hence it admits of a much more general application, and is not restricted, as the hot bath should be, to particular emergencies. The local application of the compress usually secures the effects of a warm bath topically applied. Even though the compress be applied cold, the effect is the same in the end, for it is soon warmed if it be well protected by the retained heat of the body; and it will also secure, at the same time, the good effects of the cold impression that is made at its first application.

The general effect of the *warm bath* is sedative, and this effect is produced by the equable and agreeable flow of the circulating fluid, and the removal of all local and general causes of irritation from the nervous system induced by it. Hence its application is highly conducive to restoration from slight affections, which, if permitted to proceed, would eventually require more active measures.

Thus, while exposure of the body to one temperature is soothing, a higher temperature proves stimulant, that is, excites functional activity. As such it may be deemed a *normal* stimulant— one agreeable to the body. It affords no principle of irritation, no substance capable of afterward disordering the play of function by its presence. In this respect, it is quite different from the exciting effect of heating drugs, which intrinsically afford no heat, and next to nothing that can be used to promote heat, but whose only effect in the way of heat furnishing is to *force* the sanguineous and respiratory system to an unnatural activity, for the purpose of gaining relief from their unwelcome presence.

DYSPEPSIA.

BY E. A. KITTREDGE, M. D.

No. 19 East Canton street, Boston, Mass.

This is one of the most common, as well as most troublesome, phases of disease which follows disobedience; the pangs of which are greatly enhanced by the knowledge that our own carelessness and wicked indulgence has caused all the mischief. True, much of our sin is the "sin of ignorance," but in these latter days ignorance itself is a sin, especially of the laws of physiology, &c., for they are not only extant in every form and variety of publication, but are indelibly written with the great forerunner of Jehovah himself upon the constitution of every one whom he hath made.

But "none so blind as those who will not see." The victim of this terrible disease resolutely shuts his eyes to the enormities he is committing till he finds, all too late, that the hydra-monster has taken up his abode in his digestive system, and is fastening deep and strong his envenomed fangs in the organs thereof.

I will not waste much time, for it is wasted generally, in talking about the causes of dyspepsia and how it may be avoided, for every one old enough to have it knows well enough what caused it, and can easily see how it might have been avoided—in the majority of cases I mean.

There are cases, however, where the unfortunate victim has no suspicion of the cause or causes, and simply because *he* can't see any, he thinks there can't be any!

But it is, we believe, pretty well conceded now-a-days, that every effect has a cause, *ergo* we may reasonably suppose that every case of dyspepsia has at least one cause, and in most cases we will find, on close examination, several—immediate, proximate, and remote.

From the fact that the patient does not eat an unusual quantity, or anything improper, or at improper times, &c., he infers that there is no good and sufficient reason why he should have the dyspepsia! and so is led to take bitters drugs, &c., &c., &c., to make the stomach do its duty!

"It is very strange," says one, "that I can't eat a simple dinner of bread and milk without its hurting me."

"It is of no use talking to me," says another. "I have tried all manner of ways in living, it makes no odds, my food *will* sour on my stomach, let me eat what I will, or ever so little." And so one must have his lime water to put in his milk, and the other his soda after his meals!

Not one out of a hundred of all this mighty host will ever think of trying, after this, to find a cause for their dyspepsia, but attribute it to willful indisposition and obstinate determination of the digestive organs not to digest anything decent, and hence they are justified in using co-revive measures; for the bird that won't sing when it can, must be made to sing. And unfortunately there are thousands upon thousands of professional taskmasters whose pleasure and business it is to make stingy livers pour forth their treasures of hoarded bile, and sluggish stomachs redouble their action, and obdurate bowels yield to the desires of their owners, &c.; for which purposes they have all manner of ingenious incentives, from the gentle tonic persuasive to the powerful mercurial "corrective;" and when, in after times, if any of these rebellious organs ery out in their language of pain, in consequence of their many corrections, they have a still greater "corrective," one which will correct the corrector for over-correcting the awfully corrected liver! in the shape of mustard poultices and blister plasters, compared with which the whip of the slave-driver is a gentle thing.

But somehow it is hard whipping "these rebellious critters" into the traces. They will persist in their faulty secretions and other evil doings in spite of whip or spur! and the first thing the "whipper-in" knows, the whilom possessors of the contumacious organs are where livers "cease from troubling" and stomachs "are at rest!"

The causes of these, to the patients, unaccountable dyspepsias are various. Some folks seem to inherit it, others inherit a feeble scrofulous constitution, through and by which they are disabled to digest a very ordinary meal, long before they arrive at adult age, not being physi-

ally strong enough to resist the effects of the commonest kind of daily violation.

Some have an inordinate mental activity, which runs away, so to speak, with the nervous force; and when after a forenoon spent in the counting-room, they come home to dinner with an appetite morbidly extravagant, they find ample room to put their "heterogeneous comminglement," but no power to digest it! for the nervous force, which belonged to the stomach as "one of the heirs," has been squandered in or upon some favorite scheme of making money, and is just about as useful in digesting a dinner as a money drawer, without any money in it, would be in paying a bill! It is surprising how reckless people will be of this precious article called the nervous force, without which money is useless and stomachs of no account.

I have known a young person waste, in one debauch, enough of it to last them a year, who would be horror-struck if they found they had expended a month's salary! They think because they always have had a plenty, they always shall have!

With the young the present is everything; to enjoy which they will borrow of the future at the most fearful rate of usury; but pay-day will come, and they find what they could never be made to believe before, that they have not capital enough left to pay the interest on their debts.

The money cost of a rich extra dinner or supper, with its "fixings," is the smallest part of the expense. *Nature's bill* for extra gas to light up the occasion will be twice as heavy as the restaurant man's, and ten times as hard to pay!

The absurd and wicked custom of putting a boy to learn any particular business with sole reference to its lucrativeness, cannot be too severely reprehended.

The "eternal fitness of things" is entirely disregarded in most cases, and in very many cases all the decencies and proprieties of our natures and absolute wants entirely and shamefully outraged.

Many a one, who as merchants, lawyers, ministers, clerks and such like, have gone down to an untimely grave after suffering all the horrid pains of dyspepsia and its concomitant evils, might, as farmers or laborers in the open air, have lived to a good old age, and have all the while an enjoyment of food and a pleasure in life altogether unknown or even suspected by the sedentary.

Ponder well, then, ye who thirst after riches and "honor" for yourselves or your children, and ask yourselves this simple question, What profiteth it me, gain I the whole world, "hold all the honors" with the "bubble reputation," &c., &c., if I lose my health thereby?

Better by far be a digger of clams, a hewer of wood or a drawer of water, with good health, even at the risk of being omitted on the list of the biggest tax-payers, or Madame à la Mode's list of "reunions."

"Live on six pence a day and earn it," said the great Abernethy to a gouty "nobleman." Get thy living by the sweat of thy brow, say I to all predisposed to dyspepsia, and thereby prevent the undesirable consummation.

The great end of life is happiness; the great error of life is that money, honor, &c., are happiness. This fatal error has been the death of millions, and has entailed upon millions yet unborn the most insuperable bar to happiness—ill health.

When will people learn that "health is wealth" and happiness? and that without it, wealth is but "tinkling brass"?

A great many of the victims of dyspepsia are made such by over carefulness! They inherit a delicate constitution, and the fond and anxious parents are all the time nursing up their "dear little delicate darling;" keep him shut up in the house for fear he will get cold, "he is so liable to take cold!" and feed him on custards and pound cake, "his appetite is so poor he don't relish common food at all! poor little afflicted one!"

And then, the "Cossett" must have something to amuse him, as he can't go with the "herd;" and beautiful books of the most marvellous and romantic kinds are furnished, and thrilling stories that almost curdle his young blood are daily told him to amuse him, and plentiful supplies of candy and sweetmeats are given him to "make him quiet and good!" and when *Providence*, who seems to take especial pleasure in making folks sick, and snatching away "little darlings," visits him with any indisposition, dose after dose of "rhubarb and soda," worm lozenges, only one quarter calomel, nice hot herb-teas, with lots of "Marm Kidder's cordial," &c., &c., are given him, for what? Is "Providence" a "critter" who can poison or frighten away? "Oh, no; but—but he is sick, and something must be done!"

Well, no matter. He succeeds in dodging "Providence!" we'll say for the nonce, and lives through a number of such "visitations" in spite of his "friends"; and now, scarce into his teens, he is, strange to relate, troubled every now and then with indigestion! and before he is twenty, is a confirmed dyspeptic! What can it mean? How did it happen? "I'm sure nobody could have more care taken of them! but I suppose it's all owing to his 'destiny.' Some folks will be sick let you do ever so much for them!"

The causes of dyspepsia, as well as other diseases, are remote, proximate, and immediate. The two first are generally overlooked or neglected, and the immediate is therefore inexplicable. For instance, a man eats what, as the world goes, is a very respectable dinner in quality as well as quantity, but somehow it troubles him exceedingly! "Now, decent dinners don't trouble some folks, why should they me?"

The doctor is applied to, and he tacitly admits that there is no good and sufficient reason why it should hurt him, by saying nothing about the other causes, or inquiring anything about the antecedents in the case, but simply prescribes his "sweetners" to the stomach, and his "quickners" to the liver, &c., and goes his way.

Now it will be impolite to ask a man, who already feels himself a much-abused individual in being so afflicted, if he had always been of a delicate constitution, or was born of parents subject to dyspepsia, in order to find out the remote cause, or to inquire if he uses habitually ardent

spirits or tobacco, or is a dictated to any other vice or habit, the practice of which may be the proximate cause of all his trouble; it may seem unkind, I say, to ask all these, to him imperfectly, questions; and it is, I suppose, in all-charity, from the fear of wounding the patient's feelings! that the "doctor" generally says nothing about these things; but I think the patient, on the whole, ought to overlook this inquisitiveness on the part of his physician; for considering everything, I do honestly believe that he is justified in trying to find out all about his habits, &c.!!

It is with man as with society, all is wrong; "it's all a muddle" from beginning to end. We are all victims to false and vicious habits, customs, &c., &c., and lack (and herein the evil lies) the independence to live in obedience to what we know is right and good for us, instead of being slaves of fashion, folly, and pride?

But how shall I get rid of my dyspepsia? That depends altogether upon who you are, how long you've been so, and whether you mean anything when you say you wish to get well.

There is no turpicide to health any more than there is to heaven; no short cuts or "going across lots;" you must forsake "the evil of your ways," if you wish to attain to either place; you must have an utter disregard for what "*Mrs. Grundy*" will say, and a deep determination to live in obedience to the laws of your being.

There are as many phases of dyspepsia almost as there are folks, and what will help one would hurt another, even though both have precisely the same symptoms.

To prescribe for one understandingly, the physician should know *all* it is possible to know about the patient from his birth up.

I can only say in general terms, that it will be perfectly safe for all of you to leave off smoking, chewing, and other "little vices" you may be addicted to, and to live in the open air as much as possible, to wash the body all over daily, to keep the mind as calm as you can, and never do more than two days' work in one with it if you can help it.

To those who have not got it I would say—if proposed, change your business; if sedentary, your mode of living, if wrong; strengthen your body, if weak, not by bitters, but by exercise, daily ablutation, and good and wholesome food.

Avoid luncheons, overeating, late suppers, and all stimulants, irritating drugs, alkalies, &c., &c.; to live justly, "walk humbly" but quickly, especially after a bath; "owe no man," and you can be as well as it is possible for you to be.

If everybody would live thus, doctors would soon have to go to digging clams themselves, or doing something else, for their occupation would soon be gone. It is really astonishing how soon a man with any constitution will get rid of his dyspeptic symptoms after he gets into good conditions.

I have with me now a young gentleman, who for years has been, more or less, troubled with dyspepsia, and for months before coming to the establishment was obliged to keep taking alkalies, to neutralize the intolerable acidity of his stomach, which was so great the day he came as to make life seem a burden, and yet he was by no means a gormandizer; on the contrary, he had

lived remarkably careful as far as diet was concerned, being a very intelligent and conscientious person; he always was a temperate liver in every sense except one, he would gorge his *mind* even to repletion, and there was no end to the heaps of adverbs, prepositions, problems, triangles, diphthongs, hypotheneuses, rules of three, and rules of grammar, and all sorts of rules except the rule of right he had piled up in his head,

"Till stronger and stronger the wonder grew,
That one small head could carry all he knew."

In trying to assimilate this "heterogeneous comminglement of compound contrariety," he robbed his stomach of its nervous force, so that the simplest food could not be assimilated, and notwithstanding his stomach "cried out in the wilderness" and turned sour, and made all sorts of demonstrations to signify its sense of outrage, the voracious appetite for mental food and "want of time!" (can't somebody import some more time into this country? the "Yankees" are the "shortest out" for time of any nation under the sun, especially when eating) led him on, disregarding of its warnings, till he had well nigh destroyed the tone thereof, and had become a walking mentality, a scarce embodied intellectual entity. He was "death on figures," but figures were nearly the death of him, and I fear he will be quite, for notwithstanding his rapid improvement since he came here, having had no acidity or any bad feeling at his stomach except once or twice, he persists right in the beginning of his cure of "returning like a dog to his vomit," and I shall expect very soon to see announced in the papers, died at Troy, N. Y., age 25, — of M., Mass., of *excess of mathematics, &c., &c.*; and I will just write his epitaph now. *Hic jacet J. T. A., an "exemplary scholar!"* but a foolish man.

He robb'd his stomach to stuff his brain,
Lived in misery and died in pain;
He subsisted on adverbs and alkalis,
And just as he'd got stuff'd had to die!

NURSES FOR THE SICK.

BY DR. E. W. GANTT.

PERHAPS it may be safely said, that one of the greatest obstacles to the entire success of hydropathy in home practice is the want of properly educating nurses for the sick. The masses have a tolerable idea of nursing the sick according to the old practices, and can administer pills and powders, and keep up the fires of febrile diseases with beef teas and stimulating soups, but have not that strong faith in good dame Nature, and a general knowledge of the human system, necessary to qualify them to nurse the invalid hydropathically. Many think it too laborious to be in readiness at all times to apply the various processes as they are needed. Let us argue this point a little. True, the sick need attention, and require it almost constantly if the happiest results of the Water-Cure treatment are to be realized; but is it more laborious to attend them faithfully only a few days under proper hygienic treatment than to watch by them several weeks under popular drug practice? Is not a perfect cure worth more labor than a mere suppression of symptoms and consequent drug disease for

life? Answer, ye *calomelized and quinned* invalids of the great West.

But how shall the great evil—the lack of competent nurses for the sick—be remedied? We answer: it can be remedied in various ways. The great remedy of all, however, must be found in the proper education of youth in our public schools. Teach *them* the great lessons of life, not merely theoretically but practically. How many teachers utterly fail in the practice of what they ought to teach respecting the laws of health! When a correct knowledge of the conditions upon which life and health depend must be possessed by the teacher before he can obtain a certificate, the best guardian of the public health will have been secured. This is needed, and we hope to live until the fruits of its adoption are enjoyed. We insist, therefore, that our Public Schools should become schools for the education of nurses for the sick—the fostermothers of Florence Nightingales and guardians of the public health.

Another way to overcome the evil is, to give more attention to the principles which govern the Water-Cure practice, and less to its various processes in detail. In acute diseases we cannot safely prescribe a definite number of packs, shower baths, or sitting baths at certain specified times, but must instruct the attendant to be governed by the symptoms of the disease as developed in the patient. Hydropathic practice is not to be measured by the dose, ounce, or the hour, but rests upon principles which must endure while humanity remains subject to disease. If there is excessive heat, cooling processes must be employed; if congestion exists, and the extremities are cold, the derivative appliances are the most serviceable; if the bowels are burdened, relief is obtained by the use of enemas; and if the stomach is over-taxed, secure the ejection of its contents. In short, equalize the distribution of nervous energy, and consequently the circulation of the blood, and relieve the various functions of all unnecessary labor. Such is a sample of some of the principles which must guide us in the Water-Cure treatment of acute disease. They are simple, and by keeping in mind that we should not be governed by the dose or the processes, but by the principles, they can be easily practised. Let the lover of Water-Cure remember that he has forsaken the pills, powders, and scales of the apothecary, and has chosen a system which makes him the subject of fixed principles—immutable laws.

Finally, we recommend, as a means of educating nurses for the sick, that the different communities of the land tender an invitation to the "regulars" to give them public lectures upon the various important topics relating to the preservation of health. Hydropathic physicians need no invitations, for it is a part of their duty to teach *prevention* as well as heal the sick; but the "regular" profession has been silent so long, that it may properly be considered an act of courtesy to invite its members to become the public expounders of the laws of life. Perhaps they might require a little rudimentary training, but in no other way can they confer so great a boon to suffering humanity. We say then to the people, call out your drug-doctors and make

them of some real service to you, and if you should find that, respecting the most important matters relating to life, they are unsound, better school them over again than pay them enormous fees for helping to make you worse, when you are already sick enough. Let us have light; come from whatever source it may, it will bless the world with health, beauty, and truth.

Rockford, Ill.

ARTIFICIAL VOMITING.

DR. C. C. SCHREFFERDECKER.

VOMITING is a symptom; it is hardly a diseased condition in connection with which vomiting might not occur; it is one of the most curative remedies of nature in many a disease.

The stomach and the duodenum empty their contents upwards by a violent contraction of their muscles and by their antiperistaltic motion, assisted by the diaphragm and the abdominal muscles. This antiperistaltic motion imparts itself to the œsophagus, to the windpipe, and, undoubtedly, also to the bronchial ramifications, clearing these too of phlegm and other matter. It stimulates all secretions and excretions, and rouses the whole nutritive nervous system.

Vomiting is desirable, not only frequently as a critical movement in chronic diseases, but also most important, and even often indispensable, for a speedy and radical cure:

1. In fevers, particularly in gastric, bilious, and pituitous; in many of the exanthematic, nervous, typhous, contagious fevers; in intermittent fever with gastric and bilious complications.
2. In inflammation with bilious characters.
3. In acute and chronic catarrhs, bronchitis of the lungs, throat, and stomach.
4. In dropsy and warm diseases.
5. In stoppages of the liver, spleen, glandular swellings, bubos, &c.
6. For the purpose of removing foreign matters from the windpipe and œsophagus.
7. In hysterical attacks, hypochondria, cramp, convulsive asthma, &c.
8. In mania and melancholy.
9. In apoplexy of fat people, deafness, &c., &c.

Under all circumstances we have to use the greatest caution in rousing the body to an artificial vomiting, as it is always a most violent exertion of the organism; the real indication must be decided before we order it; in erethism and congestion of the stomach and duodenum we ought never to attempt it.

Among the agents of the drug-school for this purpose are, the most common, *Ipecacuanha* and *tartar emetic*, poisons, the terrible character of which every tyro of medical practice has had full opportunity to learn to abhor. *Ipecacuanha* has a most abominable taste, and produces a slowly increasing nausea till the stomach forces itself of it; but it also excites the whole organism, causes often hemorrhages, headache, colic pains, convulsive cough, and asthmatic sufferings. (To appreciate its terrible effect on the mucous membranes, observe a person who accidentally snuffs some of its dust; it produces inflammation of the eyes and throat, bleeding from the nose, &c.)

Tartar emetic causes illness lasting for days and weeks, affects principally the muscular activity, the intestinal canal, and the whole mucous membranes of the whole body in a most violent manner, and often produces inability of swallowing and death. Of these it may truly be said, the remedy is worse than the disease. The Water-Cure offers, instead of these most unsafe poisons, as everywhere else, a most simple, and yet perfectly satisfactory means, but which has been much misunderstood by followers of Priessnitz, who have not had opportunity enough to penetrate the divine ideas of that greatest of geniuses and benefactors of our age. People have swallowed indiscriminately immense quantities of cold water, and often produced, when vomiting did not follow, great difficulties, and even very dangerous consequences. I have seen such cases! Strong stomachs, always ready to remove what burdens them, will answer well enough to a water inundation; but weak stomachs cannot, because they are too weak. Our so-called civilization—drug-medication,—our wealth, and before all things that terrible crime on humanity—vaccination—have given us stomachs worse than weak, they are bankrupt. What shall we do with such stomachs, hardly able to digest sufficiently for the sustenance of life, and entirely unable to defend themselves naturally? Shall we weaken them, when vomiting is indicated, more yet by warm water and similar detoning and exhausting means, and thus force them to an effort in itself most exhausting? Shall we not rather look for means which avoid both Scylla and Charybdis, the immense excess of drinking of cold water, and the necessary debility following sloppotions?

Select a whole small quill, the upper part of which, the brush, has neither a too thin, nor a too inflexible, nor a pricking point, and shove this end (the upper convex part or the back of the quill turned to the upper lip, and the lower concave part to the lower lip), through the mouth slowly over the head of the windpipe into the esophagus down, till the stomach is roused; remove it then quickly, and the stomach will empty itself. Having such a quill ready, and desirous to produce vomiting, we should not first attempt to inundate the stomach with cold water, or weaken it with warm, but apply it at once, after a moderate, yet sufficient, imbibition of cold-water. And should one, confiding in the presumed strength of his stomach, wish to try first an experiment with cold water alone, even then it would be well to have the quill at hand, to prevent possible ill consequences of the overloading the stomach with water and its necessary extraction of life-warmth; while individuals with weak stomachs should never attempt it at all, but always use the quill after moderate drinking of fresh cold water. We vomit easiest when we lie comfortably on the left side. If anybody after drinking to excess should not be able to vomit, but experience great distress, and be threatened with dangerous symptoms, and if such a quill be not at hand, or its introduction prevented by cough, I then recommend a strong, circular rubbing and light kneading of the region and pit of the stomach with warm hands, which will accelerate the removal of the water by the urinary

organs, and mostly rouse vomiting. This application of the hands may be executed by the sufferer himself, but is more efficacious if done by a strong and befriended attendant. To dilute the contents of the stomach and strengthen its muscular powers, it is always advisable to drink some cold water before we try to invite vomiting; this will always promote the more thorough removal of all solid and acid matter. After the immoderate use of beer, wine, brandy, &c., the drinking of a great deal of fresh water before and after vomiting is necessary as an antidote against those parts of the liquor which have penetrated into the organism generally, and the head particularly, and for the purpose of cleansing, and strengthening, and soothing the injured and feverishly or inflammatorily excited stomach. Here I might as well observe, that the inclination for washing the heated face should be fully indulged in.

In cases of poisoning, nothing will as quickly and thoroughly empty, cleanse, and strengthen the stomach as the drinking of much water, followed by the application of the above-mentioned quill. Some poisons are direct antidotes to tartar emetic and ipecacuanha, as f. i. camphor, f. i. a certain quantity of camphor will neutralize entirely the action of either ipecacuanha or tartar emetic. To give more and more of either of these powerful poisons, till they have the desired effect, is impossible, for they would kill. We have under such circumstances to repeat the drinking of fresh water and the use of the quill, till the stomach is entirely freed of the poison. Here, as in all cases where nature is roused, by violent intrusions, out of her lethargy, into which wrong dietetics and inherited hygienic notions have plunged her, and where she then proves, in the most convincing manner, her innate self-protective and self-restorative power by her instinctive longings, we ought to follow unconditionally every one of her hints and desires, for then her whole intention is to acquire only such things which will counteract directly the sickening causes; the stronger such a longing is, the quicker follows, after it is appeased, remission of the sufferings. It remains for the attendant to procure for the patient only what is perfectly pure and genuine (f. i. vinegar, wine, &c.). In the same manner as we try to appease the bodily longings of the patients in a case of poisoning, we have to take particular pains to surround him with what is most pleasing to him. The presence of kind people, whom the sufferer likes, exhilarates him, and their friendly touch strengthens him; his feelings must be spared, and generally all indulgence shown.

A CRAZY EDITOR ON HYDROPHOBIA.—One of the editors of the *Onix*, a magazine edited by the patients of the State Lunatic Asylum at Utica, N. Y., has been on an excursion to Tranton Falls. See how hilariously he writes:

Most strange it is though, that the prominent trait in the disease as it affects quadrupeds—that which, indeed, gives it the name, water-madness—an aversion to water, is changed to as decided an affection for that element in its manifestations upon bipedal structures. Water, water is everywhere sought; waters saline, and waters sulphurous; water in baths, and water in bumpers; waters placid and waters tumultuous; waters silent and waters thunderous; rising in spray, falling in foam, sleeping in si ver, rippling in gladness, raging in wrath—water, in one and all of these forms, is the continual desire of the frenzied subject of our newly-recognized hydrophobia.

CHRONIC DISEASES.

BY D. W. RANNEY, M. D.

In the Greek fable of Pandora's box we have a striking illustration of the chronic diseases of the present day.;

Jupiter, being angry with Prometheus, ordered Vulcan to make a woman endowed with every possible perfection.

The workman having finished his task, presented the workmanship of his hands to the gods. They loaded her with presents, and sent her to Prometheus. This prince, however, suspecting a plot, would have nothing to do with her; but Epimetheus was so captivated with her charms that he took her to be his wife. The curiosity of Epimetheus led him to look into a fatal box that she possessed, which he had no sooner opened than there issued from it the complicated miseries and diseases which have since afflicted the family of man. He instantly shut the box; but all had flown, save Hope, which had not time to escape; and this was consequently the only blessing that permanently remained with wretched man. Call Hope, hydrophaty, with its powerful agents, air, hygiene, exercise, and water, and the simile is complete.

In the treatment of chronic diseases, the hydrophatic system stands preëminent.

Whatever difference of opinion may prevail in relation to the treatment of acute diseases, it is quite generally admitted, that for chronic cases the water-cure is the best. As the origin of chronic disease is often obscure, that general admission is one of the finest compliments to the value of the water-cure system. In the treatment of chronic cases, the hydrophatic physician treats constitutionally; tones and builds up the organic forces of the system, that Nature in her own way and manner may regain her primal condition. He seeks to give increased activity to all the waste organs of the system, especially to the skin, and expects when Nature has accumulated sufficient capital, that she will repair a disordered system. The great truth must be impressed, that all chronic forms of disease must take some acute and critical phase before the haven of cure can be reached.

Forms of *crisis*, as critical discharges from the bowels, sweatings, boils, febrile action (often a type of the old infirmity), will appear, and the vital forces of nature, the *vis medicatrix nature*, will achieve for the patient what he has long sought, a perfect cure. Said a patient of scrofulous diathesis to me, "I will give you fifty dollars for a boil upon the skin." He was fully aware that slowly, but surely, the softening tubercles were dissolving the tissues of his lungs. Had he tried the therapeutic power of hydropaty before the pulmonary deposition had taken place, a diversion to the skin might have been effected, and the final result had been stayed for years.

Boils are the volcanoes of the human system, and their activity will produce internal repose and health as surely as the harmless volcanic eruption will prevent the dreaded earthquake.

In the treatment of chronic diseases, it often happens that upon the appearance of forms of critical action, the patient becomes alarmed, and the very tokens of cure are made a subject of fear.

I have recently had a case in point. The patient having had eleven "runs" of fever under drug medication, was afflicted with about every ache and pain imaginable.

As he evidently had been mercurialised, I warned him of the danger there would be if in that time of hope—a critical phase—he should become alarmed, and yield to the fears of others. Though the treatment was taken at home, and under disadvantageous circumstances, yet an acute delirium appeared in the form of simple erysipelas.

The "poison" of his system had located itself in the cellular tissue of the face.

I now had further proof of the liability of patients yielding to fear, in that time of promise in a chronic case—its acute action—that time when the recuperative energies of the system are rallying its forces for the elimination and expulsion of drugs and morbid matter. Yielding to the entreaties of friends he sent for an old-school practitioner. Beginning with full doses of old antiquated antimonial preparations, his patient was soon thrown into spasms; and attendants declare that nothing but a faithful and prompt resort to hydropathic appliances, such as fomentations, &c., restored him. His remaining medicines were thrown out of the window, and a mild course of water-cure assisted Nature in her farther work of purification, till the patient was restored. I would now warn all chronic cases, who may hereafter pursue the water-cure treatment, when Nature has toned herself for the great struggle, when the crimson flash of fever lights your sky of hope with Iris beams, not to forsake the safe and plain sailing upon the hydropathic sea for the tumultuous breakers of drug medication.

It is a general rule that most exanthemous forms of crisis will take place upon that part of the skin where water has been most freely used. We often hear persons troubled with pimples upon the face say, "It is strange that while the rest of my skin is as fair as a child's, my face should be so broken out." The truth is, such persons wash their faces more than their bodies. Their best cosmetic and recipe of beauty would be, frequent general bathing.

THE DISCUSSION.

DR. CURTIS TO DR. THAILL.

1. DR. THAILL: Dear Sir—I am at a loss to know by your perusal (W. C. J., p. 30), against my express request. In copying my notes of explanation to you and the public, instead of my arguments on the question at issue. Is it possible that you are afraid to let your readers see my articles? How can you say "I am bound to give your peculiar attention" to my *notes*, which I expressly asked you (*10*) *not* to comment upon? while you neglect *arguments* which you are by "solemn promise" bound to publish? But you now "come square up" to your own propositions, if not to my articles, and I am glad of it. For I am tired of demonstrating what, if not self-evident, is so plain to every careful observer and thinker, that the proof of it seems but needless verbiage.

2. I shall leave you to the tender care of Dr. Heilmann for answers to your remarks to him. If he cannot prove to you that cayenne and lobelia possess and exert powers different from calomel and opium, and that the mere calling of them "drug remedies" does not identify their nature and action, he deserves all the flagellations you can give him. I commence with your fourteenth paragraph, the first brought to bear upon me. When you copy my articles, as you promised to do and said you had done (thus inducing your readers to suppose that I had written nothing but what you had copied), you and they will find sufficient proof that "some agents act by virtue of their own nature (chemically or physiologically, upon the living system." Cause

the potato, and nitrate of silver, and tannin, and lobelia, are examples, which it may not always be found united with that metal? If all these questions can be answered in the affirmative, you need fear no spontaneous combustion or explosion. You may sleep carelessly on the chimney, or the submerged torpedo, sit securely against a defective steam boiler, or a fire trained barrel of gunpowder. You may bend a bow of steel, and fire a cannon, and be unharmed, and not be scorched or roasted. You may swallow, with equal impunity, not only "calomel, cayenne, and lobelia," but corrosive sublimate, strychnine, and other poisons. They are poisons, and it is not your only property is to keep still!" An enemy may point his rifle at you with impunity; it matters not in what position he places the spring and sets it free, it will keep still, and will not fire until he has been struck by the hammer that presses the explosion cap! nor is there anything in "the nature" of the composition in the cap, or in the powder within the barrel, that can produce an action on the bullet, or send it "standing from under." All these things are inanimate; their nature and properties are to remain in the same state forever, until some animate has touched, excited, or moved them! The whirlwind and the lightning are hereafter forever to be harmless—they are inanimate things; "inertia is their only nature and property." If you will attack them, and they will defend you. But "if you attack them, and kill yourself by your own efforts to expel them," you alone are in fault! If you hurt them at your house, and it flies into the chimney, it destroyed may be, but it is not your property, it is their presence"—you, being the only living thing engaged in the operation, must be the legitimate author of their destruction. That is done. Lightning and fire are "inanimate, their only property is to be."

3. We will apply these facts to the operation of medicines (*10*) and it will not matter "whether the disease is the result of nature" or "induced" of all. "As you say that drugs direct the vital forces to expel them by the means the most direct and least injurious to the organism, it follows that opium and lobelia to the bowels must purge, and to the stomach digest the food; cold water to the surface must sweat a man, to the stomach it must vomit him, and to the bowels it must induce defecation! and all the different kinds of food, as well as medicines, must "impress" the same effects! as they do nothing but "impress." I proved that lobelia acts on the stomach, not, as you misquoted me, to contract it and produce vomiting, but to produce a more direct reaction, and you dared not let your readers see my articles," but simply told them I had said the very reverse of what I did say, and that you had published all my articles, when you had published them out.

4. You say, "I affirm that the vomiting results from the action of lobelia on the stomach." Had you published my articles according to the promise you made, you would have understood me that the action of lobelia is *against* vomiting, and ALWAYS prevents it when it is *in* its stronger than that of the vital force. But if lobelia did contract the stomach to produce vomiting, why should it not expel the stomach any more than the vital force does? which you assert acts on the same organ for the same purpose! You say, "I have said, and I have proved, that the effect—vomiting—is produced by the action of lobelia."

5. You say, "I affirm that you have published every article you have written, and I have inserted every article you have sent me on page 50 of my March number, you told us that 'you had found in my December number four articles on the subject of water-cure, and I have published them, but only, and then (§ 5 and 9) *omitted* me for what I had not done—neglecting to publish what I had long before sent you in my January number. You there stated (§ 8), what you

here repeat; that you had published all my articles, when in fact you have not to this day published, in any of your publications of terms, and a *jeu d'ado*, which I expressly requested you not to consider as arguments, but merely explanations which you had demanded, as a condition, for giving me if I had "met the question," would you not have done better to publish *what I have done*, and let your readers judge for themselves, and not to make a condition, as you take place when a drug is introduced, and what "effects" are learned who had "come square up to the question." I am unwilling to believe that you would deliberately tell a falsehood, and that you would so intentionally misrepresent, while you so clearly expose yourself in both respects. Yet I am utterly unable to see how you evade the charge, and that you have done so, and that you are so in the supposition which you have often kindly allowed to me—that you are unable to comprehend "the nature of the subjects discussed," or "the meaning of the terms we use in the arguments."

6. Instead of defending my question (§ 10), I will ask you how can "the vital instincts recognize differences" where none exist? The rays of light from the flower and those from the snake do not act upon the eyes. The cooked potato and the late snake story prove, that to those who are not impressed by other qualities, the one appears sweet, and the other, it is a mathematical demonstration, that "things equal to the same are equal to one another," and, of course, are the same to the senses from your proposition—*all* inanimate matter has but one property, *inertia*," that a cooked potato, a broiled beefsteak, a dose of calomel, arsenic, cayenne, opium, lobelia, strychnine, and sulphuric acid, are all, and furthermore, are all "inert" as to matter according to the properties they "recognize" in it, and it has but one, it follows that whatever quality is taken notice of, it is not the quality of the elements which must perform the same operations. Doctor, I am sorry to be obliged to show, in your own expressive language, that your position is not only absurd, but I cannot regard them in any other light.

7. Do you not see that your argument for your twelfth paragraph cuts up by the roots your doctrine that inanimate matter has but one property, inertia, and that you are not that it is the action [impression, if you will], of the *different properties, relations, and motions* of the sun, moon, stars, or comets, or planets, that "they" recognize "the fact that they are different? Does the eye recognize any difference in the qualities or motions of the sun and the stars?"

8. Where there is no property to give an impression, act on, or produce an effect (§ 2), do the animal instincts *recognize* an effect? *inertia* is the animal kingdom that recognizes properties in that act, and you are to ask you account for the fact that, when powdered limestone and sulphuric acid are brought together, the acid recognizes a combination, and a chemical action takes place, and a carbonic acid recognizes an impenetrable energy and departs from its friends? Is there no recognition or action in a glass of fermenting beer, or in the action of acids upon a piece of chemical experiment? "No sir, not if your *law* be a law; that inanimate matter cannot act, and that attraction is placed in living matter. In *inertia*," you recognize an effect on each other independent of living matter, what is to prevent them from recognizing and acting upon the same elements in living matter? when their power is greater than that of the vital force it acted, and there could be no death or disease in the world. My position does not divide a law, but simply expresses the whole of it—while yours expresses but the half of it."

9. Your 22d paragraph also argues for me. Some time ago, when I asked you such questions, you denied that our experience could decide anything for us—the qualities of substances were to be settled by your "scientific definition of terms" (see Recorder, p. 15 and 36, ¶ 11). In the beginning of this article, you declared that matter has but one quality; here you talk about the hardness, density, sweetness, and acidity of an apple. Through your whole argument you have charged me with attributing animal functions (as the senses, digestion, nutrition, &c.) to inanimate matter, of such a nature as to produce some effect, which I never did, but only qualities and powers, and then have heroically fired your broadsides at your own targets, not frequently with powder, but with truth, and your "underbrush" with, and then boasted how you had beaten me in the extent of space over which you had scattered your shot. You said that you had been disappointed in such an extent when I fired, that you looked enough to load your big mortar for the last "broadside!" But, unfortunately, not properly "recognizing" the strength of my powder, nor the weight of my bullets, for each, having had little experience in the use, you know only the impressions, you put in too much, exploded your mortar and ship, and are now, I feel quite drowned in your place—half of Croton. Doctor, you must be a smarter man than I am; for I confess that my incoherence would never have devised the doctrine of *inertia*, which I have used, to help me out of such a trap as you are in. But you were not careful enough after all; for by stating, in your last "broadside" what is palpably erroneous, you have provoked me, and you must have failed to do so (W. C. J., p. 57, § 8).

10. Since I have found it impossible to induce you to publish my articles, I shall gather up the whole controversy in the order in which it occurred, and send it to the printer, for the benefit especially of your readers, who have been unable, through the non-fulfillment of your solemn promise, to appreciate the arguments on either side. I shall not be satisfied with the usual terms of publication, but will write up in connection with yours. They who wish to see a discussion of the doctrines of health, disease, fever, and the determination of the nature of the human mind, and medical systems, &c. [which I would cheerfully discuss with you, were you not afraid to let your readers see my articles], will find it in my "Cyclopedia of Allopathy and

its kindred Systems and Branches," now fully written and shortly to be published.

"I, I hope, my good friend, when we commenced this discussion, that we should come to a profitable conclusion in relation to the specific propriety of putting Lydia Jane Pierson into the same category of *nerfii*, has completely frustrated that aim, and even destroyed all distinctions in nature between *cool, medicinal, and poisons*; and your refusal to let our *experience* decide anything for us, has cut off our best means of deriving that *last and most important of all questions* connected with the subject, *viz., what articles* (called food, poisons, or medicines) as to "impress the vital forces" or "reactions" as to "infuse Lydia" to kill the body (omit out its organs) and what to defend, preserve, or sustain. His and our disease, so that we can know which to call food, which medicines (hygienic agencies) and which poisons, and to treat them all according to their "matures" or powers to "impress" the "vital recognitions" or their capacities to be useful to us when we have need of something else than food or drink. These are questions which, whether your position or mine be true, ought, in my opinion, to have been solved to some extent by our discussion. But I am compelled to refer the reader for them to my Cyclopaedia of Medical Systems and Lectures on Medical Science, soon to be out. Very respectfully yours,

A. CURTIS.

DR. TRALL TO DR. CURTIS AND MISS PIERSON.

MY DEAR M. D.'S.—Our discussion seems to grow more and more complicated. There is now "a lady in the case," and the laws of fashion as well as inclination oblige me to pay my respects to her in the first instance. In the September Physio-Medical Recorder I find a professional essay over the signature of Lydia Jane Pierson, advocating the application of "raw whiskey" [O exoriation!] to "fresh wounds," "alum and sugar" [O peckeration!] to "scarlatina sore throat," "capicum, salt, and vinegar" [ugh!] to "wry typhus," &c., as she has a perfect right to do. But what troubles me is this: In her peroration she hurls down on my devoted head a "heavy weight" in the following tantalizing style:

"Now, I have run against another learned doctor, who asserts that medicines do not act. I must be fond of hairsplitting, since common sense can hardly distinguish the difference between medicines that do not act, and those that do. I have a certain agency does uniformly cause a certain set of muscles or surface of tissue to take on a certain action, it evidently causes or produces the effect, whether a man expresses its agency as action or inclination to action. If a heavy weight were to fall from a great height directly upon Dr. Trall's wise head, would the concussion be produced by the action of the dead, inanimate weight upon the living head of Dr. Trall's head, or the action of Dr. Trall's living head on the dead, inorganic matter that fell down upon it? Let Dr. Trall decide, and so finish up the worthy and unprofitable controversy."

Oh, Lydia, how could you cast this heavy weight of female influence from "a great height" on the side of mine adversary? It is cruel of you to imagine, even for the sake of making a flower of rhetoric, that my head is to be *concussed*. "Have you no towels of compassion," as my friend Prof. Comings exclaimed, on reading in an Allopathic Journal an essay in favor of antimony and tracheotomy for croup? But, Lydia, so long as you do not smash my arguments, I will try to bear with philosophical stoicism the action of your dead, inorganic weight," especially as it is entirely "wordy."

And now, Dr. Lydia Jane Pierson, since you have commenced the fray and virtually "popped the question," I shall try to look you square in the face, and argue at you just as though you were Dr. Curtis himself, instead of his fair and zealous auxiliary.

Would that you were within speaking distance. I have at this present writing at least twenty medical students of your own sex, either of whom would extinguish your false light in the twinkling of a meteor, on this question of the mediumism of medicines. If you doubt, just come here and try them.

Lydia, I have more than once admired your literary productions; but as to your medical logic—it is too much like "raw whiskey." This is not your fault, but the fault of the school which *miseducated* you. Could you attend our school one term, you would learn to understand, indeed you couldn't help understanding, that applying poison to a sick organ or an injured surface is acting on the same principle as stabbing a man because he had hurt himself, or patting a millstone on his back because he had fallen down.

Now, "common sense" can hardly distinguish the difference between action and inaction. Action? What force between action and inaction? Action? What is the common sense about it? Mine does very easily; and it seems to me that no person is prepared properly to debate any scientific question, who can blend causes and effects, nations

and results, occasional prompting and things acting, into a promiscuous jumble, like the heterogeneous ingredients in the witches' cauldron, and as though it made no sort of difference which was which, so long as something occurred somehow or other.

Verily, Doctor Lydia, you have in common with a score or more of duller doctors of the rougher sex, who have volunteered their decisions in favor of Dr. Curtis, an *irrely mistaken question*—meaning no offence.

What has the crushing of my cranium (or yours) to do with the subject of a "remedial agent"? Am I (or are you) a poison or a disease to be killed or annihilated that something else may get well? If not, your skull-cracking illustration, cruel as it is to me in its obvious implication, is not exactly pertinent.

Perhaps, like some others who have *decided* the main question between me and Dr. Curtis, you were in a hurry, and did not stop to read it. Here it is again, and let me suggest to you the propriety of committing it to memory before you discuss it again, or *oneness* my head again about it. "Do remedial agents act on the living system?"

Do you not see that mechanical forces, heavy weights, dead inorganic matters, &c., are entirely one of the legitimate spheres of our argument? Why will not somebody, male or female, on Dr. Curtis' side, speak to the real question?

No wonder Drs. John and Prettyman, and Prof. Potter, Stockwell, Kent, and Comings, and divers other doctors, and last though not least, Doctor or Doctress Pierson, think this discussion "wordy and unprofitable," when they cannot or do not understand what the question is.

It do not wish to split hairs, but I do wish to distinguish truth from error; however closely they seem to be allied.

Let us apply a little simply of your logic to some other subject, just to see how ridiculously absurd we should make the matter and ourselves; suppose the question relates to the rationale and phenomena of digestion? Take a baked potato into your stomach, if you please. This is a much better illustration than that you applied to me. The potato occasions digestion. But what is digestion? Why, the *action* of the stomach on the potato. The potato does *incite* the stomach to action. How? Why, by its *presence*. It is *there*, and that is all there is of it so far as the potato is concerned. And how did it get there? By the *action* of the hands, teeth, tongue, salivary glands, pharynx, oesophagus, &c., all *living* tissues. The potato has not done a thing, except "to be and to suffer." It has not acted on anything; but it has been passive all the while, and *acted* on by all the living structures with which it has come in contact.

Now here are plain facts. The physiologist is called upon to explain these facts, to resolve them into correct principles, and then to arrange these principles into a science. But says Dr. (or Doctress) Pierson, "Don't bother us with your hairsplitting, Mr. Physiology. It is no matter whether the potato acts on the stomach, or incites the stomach to act on it; since, if a potato in the stomach uniformly causes a secretion, a gastric juice, and a contraction of the abdominal muscles, it's all the same in Dutch whether the potato acts or the stomach acts—the effect is digestion, any how!"

Would you call this good logic? And yet it is precisely the only reasoning yet advanced against my position in the whole course of this "wordy controversy." Surely the prejudice of education is deep, and often blinding and bewildering!

And now to Dr. Curtis in *propria persona*. Since I have published in the October Journal your omitted articles, I hope we shall be at peace on that score. If there are any other articles or parts of articles, written by you in relation to this controversy, which have not appeared in the Journal, and which you desire to have published, please call my attention thereto, and I will with pleasure oblige you.

I see but little in your article above relevant to our question. All you have to say about the properties of "dead, inanimate matter," mechanical or chemical, I admit; all that you intimate about the *physiological* or *remedial* action, I deny. Can you never see the radical distinction between a property of matter and an action of an organized structure?

You ask if a property of matter is not its quality and capability of being used or acted on by something else; or its quality or capacity of acting on or using something else, from a force or power inherent in itself.

Your own question on this point admits my position. "How do you distinguish gold from silver, and this from

platina, but by its color, malleability, ductility, fusibility, solubility, specific gravity, &c."

Do we distinguish these properties because we take cognizance of or act upon them by and through our organs of sense, or do color, malleability, ductility, &c., act on us? You will say with Doctor or Doctress Pierson that they incite us to act on, &c. distinguish them.

Very well, what is incitement? Nothing in the world but *mere presence*. Those varieties, and forces, and conditions, and properties of matter exist; and our living organs act on or recognize them accordingly. Our mental organs and special senses were made on purpose to perform this duty. Suppose you extinguish or paralyze the organs of color and weight, and size, and individually the brain, and the organs of the senses of seeing and feeling; would there then be any recognition of malleability, ductibility, &c.? Would these properties of matter act on the system then?

Why, sir, properties of inorganic matter are capabilities of being acted upon, and properties of living matter are capabilities to act upon. One is the verb "to be," the other "to do," to use a grammatical illustration.

But what has all this to do with our question? Have you forgotten again all about remedial agents? Shall I have to state the question another score of times?

You ask again, "Is it not a property of oxygen to unite with other substances and form oxids?" Granted; and when you show that the union of oxygen with the *living* tissue and the formation of oxids in this way is *remedial action*, your question will be pertinent; and then I will show you that it is *dead* and not living matter that is oxidized.

Do be assured once for all future time, that I am not disputing with you about the well known physical properties of matter, nor controverting the facts of chemical actions or affinities, which you make so great a parade of. In those matters I agree with you, and with all the teachers in chemistry and natural philosophy in every part of the world.

My difference with you and with the whole medical world is on a *physiological* proposition. If I ever needed in sticking you to this single point, I shall demonstrate the error of your position.

You draw some very interesting inferences which would follow certain things, if I should succeed in proving them. But so long as I do not wish to prove them, and absolutely deny them, they, too, must be passed over as immaterial.

Your riddle argument is rather amusing, but may, I think, be made to kick backward and knock your position over, much easier than it can be fired into mine. I am quite willing any enemy I have in the world should point his loaded "kill-deer" at me as long as he pleases. If he will take it out in pointing; if he will not pull the trigger nor bring the percussion in the range of a "streak of lightning" (the "whirlwind" I am not afraid of). I will risk all there is in the nature of the composition, the powder, the barrel, the lock, or the cap, to harm a hair of my head. Its property is to keep still, and it will keep still forever, unless some power external to itself puts it in motion, or causes it to "make ready" take aim! fire!

But what has shooting a fellow-being with a rifle, even if the rifle could go off itself (like the boy's whistle, that whistled itself to do with our question? It is not *living* but *curving* that we are to talk about. Our subject is not about manslaughter, homicide, or death from accident or design, but all about *curing* a disease by a *remedial agent*.

Your play of words about calomel, cayenne, and lobelia being the same in nature and equally offensive if the system recognizes them all as poisons, is such a palpable distortion of my argument, that I think your readers cannot fail to see it; hence I let it alone—severely.

You say that I have misquoted you as to the action of lobelia on the stomach. Well, sir, you have had one whole year to think this matter over, and I ask you now to state distinctly your position. What is the explanation of the *action* of lobelia on the stomach that you are willing to *avide* by? Tell me, and I pledge myself to meet it directly, and disprove it absolutely.

You say, in the present article, "I proved that lobelia acts on the stomach, not to contract it and induce vomiting, but to relax it and induce reaction;" and again, "the action of lobelia is against vomiting," and always *presents it when* its action is stronger than that of the vital force.

How is it possible for you not to see that this admission is fatal to your whole argument? You have heretofore asserted, as the records will show, that lobelia acted in "harmony with the vital powers;" it is "a friend, and not an

enemy," &c. It was even a *hygienic agent*. But now you have taken my position, and gone *back* and to vital force at war with each other. The stomach tries to vomit, but the lungs want let it if it can help it; that is, if it be the strongest of the two opposing forces!

Its action is "against vomiting," and it "acts to relax." These are very queer phrases. You might as well say, it acts against action, and it acts to stop action, and by stopping action induce more action. Try again.

My space is exhausted, but I have not done with the subject. I wish you would defer publishing our discussion until it is finished; or are you afraid of what is yet to come?

Yours truly,

R. T. TRALL.

P.S. How is it, Lydia, that every one who takes sides with Dr. Curtis in this discussion calls it "wordy," "unprofitable," "tedious," "foliish," "waste of time," "spilling of ink," "spilling of paper," and are exceedingly anxious to get rid of it; whilst a hundred or more persons who agree with me, express themselves very much interested in the discussion, and are anxious to have it continue? Does truth or error prevail when the two grapple in argument? Please, answer at your earliest convenience.

R. T. T.

Miscellany.

MAKING A FIRE.—These cold December mornings, is a very necessary domestic item, and to do it certainly and quickly, will save more growls and whines, and blessings "over the left," than the glibbost tongue could "put over" at a two-forty rate in a year. Not only will it prove a saving of passion, but a saving of pence; for as it usually happens, the right way is the cheapest in the end. In the first place, if you are a bachelor or a maid, it is creditable to you if you do not kindle your own fire. What life it would infuse, how perfectly it would wake up a lazy sleeping child, if compelled to bounce out of bed at daylight of a winter's morning and light the anthracite! It sends the lazy sleeping blood to the remotest extremities, and quickens the whole body. It vivifies the man. *General Washington made it a practice to build his own fire at Mount Vernon;* and stands by on the young man or young woman, however rich the parents may be, who would feel it creditable to kindle the fire of their own rooms.

The way to do it.—Have your kindling wood cut not over five inches long, and split in pieces not larger than an inch square, but some of them should be mere splinters; take half a newspaper, and a quart or two of small coal or coke. These should be all placed near the grate over night; clean out the grate, at least the centre of it, crumple up the paper and lay it on the iron, set up the pieces of kindling in the shape of a tent or stack of arms, or an inverted funnel, the smaller splinters next the paper pressed closely against it; then lay the sturkest pieces of coal, not much larger than the first joint of the thumb, close against the wood until the wood is hidden; then light a detached piece of paper with a match and place it under the grate, holding it close to the paper already there, let that paper fairly catch, put on the blower, and in about five minutes the coal will be ignited; then add one or two shovelful more and replace the blower, and soon you will have a glowing fire without one failure in a whole winter; and it will not consume five minutes' time, after the grate is closed out.

But you must know the philosophy of all this, or you will not remember the details five minutes.

The wood must be small and in close proximity to the paper; for before anything burns, it must be saturated with caloric, it must get hot, and the smaller the piece of wood is the sooner it will get hot, and the less heat, or caloric, will make it so; and as paper gives out but little heat, unless the wood is small and close, it will be saturated, and thus fall to ignite. The same is particularly true of anthracite coal; it must be thoroughly heated before it takes fire, and it is easy to see that it requires a less amount of caloric to heat a small piece of coal than a larger one, and less time, too.—Thus it is, that the most effectual way of putting out a "poor" coal fire, is to fill up the grate with fresh coal; for there was enough caloric to have heated a few small pieces to the kindling point; but when distributed to a larger amount, none of it was raised to the degree requisite for ignition. *Therefore always put on a little coal at a time.*

In this way, as much wood four or five inches long as may be grasped in one hand is abundantly sufficient for

kindling one fire promptly of an anthracite coal, and certainly that we have kindled a fire two seasons with one load, that is, a third of a cord of pine wood. Families will economize by having the "lengths" theoretically four feet, practically, three and a half's-ant, cut six times! It gives more shillings to the sawyers, but fewer dollars to the wood-man. It will be of additional economy and interest to know, that in cleaning out the grate in the morning, you will have a good substitute for coke, if after separating the ashes, the pieces of partially burnt coal are thrown into a pail of water to be used next morning. They thus derive a new supply of oxygen from the water, and kindle easily with a bright flame. Whereas, if placed on the fire without having been soaked in water they smoulder away, giving but little light or warmth. Only the black-looking pieces in the water are fit for burning again. If you do not have these, you must have coke, or use more wood.—*Hall's Jour. of Health.*

LETTER FROM MISS DR. COGSWELL.—MESSRS. FOWLER & WELLS: Dear Sirs. I observed in the October Journal a very flattering notice from my much esteemed friend and patron, Dr. R. T. TRALL, in reference to the connection I have for some time held with him. It was not a little gratifying to me to receive this unexpected testimonial of regard from one for whom I have such profound respect; and I wish to avail myself of the opportunity afforded by your columns to express my entire satisfaction of the school, and my gratitude for the thorough and practical teachings there given, as well as my firm conviction of the propriety and feasibility of educating the sexes together. In thought I often visit my Alma Mater, and my heartfelt wishes will ever attend it, and my active exertions be used for it. To those who are thirsting for a medical education, ladies especially, I would say avail yourselves of the facilities afforded by that school. *Drons*, and those who are satisfied with skimming over the surface need *not* go. It is only the contented and diligent workers, those who want *facts*, and science divested of false theories, that will be benefited there.

It is said to *know* people we must *live* with them. If so, I am happy to say that an intercourse of nearly two years with Dr. TRALL and TAYLOR has only served to daily lighten the respect I have for them as *men, gentlemen, physicians, and scholars.*

But sir, while I am thus happy to add my little bit of testimony in favor of that noble Institution, and those excellent men, allow me to express briefly the satisfaction I feel in my new professional connection with the Wyoming Cottage Water-Cure. It must be evident to the most indifferent observer, that the worthy and gentlemanly proprietor has taken most unwearied pains to make a comfortable home for the invalid, and has, together with the natural advantages surrounding it, secured a thorough and well regulated water-cure and hygienic home. The scenery is rural, and to the lover of nature very pleasing. The house is large and convenient, and an air of neatness, order, and refinement pervades it, which speaks volumes for its polite and amiable hostess, as well as the good and wholesome table over which she presides.

The lover of domestic quiet and home-like comforts can find this beside the good old-fashioned wood fires of this species his home; and best of all, the Christian will find here the family altar erected, and the voice of prayer and the song of thanksgiving daily ascending from it; and the spirit of love and charity there expended in seeming to pervade the whole household, making it truly a place to be desired by the weary and afflicted. With none the less respect for the excellent home and kind patron I have so recently left, I hope to be able to benefit many a stricken sufferer by the facilities afforded at Wyoming Water-Cure Home.

HOME-TREATMENT IN FEVERS.—To the Editors of the Water-Cure Journal: The last day of July my husband came home sick with the typhoid fever, and from that time till the 15th of October we have been suffering from that disease. Yes, within that time we have had in our family five cases of the typhoid fever, and one case of dysentery. We have had nothing to do with doctors nor drugs. I have taken the whole care of them myself, night and day, and know that they have had thorough water treatment. Having been a constant reader of your Water-Cure Journal for four years, I have become a firm believer in the practice of water-cure, and consequently a disbeliever in the use of drugs, poison, &c. But most especially do I despise alcoholic poisons. I could go on and give you a minute

description of the treatment of my family, but I need only to say that I followed the directions as laid down in the Journal from time to time, and have had entire success. My family have all regained perfect health. My husband has suffered with the dyspepsia for five years past, but has felt nothing of it since he recovered from his fever. Our allopath physician said if he had lived in some towns, and had been so very sick, the town authorities would have provided a doctor for us. I can also give in my testimony in favor of the Bloomer dress. I have worn it nearly three years. I enjoy much better health and can do my work with much more ease than when I wore long skirts, and I verily believe I never could have performed the services of physician, nurse, and house-servant, during our recent sickness, if I had been encumbered with long skirts.

Peru, Me., Nov., 1855.

MRS. L. M. GREENE.

VERSES.

BY A TENNESSEE POET.

[Our readers cannot fail to be amused and interested, if not instructed and benefited, by the following lines, kindly communicated by our Tennessee friend.]

MAN'S INTEREST.

1. Dying Man! While by a thousand diseases oppressed,
Will you examine clearly your greatest interest?
And that's respecting future happiness and health;
And another great object with it, which is wealth.
For health, you must exclude *al-vol* and *to-day*;
And take *pure* and *clear* water to cleanse the body.
Among the greatest gifts of God is, Water Cold;
And by historians noblemen it is told
To be one of the greatest remedies,
To cure sores and curable diseases.

2. It is met with derision and scorn by some;
And it is partly by the consumers of Rum.
Yes, and it opposes tobacco, drugs, and teas,
And snuff and such stuff as will make a person sneeze.
It is opposed to all medicines compound,
Which invade this world of woe and sorrow around.
Nature tells us to vanish poisons from the globe,
Then we may live a long life under the health robe.
But alas! to all this! their erring ways
They follow; and give medicines all praise.

3. Then, Friends, if these monsters you will among you keep,
You will from them sorrow, pain, disease, and death reap.
To shun the poison drugs, excluded they must be;
So we from pain, sorrow, and disease will be free.
Yes! we'd be healthy and prosperous nation,
And each one could work at his own occupation,
With his health and constitution so recruited,
By the poisonous drug from here being hooted.
So it would be a most glorious thing
If men would take the Journal to read in.

4. Not only *read*, but *practice*, and *teach* its teachings;
And show *light* in the system, by to them preaching.
Light the world must have on this notable subject;
Or they will hate, condemn, demean, and reject.
But man has been brought up under the medical,
And it's become *natural* and *hard* to rebel.
As it has become natural, in the *taking*
Of medicines, they *must* other ways be making.
For the diseased to be cured;
So we may live to be *matured*.

HOW TO RUN A NEIGHBOR'S BUSINESS.—Some time since (so runs the current narrative), the owner of a thriving mutton-pie concern, which after much difficulty he had succeeded in establishing with borrowed capital, died before he had well extracted himself from the responsibilities of debt. The widow carried on the business after his decease, and three years were spent by her as a speculating baker, on the opposite side of the way from her late husband's. The lady refused, and the enraged auditor, determined on revenge, immediately converted his baking into an opposition pie-shop; and acting on the principle, universal among London bakers, of doing business for the first month or two at a loss, made his pies twice as big as he could honestly afford to make them. The consequence was that the widow

lost her custom, and was hastening fast to ruin, when a friend of her late husband, who was also a small creditor, paid her a visit. She detailed her grievance to him, and lamented her lost trade and fearful prospects. "Ho, ho!" said her friend, "that ere's the move, is it? Never you mind my dear. If I do my own trade, in, then, I don't no smokes mark me—that's all!" So saying he took his leave. About eight o'clock the same evening, when the baker's new pie-shop was crammed to overflowing, and the principal was busy superintending the production of a new batch, he walks the widow's friend in the costume of a kenneled-raker, and elbowing his way to the counter, dabs down upon it a brace of huge dead eels, vociferating at the same time to the astonished damsel in attendance, "Tell your master, my dear, as how them two makes six-and-thirty this week, and say I'll bring the four for to-morrow afternoon!" With that he swaggered out and went his way. So powerful was the prejudice against cat-meat among the population of that neighborhood, that the shop was clear in an instant, and the floor was covered with hastily abandoned specimens of every variety of segments of a circle. It is averred that the ingenious expedient of the widow's friend, founded as it was upon a profound knowledge of human prejudices, had the desired effect of restoring the "balance of trade." The widow recovered her commerce; the resentful baker was done as brown as if he had been shut up in his own oven, and the husband, in return for this measure of justice received the hand of the lady as a reward for his interference.—*Curiosities of Life in London.*

INFLAMMATION.—Will you allow me to suggest for consideration and for experiment a mode of treatment which is new to me, and may be useful? I adopt the fundamental principles that nature always does for us as well as she can; and that pain indicates that we can aid her operations, if we can only discover the proper mode. A fortnight ago I slightly sprained my ankle, and being awakened by the pain, my first impulse, finding that it was swelling from inflammation, was to apply cold water to reduce the heat. But it struck me that that was rather interfering with that siding nature. After some consideration, it occurred to me that in such cases of injury, warmth might be necessary to assist in the cure. Nature therefore at once sends to the spot with urgent haste a covering to secure that warmth. The pain is caused by this violent flow, and is intended to call our attention to the want. As soon as the object is attained, that is, as soon as the swelling has become sufficient to preserve the proper temperature, the pain ceases. Now, the application of cold water may prevent the pain, and prevent the swelling; but it retards the cure, which the warmth will have hastened. I therefore concluded, since nature desired warmth, to give her what assistance I could; and I wrapped my ankle up warmly. The result was that the pain immediately ceased; the inflammation subsided; and the next day my ankle was almost well. Since the sprain was itself slight, causing but little pain, I do not consider my experiment by any means a demonstration. I mention it rather as an illustration of a theory which may prove of considerable importance if true. Oct. 8, 1855. H. M. P.

IF TRUE; but your theory is *not* true. Nature determines the blood to the surface, to heal, protect, or repair the injured part. But in doing this she *over*-does, and unduly distends the capillaries, inducing congestion and preternatural heat, and this may be remedied and nature assisted or regulated by *cold* water.

DR. KITTRIDGE.—Our friends in New England will be pleased to learn that Dr. Kittridge has returned to Boston, and is prepared to attack disease hydropathically. We extract the following from his circular, wherein he defines his position:

He believes that the curative power must come from nature, and all that the physician can do is to see that nothing impedes her efforts, and to soothe her in her exertions. "Water won't cure everything!" is the taunting cry of the opponents of Water-Cure. Very true! It will cure nothing—but it will cure as nothing else will, removing the conditions on which disease is based, so that the patients observing all the laws of health, can have a chance for their lives—when there is a loop to hang a hope upon—and in *all* cases, where cure is impossible, it, with its auxiliaries of diet, fasting, exercise, &c., will add length of days, and make smooth and easy the passage to the grave—where drugs would only irritate and shorten life. In a word, Hydropathy is simply living in obedience to the laws of health and being, using all the means given us to give relief and help to poor, ailing nature, and to overcome the difficulties in her path. Hence, to say that Hydropathy

is not good for all diseases, is to say that God's own plan is a failure. It is the same as saying that the Christian religion is not good for *all* kinds of sin! Still, the diseases caused alike by violation of God's laws, and nothing will cure them, but a return to the path of obedience, let quacks and quackery absolutism as they may, if you will do this or do that.

Dr. K. promises nothing but his *best* endeavors to make his friends understand, and to help them in the great work of re-forming their bodies.

CHANCE FOR A HYDROPATHIC PHYSICIAN.—One of our friends, in whose representations the fullest confidence may be placed, writes us from *Decorah, Iowa*, as follows:

The people, as a general thing, are very favorable to the system of Hydropathy, and as a matter of course are generally intelligent. The *JOURNAL*, as you know, is considerably patronized, for a new place. There is an excellent opening here for a thorough hydropathic physician, as there are many families in the immediate vicinity who would employ no other, and yet have hardly confidence to apply water for themselves, or for their friends. I have taken the drugs for the last five years, and I can glory in having three as fine boys as live in Iowa, who have never been poisoned with even that "necessary drug" castor oil, and despite the profligations of a certain allopathic physician that we should kill them bathing them so much. The boys "still live," and I have to say, as heartily as I can, to all young men who have had the superior advantages of *distinguished* physicians and antiquated nurses, to administer some indisposition, as a remedy at the first sign of disease. Let your efforts be directed to the benefit of the poor, and of all those publications which have for their object the elevation of the race and of her sex in particular; and as a matter of course, she wears the Bloomer costume. There are a number of ladies here who wear it, and are fully competent to speak for themselves on that subject. Now, if any of our hydropathic physicians should see fit to come and settle here, they may be sure of a hearty reception. We have a fine town growing up here, with a prospect of finally becoming the best inland town in northern Iowa. A. D. F.

AN EXAMPLE.—HOW SHE DID IT.—From *Stonington, Ct.*—Enclosed I send you a club of thirty-two subscribers for the *WATER-CURE JOURNAL*. I decided to take on myself the character of agent among my acquaintances, and in nearly every case was successful. I took some pains to represent the merits of the *Journal*, and drew up my own experience in *Water-Cure*, so that it should be read, and with the exception of what I have learned from your books, and have done this more to show my appreciation of the cause, than to draw any pecuniary advantage. I have done it, with the exception of what I have learned from your books, and have done this more to show my appreciation of the cause, than to draw any pecuniary advantage. I have done it, with the exception of what I have learned from your books, and have done this more to show my appreciation of the cause, than to draw any pecuniary advantage.

It may be interesting to you to know that I have been in the habit of bathing in cold water daily, at summer seasons, for the last twenty years; and am now fifty-seven years of age; my health is excellent; scarcely young know it is to have a pain or an ache; some of my young friends envy my good looks in our City. Formerly something was said of my matter, rheumatism, salt-rheum, weak back, &c., &c., until my instinct led me to the water, and at forty I learned to swim.

[Here is a worthy example, also an illustration of the "adage," "Never too late to learn." Young women should heed this.]

FINANCIALLY CONSIDERED.—It is this that makes the doctors *sympia*. All the money saved to the people by the *WATER-CURE JOURNAL* is lost to the allopathic doctors. The following statement, taken from among hundreds similar in character, illustrates the point. A correspondent, J. E. F., writes from Georgetown, Kentucky.

Mrs. F. [wife of the writer] thinks your *WATER-CURE JOURNAL* has saved hundreds of dollars in the way of doctor's fees, since we commenced taking it.

[This is the beginning, middle, and end of the opposition which we receive from those who have "drugs to sell," and who live upon the *diseases of the people*. Shall we continue this work of exterminating drugs and doctors, and of saving our readers? What say you, friends? Will you have drugs, doctors, and diseases? or will you have the *WATER-CURE JOURNAL* and *save* your health, and your money? It shall be just as you say. Eds. W. C. J.]

FROM BERLIN, WISCONSIN.—Dr. E. E. W. says: Hydropathy is steadily advancing in the favor of the people here. Owing to a very great mortality from scarlet fever, dysentery, dungs, &c., here during the past summer, the people are becoming very distrustful of drugs and druggers. They say that when they send for an allopathic physician, they may just as well order a coffin, and have a board ready in which to lay out the patient, as they are very sure to die. Several important cases of dysentery, dysentery, fever and ague, &c., which have been effected by water treatment, are opening the eyes of many to the merits of a better system of medication.

This is a very important matter, but we will not discuss the experience of others, and must therefore here credence. But what a terrible alternative! From the hands of the doctor direct to the coffin! Better trust to nature *altogether* than to such treatment.]

Literary Notices.

ALL WORKS noticed in this department of the *JOURNAL*, together with any others published in America, may be procured at our Office, at the Publisher's prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be post paid, and directed to FOWLER AND WELLS, 305 Broadway, New York.

SCENES IN PRACTICE OF A NEW YORK SURGEON.

By Edward H. Dixon, M.D. Dewitt & Davenport, New York. Sold by Fowler & Wells, price, \$1.25.

Dr. Dixon is a writer. He has acquired extensive notoriety and a good degree of popularity as the editor of a medical periodical called the *New York Scalpel*, a journal, by the way, which seems to cauterize, blister, and criticize medical and other men and subjects rather more than it cures or scalps them.

As a critic and controversialist the doctor is often unmercifully sarcastic, yet always good-natured and playful. He is too, in advance of the profession generally in physiology and hygiene, which makes him as a teacher more instructive than the great majority of medical men who undertake to write for the edification of the public; and he gives more prominence to hygienic agencies and "the efforts of nature," and less to drugs and destractions than do the great body of his *confreeres*.

His style is always interesting, often captivating, and there is a naturalness and pathos in his delineations of the nicer shades of character and deeper feelings of the human heart, mingled as it is with ever-shifting scenes of mirthfulness and seriousness—of comedy and tragedy—which invest his sketches with much of the fascination of the best dramatic literature.

To a mind so constituted, the life of a New York Surgeon affords ample material for a book or books that can be read with pleasure and profit.

The work before us is made up of a selection of articles from the pages of the *Scalpel*; and the publishers in ascending the "Ecclesiastical" system in this behalf, have very judiciously chosen those subjects which combine amusement with instruction, and which are better adapted to popular than professional reading.

Among the articles which may be especially commended, and which created some sensation when they appeared in the *Scalpel*, may be mentioned, "the Pathology of a Lady of Fashion," "Causes of Early Decay in Women," and "Toilettes of a New York Lady." The chapters on "Watering-Place Snobs," and "Fashionable Frog-Pools" are vividly suggestive of side-shaking exercises to improve respiration and aid digestion; whilst the most noteworthy of the more serious articles are, "The Education of Children," "Causes and Evils of Celibacy," and "Recollections of a Sexagenarian." Of course the more tragical of the scenes portrayed will be found in the *Scenes of Practice*, of which there are articles from the pen of Dr. Dixon, and from Western and Southern physicians.

We commend the book to the reader, notwithstanding there are some points in medical theory and practice in which we should disagree with the author.

ABOUT KANZAS.—We have had a work "in press" on Kansas for nearly a year! When almost ready the author's health gave out, and the work could not go on. On recovering, Mr. Green completed his task, and we now have the pleasure of giving his very useful and interesting book to the public. The following is the title:

THE KANZAS REGION; Forest, Prairie, Desert, Mountain, Vale, and River; with Descriptions of Scenery, Climate, Wild Productions, Capabilities of Soil, and Commercial Resources; interspersed with Incidents of Travel, and Anecdotes Illustrative of the Character of the Traders and Red Men; to which are added Directions as to Routes, Outfit for the Pioneer, and Sketches of Desirable Localities for Present Settlement; with Original Maps of the Territory. By Max Green. 1 vol. 12mo. Paper, prepaid by mail, 37 cents; muslin, 50 cents. Published by FOWLER AND WELLS, 305 Broadway, New York.

Single copies, previously ordered, have been sent by mail; larger packages to agents by express.

We are assured that this is the most complete history and

description of Kansas yet published. The author is well known as an extensive traveller and ripe scholar. His book will be welcomed by all who take an interest in the growth, development, and improvement of our country.

TOWER'S GRADUAL SERIES OF READERS. By David B. Tower, A. M., and Charles Walker, A. M. New York, D. Burgess & Co. [For prices, see advertisement.]

This is probably the most popular series of school readers ever published in this country. The authors are practical teachers, thoroughly conversant with the wants of the school-room, and therefore know just what is needed. The series consists of six books, commencing with "The Gradual Primer," and closing with "The North American First-Class Reader." In the first three books particular attention is paid to *distinct articulation* as the first essential in good reading, and all the elementary sounds of the language and their combinations are given, with ample directions for practice. Having given sufficient attention to this point in these books, *emphasis* and *tones* are set forth and illustrated in a very clear and happy manner in the last three. The selections are said by those who have examined the works more carefully than we have been able to, to be "excellent, instructive, interesting, and admirably adapted to the capacity of the pupils." Messrs. D. Burgess & Co. will send specimen copies to school committees and teachers without charge, except for postage. Give them an examination.

AIMS AND AIDS FOR GIRLS AND YOUNG WOMEN, being Lectures on Dress, Beauty, Fashion, Education, Improvement, the Moral and Social Duties, Home-Happiness, &c. &c. By Rev. G. S. Weaver, author of *Hopes and Helps, Ways of Life, &c.*

We have in press a volume with the above title, which will be ready in time for the holidays. Those who have read the previous works of this author, will need no assurance from us that this his last work will be worthy of their attention. Mr. Weaver has attained an enviable reputation which this will fully sustain. His style is pleasing and comprehensive, his subjects well chosen and treated, and the moral influence of his writings is in the highest degree beneficial. We believe no one can read *Aims and Aids* without a full determination to profit by the instruction and advice therein given. Price, by mail, 87 cents.

TO TEACHERS OF MUSIC AND HEADS OF SEMINARIES. We desire to place in the hands of every Teacher a circular description of "SPRING HOLIDAY," a new Cantata for the use of Seminaries and Classes, and designed for Concerts and Exhibitions, as well as a text-book for study. Please forward your name and residence to the undersigned, and the circular will be mailed forthwith.

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MISSING NUMBERS. Subscribers will please examine their files at once, and notify us if any back numbers are wanting. This may be done when remitting for the next volume. We shall be happy to send gratis to subscribers any surplus numbers now on hand. Speak quick; "delays are dangerous."

MR. C. M. REAVES is our travelling agent in Northern Ohio, and is authorized by us to receive subscriptions for our publications.

P. C. SILVERTON, Oregon. Yours of 28th August received. You were quite right in distributing *Johns*. The "Bible" came duly to hand in good condition. Hope to hear from you again.

M. S. ELKPORT, Iowa. Roots of the *Diocetra Japonica* will be for sale next January, when we will be able to give you the price and other particulars. Every

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P. S.—See more complete PROSPECTUS on last page.

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Water-Cure Journal

NEW YORK, DEC., 1855.

By no other way can man approach nearer to the gods, than by conforming health on men.—CICERO.

VALEDICTORY FOR 1855.

BY R. T. TRALL, M.D.

THE END.—The termination of an earthly existence is but the commencement of an endless life. The dying of the "old year" is but the resurrection of the new; and the conclusion of one volume of the WATER-CURE JOURNAL is but the beginning of a "higher life" in another.

Progress is written on every page of the book of nature. It is the law which we aim to exemplify, both in theory and practice. Our duty, as writers and publishers for the benefit of all mankind, is to explain the operations of all the great principles which specially concern human health, and generally promote human welfare. Our efficiency in doing this work is exactly proportioned to the extent to which we can reach the public mind through the circulation of this periodical.

At the end of every year we have been accustomed to retrospect the field of labor, and we have always found consolation and encouragement in so doing. We have, on every such occasion, without an exception, seen an increase of good fruits on each preceding year. But now, more than ever before, have we cause for congratulation. Never, since that little but ominous word, "Water-Cure," startled the medical profession from its reverie of ages, has our system of hygienic medication made such rapid advances, and taken such deep hold on the judgments of the people, as during the year which closes with the present number.

It has, too, at last reached the medical profession. It has arraigned their theories and their doctrines, and compelled them to answer at the bar of public opinion, and before a jury of common sense. It has established its own school, and sent its teachers and practitioners over various sections of country, contesting the falsities of that system which has no shadow of claim to public confidence except "venerable age," and teaching the people to understand for themselves the glorious truths of universal health, and, through it, of social regeneration.

THE BEGINNING.—True, some of our staunchest champions and most zealous co-laborers have, in this period, gone to their reward. But they lived

in deeds if not in years. Our adversaries—(how can a cause which contemplates nothing in the world but the easy and natural method of curing disease, and the preservation of health, so that doctors, as a general rule, can be dispensed with, have adversaries?)—yes, our *adversaries*, who advocate an opposing system, seem to have flattered themselves that, in the fall of some of our leaders, our system would receive a fatal repulse. Little did they calculate on the power of truth; and little did they imagine that for every valiant soldier we lose, and for every fellow-hydropath who finishes his race, we have several as earnest, as devoted, as indomitable, and soon-to-be as intelligent and experienced to fill their places.

Their successors and our successors will soon be abroad in the land. They will rise, phoenix-like, from the dust of the departed. They will go forth armed in the panoply of demonstrable truth; educated in all the lore of all the schools, and prepared to defend their own and explain all other systems. Prepare ye their way.

Do you ask how? **CIRCULATE THE JOURNAL.** The graduates of our school, as well as all competent health-teachers and hydropathic practitioners, select locations, and always find most encouragement, where the people are most intelligent in relation to medical subjects; and this is always where a large number of our Journal has found subscribers; for no journal, except this, in the wide world, makes the teaching of the people the true laws of life and health its leading theme.

Friends and patrons, with only some rare exceptions, you tell us you like our Journal; that you consider it instructive; profit by its teachings; find it useful on the score of economy in saving doctors' bills; often attribute the preservation of your lives to what you read in it; and believe it destined to achieve eventually all we pretend to labor for.

Well, then, prove your appreciation by your works; and repay the advantage you have derived by doing good to somebody else; and this means, in plain English, get us more subscribers for the ensuing year. Every subscriber can, without much difficulty, procure another; and many can, as heretofore, send in their clubs of tens, and twenties, and hundreds. If we could double our circulation every year for three years, the drug-system would be numbered with the dead in less than ten years. We would like to attend its funeral, and take part in the jubilee humanity will have over its grave; and we will, reader, if you will work as faithfully in this cause as we have and intend to.

When any great design thou dost intend,
Think on the means, the manner, and the end.

DECEMBER TOPICS.

BY R. T. TRALL, M.D.

OUR CITY MEDICAL SCHOOLS.—The winter business of doctor-making is now fully in operation. Four Schools or Colleges, devoted to the especial work of manufacturing M.D.'s for the dear people, have had their introductory performances, viz., the "University School," the "Medical College," the "College of Physicians and Surgeons," and the "Hydropathic School." The introductory addresses were made by Drs. Draper, Green, Dalton, and Condict, the first three representing the allopathic, and the last, though not least, the hydropathic system.

The matter, manner, style, and whole programme of performances were very unlike in the different Schools. At each of the allopathic, orthodox, popular, or drug-schools the usual display was made. The "Medical College," according to the newspaper reports, entertained the audience "with a band of music," and two hundred *fashionably dressed ladies!* At the opening ceremonies of the Hydropathic School, there were no trumpets to trumpet its praises, nor drums to drum in an audience; and the ladies—begging their pardon a thousand times—were decidedly *unfashionable*, one half of them even appearing (shocking to relate!) in the "Eloomer costume."

There was an equally marked contrast in all the exercises, especially in the speeches made on the respective occasions. Profs. Draper, Green, and Dalton dwelt almost wholly on the past; Prof. Condict, almost wholly on the future. The orthodox Professors culogised their own system in the usual style; maintained that it was a "true science," however much people cavilled at this idea, and expatiated on the theme of how many lives it had saved from the ravages of disease, and how much it had done for "the cause of suffering humanity."

Per contra, the heretical Professor gave the drug system a regular douche; declared that it was all wrong, argued that it was no science at all, and in its practical results had caused "humanity to suffer" more than "war, pestilence, and famine;" and he was even so impertinent as to allude to a confession or declaration made not long since, and put on record by the American Medical Society, which, the reader should know, is composed of the most distinguished members of the Faculty throughout the United States.

"It is wholly incontestable that there exists a wide-spread dissatisfaction with what is called the regular or old allopathic system of medical practice. Multitudes of people in this country and in Europe express an utter want of confidence in physicians and their physic. The cause is evident; *erroneous theory*, and, springing from it, *injurious*, often—*very often*—*FATAL practice.*"

The reader may observe, if he pleases, that we never say anything worse of the drug system than it says of itself.

We will only add that our present class of hydropathic students is larger in numbers than any preceding one, and is an honor to any educational institution in moral stamina and intellectual capacity, and is bound to make the dry

bones of "old foggy" Allopathy rattle in "the good time coming."

ARSENIC-EATING.—A correspondent calls our attention to the habit of arsenic-eating, as practised by the Styrians and in parts of Lower Austria, and asks us to notice and criticise what Johnson says of it in his "Chemistry of Common Life."

Arsenic is employed by these people to make the body plump and rubicund, and to improve the breathing, all of which effects do apparently result. The rationale of its modus operandi is precisely the same as that of alcohol, tobacco, opium, or any other narcotic; and also like that of antimony, cod liver oil, iodine, or other poisons, when given to fatten man or animals. They lessen the waste of the body only by preventing depuration, and causing an accumulation of fatty or effete matters in the areolar tissue; and they produce a high color by the feverishness which attends the efforts of the organism to resist or get rid of poison, or "morbid poison" as our "up-town" Professors said in their late inaugurals.

Arsenic, alcohol, tobacco, antimony, and various other poisons "improve the breathing," because, in defending itself against the poison, the decarbonizing and oxidizing processes are transferred in a measure from the lungs to the other emunctories.

This subject is fully treated of in a small work now being published by Fowler & Wells, entitled "The Alcoholic Controversy." The work in question is a review of a late article in the Westminster Review, under the head of "The Physiological Errors of Teetotalism." In this article the Westminster Review enters into an elaborate argument to prove, by the power of logic, and on the authority of Liebig, Pereira, and others, that alcohol is food; and he alludes to the arsenicating of the Styrians to sustain his argument, and assumes that arsenic has power, when taken in moderate quantities, to invigorate and even rejuvenate a person.

His positions are all completely demolished, and the prevailing fallacies in relation to the action or effects of arsenical, alcoholic, and all other poisons, thoroughly exposed in this work. It will be ready in a few days, at twenty-five cents a copy.

THE ELECTRO-CHEMICAL BATHS.—Many correspondents are writing us for information respecting these baths. We cannot possibly answer all their inquiries by letter; but as fast as we ascertain their precise adaptation to particular forms of disease, we shall publish our opinions in the Journal, with our reasons therefor. We have already employed them in a great variety of cases. They seem to answer the specific purpose of detouring minerals from the body admirably. How extensively they may be applied advantageously to chronic diseases we must ascertain by further experience. We have no doubt of their great value in many cases of virus, and morbid humors, as syphilis, cancers, rabies, &c. We have found them excellent in long-standing congestions of the liver with feeble external circulation and low temperature of the body, as in cases of "chill-fever," "dumb-ague," jaundice, &c. In theory they seem well adapted to scrofulous

affections, especially such as are attended with glandular obstructions and swellings.

INTERMITTENT AND YELLOW FEVER.—Intermittent, as well as the more dreaded yellow fever, seems to have been unusually prevalent of late in those localities which are subject to malarious influences. We have had a number of cases to treat from various sections of the South and West. All of them have rapidly recovered under a mild plan of water-treatment, such as a warm bath in the evening, a sponge bath in the morning, and a pack at the height of the hot stage of the paroxysm. Of course we enjoined a very plain and abstemious and strictly vegetable diet.

It is almost amusing, and would be really ludicrous if the subject had not a tragic aspect, to hear the talk of our most distinguished medical men, as to the "nature, cause, and proper treatment" of yellow fever. A physician who can look at a patient through physiological instead of pathological spectacles, ought to see the "nature" of the disease at a glance, and seeing its nature, he ought to infer its cause, and indicate the proper remedial means as readily.

One of the "veteran" physicians, Dr. Stone, of New Orleans, who has been familiar with yellow fever for twenty years, lately visited our city, and made an address at our "Academy of Medicine" on the subject of yellow fever.

And what did all the education, and the observation, and all the experience, and all the reflection of the learned doctor teach him in relation to the nature of yellow fever? Not a thing. He could not evolve a single idea on the subject. His address was indeed very able, very learned, very interesting, as such addresses always are to those who do not dive below the surface of smooth words; but it told us nothing, taught us nothing. Of the nature of yellow fever he could only say, "it is deteriorated vitality from some unknown cause." And this announcement was considered so vastly important that the newspaper reporters put it in italics.

Deteriorated nonsense, as much! If Dr. Stone could give a rational answer to the question, "what is vitality," he would not use such phrases. And it seems to us that any medical man who can interpret pathological phenomena, who can read disease, who can diagnose correctly, who can understand the relation between morbid appearances and functional conditions, ought not to be in any doubt as to the cause or causes of yellow fever.

Every symptom about the patient is suggestive of congestion, or loss of functional action in the liver, with the elements of bile everywhere overloading the capillary system, thickening the blood, and obstructing the skin; and the paroxysm we call fever is the effort of the system to remedy this condition. The original or remote cause of the disease is the miasm or miasms, and all other impurities which have for a longer or shorter time accumulated in the system faster than the system could expel them. In this effort, too, the vitality is expended (not deteriorated but wasted) until the patient is more or less debilitated, and hence the fever is always of the lower or atonic diathesis; and hence, too, all such agents as bleeding, drastic cathartics, salts, anti-

mony, and the like, are dangerous and death-dealing. Hence, too, the better success of those who give brandy and quinine instead of calomel and antimony; and hence the still better success of homœopaths who give doses but slightly injurious, and hence finally, the best success of hydropathists, who give no poisons at all.

Many physicians mistake *violent* for *high* fever; a mistake often fatal to the patient. And they not unfrequently mistake *acute* inflammation for *high* or *active* inflammation, a mistake also, often resulting fatally to the patient. There is a radical distinction. One implies strength, strong action, force, &c.; the other means the opposite, exhaustion, or debility.

The hydropathic practitioner should always be careful to make this distinction. One will bear with advantage cold or heroic treatment; the other requires mild measures and water of a higher temperature, the careful avoidance of all shocks, &c. One is never dangerous; the other generally is.

BURNING DEAD BODIES.—Intense excitement was kindled at Milwaukee recently, in consequence of preparations made by a bereaved husband to reduce to ashes, by burning, the mortal remains of his deceased wife, pursuant to her request, the custom of some other countries, and their own ideas of propriety. Sixteen cords of wood were collected, but before the conflagration commenced, the enraged neighbors, led on by the sheriff, interfered and buried the corpse in the usual way.

Now we do not approve of the particular manner of burning a dead body attempted in this case; but we do think the principle is both Christian and philosophical. And we can only think those Milwaukee editors are mad with superstition who poured out column after column of violent denunciation and opprobrious epithets on the heads of those who were honestly and sincerely acting out their own convictions of right in the matter.

The present system of burials is rapidly filling the earth with fatal miasms, and is no doubt often the cause of fearful pestilences; and we have long thought that those, as a general rule, who have a superstitious reverence for dead relics of mortality, are apt to manifest less sympathy for the living.

What should the spirit care what becomes of its worn out-tenement, after it has found a new and a different organism in another sphere?

Our valued contemporary, "Life Illustrated," quite poetically and sentimentally expresses its preference for having its remains (may it never die!) repose in beautiful Greenwood, instead of being consigned to devouring flames; and concludes with the solemnly-factious expression that it does not relish the idea of being roasted, "here or elsewhere."

They may roast our inanimate clay, after we have done with it, here, there, or anywhere, if they will only let us alone.

GOING WEST!—A man residing in Dubuque, Iowa, sends to the publishers for a HAND-BILL, for a friend of his who is "going West." How long will it be before all of us, who have the misfortune to reside east of the Mississippi River, will be classed among the "away down East" line ones?

To Correspondents.

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

COD LIVER OIL.—D. S. Griffin, Ga. Cod Liver Oil has now become one of the necessities of life to our regular faculty. One of our most learned members is gravely inquiring for a substitute for this indispensable of the whole as well as the sick. It has occurred to me to inquire whether our learned and astute faculty are not severely lumberugged. Is not *Cod Liver Oil* in the same category with pigeon milk and turnip blood? A cod-liver never makes his way down South either by water or land. It will scarce do to mention his name to ears polite. I have, therefore, never seen the liver of a cod-fish. The liver of every animal I have ever seen contains not oil, but bile. Will you inquire of some observant old fisher in your streets or on your wharves whether the cod-fish is an exception in the animal creation? Does his liver secrete and contain oil and not bile? What is Cod Liver Oil made of?

Cod Liver Oil, as the fashionable medical humbug of the day is called, is a mixture of the adipose or greasy matter of the liver and the elements of bile. As a medicine it has the same relation to health that a rotten potato or putrefying carcass has. It is an effete, excrementitious, and pernicious stuff. It is just as easy for the druggists to humbug the doctors as it is for the doctors to humbug the people. Your doctors want a substitute, do they? Don't they know that one-half the allopathic medical journals have repeatedly asserted that any kind of fish oil was just as good as that which is called "cod liver," while the other half assert that this is entirely useless? Don't they know that "the profession" has lately found out that any oil, even olive, cocoa, or whale's, or turpentine's, or mackerel's, or skunk's, is just as good as the real, genuine, "original" cod liver itself? If they don't, they are behind the age, and don't patronize their own periodicals much; which, probably, is pretty considerably true.

AGUE AND FEVER.—F. D. B., Youngstown, O. An "eminent physician" of this vicinity, in a private communication lately, stated in substance as follows:—"The disease known as ague and fever exists in the system—in the blood—and although there may be various ways of preventing the paroxysm of chill and fever, yet *nothing* will expel the disease from the system but *giving*; and that will do it so effectually that it cannot be detected by chemical analysis in the blood or bowels; and if cured in any other way, soon it will be seen which will spring up and bear fruit in after life."

Having lately, as I thought, expelled this disease on the Water-Cure plan, I would like to be informed through the Water-Cure Journal whether my friend and the good water-cure people of this place and elsewhere have just cause for getting "scared" about these seeds; and whether the ague is something that can be detected by chemical analysis in the blood or bowels?

Quay of your "eminent physician" bah! fudge! or as the Saker hath it, "This man speaketh foolishness." Fever and ague does not exist in the blood, though the *causae* of it may. The disease is an effort of the solids to expel impurities from the fluids. To check the paroxysm with quinine is simply to stifle this remedial effort, and keep the quinine in the system. As to his chemical analysis, it is, as Aristotle remarks, "windy superfluity of nonsense."

WATER-CURE DUGGERY.—E. A. K., Maine. Do not some water-cure doctors impose on the public by keeping a drug shop in their establishment?

No, sir. Water-cure doctors never do such things. But drug doctors, sailing under false colors, may. More than one person, whose name is at the service of any one who wishes it, tells us that not a thousand miles from Lond Hill is a place where drugs and water go under the name of Water-Cure, and that the proprietor takes especial delight in exhibiting the apothecary shop to visitors. And a real water-cure doctor writes: "I have a patient who remained nine weeks at the above place, and took mercury from the doctor's prescription nearly every day, and the doctor acknowledged he gave it her." We have but little pity for those who are so easily deceived. If the patient don't know the difference between pure soft water and a dose of calomel, a little bit of a mercurial sore mouth is an infallible method for developing his intelligence.

PALSY.—O. B. J., Dexter, Mich. The Electro-Chemical Baths are adapted to the cure of lead palsy, or palsies caused by the existence of that mineral in the system. If the disease is owing to mere debility or exhausted nervous power, they would not cure.

FULL DIET AND DYSPEPSIA.—S. W. W. What articles of diet would constitute a full diet without meat—such a diet as would keep a well man in health, or suitable for a dyspeptic? Can a man who has had dyspepsia for seven or eight years entirely recover?

1. Bread and potatoes; or bread, potatoes, and apples; or bread, potatoes, apples, and squash; or a hundred other combinations. A full diet does not consist in any given number or kind of articles; but on the proper quantity and quality of some or all kinds of food.

2. The curability of dyspepsia does not depend on the length of time the disease has existed, but on the remaining powers of the constitution. Some acute curable whose disease has existed twenty or thirty years; and others are incurable who have only been sick as many months.

THE PULSE AND IMMEDIATE DEATH.—S. M. B., Palmer's Depot. Is a sick person ever in danger of immediate death while the pulse can be felt at the wrist? Can you feel very small blisters about the size of a large pin head should rise on the pit of the stomach, and then over the whole front of the body and inside of the arms to the elbow, of a man sick of the bilious fever of the nervous form?

The beat of the pulse at the wrist is no security against immediate death. Usually, in fevers, the pulse ceases to beat at the wrist, several hours before death; but in some cases the pulsation is distinct to the last breath. The eruptions are owing to bilious elements in the system, conjoined with febrile obstruction and heat of the surface.

CONGESTIVE CHILLS.—N. W., Fairview, Virg. What is the cause and proper treatment of congestive chills? The disease is quite common in this vicinity. The allopathic doctors give quinine in large quantities in all stages of the disease, but it does not seem to do any good, for the patient, internally, while there is great heat and thirst within.

It is a disguised or imperfectly developed remittent or intermittent fever, and is to be treated by the general rules applicable to such fevers, as explained in the Encyclopedia. The symptoms indicate severe and long-continued obstruction in the liver. Give the patient a warm bath, or a foot-bath at the commencement of the cold stage, and a pack or tepid full bath in the height of the hot stage, and keep him on a diet of gruel and brown bread, with a little good fruit.

ROCKING CHAIR.—S. C., New Hampshire. Is it better for an invalid, who is unable to take any exercise, to sit in a rocking chair, and rock all the time? I am told that it is, but can hardly believe it. Is it advisable for such an invalid to ride out, if it induces so much fatigue as to take several days to recover from it?

It is certainly very injurious to keep in a rocking chair continually. It will do to use occasionally as a change of exercise or position. But such an invalid should vary the position frequently—sit in common chairs, then rock a little, then lie down, then walk, and so over and over again. Your last question is very ludicrous. If you get over your fatigue so as to feel better than before, then riding does you good; if not, not.

CUTANEOUS ERUPTION.—R. A. F., Goshen. What do you prescribe for a person seventy years of age, who has an eruption on the surface, with intolerable itching? About one year ago caustic was applied to cure a cancer on the face. The itching came on soon after. He has had diarrhea for a number of years, most of the time; has taken a great deal of water, uses some tobacco; has a great appetite.

Give him a wash in tepid or warm water once or twice a day, and put him on a plain, coarse vegetable diet, and let it be abstemious in quantity; at the same time let him leave off tobacco, and avoid butter, salt, vinegar, and drugs. This is nature's way to cure, but there is not one chance in a thousand that he will submit to it.

ALABAMA.—At what price can the different bathing tubs be purchased that are used at the Water-Cures? Do you consider butter a wholesome? Is molasses a wholesome article of food to eat daily?

Bathing tubs usually cost \$10 to \$30; portable baths, from \$10 to \$15; sitz-bath tubs, at from \$2 to \$4. Buttermilk is not very bad, and is comparatively very good, though not as healthful as pure water. Molasses is not wholesome in the *chorda* form, though most stomachs can manage it without much difficulty.

TURN OF LIFE.—G. A., Otsego, N. Y. The condition you describe requires no special medication, save a careful diet, and a daily sponge and sitz-bath. The temperature should not be so cold as to occasion chilliness.

DULL PAIN.—N. W., Fairview, Ky. What kind of treatment is best for a person who has a dull pain in the head and neck? She has some decayed teeth. Do you suppose these are the cause of her headache? Sometimes she has toothache. Her habits are regular as far as I know. Has been troubled with pains in the back part of head and neck for six months. Her general health has not been good.

Our opinion is that her general health has not been good. Folks in good health do not have habitual headache, nor pains of any kind; neither do they have rotten teeth. The habits may be "regular," but clearly they are not right. The proper course to pursue is to adopt a physiological diet, and take a daily bath.

AMAUROSIS.—S. T., Sharsburg. The case of falling eye-sight you describe is probably a loss of vitality in the optic nerve, and hence incurable. Attention to the general health may cause the sight to hold out longer, but local medication to the eye will do no good. The age of the patient, over sixty, is unfavorable to a cure.

BALENESS.—O. K. B., Clear Spring, Md. You will much oblige by informing me through the Water-Cure Journal what will keep the head clean and free from dandruff without *injuring* the hair? Is there any known remedy to prevent the hair from falling out and produce new hair?

Attend in all respects to the general health, and bathe the head daily in cool or cold water. Keep the hair quite short for a few months.

ASTHMATIC COUGH.—W. A., Waldoboro, Me. What should we do for a child one and a half years old, who, on taking cold, is attacked with severe cough, wheezing, collection of phlegm, sometimes endangering suffocation? Give her a warm bath, with cold cloths to the neck and chest, when the cough and breathing are difficult, and attend carefully to her diet, during the intervals. Let the food be plain, coarse, and opening.

TWO MEALS A DAY.—A. J. H., Foxboro'. Which is the best time for a scholar, who wishes to eat but two meals a day, to eat the second one, at noon or at night, when he does not have time in the afternoon? If he takes breakfast at or soon after 6 A. M., noon would be the best time. If at 8 or after, evening would be best.

ETHER-TAKING.—W. J. M., Davidson City, Tenn. Please give your readers your opinions of the habit of taking ether? It has become quite fashionable with the young ladies of this vicinity, to take ether, and they even have parties for the purpose of taking it.

It is a ruinous habit, as those young ladies will soon find to their cost if they do not abandon it. It is as disgraceful as for young men to get together and suck themselves drunk, in drawing sweetened liquor through a quill or glass tube.

FROST-BITTEN FEET.—W. B., Hamilton, C. W. The patient must not walk on the lame foot so as to cause pain or heat in it, or it may never get well. Cold wet cloths should be kept around the part, covered with dry flannel during the day, and at bed time a tepid foot-bath for twenty minutes should be employed. Of course the general health must be duly attended to.

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CRAVING MEAT.—G. F. R., Morpeth, C. W.—There is no necessity nor advantage in eating meat because a person who has been without it a year or two has occasional cravings for it. Now penitents make any difference. All persons are liable to such cravings, on leaving off flesh, tobacco, or alcohol. But they must be conquered, not yielded to.

WATER IN A SLEEPING ROOM.—H. O. B., Shrewsbury, Vt. Is it injurious for water to stand all night in a sleeping room—say four or five feet high? Not at all. When you write for the printer, write only on one side of your paper.

M. M. B.—The Patent Inlet is the name of a book. Price, prepaid, by mail, 75 cents.

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TRACTS! TRACTS! OUR CHANGE.—Since our announcement in the Journal of May, that our Physicians were preparing Circulars on specific subjects, which we would gladly distribute, we have issued large editions, and now then broadcast the applications having exceeded altogether our expectations for them.

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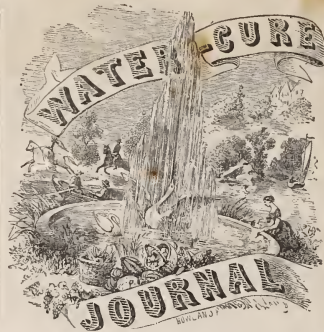
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