

ALLOPATHIC WATER-CURE



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General Articles.

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

CRISES IN MEDICAL TREATMENT.

BY G. H. TAYLOR, M.D.

In the use of a bath, the water either receives heat from the body, or parts with heat to the body. This exchange of temperature is one of the chief purposes of the bath. We will suppose (what is not far from the truth) that a sitz-bath of 56 lbs. of water has its temperature elevated 4 degrees by the heat imparted to it from the body. But, since the body is constantly parting with heat under ordinary circumstances, we may assume 34 degrees to be the excess parted with in consequence of the bath. This is heat sufficient to raise one pound of water from the freezing to the boiling point.

Now, since the average temperature of the body is maintained at a nearly uniform point under all circumstances, however diverse, it follows that this heat is so much more than would have been produced if special means had not been employed to incite its production. The same regulation of temperature, according to external demand, exists

in all the vicissitudes of seasons and changes of locality to which we are subject. The medium by which this regulation is accomplished is the nervous system; the source is generally conceded to be the air we breathe. The manner in which the object is secured, is by the nerves compelling the muscles connected with respiration to act in exact proportion to the amount of the impression made by temperature upon the sensory surface of the body. In speaking of respiration, the oxygen of the air is understood to be the essential object of it.

Now, to raise 1 lb. of water from the freezing to the boiling point requires 4-7ths of an ounce of oxygen to unite with some other element or combination of elements, except the metals, which require one half the quantity. This amount is contained in between two and three cubic feet of atmospheric air, which would be respired in consequence of the bath. The ribs are everted, and the general capacity of the chest is increased by the organic perception of need of air; and suppose this be to the extent of only five cubic inches, it would require but about half an hour to regain as much heat as was lost, even though neither the circulation nor respiration were increased in rapidity, and leaving the breathing power of the skin, in the meantime, entirely out of the account.

To produce this heat, and to use this oxygen, 2-5ths of an ounce of carbon, or its equivalent of other matter capable of combining with oxygen, is employed. This is contained in two or three ounces of blood or substance of the body.

Neglecting all other effects of the bath, it is evident that certain non-vital and non-essential constituents of the body have been eliminated, and that this has been accomplished simply by a slight modification of the eliminating means in constant and perfect operation to maintain the health.

The product of all normal eliminatory change is an oxydized substance; in crisis, or any other form of disease, a partially oxydized product appears; for, were the act of oxydation complete, the product would be eliminated in the usual form and manner, and no symptoms would appear. In skin crisis, as explained in the February number of the JOURNAL, we have only deteriorated

blood serum, absolutely produced by the means supplied, such as the taking of too much food, producing congestion of the skin by an immoderate afflux of blood, preventing the access of air to it by compresses, and the decomposing effect of heat, assisted by moisture, upon the parts.

Any one will see how preposterous is the idea that diseased evacuations from the skin by eruption or abscess, or, indeed, from any other part, usually called crisis, can benefit the health by their eliminating effect, since as much, and even more material is evolved from the system by means of a single sitz-bath.

But health does not necessarily follow forced acts of elimination, however complete or long-continued they may be, or by whatever means it may be effected, since this does not imply, on the part of the system, the ability of self-regulation of functions.

And yet patients, and even physicians of our school, overlook the great fundamental principles that underlie the system, and, like the Allopath, continue to seek health through some formidable operation. Every one must be conscious that a tendency to improvement is very manifest in the old-school methods and practices, the principles guiding them verging toward Medical Hygiene; and it is possible, since many of those of the latter faith hold with evident tenacity upon rigorously Allopathic notions, that they may be distinguished in the race of medical reform. The chief practical distinction in the two practices seems often to be reduced to a choice in the substance to be employed and felt, remedially, water being considered by one party more unobjectionable and feasible than any thing else. Hence, it is frequently said, in advocacy of the Water-Cure practice, that all the remedial virtues (?) of drugs are embodied in this single substance; in its power to produce emetic, stimulant, anti-febrile, couster-irritant, and a host of other effects, rivaling the vaulted qualities of remedies set forth in the most approved pharmacopœias. Some argue for a verbal modification of this statement, in the distinction, that one set of curative measures employ poisons, while the other does not. This distinction becomes insignificant when effects are regarded, in which we are really to decide which is least inimical to

vital welfare, rather than upon abstract chemical quality.

It is this reliance upon the use of water to produce those manifestations, not inaply called crises, that is the cause of much danger to the perpetuity of the system of medicine that we employ; and though the ignorant and empirical use of these means be decidedly better than any other, because based on a higher fundamental idea, yet the practice should be carefully guarded lest it degenerate into a practice no better than the theory.

No one will contend that what is called Water-Cure crisis is absolute health. The effects of aloes might as well be called health. In both cases, the system does the best it can under the circumstances to repel unnatural impressions. Whether drugs or water be employed, the organs may suffer a depression of their vital capabilities from the inordinate tax imposed upon them, and when repeated impressions upon the sensory organs be the chief means employed, abundant injury can follow, if the means are in inordinate excess. The prominent effects are perversity of appetite, followed by incomplete reaction of respiration with constituents of food, whereby secondary products occur and are retained in the blood, instead of being evolved as products of completed organic change, and invalidism of various kinds, according to circumstances or predisposition, is a certain consequence.

I regard the production of crises, whether by drugs or water, as an evidence of the impropriety of the remedial means employed, or of the method of using such means, and of a radical misapprehension by the physician of the mode in which health is maintained and acquired, unless, indeed, these effects be traceable to his cupidity.

In spite, then, of authority not altogether unknown to the readers of the JOURNAL, I maintain that, in the practice of Medical Hygiene, water is no "medicamentum," nor is it a "specific remedy for disease," as distinct from whatever else is appropriate to the wants of the system. Its general use is simply that of a medium of temperature, not as air also, to a less extent, and it is its temperature quality that in chronic disease is chiefly serviceable. To maintain the opposite faith is a stronger implication in favor of specific medication than is often claimed by the more intelligent of any school of practice. Let us cultivate a willingness to let the doctrine of *crises* and *specifics* go to the parties that rely most on them, the vendors of pills and balsams. Though "four out of five get crisis, and get well after it," as they would in the use of drugs, many of my patients recite the tale of such a getting well with deep sorrow.

It is lamentable to witness the effects of these extreme purgatorial efforts, whether by means of drugs or water. The victim, sustained only by that paramount function of the pericardium, *credulity*, buffets the injuries heaped upon him till they transcend physiological endurance, and then, instead of the promised health, finds every sense converted into a means of deceiving the judgment. For the judgment is made up of the evidences of things obtained through the senses,

and when these are under habitual morbid impressions, a certain consciousness of internal disparity and inadequateness inflicts the most constant and exquisite torment, aggravated by an utter ignorance of a mode of relief.

THE HOT CORN PACK.

BY T. G. PETERSON, M.D.

This is, in every respect, the same as the common pack, with the exception of the hot corn, (in the ear) which after the sheet and first blanket are applied, is quickly placed along either side of the body from the arm-pits to the soles of the feet, when the other bedding is wrapped as in the ordinary pack, but not close enough to bring the corn in burning proximity. In ten or fifteen minutes (if properly performed) the patient will generally be sweating admirably, when hours together would probably not have sweated in the dry envelop, and if suffering pain at the time, he becomes almost perfectly easy.

Persons can remain in this pack from one to two hours, with but little more fatigue or loss of strength than by the common process, provided the cool or tepid dripping sheet is used on coming out, which, in the case of weakly persons, I generally apply while they remain in the recumbent position, for the reason that they may feel erid on first coming out, if they assume the erect posture—a feeling frequently experienced by such patients on coming from the ordinary envelop; yet this may be prevented almost entirely by keeping the head and face cool while in the pack, and by pouring cold water upon the same on the instant of coming out.

To give the dripping (rub) sheet after this pack, I place the patient upon one side of the bed when enveloping him; and, at the time of coming out, instead of covering down to the pack sheet, when the dripping sheet is laid down on the other side, upon which the patient then turns himself from the envelop, and receives his rubbing. If unable to turn, I have him lifted by assistants.

It is probably never necessary for any one to remain in this pack longer than half an hour after sweating begins; however, sweating will not *always* take place even in this pack in every condition of the system, as I have experienced myself in cases of congestive chills; yet, even here, it does wonderfully establish a *reaction*. I have found it invaluable in these cases.

I consider this process very excellent for *certain conditions* in many diseases. In all cases where the pores of the skin are clogged, and there is deficient capillary circulation, I have used it with much success, and when hot and chilly sensations existed at the same time, and the cold wet sheet could not be endured. In a word, in every case when it is desirable to produce an instantaneous action or reaction in the superficial capillary blood-vessels, to relieve internal heat, and painful congestions, I think it can be used to advantage, and doubt not but what it might have an admirable effect in the collapse of cholera. I think it may, with much advantage, supersede the vapor-bath and dry pack, which are so fatiguing and enervating.

My friend Dr. Stierwalt informs me that he has used this pack with much advantage in influenza—never failing to cure—while under drug treatment it was very fatal.

My first effect with it was upon myself, in a case of tonsillitis or quinsy, when I was burning up and freezing pretty much at the same time. It acted like a charm in this instance, as, indeed it has in every case in which I have tried it properly, and I have now used it in a number of

instances. I have used it in asthma, alternately with the common pack, and it has appeared to relieve very much, relaxing the spasm of the bronchial tubes, and inducing copious expectoration. I have used it in metastatic parotitis, when the person was suffering agonizingly through a great portion of his body, with general pruritus and chilly sensations, and unable to hold up his head, and in three hours thereafter he was able to walk through the room. I have given this pack to a patient suffering pleuritis, and in half an hour she was almost perfectly easy, and continued to be much better, and, with the other adjuvantia, in a few days was well.

In a case of malignant fever contracted in Florida, and which came under my treatment after having been *scientifically* drugged by a physician, and unscientifically by the patient himself, with quina, Indian rhubarb, &c. Jugland's cathartica, to an almost mendicably extent, I succeeded in keeping off the paroxysms which recurred daily with eclampsia, raging delirium, and hemiplegia of the left side, with this pack.

In this case there was but little chill or fever; reaction being decidedly deficient, with great congestion of the brain; the patient suffering pains almost intolerable over the right eye and temple. The paroxysms came on very suddenly, with aphonia, and lasting an indefinite time, gradually subsided. I did not get to see the patient in any of his paroxysms but the last one, and then not before he was coming out of it. This one lasted him eight hours before he recovered rationally. On the next day, some half hour before the expected paroxysm, I gave him the hot corn pack; leaving him in something over an hour, and until I thought all danger of his eclampsia was over, and then took him out, and gave him the rub sheet in the horizontal position; and the only noteworthy symptom which presented itself was the pain over the eye and in the temple, for which I moved him, enveloped as he was, diagonally across the bed so as to get his head to its edge, and poured cold water upon the painful parts, which made them feel, as he said, like bursting; but, notwithstanding that feeling, I held on pouring for a few minutes, and soon after stopping, the pain ceased entirely. On the next day following, and for four successive days, I gave him the hot corn pack just before the expected paroxysm, and he has not taken them, but is, on the contrary, convalescing finally. Other treatment, of course, was used during the intervals between the exacerbations, and for a week or ten days before using this process. I should have said that his pulse was down to forty-four nearly all the while, but full; and that he had taken four ounces of quinine on his own hook.

I have no doubt but what corn (or other grain) shelled, boiled, and put very hot into bags, etc., large enough to cover the body as a wrapper, would be an inestimable remedy in a state of collapse. It will yet be tried. These could be made locally, too, to any part of the body.

EXERCISE-PATHY.

ABOUT the commencement of the present century, Peter Henry Ling, of Sweden, a man of practical mind and philanthropic disposition, having withal a military turn of mind, studied the art of fencing, in which he became very skillful; and the invigorating influence of the exercise on the muscular system suggested the plan, which he finally carried into effect, of a system of exercises for the development of the power of enfeebled structures and the cure of chronic diseases, infirmities, and deformities, by "movements." In this way originated what has been called "kinesiotherapy" or "movement cure," with all its various

modifications of "medico-gymnastics," "motor-path," etc.

In 1805, Ling commenced the study of anatomy, physiology, and other sciences, with the intention of making gymnastic exercises a remedy for diseases and deformities, and also a branch of ordinary education.

In 1813 his system was introduced in some of the military schools, since which time several medical men in Europe have established institutions for the treatment of chronic diseases by a variety of gymnastic exercises, with and without technical apparatus. And as exercise, in every possible therapeutic application, is one of the remedial measures of the hygienic, or Water-Cure, or hygieo-therapeutic system, it was natural enough that hydropathic physicians should avail themselves of the experience of these pioneers in the speciality of *motion-pathy*, in the medication of the invalids under their care. Accordingly, *kinesipathy*, as explained in the various works which have been published on the subject of curing diseases by specific exercises, has been

more or less practiced at different water-cures in this country for several years.

About a year and a half ago a Dr. Donovan, who was entirely familiar with the various processes of the principal European institutions, commenced the practice of kinesipathy at Dr. Taylor's water-cure in this city. He was but little patronized, for one reason among others, that "Young America" has but little leisure or inclination to devote to the exercises which the more slow-going and quiet people across the water can attend to as well as not.

Dr. Donovan soon after returned to England, but before leaving instructed Dr. C. H. Shepard, a graduate of our school, in the various manipulations which he had learned in Europe. Mr. Shepard is, therefore, the first one who practiced kinesipathy in this country as a speciality, although Dr. May, Dr. Holland, and, if we recollect, Dr. Bedortha, Dr. Seelye, and several others, advertised it, as a part of their remedial resources, five or six years ago. More recently Dr. C. H. Taylor, of this city, has visited some of the European

institutions, with the view of acquainting himself with their peculiarities.

In whatever way kinesipathy may be best managed in Europe, it is very certain that very few of our American people, who need muscular development and invigoration—for this necessity applies to one half of the males and three quarters of the females of our country—will or can go to water-cure or kinesipathic establishments to be cured, trained, or developed. They must have the benefit at home or nowhere. And to furnish this class, or this majority of our people, with the means for self-treatment, so far as exercise as a conservative or remedial agent is concerned, Dr. Trall has collected into a book, called the "Illustrated Family Gymnasium," such explanations as will be of most service to non-professional persons. The work contains more than three hundred illustrations, some of which are adapted to almost every kind of infirmity or debility. We extract a few of the illustrations of the various departments of the work, as indications of the scope and spirit of the whole :



EXERCISING DRESS.



WALKING.



RUNNING POSITION.



LEAPING.



SKATING.



CORRECT POSITION ON HORSEBACK.



MAL-POSITION ON HORSEBACK.



BOWING.



RIDING.



PASS POSITION.



GENUFLEXION.



BALANCING BACKWARD.



BALANCING FORWARD.



ACTIVE-PASSIVE FLEXION.



UPRIGHT BALANCING.



LIMB-STRETCHING.



WRESTLING.



CALISTHENIC-CHEST EXTENSION.



EXERCISES WITH THE DUMB-BELLS.



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[FROM THE ILLUSTRATED FAMILY GYMNASIUM; Containing the most improved Methods of Applying Gymnastic, Calisthenic, Kinesiotherapeutic, and Vocal Exercises to the Development of the Bodily Organs, the Invigoration of the Functions, the Preservation of Health, and the Cure of Diseases and Deformities. With numerous Engraved Illustrations. By R. T. TRALL, M.D. Price of the work, complete, prepaid by mail, only \$1 25. Address FOWLER AND WELLS, 308 Broadway, New York.]

HINTS TOWARD

PHYSICAL PERFECTION;

OR,

HOW TO ACQUIRE AND RETAIN BEAUTY, GRACE, AND STRENGTH, AND SECURE LONG LIFE AND CONTINUED YOUTHFULNESS. †

VI.
CHILDHOOD.Old trees are not trained, but saplings, which readily take any given direction.—*Boissey.*

N infant may come into the world healthy or diseased, vigorous or feeble, beautiful or ugly; and we have shown, in the last chapter, how parents may predetermine, to an almost unlimited extent, these physical conditions. But we will suppose that the candidate for the honors and felicities which wait on Beauty, Grace, and Strength, has already been ushered upon the arena of life. It is not too late to make or mar the future man or woman. Past errors may yet, in a great measure, be remedied. If sickness, or dis-

ease, or deformity exist, we shall labor under a disadvantage, but need not despair. The infant is yet but as soft clay for our molding. Its physical as well as its moral destiny is still in our hands.

Comparatively few children are born with irretrievably bad organizations. Even a delicate, puny infant, the offspring of weak or scrofulous parents may, by means of careful, judicious, and persevering training, become healthy, robust, and beautiful. The reverse of this is also, unfortunately, true. Beale remarks that "a long-continued course of injudicious feeding, want of air and exercise, indulgence of various kinds, and neglect of mental and bodily activity, will effect such a change that an infant born of healthy parents, with all its organs well formed, may become a miserable, rickety, scrofulous child." This fact is too evident to require proof; and the principle involved can not be too deeply impressed upon the minds of parents. Even those who have secured for their offspring all the pre-natal conditions insisted upon in the last chapter, and proudly exult in the possession of a healthy and beautiful child, can not safely pause here. It is natural, no doubt, for the healthy and beautiful child to continue healthy and beautiful; but to do this it requires natural and beautiful conditions, and these it can not control. It is for you to see that nature has "fair play." Fortunately, it is *not* natural for the weak, diseased, or deformed child to continue to be weak, diseased, and deformed. These are *not* natural conditions, and there is a constant effort on the part of nature to substitute for them health, strength, and beauty. Let this most hopeful circumstance be borne in mind. In inducing disease or deformity we necessarily fight against nature, while in promoting health and cultivating beauty, we cooperate with her, throwing ourselves, as it were, into the current of her tendencies.

In Sparta, Plutarch says, immediately after the birth of a child, it was taken from its mother and carried to a place called *Lesche*, where the heads of the family then assembled and examined the infant. If well-formed and robust, and all its limbs properly shaped, it was decided that it should be brought up; but if it was deformed, ugly, or feeble, it was condemned to be thrown into a place vulgarly called *apothetis*; as it was considered inexpedient that any child should live unless likely to become a vigorous and useful citizen. We would not restore this barbarous tribunal, but, in order to secure to the State the most vigorous and beautiful citizens possible (as important a matter now as in the days of ancient Sparta), a wiser and more humane court should hold its session around the crib of every new-born

* "Laws of Health."

infant, to deliberate upon the best means of correcting any deformity or ugliness that may exist, and of promoting its health, strength, and beauty.

We can not here give detailed directions for the nurture and training of infancy; but must leave it for good sense to deduce them from the general principles set forth, and the miscellaneous hints here and there introduced.

We must remember in the first place, that the subject of our parental care and solicitude is a very tender and pliable being, just emerging into a new phase of life, and in the highest degree susceptible to external influences, whether hostile or friendly; but possessing an inherent tendency to develop in itself the highest forms of manhood or womanhood. It is not natural for it to be deformed, or diseased, or to suffer pain. If these conditions exist, they have been *forced* upon it; and whether they are the result of some imperfection in the germ from which it has sprung, or of some unfavorable pre-natal impression, there is a constant effort on the part of its vital forces to correct them; and by a wise co-operation we may assist nature to restore the system to its normal state. If, on the contrary, it has come into the world with no defect of constitution—if it is already in a healthy or normal state, no efforts on the part of Nature is required; and it is left for us simply to supply natural conditions—the elements essential to the growth of its body and the development of its mind.

The chief business of childhood is to grow. This grand object must not be lost sight of for a single moment. *Nature* never loses sight of it, but she requires, as we have said, certain conditions; and as these conditions are favorable or unfavorable, so will the growth of the child be healthy and beautiful, or diseased and deformed. Health and disease are, neither here nor anywhere else, matters of chance, or the effects of any special dispensation of Providence, but subject to law, and each resulting from its own legitimate cause.

The rapid growth of childhood gives us the command of a most efficient means of physical improvement; but, at the same time, it increases the liability to deterioration and the ultimate destruction of the organism. The particles of which the child's body is composed are subject to constant mutation. It is never wholly the same for two successive minutes. Old matter becomes effete and passes off, giving place to new. Healthy bones and muscles may thus gradually be substituted for diseased ones; or reversing the conditions, health may be driven out and disease take possession of the domain of life. We are constantly building and rebuilding the human edifice, and the structure will be strong and beautiful or weak and ugly, accordingly as we use good or bad materials, and manipulate them wisely or unwisely.

Now what are the essentials of a healthy and beautiful development in the well-born child?

1. Pure air is a prime necessity. First of all the infant must breathe. Its mother can no longer breathe for it. It has commenced life on its own account. See to it that the new comer has enough *pure air*. Mark particularly the word *pure*, and give it its fullest significance. Bad air—air deprived of its proper proportion of oxygen and surcharged with carbonic acid and other poisonous gases—has killed thousands of strong men. Do you think the tender infant can withstand its deleterious influences? Air, the vitality of which has been consumed by combustion or by previous breathing, is entirely unfit for the respiration of any human being, and most of all unfit for that of the new-born child, whose delicate tissues are so readily poisoned. *The copious breathing of pure air is absolutely essential to beauty, whether in the child or the adult.* That alone can vitalize the tides of life and give the roseate tinge to the fair cheek. Give your child, then, as the first condition of a healthy growth, a plenty of *PURE AIR*. Attend to the ventilation of the nursery, the bed-room—the whole house, indeed. You neglect it at the peril of your child's life and the certain marring of its beauty.

2. The second requirement of the young child is pure food of the proper kind and in sufficient quantity. Nature indicates what this food should be, up to the time when she shall have furnished the means to masticate solid aliments, and enables the healthy and well-developed mother to supply it in the proper quantity. For the first year the child needs no food except milk, and this should be drawn, fresh and full of vitality and magnetic virtue, directly from the opulent bosom of a healthy and loving mother. That this is according to the ordinance of Nature is too evident to require proof or argument. The mother's holiest feelings sanction and confirm it. No true woman, we think, can willingly permit her offspring to draw its very life-blood, as it were, from the bosom of a stranger, a hireling, a menial. But suppose the mother be sickly or deficient in mammary devel-

opment? Then we have a choice of evils. We may procure a wet nurse, or fall back upon the friendly cow. Circumstances must determine which may be the least dangerous alternative. The milk of a healthy cow is certainly preferable to that of a diseased woman; but the slop-fed cows of the city never are healthy. Good milk can be manufactured only by the grass-eating cows of the country. If a nurse is to be procured, the greatest possible care should be exercised in the selection. She must be healthy, and of not too coarse an organization. Her habits, temper, and morals are also to be considered.

Bone and muscle are formed from materials furnished by the blood, the blood is manufactured from the chyle, the chyle is a product of digested food. If the last be impure or poisoned by an admixture of the elements of disease, can the first be sound and healthy?

Now, in order that the child shall imbibe only pure and healthy nutriment from her bosom, the diet of the mother or nurse must be strictly attended to. Her food should be pure, nutritious, and easy of digestion. Graham or other coarse bread, cracked wheat, rice, ripe sweet fruits, milk and cream are all excellent. If flesh-meat be made use of, it should be of the best quality, and sparingly eaten. The milk secreted by her mammary glands will represent faithfully the changing states of the mother's body and mind. The passions affect it as inevitably as food and drink. Albinus gives an account of an infant which was thrown into convulsions of which it died, by being suckled by its mother immediately after a violent fit of anger. Be careful then that your child do not draw from your bosom milk which passion has changed to acrid poison.

When it has been furnished with the means of masticating it, it seems natural that the child should be furnished with solid food; but it must be gradually accustomed to a kind of nutriment so different from that to which it has become habituated; and milk should for a long time, and perhaps during life, form an important part of its diet. For the rest, bread and fruit should be its staples. The grosser kinds of animal food, and particularly pork, should be entirely excluded from its dietary. Our own opinion is, that young children should never taste flesh-meat of any kind, whatever adults may find it necessary or expedient to do. At any rate we need not be in haste to create an artificial appetite for it. Give a healthy child sufficient bread, milk, and sweet fruits, and it will have no desire to poison its stomach with fat pork. Candles, cake, pastry, and sweetmeats should be utterly ignored. It should not know that such things exist.

Regularity is a very important point in diet, and is particularly necessary in childhood. Regularity in meals promotes regularity in growth, which is essential to symmetry and beauty.

After the first year a child requires but three meals a day. Continual eating is destructive to the digestive organs, and the cause of an untold amount of disease, both in children and in adults. It may be set down as an established fact, that without purity, simplicity, and regularity of diet in childhood, there can be no such thing as perfect health, beauty, and regular development.

Children should drink pure water only. Spring

water is best. Water in which soap does not dissolve, and which is unfit for washing, is not wholesome.

3. Young children require a great deal of sleep, and the younger they are the more they require. Be careful that they sleep in well-ventilated rooms of the proper temperature; that they lie in the proper position, and that the chest be free and the face uncovered. *Never put a child asleep by rocking in a cradle.* If you have such a piece of furniture in use, we entreat you to banish it at once to the darkest corner of your attic.

4. Warmth is another essential. Young children, in common with all other young animals, are very susceptible to cold. The exposure of their bare legs and arms to a temperature which would cause positive discomfort to the healthiest adult, is therefore not likely to promote their physical well-being. It is, in fact, a most foolish and mischievous piece of cruelty, whatever fashion, which evidently ignores physiology, may say to the contrary.

5. Light is just as essential to a child as to a plant. When the latter is kept in the dark it soon loses its shape, flavor, and color—becomes etiolated or blanched, slender and weak. Deprivation of light has a similar effect on the human frame, and is naturally more marked and more disastrous in childhood than in maturity. Light evidently aids the development of the different parts of the body, and the exposure of its whole surface to the action of the solar ray is very favorable to its regular conformation.

6. Perfect cleanliness can hardly be too strenuously insisted upon. Young children require at least *two full baths every day*—one in the morning, and the other at night. At first the water should be at the temperature of 80° or 85°. At two months old 70° will do, and at three months, 60°, or even lower. After it is a year old the evening bath may be omitted, except in warm weather. The morning bath should be kept up during life.

7. Exercise is as essential as breathing itself. Without it there can be no healthy and beautiful growth. After a child is a month old it should have its *daily exercise in the open air.* In the house, the largest liberty consistent with its safety should be allowed. Its clothes must not be tight, its crib narrow, or its perpetual motions in any way restrained. As it grows older it will naturally require still more exercise. It should then be much out of doors—should play, dance, sing and shout. Still, quiet, noiseless, "good, little children" die young. Give us rather those who are "full of mischief," and "drive around and break things." It is worse than murder to compel such children to stay quietly in the house, to say nothing of sending them to school to be shut up six hours a day in an ill-ventilated room, and confined to a hard, uncomfortable bench; or of putting a book into their hands at home. We say in all seriousness, with a writer in *Blackwood's Magazine*, that "a child three years old with a book in its hands is a fearful sight. It is too often the death-warrant, such as the condemned stupidly looks at—fatal, yet beyond his comprehension." The child three years of age, or even six, should know little of books, except that they sometimes contain pretty pictures.

The distinguished Dr. Spurzheim says: "Ex-

perience has demonstrated that of any number of children of equal intellectual power, those who receive no particular care in childhood, and who do not learn to read and write until the constitution begins to be consolidated, but who enjoy the benefit of a good physical education, very soon surpass in their studies those who commence earlier, and read numerous books when very young. The mind ought never to be cultivated at the expense of the body; and physical education ought to precede that of the intellect, and then proceed simultaneously with it, without cultivating one faculty to the neglect of others; for health is the base and instruction the ornament of education. * * * * Napoleon, when in the school of Brienne, was noted in the quarterly reports of that institution as enjoying good health; no mention was ever made of his possessing any mental superiority; but in physical exercises he was always foremost. Sir Isaac Newton, according to his own statement, was inattentive, and ranked very low in the school, which he had not entered until after the age of twelve. The mother of Sheridan long regarded him as one of the dullest of her children. Adam Clarke was called "a grievous dunce" by his first teacher; and young Liebig a "booby" by his employer. Shakspeare, Moliere, Gibbon, Niebuhr, Byron, Humphrey Davy, Porson, and many others, were in like manner undistinguished for early application to study, and, for the most part, indulged in those wholesome bodily exercises and that freedom of mind, which contributed so much to their future excellence.*

Hufeland, a learned German physician, observes: "Intellectual effort in the first years of life is very injurious. All labor of the mind which is required of children before their seventh year, is in opposition to the laws of nature, and will prove injurious to the organization, and prevent its proper development. * * * * It is necessary that we should not begin to exercise the faculties of the mind too early; it is a great mistake that we can not commence their cultivation too soon; we ought not to think of attempting this while nature is wholly occupied with the development of organs, and has want of all the vigor of the system to effect this object. If children are made to study before this age, the most noble part of the vital force is withdrawn from perfecting the organization, and is consumed by the act of thought; from which it necessarily results, that the bodily development is arrested or disturbed, digestion is deranged, the humors deteriorated, and scrofula is produced."[†]

We do not, however, advise that intellectual culture be neglected, as the reader will see further on.

8. Intellectual culture is, equally with physical training, essential to any high order of beauty. The mother commences this culture with almost the first hour of her child's life. Looks and intonations speak to it before it is at all capable of comprehending the value of words. It is not long, however, before it recognizes something more than the tone in its mother's expressions of tenderness. It finds that words have a significance (that is, if the mother have the good sense to speak English, or some other rational language, and not "baby

* "Education." † "Art of Prolonging Life."

talk"), and soon it makes an effort to repeat them. Now if its mother speak them, or it can have the companionship of persons to whom they are native, a child may learn to speak two or three languages besides its mother tongue, before it is old enough to open a grammar—that is, before it is seven years old—and that, too, without any excess of mental exertion. Then, by means of nursery tales and rhymes, songs, games, pictures, and judicious answers to its endless questionings, its mind may be kept in healthy activity, and regularly and harmoniously developed. This kind of education, without injuring the health, checking physical growth, or detracting from the simplicity and grace of the infantile features, imparts to face and form those expressive and beautiful lines and shades which culture alone can give. A different course of intellectual training—a course adapted to men and women, and not to children—in which a premature and disproportionate development of the reflective organs of the brain gives an expression of age and maturity to the childish face, is as unpleasing to the eye of correct taste as it is physiologically and psychologically unnatural. Avoid, as you value your child's physical well-being, the precocious intellectual development now so common in this country. We have already well-nigh abolished the institution of childhood altogether, and filled the world with miniature men and women. Let us, before it is too late, make an effort to bring back to the earth the reign of childhood.

9. And with the rest the affections must be cultivated. A sweet temper and loving moods are in the highest degree friendly to health and beauty. A cross, ill-natured, unloving child can not be beautiful. That temper and disposition make their characteristic marks upon face and form is specially observable in childhood, when the features and configuration are so readily modified. As the crowning excellence, then, cultivate a gentle, tender, loving spirit in your children; for goodness and beauty ever go hand in hand.

If any deformity, mal-formation, deficient or excessive development, or any morbid action exist, advantage should be taken of the earliest childhood to correct it. The continual change of matter which the system undergoes is now rapid, the muscles are soft, the bones are pliant, and the patient entirely under an easy control. Almost any modification of form or change of action is now possible. The principles on which all physical training, whether general or special, should be based, have already been set forth. In a future chapter on direct physical culture, an efficient code of practical rules and directions will be given.

The parent should carefully watch over every organ of his child's body, to see that each is brought into play, and has its proper degree of activity. But to do this without interfering with the order of Nature, which is always the true order, the law of periodicity must be studied. Now Nature develops particular periods of the body and brain at particular periods. We should take counsel with her, and endeavor, by education, to help her complete the part which she may have on hand at given periods. If we find nature to develop a particular function, or class of functions, from one to seven, another

from seven to fourteen, still another from fourteen to twenty-one, and another subsequently, shall we not try to develop, at these specific ages, those particular functions which she is endeavoring especially to mature? Thus, from the first to the seventh year, the perfectly healthy child is very fleshy, which signifies great activity in the vital functions. This period is devoted particularly to food and sleep, yet sufficient exercise is required to carry forward these two functions; whereas from seven to fourteen a greater amount of muscular exertion, as compared with the vital functions, obviously accords with nature's constructing economy.*

To sum up, if you would lay deeply and firmly in your child's constitution the foundations of a vigorous and beautiful manhood or womanhood, endeavor to secure to it all the essentials of a healthy growth, and carefully guard it against all deleterious influences. Give it pure air, wholesome food, warmth, light, sleep, exercise, and regularity in the action of all its functions. Let it live much in the open air, play, sing, shout, and laugh. Beware of tight dresses, constrained postures, involuntary quiet, "doctor's stuff," school-books, enforced study, confinement, and ill-temper. Remember that growth is now the principal thing. You may direct, but you must not compress or fetter. Study Nature, learn her tendencies, and aid her to reach the Perfection at which she aims.

TO ALLOPATHIC PHYSICIANS.

No. 6.

GENTLEMEN—There are two ways of doing things. One is by the *offensive*, the other by the *defensive*, method. One by the overthrow of error, the other by the establishment of the truth. Now, by temperament and training I prefer the latter. It is unpleasant to *seem* to be attacking you, and hence, in all my articles, I have sought as much as possible to press home the truths that underlie my practice, rather than to extend an argument going to show how absurd the Allopathic practice is. For I know full well that, as *the people* see the value of water-treatment, they will become aware of the danger and destructiveness of drugs, and forgo their use.

So different, however, are our respective *faiths*, and so diverse our treatment of the sick, that it is impossible for me to expost my own fairly without exposing yours, and as there is no way of escape from it, you must hear it for aught I see. In this and future articles I shall report cases, keeping back names and places of residence of the persons whose cases I give to the public, so that their sensibility may be spared, but at the same time giving their history fairly, both as it was stated to me and as it really transpired.

SKETCH NO. 1.

John Howe became a patient under my care in the summer of 185-. He was a single man—the son of a clergyman—a youth of brilliant talent, and destined by his father for the church. It had cost his parents great economy to educate him, and as the young man had had from childhood a passion for books, they had succeeded in

giving him a collegiate course, which, to his credit he said, he had improved. He graduated with high honors, but, as most of our young men do, with low health.

John was twenty-two years old when I first saw him. He sought my counsel and advice for a specific ailment—one which, in the language of popular advertisement, is called "constitutional debility"—one which, in the United States, has come to be a domestic affliction, sapping the strength and dawning vigor of our youth, and laying the foundation of their ruin in the green and gristle of life. There is no habit so destructive as that of *solitary indulgence*; no practice that infuses into the blood the poison that, like that of the *Burgias*, kills so imperceptibly, so naturally, that friends declare the victim is dying a death imposed by Providence, as the practice of rousing the reproductive energies unduly, and setting them at work out of time and place. Still worse, there is no habit so difficult to combat and overcome, for various reasons. One is the hyper-sensitiveness existing on the subject. Another is the ignorance of parents about the evil. A third, the want of knowledge of such as fall into the snare. A fourth, the unfaithfulness of the medical profession. A fifth, the irregular and stimulated lives which the youth of the land live. A sixth, the want of daily bodily exercise, especially on the part of students, etc. And a seventh, the unhealthy relations which the sexes are made to hold to each other.

Under these circumstances, the subject of this sketch had fallen into ill-health of a much more serious type than was supposed to exist by his father or himself. That he was sick, they knew. The subject, because *he* felt it; the father, because *he* could see it. The loss of power which had been gradually stealing over him, arousing his attention at times, at last had proved itself constant. He had sick symptoms, but these he had been able to relieve by medical advice and administration. But while to special medication or effort a headache, a blur of the eyes, a fit of indigestion or attack of constipation, a sleepless night or great irritability of temper would give way, an increasing and less shadowy consciousness that power was being supplanted by weakness was taking hold of him. It had lifted itself into a *fear*, which communicated itself to his parents, and in their terror they consulted me. How readily a strong man takes on fright once strip him of strength. A child's weakness is not the measure of its fear. It is strong in its feebleness. It has this instinct, and besides, nature accommodates herself to its conditions. She knows it needs protection and help, and she awards it. But a man, accustomed to consider himself as full of resource, grows fidgety and tremulous the moment he is stricken down. It was instructive to see this John Howe. Over his face, which was very pleasant to look on, and stamped with evidences of high culture, there flitted the most unmistakable symptoms of dawning insanity. A sadness sat upon it like a nightmare on a sleeper. His smile was as hopeless as that of a lost sinner, and the change was from ever-present *despair* to an occasional *fear*.

"Doctor," said he, "did you ever have a case as bad as mine?"

* American Phrenological Journal.

"O, yes, my dear fellow," I replied, "worse—much worse."

"Of course you think you can help me?"

"Most certainly I do, but I do not wish to be too dogmatic about it till I have examined you, so permit me to ask you a few questions."

"Do you look like your father or mother most?"

"The most like my mother."

"Have you her color of hair and eyes?"

"Yes."

"And general features?"

"Yes."

"And physical form?"

"Yes."

"What were your habits when a child?"

"Studious."

"Were you a large eater?"

"Yes; and ate rapidly."

"Did you ever have skin eruptions?"

"Yes, quite badly, and was cured by anointing."

"After which you were not as well?"

"No, sir, I was not as well; had headache more, and had a more morbid appetite, and was more nervous."

"What have been your habits in college?"

"Studious as respects my attainments, fast as respects my living."

"Have you slept enough?"

"I should say yes, but have gone to bed at a late hour."

"Have lain in bed late in the morning?"

"Yes."

"Eaten at late hours?"

"Yes, almost constantly."

"Have drunk wine?"

"Not habitually."

"Occasionally?"

"Yes."

"Pain in right side?"

"Yes."

"Pain between your shoulders?"

"Yes."

"In the hack of the head?"

"Yes."

"Across the small of your back?"

"Yes."

"Have you cold feet?"

"All the time."

"And heat on the top of the head?"

"Yes, with heavy pressure."

"And hlurs before your eyes?"

"Yes, at times."

"And tongue covered with yellowish furze in the center, red on the edges, strawberry tip, and very tremulous?"

"You can hest judge," putting out his tongue.

"Ah! I see All right! As I supposed."

"And you have bad dreams?"

"O, dear sir! horrible! horrible!" and he hurst into a parson of tears. "I wish I was dead at such times."

"And you become very much depressed?"

"Ah, sir! Life has lost all its freshness. I feel, as I once imagined Methusehah did, just before his death—*so old*."

"Are you cross?"

"Once in a while, very cross."

"And at such times you forget the proprieties?"

"I see nothing but *myself* then."

"And suppose yourself abused or neglected?"

"Both."

"Atmospheric changes affect you, I suppose?"

"Very much."

"Have you taken medical advice?"

"Yes."

"And what did your physicians say was the matter with you?"

"O! they gave different opinions. One said my blood was deficient in *iron*, and so he gave me some."

"And you took it?"

"Yes."

"Were you better?"

"Not a whit better."

"So, you tried something else?"

"Yes, sir; I took *calomel*."

"What did you take that for?"

"My physician said I had liver complaint."

"And your liver wanted *stirring up*?"

"Yes, sir."

"Well, did the *calomel* produce the desired effect?"

"No; it stirred me up, but did not stir up the liver."

"What then did you do?"

"I tried a third physician, who said I had dyspepsia and needed *tossing up*, and he forthwith proceeded to give me *tonic bitters*."

"And it helped you?"

"For a time I thought it did; but it ceased soon to have any good effect, and I foreclosed on it and threw it away. From that point I would not take medicine. I gave myself up, as a doomed man, till I got hold of your "*Hints*," published by Fowler and Wells, and I made up my mind to consult you here, in your own house, and put myself under your care, if you thought you could help me. I have fastened my hopes on you, and I leg of you not to deceive me."

"No necessity for that, or for discouragement," I replied. "You can get well, so that all your life for the past eighteen months, which is unpleasant, shall be the merest fiction in your consciousness. You shall have a clear head, a tenacious memory, good digestion, dreamless sleep, pleasant temper, cheerful spirits, fine moral sense, keen intuition, and deep and abiding faith in nature; and the plans of life which, like dead friends, have been hurried out of your sight—as you supposed, *forever*—shall have a beautiful resurrection, and appear to you in all the warmth of coloring. And you shall have power to take them up and work your life into them one by one, till they shall become a part of you, and you a part of them, as a farmer pours his sweat into the soil he works, till its very products are a part of him."

He rose from his seat, no longer the impersonation of despair. His mild blue eye shot forth a radiance such as I delight to see; his cheek was red, his nostrils dilate, his lips slightly apart, and his head erect. For the instant he was handsome as Apollo. He walked across the room and turned, and I looked him directly in the face, and *knew* that he was mine. He stepped close to the chair in which I was sitting, and said:

"Doctor, you are one of the strangest men I ever saw."

"How so? *Why* so?" I asked.

"You have hidden me to live, and I feel better already."

"Well, Mr. Howe, what is there strange in this?"

"Strange! Is it not strange? I have not felt as well in six months."

"I admit it may be strange to you, but not to me. It is valuable as an incident, and seems to me a good purpose in assisting me to decide on your case positively. I have not the least fear about you. You will get well, only give yourself time."

"How long?"

"I can not tell, for I do not know."

"Can not you guess?"

"Yes, Mr. Howe, I can guess, but what is a doctor's *guess* worth? He is in the region of uncertainty when he *guesses*, and is as likely to be wrong as yourself. But, as you will not be satisfied unless I do offer an opinion, I will say, in your case, it will take you at least eighteen months."

"O! well, if you can cure me in eighteen months, so that I enter into *practical* study, I shall deem it quickly done."

"So he it, then, and now to your duties. My young friend, there is a Scriptural injunction which contains excellent philosophy in regard to health. It is, 'Cease to do evil and learn to do well.' Our sicknesses in this world are congenital or self-induced, and are not, as many persons are disposed to affirm, *Providential*. The Creator, in his management of affairs, takes great precautions against sickness. He *provides* for human health in all just and appropriate ways, and 'takes no delight in the death of him that dieth, but that he should turn from his evil ways and *live*.' What is needful for you to understand is, that you have no surety—no matter what I or others might say to the contrary—of recovering your health, except by retracing your steps, as far as you have gone wrong, and by earnest and honest obedience to the laws of your being."

"In coming here, allow me to say, that you have come to a Water-Cure as different in its aims and intents from the general impression entertained of Water-Cures as one can well imagine. I can only ask you to understand that, with me, you can not be a *drone*; you will not be permitted to cherish wild imaginings and despondencies, that your face must not put on the depressions nor contortions of a misanthrope, and that weakness and despondency must give way to manly resolution and calm courage. I like to inspire my patients; I glory in seeing them *endure*; I am happy in seeing them enjoy. But this last in my philosophy of life comes last, and he who pines for enjoyment till he has won a right and title to it by faithful struggle, can not long remain patient of mind. The air—moral atmosphere—of the Glen will be found too bracing for him, and he will go away to some other place, whose arrangements will allow him to lie down and be cured. Two classes of sick persons go to Water-Cures—the *active* and the *passive*. Our Cure is built up for the former. Its arrangements, plans, purposes—its treatment, its physicians—their ideas, notions, lives, and all there is of them, all go on the supposition that nature

is the great physician and does the work, and that she uniformly and without variation *helps only those who help themselves*. There is a blessed truth in the fable of 'Hercules and the Wagoner.' You know it; it comprises all I ask of you. Make this matter of recovering your health a *business*. Introduce yourself to it as you would to the mastery of a language. Work for your life as earnestly, as unselfishly, as perseveringly as I will work for you, and the sun of your life shall again rise as cloudless as at its first rising."

"I will, I will," he said; "I will endure hunger, thirst, hardships, privations, self-denials—I will embrace them all at once, if need be, only give me health."

"Good! my young friend, yours is the right spirit. It is of such stuff MEN are made, and you may rely that the man never lived, who had a *great and good purpose* at heart, who was not seen from above by lookers-on—strengthened by *angels*. Now, do not be too much elated. You will see dark hours. You will have days when your spirit will well-nigh give up the contest, and lie down to its fate. But yours must be no yielding. '*Faint, yet pursuing*,' is my motto. It was an apostle's; let it be yours and you shall win—my word on it."

Gentlemen, that young man is now in the most robust health. Life to him is a succession of pleasant changes. He was in our Glen fourteen months, had three crises, was sick for weeks at a time, yet kept up his courage *nobly*. It was inspiring to see the fellow *climb*. Obstacles, difficulties, positive stoppages he contrived to surmount or get round. His eye was never dim, his lip never quivered, his heart was true to the purpose taken; and when, at length, he stood at the summit of the hill's difficulty, and smiled, his smile was radiance itself. I gave him no drugs, administered no poison, but placed him under proper bath-administration, and he began to walk away from his weakness of body and enfeeblement of mind, and put on *strength* like a garnet.

Now, gentlemen, discuss this case at your leisure, but do not forget that the ablest of your school had had my patient before I had him, and that under their handling he grew worse; under mine he recovered, to live a simple, pure, useful life, and to-day to stand as fair chance to win renown as any man of his age in the young State of which he is a resident. JAMES C. JACKSON.

DR. HAMBLETON'S REPORT.

We commend the following excellent article, from the pen of Dr. Hambleton, to the careful perusal of our readers. His suggestions are eminently practical as well as praiseworthy.

Having been, for the last sixteen months, a laborer in this part of the great field of medical reform, I now feel disposed to report myself, and the great cause of humanity's highest interest.

The noble work goes bravely on.

Within the last six months I have given twenty free public lectures on the subject of hygieno-therapeutics. I have visited all the towns and villages within fifteen miles of this place, except one (and the bills are posted for a lecture there next Sunday), and many of the churches and school-houses.

"But what!" says one, "you certainly don't lecture upon these subjects on the Sabbath?" Certainly I do. I consider it "right to do good upon the Sabbath day." Christ, when accused by the Jews of breaking the Sabbath, by healing upon that day, replied: "Behold, if your ox, or

your ass, fall into a pit, you go straightway and pull him out upon the Sabbath day; and here is my sister bowed down with disease, lo, these eleven years, and shall not I stretch forth my hand and heal her upon the Sabbath day?" And behold, here is my fellow-man, bowed down with the most egregious curse that ever afflicted humanity, "lo," these *two thousand* years. And shall I not stretch forth my hand upon the Sabbath day, and teach them the way of redemption and salvation from this most grievous affliction? Most assuredly I will. And whenever I can command the most listening ears and honest seekers after truth, then and there will I endeavor to be among them, proclaiming the glad tidings of redemption, and much joy to humanity. And the results, thus far, have been very satisfactory. Although I have not succeeded in coaxing, urging, or daring any of the medical fraternity into a discussion, yet the *people* have turned out liberally, and a great change in public sentiment has been effected, to the extent that for some months past I have had from twelve to fifteen patients constantly under treatment, of both acute and chronic diseases, and my practice is constantly widening and deepening; and although my practice extends over an area of 18 to 20 miles in diameter, yet I treat all patients at their own residences. And I believe this is the only way we shall ever succeed in thoroughly eradicating the curse of drugs from the land, from the fact that persons sick of acute disease can not well be taken off a great distance to a "water-cure." And yet, if all acute diseases were treated strictly hydropathically for one generation, chronic disease would be almost entirely unknown in our land. Then how much better would it be for humanity, if hydropathic physicians would devote more of their energies to the cure of acute diseases, and thereby prevent their being dragged into a chronic condition, and sent off to "water cures" to be relieved of a difficulty mainly induced by drugs, taken in the vain hope of *curing* the acute attack.

As an inducement to the people to *try* hydropathy in acute cases, I am in the habit of stating in my public lectures that I will take charge of any case within twenty miles of my residence, and if called before the patient has been drugged (in that attack), if I fail to effect a cure in a *reasonable* length of time, I charge nothing for my attendance. And the great certainty with which we cure acute attacks renders this proposition entirely practicable, and furnishes us the opportunity of demonstrating through all the country, that there is nothing mysterious pertaining to the treatment of patients at "Establishments," but that this potent means for the eradication of disease may be as efficiently applied at the patient's own residence, at least in a large majority of cases, as anywhere else. And when this fact is fully demonstrated to the *people*, that they can not only be cured at their own houses, but that without the resort to drug poisons, which all accept as evil, though many deem their use a *necessary* evil, drug vendors and nostrum peddlers may "hang up their fiddle."

Among several interesting cases, I will give you a brief report of one, in the way of illustration, of what can be done by home-treatment.

The 29th of April last, I was called to see a child about four years old, who, about a year previous, had received a fracture of the tibia of the right leg. The limb did not at the time receive the proper surgical treatment which the case demanded, and inflammation, with extensive ulceration, was the result. Two fistulous openings were formed on the inner side of the leg, about two inches above the ankle joint, which discharged incessantly. In about four months after the accident, and of almost ceaseless excruciating pain to the patient, the shaft of the tibia became separated from the head by absorption at its neck, and a point of the upper end of the shaft protruded through the skin on the inner side of the leg, forming another opening from which matter was constantly discharged.

Thus the patient lingered along from month to month. Allopathic physicians were consulted, but no benefit derived from their prescriptions. About the first of January last the child took the measles, which left him with a distressing cough, from which he began to more rapidly decline. Again an "allopath" of considerable reputation for his medical and surgical skill was consulted, with the hope that he might remove the protruding bone and arrest the disease which appeared to be rapidly dragging him down to the "silent tomb." The Doctor prescribed "bread-and-milk poultices to the leg," but nothing else. Friends and neighbors said that consumption had fixed its fell clutch upon the vitals of the child, and it must *die*. In this emergency the parents concluded to try hydropathy.

I found the child suffering from great irritation of the lungs, distressing cough, cold-extremities, labored respiration, hectic fever, cold night-sweats, or whenever sleeping, and all those symptoms of extreme exhaustion and debility.

By four weeks' judicious treatment, by packing, bathing, compresses, and bandages, the disease was so far arrested, and the general health so much improved, that I deemed it prudent to operate upon his leg, which I did, removing four and a half inches of the tibia. Wet bandages were then applied; the wound well washed twice a day in warm water, and in two months from the time I first saw the patient, the bloom of health was again upon his cheeks, and the smile of joy upon the countenance of his parents. No one would suppose any thing the matter with the boy, except from a slight halt in his walking, from which he will, no doubt, soon recover. And thus he exists, a living monument attesting the great superiority of hydropathy as a curative agent and the utter worthlessness of drugs. DR. W. N. HAMBLETON.

PENNSVILLE, MORGAN CO., OHIO.

PRESERVATION OF HEALTH.

We are kindly allowed to extract the following excellent advice from a private letter written by a gentleman now residing in California, to his daughter in this country:

MESSRS. FOWLER AND WELLS.—The following excellent advice for the *preservation of health*, is extracted from a letter from a brother of the writer, now in California, to his daughter, a married lady, in this country. As the preservation

of health is a subject of great importance to every person, I have taken the liberty to make some extracts from the letter for your columns, for the benefit of the readers of your Journal. As far as my own experience and observation go, I can confirm what the writer says, particularly as to the preservation of the sight. The letter also contains some most interesting accounts of the soil, climate, health, productions, etc., of the country, which I shall extract, and send you from time to time. But I must give the extracts I have referred to, on the subject of health.

"Will you permit me here to make a few suggestions relative to health, which my own experience has taught me the good effects of, and which, if practiced by yourself, will doubtless assist materially in the preservation of both health and beauty, and, it may be, the attainment of longevity. The food must be simple, plain, healthy and nourishing, and properly cooked, and not taken in too large quantities. The skin must be kept clean and free from all impurities, either by the use of the brush or bath, or both, daily. I use the cold shower-bath every morning, summer and winter, regardless of the weather; and when from home where it can not be had, if I can do no better, rub myself from head to foot with a wet towel. The cold bath might not suit every person however, though I believe that it would be as beneficial to most persons as to myself. There is no mistake in the following remedy, however, and I must beg of you to practice it. Inflate the lungs to their utmost capacity with pure, fresh air, frequently during the day, so that their whole cellular tissue may be exposed to its action, by long inspirations of the breath, occasionally holding it for a time, according to the convenience or inconvenience with which it can be done. This should be done where the air is pure and fresh. There is an instance on record, where the chest of a man over forty years of age was expanded three inches by this practice long continued. Such is my constant practice; and from the time I commenced it I have felt its beneficial results. The buoyancy of feeling it creates is enough of itself to cause me to practice it. Do not sleep in a close, confined atmosphere. It is highly prejudicial to breathe over and over again an atmosphere that has lost its vitality, and is loaded with the impurities thrown off from the body during the hours of sleep. It is bad enough to breathe such an atmosphere when awake, and worse still to be immersed in its impurities during the hours of sleep, when the body is passive, and more liable to be affected by malaria than at other times. A word or two more on the subject of health, a matter of too serious consideration to receive only the slight attention that is usually bestowed upon it. If it required the one half of our time to develop fully the physical, and I may add also the mental powers of a person (which latter depend greatly upon the good condition of the body), and secure their healthy action, the time would be well spent. But it does not require the one fourth of it, and the remainder is more valuable than the whole would be without it. Exercise in the open air is included in the above; and is positively and essentially necessary for the preservation of health of both body and mind, the enjoyment of our earthly existence, and its prolongation to a ripe and full old age. Some twenty years ago, I was at the residence of a distant relative who was then in his *seventeenth year*. He could read very small print without the use of glasses, something very unusual for a man of his age. He informed me that he preserved his sight by bathing his eyes in pure cold water every morning, when he washed his face and hands. This he did by holding them open in the water for a space of time. I immediately adopted the same plan, and have persevered in

the practice of it, with every appearance of success, as my sight continues good to the present time. I also adopted the practice of washing my neck and back of my ears with cold water, as a preventive of toothache and I have never been troubled with it since I became inured to the practice. Now, would it not be well to practice remedies and preventives so *easy and simple* as the foregoing, and which have been tried with success? It is also necessary to *true happiness*, that the mind should be at peace with itself and all things else.

I call your attention to the means of obtaining bodily health, for the reason that the little minutiae that secure it are too frequently lost sight of or neglected. I believe that J. — (his daughter) promised me, when a little girl, that she would avoid *light-lacing*. I hope that she will not forget to teach the same useful lesson to her own daughters, and point out to them the ruinous consequences resulting from a compression of the chest and lungs, which should be allowed free room in which to grow and expand to their utmost capacity. It is essential both to health and long life, which are sadly interfered with by all artificial compressions of the chest. Give your children a free use of their limbs, and let them, as well as yourselves, have all the good, wholesome exercise that they can get in the fresh, pure air. By so doing you will have but little need of physic; and will be enabled to look with a commendable pride on a healthy, vigorous, and handsome offspring."

CHATEAU D'ISSY.

A WATER-CURE ESTABLISHMENT IN THE NEIGHBORHOOD OF PARIS.

Translated from the Berlin Foreign Literary Magazine.

On my leaving Bellevue, where I remained some time, I paid a visit to Dr. Leopold Wertheim's water-cure establishment at Issy. This beautiful village is close to the first stopping-place or station of the railroad train to Versailles, on the left bank of the Seine. I had already, on a former occasion, paid a flying visit to the Castle of Issy, which was formerly the residence of the Prince of Conté, and is, indeed, well suited for a royal dwelling-place. It required great sacrifices and efforts on the part of Dr. Wertheim to obtain the exclusive possession of this magnificent estate, and to convert it to the purposes of a great water-cure establishment. This he has done, however, with that devotion to the cause of human welfare for which he is so remarkably characterized. Paris is wholly supplied with water from the crystal stream of the Seine. But on the estate of this establishment, where is a magnificent park of one hundred and twenty acres of land, there are found a great number of springs of the finest and most delicious water. These, which descend from the mountain heights of the park are made to flow into the baths of the establishment, as well as supplying refreshing streams of healthy drinking water. Even in our own Germany, a land so rich in the supply of pure water, few water-cure establishments can be found so well supplied in this respect as Dr. W.'s establishment at the Castle of Issy. I was perfectly enchanted at what I saw on first entering the gates of the castle. You enter into a spacious court-yard, at one extremity of which you see in the distance the noble edifice proudly rising to view at the south end, and on either side the wings of the building, of great extent, form a quadrangle open on one side. These wings on both sides contain apartments for bath houses, dwellings, etc. The

ground floor of the chateau is divided into several public apartments and reception-rooms. There is a magnificent hall, richly adorned with golden ornaments and costly marble, after the fashion of the times of Louis XV. In this hall there are tables covered with newspapers and various literary works, while the view from the windows into the park is of surpassing beauty. The rich and heavy golden furniture of this saloon, its marble statues, the surprising height of its richly painted ceiling—all combine to raise in the mind impressions of princely magnificence. The rich furniture of the Bourbon prince still decorates the mansion, and among all the wonders which surprise, the splendid marble mantelpieces in the old style, rich in sculpture, are not the least remarkable. Passing from saloon to saloon, and from parlor to parlor, each room seems to excel the last in rich decorations and splendid magnificence. To all this is added the unequalled prospects seen from the spacious windows, out of which Paris may be seen, in the distance, on one side, and the verdant and shady forests of the park on the other. Dr. Wertheim, who is become celebrated among physicians by his work "On Water as Applied to the Cure of Disease," has added all that is necessary and complete for the requirements of such an establishment. I have never seen anything, even in Germany, to equal this establishment. Everything is here at hand for the comfort and the health of the boarders. There are not only baths of all kinds, but also a gymnasium department is erected in the park. The living is unsurpassed; all that is good, wholesome, and tastefully found at the table, while the attendance of the servants is all that can be desired in attention and assiduity. Such are the charms of this *sejour*, that I know of many who, after they have recovered their health, prefer to live here rather than at Paris or its neighborhood. At winter time there were many distinguished guests at the castle, forming a delightful society. The gentlemen had their billiard tables and hunting parties, the ladies their *soirées* and *casinos*. Among others, I noticed the former French Ambassador Thuret, the well-known artist Hypolite Rolle, the Prussian officer Herr Von Bonin, who belongs to the Prussian military mission in Paris; General Gaetner, the Marquis de Colbert, the Countess Mortier, the Peruvian Ambassador, the Marquis de Fresquiennes, with many others whose names I have forgotten.

Fireside Reading.

RUSSEL SMILES CHILDREN.

BY HENRY H. HOPE.

CHAPTER XII.

[H. H. Hope presents his compliments to the readers of the WATER-CURE JOURNAL, and in reply to queries, whether the personages of his tale are real, thanks them for the compliment paid to him by the making of the inquiry. It is matter of pride to a literary man to be able to point to the life the personages which people his own world, to see in his own imperfections men and women who live on earth, to be able to create a man, or woman, or child, statue-like, yet *in flesh* in his hand, into whom some of his readers shall breathe the breath of life and make it a living soul.]

Mr. Hope begs leave to say that the story is designed to illustrate certain habits and feelings quite common in domestic life in America, where, having no advantage, such as in Europe, men and women who are successful in amassing wealth take airs to themselves therefor, and assume to be better than their neighbors who are less favored. The observation of the writer has led him to the conclusion that few persons beginning life without property, and arriving at old age with plenty, are courageous enough to trust *his* poor according to character, and not according to *gears*. Not a father in a thousand, not a mother in ten

thousand, are there who, having a daughter of marriageable age, would not make poverty in a *cellar* a bar, or at least a very great obstacle, to union. Now the writer of *Russel Smille* deprecates such a feeling when under Institutions social and political, like those of the United States, *seal of property* is a great stimulus to exertion on the part of a young man, and insures his success if he has energy and enterprise, far more than a *fortune* could possibly do. Mr. Hope trusts, therefore, that no person will be so impulsive as to give vitality to his characters without his consent, because to do so would stamp them as very weak in mind or fervid in imagination, besides doing him very great injustice. He wishes to be able to swear to the identity of his own offspring, and as *Russel Smille's* children are born of his own brain, he will be much obliged to all interested in their history if left under his personal control. And with this explanation he respectfully requests their attention.]

A LETTER FROM THE TOP OF A GATE-POST.

MY OWN DEAR LIZZIE—When you read this, I shall be asleep in your father's kitchen chamber—a green young Irishman, fresh from the Emerald Isle. I doubt not, my darling, that you will have seen me and have not known me, for bodily as I dislike deceit, I am equal to any disguise. One brought up as I have been, inevitably acquires skill in changing his conditions, and so I am not unhandy in disguising my person. Just think of my being in the same house with you, your parents not suspecting that in their newly-hired man they have their old one in a new dress!

You think, doubtless, that by this time I am ready to have you take the leap from the window into my arms and become my wife by an *elopement*. I am not ready. I will not deny that I feel mortified by the ungracious, and I may say unkind, manner of your parents toward me, when presenting my wish to make you my wife; for nothing positively objectionable can be urged against me except my *poverty*, I am sure, and that I am poor is the least of my troubles. One's wealth is not always at hand ready for *show*, nor does it always consist in cash, nor in property, of which cash is the *regulator* of value. I have within the last six years stowed away a good many dollars in my *brain*, and I know that in doing so I have put them at compound interest. Besides, I am not as poor as I seem in *money*, and I little doubt I could have come to you

"In shape and guise
So sleek as to have added
To my chances vastly;"

but I like *labor*, I rejoice in work, I am prouder in my *blouse* than in my broadcloth, and have more power, more genius, a deeper sense of thrift when grasping a spade than when fumbling a watch-chain, after the manner of a graduate of the University of ——. Once or twice I have regretted that I did not make your parents' acquaintance as Zuliman Burt, the young Poet, or the young Mathematician, or the young Professor in a Western College, and have presented my letters of introduction, which would have smoothed my way to favor in all probability, but this regret has passed away as soon as born almost, for I should have never prospered with you in such garb. You are naturally too strong, too vigorous in mind and judgment, poorly disciplined as you are, to be satisfied with loving a delicate, dandified gentleman. For you there must be the *strong* man, whose mission is *work*, and whose heart is in his mission, who joins to daily labor daily *growth*, and who, with the Divine blessing on him, slowly lifts himself into positions of great influence by his unswerving fidelity to truth.

It is the fact that your mother has related herself to you rather as a shrewd woman than an ingenuous, which has awakened in you toward her your antagonism. You dislike shams, and thus you feel hard toward your mother for having made you a sham. Pretty much all the *overgrowth* of you is of no account. Like a toupee on the crown of a bald man, which in itself is a defect more visible than the baldness it is intended to cover, your education, as far as it has progressed, only serves to show how far behind what you ought to be you are in all good and noble attainments. Now, darling, I could not afford to run the risk of approaching you under other than my strongest appearance, and so I came to you as a day-laborer, skillful in all that appertains to general agriculture and special horticulture. Your father, an amateur in all such things, caught at my expertness, and I became man of all work. Despite my jacket of Kentucky jean, I made my way to your heart without succeeding with your parents. But in the character of *WORKER* must win you, and then you will be *mine*. Do you know that very few men are at liberty to call their wives *theirs*? Why, marriage is the greatest force out, now-a-days. It is the easiest thing one has to do to get a wife. It is the *hardest* thing one has to do to keep one. Girls are daily turned into wives, to be turned again at no distant period into sour, selfish, disappointed women. The womanhood of most girls comes to them after the marriage life has brought forth a bountiful harvest of grief, sorrow, disappointments, and heart agonies. Most girls reach that point where the spirit asserts its rights to independence in thought and feeling—after they have been wives for years—dark, cheerless, toiling, sorrowful years, during which their courtship, their bridal scenes, their honey-moon have suffered the most terrible eclipses. Now, Lizzie, I want no such life as this for you, nor for myself.

I am a man whose capital is in his manhood, I love you very dearly, and nothing on my part shall stand in the way of your being my wife, but I ask for womanhood first, and wifehood afterward. Much as I pity you, I can not elope with you. If any one elopes with you let it be one or both of your parents, then *mine* will be the right to follow. If I run away with you, *theirs* will be the right to follow. Let *them* elope. If they do so, it will be with the purpose of putting you out of my way, and on that score, much as you dread your mother's resources, you may have the amplest confidence in mine, only I must keep clean hands and a pure heart in this whole matter; I am the more desirous to be perfectly discreet, because a lack of discretion will affect *our* happiness. The basis of all *love* is self-respect. Lust may exist in the absence of, or the loss of self-respect, but *love can not*. I must remember that you in your *years* yet are a young maiden, that in *experience* you are a child, that in your unfoldings your passions are uppermost; and that you are easily led to mistake the promptings of your lower faculties for the serene decisions which the higher powers generally give. Who then shall be your educator but myself? Trust me, Lizzie; under my frock beats a *heart* large enough for your mildest and most extravagant want, true to you as steel to knife, and manly and

courageous enough to force your mother, when it is right and proper, to acknowledge me as good enough for her daughter.

Will you be patient now? *Patience* begets experience, and this hope, and hope maketh not ashamed. By-and-by our turn comes—"it is a long lane that has no turning"—and then your fears will give way to gratulation, and your sorrow be turned into joy. I am determined to lead you out of your father's door as my wife, amid the general rejoicings of the household, and not take you off a window-sill in the short hours of the night, as a *run-away* daughter. You may fear what your mother will do. From what I know of her, I am satisfied that she is capable of prompt and violent measures, but fear you nothing; but let a perfect love cast out all fear. I am more than a match for your mother, and shall win you, yet I must do it in a way which the most fastidious will approve, and which will add greatly to your good opinion of me.

I am a philosopher, Lizzie, after my own fashion. I have watched and studied this matter of runaway matches, and am sure that as a general principle it is *true*, that those persons who run away to get married have children who have a fancy for elopement. A kind of wild current sets up in the blood of the offspring, and it seldom happens that persons who, in early life, get married between two dyns, rear children who respect them. Your mother's rule over you may be tyrannical; I am disposed to think it is; yet the highest kind of growth may consist sometimes in *submission*, and not in *resistance*. Evidently your mother has mistaken the wise way of government. She is too *rigid*, she means you shall be virtuous if she forces you to it. She applies the *Platonic* severity in an age not adapted to it, and upon a child whose nature revolts at government originating in force and not in confidential affection. But this is her mistake—and after all, my Lizzie is not incompatible with love, and though hard to bear can be borne. Zulika bears it better than you do, because hers is a temperament milder than yours, though not less ingenious. Polly bears it less hardly than you, because hers is a less ingenious nature than yours, and she delights to get and gain her ends by indirect methods, though the direct road were unobstructed. You, darling, are "a child of the desert, wild and free," and can be tamed only by love. Restraints gall, and fret, and vex you if imposed. You are the most easily governed when governed least. I am compelled, notwithstanding you run the risk of being spirited away from home, to refuse your request that I should make arrangements for a clandestine marriage, and trust that you will confide in my judgment as *to the issue*. And I must earnestly advise if your parents take measures to place you in (what they are pleased to call) safety against my machinations, to go cheerfully where they wish, resting assured that they will not move a single foot but I shall know all about it, and that if you trust me as I trust you, everything unpleasant will have a disciplinary effect on you, and greatly aid in your *culture*. I have seen too many of your sex holding false notions of life, trying vainly to find happiness when they needed to find labor, wanting *work*

vastly more for their good than they needed excitement, and miserable all the time because a morbid sentimentalism could not be indulged in to the full. Lizzie, in you are the elements of a great woman, only bring them into action. I therefore bid you rise up and be equal to your circumstances, and if now you are called to carry loads which seem to be unfitted for shoulders like yours, show yourself equal to emergencies. Our hopes are often no farther from fruition for being delayed.

Allow me the privilege, my dear girl, to suggest some points for your reflection and action should you leave home. 1st. Do not act like the most of your sex and grow pale under disappointments. Character is in many instances blasted as thoroughly as the corn (assel) is by a hoar frost, simply by the manner in which adversity is received. Do not trouble yourself where trouble does not exist, nor add to already existing trouble by fancied fears, but take things coolly and calmly, and on no account lose your self-possession. It is of the greatest consequence to your appropriate development that you learn to take things as they come, and make the best, not the most of them. Will you do so? Do you recollect the moral of the fable by Rousseau, relating to the marriage of the birds in spring,

"Beware of desperate steps—the darkest day,
Live till to-morrow, will have passed away."

An All-Wise hand, my dear girl, is spread over us, and if we will He will guide us into all truth.

2d. I am desirous that you should train your bodily powers better. What sad shadows women cast! How ill shapen! How evanescent their beauty, how transitory the day of their power. The time of their influence is the time of their girlhood, and their good looks, it may be said, are in inverse ratio to their maturity of judgment and thought. What crones they all are at forty! Teeth gone, hair gray, cheeks wrinkled, back-bones crooked, legs spindle-shanked, eyes sunken, voices cracked—all setting forth that age has pounced on them prematurely, and that they must forever wear its insignia. Many persons deplore the feebleness of women, but few seem to apprehend its causes. Of these I am satisfied that none are more powerful than that of living up woman, as one lives bees in hot-houses, with ventilation at the doors only, clothing her in dress that palsies her limbs and utterly forbids physical exercise. And as I want the wife of my heart to be the mother of healthy and beautiful children, so I feel the necessity of enjoining on you that you train your body to the freest, fullest, hardest—not hardest—exercise. To do this you must live in the open air, and that habitually.

3d. Daily—for you have the leisure—read so as to promote and give to yourself intellectual culture. Your sex lack sadly mental discipline. I do not lay the fault at their door, for it properly belongs to the door of my sex, but it is not less deplorable on that account. Men generally dislike women of talent—learned women. "Strong-minded women" are their abhorrence, and as women generally regulate their positions and conditions by the judgment and opinions of men, for the most part they are not very well develop-

ed. Now I take the other view. The more a woman knows the better I like her, in herself considered. But this is not all. The better a woman's brain is, the better her child's brain will be, and as I would like to have our children not only strong and beautiful in body but rich in intellect, I would have their mother, no less than their father, intelligent. At your age do not read novels. There are two periods in a human life when novels are useful—before reflection comes and when the responsibilities of life overbear the energies and tend to wear up the elasticity of the spirit. You are in neither of these positions, and for you, reading which begets a knowledge of actual life and induces reflection, is appropriate. 3d With your other reading do not overlook the Bible. Lizzie, I am sure of one thing, and that is that the Bible is a great civilizer. The world is vastly better for its having been written. Its teachings are radical but preservative. Its spirit is eminently humane, its precepts unsurpassed in purity and truth, its doctrines sublime. This is my judgment of it, and I invoke your attention to its pages.

And now as it is not all of life to live, be it ours to incorporate with it whatever of struggle and endurance is needful to make it useful and productive of that elaboration which insures its true end. For as there will be opportunity, and in years to come—for come they will—what at present may seem a trial shall then be sure to have been a joy. Yours, with strong heart and a quiet spirit, filled to the full with matchless love,

ZULIMAN BURT.

It was finished. She clasped the letter in her hand by a sort of clutch, as if she feared some one might steal it from her, and her eyes suffused with tears. Once opened, her heart found its grief a channel through them till they ran rain. She cried like a child at some sudden and great disappointment.

"Noble man," she said, "how can I ever be thankful enough that we have met, and that you love me as you do! There is only one way of expressing thanks in a case like this, and that is by doing as I ought. I am young, but he is old. O, how wisdom gives age! It is better than years. Human experience is not like the Divine wisdom, for that sometimes embitters the spirit, while this always softens and quickens, deepens and purifies the affections. As he has often said to me, how much better it is to be taught of God than to learn by one's own follies! I wish I knew half as much of the Bible as he does. Between us there is a wide chasm on this point. Not more, perhaps, than may properly exist. Between teacher and pupil there must be a great breadth, else no such relation could be sustained. One knows—the other knows not, and knowledge and ignorance are a great ways apart. I will not be ignorant. From this hour mine be the task to be worthy of him. He has great power—he will dispense it wisely. O God! help me! But what is that cry? Heavens! Mercy! Fire! fire! Help! for the Lord's sake, help!" She opened the door of her chamber and the hall was filled with smoke, and through its blue, hazy density she perceived a red flame, crawling like great serpents, up the bannister. She saw, that no

escape was to be had in that direction, and she retreated to the window, but no one was there. She cried fire! fire! help! help! as loudly as she could, but it seemed ages to her before her cry was repeated by human voice, and this broke the stillness in manly tones. She knew whose they were; "But what's the use?" said she; "the flames have burst through the roof, and the home is gone. Thus perisheth the labor of years. Homeless! roofless, but all this is as nothing compared to the internal bickerings in our household. I would rejoice heartily at this calamity would it be but the means of uniting us." How cool she was. Emergencies seemed to do her service. She was not afraid—she knew the ladder would be at her window, and it was. The hired man—the green Irishman—set its foot on the ground and its top against her window, and ran up it like a sailor, and took her by the hand and helped her on the window-sill on to the ladder rounds. She touched the ground to learn the heart-rending fact that her sister Polly had perished, and that her mother was in convulsions. Instantly she sought her mother's bedside, and there she stayed, administering as she best might to her wants. What heart-aches when the daylight came were visible on the faces of that family! All sympathy seemed misplaced. No aspect of countenance was appropriate that indicated sorrow. There is a grief that is so deep and high—so huge that to express it by tears is ridiculous. Lizzie and the hired man seemed to have a good understanding, and they expressed their grief in duty. But it was of no avail—the care, the kind attention, the gentle nursing. In four days Elizabeth Smilie was a corpse, and Russel Smilie a widower. So fades away all human calculations. The destruction of the home was disastrous, but the loss of the eldest daughter by the flames, and the death of the wife and mother, amounted to a desolation. Russel Smilie was smitten by it, and was for weeks a deranged man. Meanwhile Lizzie rose to be equal to the wants of the house, attended to domestic duties strictly, and was praised by all who knew what she did and how well she did it. But we must reserve the winding up of this family history to another number or two of the Journal.

AN ILL PRACTICE OF NURSES.—The most outrageous and infamous of all the vile practices of which nurses are guilty, and of which nursery maids avail themselves to get rid of nursing or attending to their young charges for a short time is that of holding children by their feet, their heads pendent to the earth, and swinging them to and fro! This is the common practice of Irish nurses and servants (I hope I may not be charged with slander). I vouch for the fact; not a child of my own—and I have six—having ever escaped this treatment, notwithstanding every watchfulness. I know it to have occurred in numerous families. When reprimanded for such conduct, the reply of the nurse always is—"Sure we do it in Ireland to put the children to slape" [sleep]. How many cases of hydrocephalus, marasmus, and nervous diseases are thus superinduced it is impossible even to surmise.—*Medical Journal.*

The Month.

NEW YORK, OCTOBER, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

AN INCENDIARY INSTITUTION.—We have got a new name. New things are always attractive. We propose to make all the capital we can of the opportunity. True, the latest "christening" to which we have been subjected is not precisely to our taste; but it is in perfect keeping with the way and manner in which our allopathic friends and brethren are in the habit of using technicalities. They call our establishment an "Incendiary Institution."

The "modus operandi" of the dose, or the "remedial effort," or the malady, is thus explained. A few weeks since, a female M. D., who took an irregular diploma from the unchartered "Hydropathic and Physiological School" of last winter, and who will take a regular diploma from the chartered "Hygeo-therapeutic College" at its commencement next spring, proposed to give the good people of a flourishing village in Illinois, a few lectures on the important subject of health. She proposed to explain to them a natural method for preserving health, and a hygienic method for curing diseases.

Of course the doctors, as in duty bound, were delighted. They were perfectly charmed with the project and object, if not with the fair lecturer herself. They encouraged her; they volunteered their influence; they tendered the bright light of their learned countenances; they offered in every way to help the thing along. They were amazingly polite; they were kind, almost to a fault. Yea, verily, they graciously condescended that the dear public, whose health-conservators they were, or claimed to be, might hear an intelligent stranger discourse concerning the laws of life.

But a change came over the spirit of their dream. It was whispered around that this woman was out of her "sphere." It was noised abroad, that woman, in virtue of her loving disposition and superior affectional nature, was an excellent creature in the domestic circle; but that her inferior intellect was never fitted to grapple with such profound, and mighty, and abstruse themes as catnip tea, milk toast, panada,

water-gruel, mustard poultices, hot fomentations, cold cloths, wet girdles, dry bandages, burning rags, vinegar-on-a-hot-shovel, eating, drinking, breathing, and washing, vomiting, purging, sweating, and rubbing, etc. *Audendi magnus tegitur timor.*

The wings of the winds carried the news in all directions, that this woman, this uncharted female M. D., this monstrosity in woman's clothes, was an advocate for preserving health without using liquor or tobacco. This was bad enough. She was also in favor of curing diseases without the administration of drugs. This was worse. She believed in teaching people how to live, so as not to be sick at all. This was worse yet. She proposed to expose the false philosophy of the whole drug system. This was the *ne plus ultra* of *worseness*. She even challenged the doctors to defend their system, if they could. This was impudence unparalleled. She went so far as to invite the regular male M. D.'s to make, before the public, objections to her views, if they would. This was unendurable. The doctors took a second sober thought, revised their good intentions, withdrew their confidence, pronounced her a *quack* from a certain "incendiary institution" in New York, and—she didn't lecture.

Bravo! Our professional brethren achieved a grand triumph! It ought to be commemorated by a monument of "calomel, opium, and antimony."

There is not a doctor, nor a person in all the land, who will not acknowledge that if the people could be educated in and made to practice a few simple principles of common sense and rational hygiene, there would be very little sickness known among us. All know and all confess that if people would conform their habits to the obvious laws of life, in relation to eating, drinking, bathing, exercise, and personal habits, there would be very little occasion for doctors. These simple, yet all-important truths, the medical profession will not teach, or can not: certainly they do not. If we, or our students or graduates do so, they call us *quacks*, *incendiaries*, and other uncomplimentary epithets.

These same doctors will acknowledge that drug-medication, on the whole, does more harm than good. They all agree that the less medicine we can do with, the better we are off. But if we get along ourselves with none at all; if we cure our patients

without poisoning them; if we teach people how to dispense with those "necessary evils" entirely, the "profession" can find no language in the dictionary harsh enough to apply to us. And this, too, in the face of the fact, that we have repeatedly offered to discuss this whole subject with them, through the newspapers, and have even offered to pay them for their time and trouble, if they would give us the opportunity. We charge the doctors, who covertly belie our system, and openly refuse to meet us, with *ignorance* or *dishonesty*. They may take either or both horns of the dilemma, as they please.

HOW INCENDIARISM IS WORKING.—We can not give a better illustration of the manner in which our doctrines and practices are working their way among the people, than by making a few brief extracts from several letters just come to hand. We are receiving similar testimonials continually from all parts of the country. Dr. L. W. Myers, another of our irregular M. D.'s, writes from New Boston, Illinois, Sept. 3, 1857:

"The season has been unusually sickly here, and all forms of disease have been peculiarly malignant. The allopaths have been unusually at fault, and their oldest and best representative has himself fallen a victim to his own system. I have had all the patients I could attend to, and my success has been just as good as I could have asked. Dysentery has been and is yet very prevalent, and as a sample of the value of the different modes of practice, I will state what has occurred in our own little town. Out of ten children, treated allopathically and eclectically, eight have died; while of eight treated hydropathically, not a single case has been lost! I have treated nervous and malignant typhus, inflammatory, intermittent, and remittent fevers successfully; also, ague in the breast, and one case of renal calculi. I have had my faith tested to the utmost, particularly in two cases of dysentery. They were children of wealthy parents, and therefore attracted a great deal of attention and solicitude. They were very bad cases, and of course required time. This was grudgingly allowed a water-cure doctor, and to one unaccustomed to watching closely the symptoms of disease, it required almost as much faith and fixedness of purpose as it did to guide Columbus across the trackless deep. For he is beset on every hand with this and that suggestion, and regaled with stories of remarkable cures, in like cases, by some potent drug, and harangued by discontented nurses and parents. But I have eschewed drugs in every form as mischievous, as expedients, and sink or swim, survive or perish, I will adhere to that resolve. We have no samples of health here. Everybody is more or less sick, sallow, putrid, bilious, dyspeptic, atonic. Heaven help the next generation, if bad habits and practices are not soon "dried up."

I must say something about the old doctor's death.

"I don't know that there is any thing new about it, but it is so allopathic. He was forty-eight, and for several years has been an inveterate opium-taker, and tobacco smoker and chewer. Of course he indulged in other luxuries, such as tea,

coffee, hog, etc., etc. Outraged nature could hold out no longer, and it commenced its protest by a slight dysentery. This, in his inflamed condition of body, was very painful, and frightened almost out of his wits, he informed the attending physician that he would submit to no treatment that had not direct reference to the alleviation of pain. Accordingly, opium, morphine, and laudanum were poured down, together with ether and chloroform. In a half insensible state he lay for about a week. At the end of this time a *bath or two* was administered. Then for a day he was fed on brandy and morphine. By this time the stench in the room had become so intolerable, that even with the windows all up, it was impossible to stay but a short time. The next day scraped ice was the medicine, and the chloroform was refused, on the ground that he was already a living carrion, and it was feared a bad matter would be made worse.

"As the anesthetics were withheld, and consciousness gradually restored, his throes were indescribable. His screams could be heard fifty yards from the house; and thus raving and tossing, the old doctor quitted the stage of mortal being. He was a prominent member of the Church, and a Free Mason, and was buried amid a great flourish of trumpets. Thus this fearfully instructive tragedy was ended by a most laughable farce.

"You have seen many such cases, but the recitation of this will only prove the universality of nature's principles, and the oneness of human experience."

We are permitted to copy part of a letter, just received by Mrs. Page, M. D., from Miss E. L. Davis, one of the students of our last winter's term, and probably of next winter's also. She writes from East Granby, Conn., Sept. 16, 1857.

"I was not aware how much I was attached to the familiar faces, and the society of 15 Light Street, until I had left. It is seldom now that I meet with one who has a sentence in common with me. It seems like living in another world, like passing through a new country, and observing the habits and customs of the people. I see every thing almost in a new light. 'To know that which before us every day lies, is the true wisdom.' I have but just learned the alphabet, yet how much benefit and pleasure I receive from even this! When I meet with friends with whom I previously associated, I can see where I once stood, and can not help smiling at the false views I once entertained. But it is hard to convince, without giving them the advantages I have myself had in the school. They have so long worn the fetters of ignorance and superstition that, in conversation with them, I am reminded of the old lady's prayer for the 'Lord to keep her in a teachable spirit.'

"Almost all persons I meet with are, comparatively speaking, fit subjects for Dr. Trall's clinics on Friday afternoons; yet you can not convince them that they are, in any measure, accountable for their ill health.

"It is very convenient to have something on which to throw the blame. I am so amused to hear mothers talk in regard to children. I met a lady of my acquaintance the other day, one that has *enjoyed* ill health almost from her birth. She has had five children in nine years; old, puffy looking things, yet you can not convince them that they are, in any measure, accountable for their ill health.

"I said to her, 'You must have no more children—for you do not wish to curse them with your diseases.' 'O' said she, in a resigned, plaintive tone, as if to say, 'Let the Lord do with me as it seemeth him good, I shall have all that it's my *fortune* to have, I suppose.' This is a specimen of nearly all the mothers I converse with. I have been busy, here and there, ever since I came. I have been in families where all was peace and harmony, where the social relations appeared in all their

beauty and loveliness; and again, where it was misery unparalleled.

"While there, a gentleman, whose wife was confined, came and wished me to take care of her. I went, and passed two weeks very pleasantly indeed. She was a stranger to me; but I found her a noble, generous woman, inquiring for the right way. I never saw one so well as she. A neighboring woman attended the case, so first day she had drunk milk-punch of course, so that I was up all night with the child, but not a particle more did she get, or any thing else, except food. She did not like to consent to my using water; preferred the let-alone system, upon which they both thrived, and in two weeks she rode three miles and back. While there I attended a young man who had been upon a spree, and was getting over it, yet thought he was going to die. I was really surprised myself at the effects which were produced in three hours. From the full pulse, every artery throbbing, and every nerve in a tremor—eyes staring, and lips parched, a deep rattling cough, and severe pain in the side, at noon; at nine o'clock he was as cool, calm, and quiet as I could desire, and in the morning was, and at work. 'Thank God! for pure, cold, hot water,' as the little girl said. I was just thinking of leaving for home, when another gentleman called upon me, as they were disappointed in their nurse. They are 'regulars' here, and what is done, is done in accordance with the *old system*. I was partially acquainted with the physician when he called; he told her she was 'all right,' 'the less medicine the better.' He gave me some of his experience and advice 'gratis,' which was very acceptable. Said he, 'Remember your department in a sick room is the great secret of success, in most cases; people watch every expression and word, and think we know every thing; but,' said he, 'we can't tell what effect our medicines will have; we know what we wish them to do, but we can not control them after they are in the system.' I was very much amused to hear him confess so much."

With the following from Mrs. Petrie, a patient lately cured of cancer, without drug-medication, we conclude this part of our performance, for the present. The letter is dated Eatonville, N. Y., Sept. 16, 1857:

"It is three weeks since I left New York. Found my brother quite sick, and many of the neighbors by his bedside; one proposing mint tea, another rhubarb or magnesia. I dismissed all as soon as I could, without rudeness, and tried the virtue of a little common sense, added to the use of the syringe, hip and foot baths, compresses, etc. Those who called to see him next day were surprised to find him much improved. Nearly all had given him up as past recovery.

"A report of his convalescence spread, and I had numerous calls from invalids and unbelievers. Were I a physician, I could, at this time, reap quite a harvest. Have had two patients offered to me to treat, provided I would take them here and have the full charge of them. Of course I must decline, for I have no strength to bestow on any out of our own family, at present. They require more skill than I possess to manage them. Mrs. II— will place herself under Dr. Trall's care soon as she weans her babies, if nothing unforeseen prevents. I am in hopes of sending two others—a maiden lady, with tumor or cancer, and a man about 65, a miserable dyspeptic. I receive calls daily from strangers and acquaintances, asking about Dr. Trall, his manner of treating patients, his school, diet, my own treatment, etc. The parts of Dr. Trall's lectures that I can remember are of great use to me now. My principles are attacked on all sides; am asked many questions that I find difficult to answer. I did not expect to be drawn into discussions, and am now prepared. I attend all my leisure time in thinking what I heard and read, will with you in order to sustain my side of the argument. We

are living on water-cure diet.—The mill goes very well. Expect to send for two mills, syringes, encyclopedias, etc., soon for friends here. Have a few proselytes. Our fruit crop is a total failure. What has become of your patients, *Luce and Heather*. Please present my respects to Mr. Dixon of Illinois, and say to him, that always at table I think of him, especially when in close proximity to *saft* or sugar. When able to walk four or five miles, perhaps he may kindly call on my company. Remember me to all. Shall I tell you about myself. Am a moving spirit, keeping others busy, but do little myself. Do not feel inclined to work; have no time if I did. I am about three inches larger around the waist, than last spring. If the chest has been expanded, you will think it done by cracked wheat instead of air. Am gaining strength daily; feel very well, but a little uncomfortable. Take baths as usual."

PUTRID SORE THROAT.—Scarlet fever of a very malignant form prevailed extensively in Michigan last winter and spring; and the following communication, published in the newspapers, and written at the request of an editor, by an allopathic physician, pretty well represents the gross absurdity of the common theories and practices:

"This disease [the prevailing sore throat], which first appeared on the coast, at Oakland, has been attended with a degree of fatality seldom known in the ravages of any malady. Attacking different structures in the throat, with various degrees of violence in different patients, there is hardly a symptom that may be considered as truly pathognomonic of the disease. Medical men differ as much in the treatment of it as they do in giving it a name. Some use tonics; others depend almost solely upon depletion; while there are those who think to find a specific in some gargle. The names *Oakland Disease*, *Cynanche Maligna*, and *Scarlatina* are all familiarly applied to this affection.

"Emetics of tart. antimony I regard as indispensable in the incipency of those cases in which the tonsils rapidly swell, until the patient is threatened with suffocation. The severe pains about the ears that frequently attend the after-stages of this disease, are best relieved by the application of a liniment composed of equal quantities (by weight) of camphor and chloroform; the same might be cautiously inhaled. The greatest care should be taken in the use of instruments to depress the tongue for the purpose of examining the throat, particularly in young children, who resist the process, as I am convinced that the slightest bruising of a part which has recently thrown off a slough might prove fatal. I frequently use tonics, but different cases require entirely different treatment. Nothing is to be more feared than exposure to a cold and damp atmosphere during the stage of convalescence. Many patients have been lost after they were considered entirely beyond the period of danger, by remaining in a fresh current of air for a few minutes. Patients are not out of danger until long after the more violent symptoms have declined. E. S. C."

It would be difficult to devise a more killing mode of treatment. Even for drug-treatment, the plan proposed is of the very worst kind. Scarlet fever, it is or ought to be well known, exists in three forms: 1. *Simple or Mild*, attended with slight fever and no danger. 2. *Scarlatina Anginosa*, attended with great swelling of the glands of the neck and severe fever, yet of little danger. 3. *Malignant, or putrid*

sores throat, in which the rash appears but slightly on the surface, the throat rapidly ulcerates, and the fever is of the character of a putrid typhus.

In this last, or low form, all reducing measures are peculiarly fatal. Bleeding is almost sure death; and tart. antimony, which is the most debilitating drug of the whole materia medica is, for that very reason, the very worst one. In conclusion, we repeat what we have said several times before, viz., we have treated all forms of scarlet fever hydropathically for fifteen years, and have never lost a patient.

NATURE OF ARTIFICIAL BLOOD-MAKING.—We learn with pleasure that Drs. S. S. Briggs and E. L. S. Briggs, graduates of our school, have located in Elgin, Ill., where they propose to teach and practice the truth as it is in cold and hot water. Mrs. B., who has suffered much from chronic indigestion, gives the following account of her experience in the matter of blood-making:

"I have been very much amused with a lady whose symptoms were as near like mine as they could be, and not be the same person. She could not give up the idea of having me apply to her brother, an allopath; he did not give strong medicine, and it would help me at once. He had prescribed for her, and it was helping her very much. He had gone to the root of her difficulty. He found, on examining her case, that she had an insufficient supply of blood, and he had given her iron and some other preparation for manufacturing that very important article. 'Oh, Mrs. Briggs must take some of it.' It is too bad for her to be so obstinate. I told her to go on with her artificial blood-making; but I knew that I had taken material enough into my system to be converted into blood. I believe the fault was in my stomach; that it was not done, and that I should treat it as I should a blistered hand, give it nothing to do till it was able to do it, and if in one year I did not break myself down in a practice I would be better off than she would; but I have not had to wait a year. She is now losing a pound a week and I am gaining as much. Said she the other day, 'How much better you look!' I declare, if you cure yourself I will come to you to be treated."

To Correspondents.

Answers in this department are given by DR. TRALL.

OFFENSIVE PERSPIRATION.—A. S., Anderson, S. C. What is it that causes the perspiration to emit an offensive odor sometimes, although I bathe every morning? I am somewhat affected with constipation. What would be the hydropathic treatment in the case? The cause is constipation. The remedy is the employment of such food as will keep the bowels free.

FOGS AND AGUE.—D. F. D., Rushville, Mo. Along the Missouri River bottoms, during a certain portion of the year, the atmosphere is very brava during the night, and not infrequently the fog and chilly air continue till 9 or 10 o'clock of a morning. Now, is it better to lie in bed late, or get up early by the fire, or set out and knock around in the wet, or leave the country? The "ague season" has commenced. What is the proper treatment, as a general rule, for that disagreeable plague? Get up and "knock around." As a general rule, cold bathing, or the wet-sheet pack at the height of the hot stage, and warm bath or fomentations at the commencement of the cold stage, are principal bathing processes. The diet must be very plain and abstemious.

FLESH—SALT—PIES.—S. B. A., Providence, R. I. Will Dr. Trall please answer, through the W. C. JOURNAL, the following questions: 1st. Do you discard meat and fish from your own diet? 2d. Do you consider it best to eat no salt on any food? 3d. Are pies made in the following manner wholesome as a standing article for the table? viz., crust made of wheat flour and shortening, Indian meal, and no salt or spice used? 4th. Of two evils which should a person choose when circumstances require one to be usually cooked, or eaten, cold, or hot, etc., as usually made, with salt, sugar, spice, etc.? 5th. If I have a child seven months old which we have tried to bring up hydropathically. Has he never taken any medicine, baby tees, or cordial, etc., and is now remarked by every one to be the very picture of health and loveliness? She will probably soon begin to eat teeth. Her diet, besides the breast, is wheat-meal mush and milk. Is it proper that she should have anything else at present?

The first, second, and third questions we answer affirmatively. The fourth is too indefinite. If you mean broiled beefsteak, we say yes. If you mean fried pork, we say no. 5. No.

IMPERFECT EYE.—T. H. Jr., Hancockville, Wis. I am requested to ask your advice, through the WATER-CURE JOURNAL, in the case of a boy, twelve years of age, who has lost the use of his eye in the following manner: About nine years he was kicked over the eye by a young colt, which cut the flesh around the eye badly, which was sewed up. The flesh-wound got well in five or six weeks by the use of cold water, and nothing but water. He could then see a little, but since, it appears as though a film had grown over it that hides the sight. He can not now see all W. C. J., whether anything can be done for him—and what?

The only chance to restore the vision is a surgical operation, and we could not judge of the propriety of this without seeing the case?

SPASMS.—O. G. B., Pine Creek Furnace, Pa. Will Dr. Trall please answer me, through the next W. C. JOURNAL, what can be done for a boy, sixteen years of age, who is subject to spasms or fits, caused by eating orange peel when about eighteen months old. Previous to his fits he was as healthy as a child could be. At the time he ate the orange peel he hardly escaped with his life. He is now subject to these spells some days as long as five or six, and they last for a week or two for weeks. He lives on fine bolted wheat bread with nothing else. He has a good appetite, and eats four or five times a day, but he has lost his teeth, and does not eat meat. The doctors have not dragged him since he was six fifteen years ago. His memory is good. When he sees anything he never forgets it. But his reasoning faculties appear to be lost, and he can not manage anything like any other person. He is cheerful and contented. The seat of his disease appears to be in his stomach. When he takes any animal food, he has the fits very bad and hard, and frequent.

The constitution, for he is confined, is enough of itself to produce the fits and reduce him to idioy. He should live mainly on ripe fruits and the coarsest bread food, with a moderate allowance of vegetables.

DIFFICULT BREATHING.—T. P., Monroeville, Ohio. What is the reason of a person having difficult spasm of breathing, attended with great pain in the back and shoulders, with a slight hacking cough, always worse when working hard, or after any great excitement? It has been growing worse for the last five years, and for the last year has been more frequent and longer, lasting sometimes two or three days. No medicine does any good. One physician says it is the heart-disease; another says it is the lungs. The diet is an animal management or coffee. Is there any cure for it?

Such cases are induced by heart-disease, enlargement of the liver, constipated bowels, and various other causes. They are usually curable by thorough water-treatment.

UTERINE DISPLACEMENT.—Jersey Blue. Your case is altogether too desperate for home-treatment. You could probably be cured at an establishment in three or four months. "Stomach troubles" of your friend are owing to unhygienical habits. Tell her to "eat to live," not "live to eat."

SOKE THROAT.—C. H. R., Wooster, O. We judge from your description that your friend must have the consumption. This point ought to be certainly determined before undertaking treatment. Consult some competent hydropath, or send her to some good establishment.

CRITICAL DIARRHÆA.—F. M., Foolsboro, Io. No doubt the diarrhea, in the case of typhoid fever you describe, was critical, and should not have been checked. But so long as false notions exist, false practices prevail. We can not give students employment to pay their way, nor can we educate them at our own expense and wait till they earn it. The particular friends and acquaintances who expect to be benefited by their professional education, are the proper persons to advance the money.

PHRENOLOGY.—From six to twelve months will enable a good student to get a thorough knowledge of the science, provided he has such facilities as a good teacher, cabinet, etc. In New York the expense would be from \$150 to \$300.

SCROFULA.—A. G. D., Highland, Mo. You could, no doubt, make some improvement, and get sufficient instruction for successful home-treatment, by remaining a few weeks at an establishment. The fee for prescription for self-treatment by letter is \$5. Limestone water can be purified except distillation. Rain water is the purest "natural" water.

FEVER AND RHEUMATISM.—H. A. T., Yaton, Io. Can't the typhoid fever be broke out seven or twenty-one days? Our allopathic doctors out here seem to think it can not—better let it run twenty-one days before any medicine is given to break it. Should a person apply cold water in the height of a fever? How should a person treat the rheumatism in the arm or shoulder, or any other part of the body?

1. Typhoid fevers can be cured hydropathically, in the great majority of cases, in one week or less. It is better to let it run as long as it can run, than to "break it up" with medicines. "Breaking up fevers" with drugs is another name for breaking down constitutions. 2. Yes. 3. According to its conditions and symptoms. Describe the case, and we will tell you how to treat it.

INCIPENT CONSUMPTION.—H. A. G., Key West. The probability is that your lungs are more or less tuberculated, owing, no doubt, to the blue-pill and other drugs you have been so thoroughly poisoned with. You need a strict diet and a full course of water-treatment, and that soon, or it will be too late. The electro-chemical baths.

TAPE-WORM.—J. R. G., Fairplay, Wis. Your diagnosis is probably correct. A strict diet, with copious injections, will cure, if properly managed.

CHRONIC OPHTHALMIA.—S. T. B., R. Q., Esq. I have been some time afflicted with sore eyes, which, near the course of five months' treatment, allopathically, including sedatives, catenol, and morphia, have assumed the form of chronic ophthalmia. His vision is so much impaired that he can scarcely recognize his nearest friends at the distance of a few feet. When commencing treatment he was comparatively well, and weighed 240 lbs.—of a full plethoric habit, and sight pretty good, but now a confirmed invalid in every respect. His nerves are completely unstrung; trembles all the time; constant pain in the back and neck, and shoulders, and throat and whole alimentary canal sore, inflamed, and irritable. Has become very hard of hearing, from a continual roaring in his ears, which I presume to be the effect of the morphia he takes. He has despaired of ever getting any help at the hands of the drug doctors, and wishes to try water, but his health will not permit of his going as yet to an institution.

A celebrated surgeon of this city recently said, in a lecture to his medical class, "Gentlemen, no physician has ever had much ophthalmic practice, unless he has destroyed at least a thousand eyes." The case of your friend is another illustration of this truth. We have cases of drug-ridden eyes every day. We do not think this case can be well-managed with home treatment. The constitution is nearly ruined with the drugs he has taken. The electro-chemical baths would be a great service. Send him to a water-cure hospital where his eyes are blind irrevocably.

ANTIDOTE FOR POISON.—R. H. R., Big Rock, Io. We have not a particle of faith in your "muskrat tails" as a remedy for all sorts of vegetable poison. All most notions are indicative of great ignorance of the nature of poisons, or extreme superstition as to the nature of remedies.

ASTHMA.—W. J. W., Solon, Tenn. Please answer in the JOURNAL. Patient fifty years old; for thirty years troubled with the asthma; bowels irregular; at times can not lie down; lives in the usual way; has used cod-liver for thirty-five years, and occasionally morphia. At times feels as though the bottom of his stomach had fallen out; has been bled a great many times, and been treated in the allopathic style.

We think the doctors have very nearly "finished off" the gentleman whose case you describe. If there is any chance at all for him, it may be found at a water-cure establishment, where tobacco and drugs are excluded.

SALT AND FLESH.—A. I. Minnecamp, M. T. Dr. R. T. TRALL: Dear Sir—I am a recent convert to your theory of medicine, and am now on the anxious seat in regard to vegetarianism and the propriety of using salt with food. Of course, no question, and certainly negatively, decides the flesh-meat question forever, for no one will use meat without salt. Now, I have always

looked upon the fact that there is chloride of soda in the fluids of the body, as proof that it subserves some use in the animal economy—though I could never see what that purpose was—and that we must consequently supply the article with our food. But a Dr. Herrick, who has recently written among us, and who is one of your readers (I probably you know him, as he talks as though he had been with you and learned of you, says he has observed that his perspiration when he is in the bath, and that since he has adopted the vegetable diet and eschewed salt he is unable to detect the least salty taste—though, to use his own expression, he has eaten his bread "under a sort of his brow quite plentifully this season." He suggests that the presence of chloride of sodium in the secretions and excretions is purely accidental, and not essential; that it is there simply because it is put there, and is a foreign substance. Now, I am a lover of salted flesh-meat, especially wild meat, of which we have a great supply; and fruit is among the things that are not open to censure, and as little attention is paid to the cultivation of good vegetables, I confess I should hardly know how to get along without flesh, fish, and fowl. But I am open to conviction, and if I satisfied that vegetarianism is the true way of living, I shall go on, for I know that if God intended me to live on vegetable food, I can and ought to do it. I never ask impossibilities. There is no *veon's* or *ca's*. He about it; there is a positive must. We *must* obey, if we would live. Now my object in writing to you is to inquire if your experience and that of other vegetarians conflicts with the statement made by Dr. H., and if an analysis of the blood of animals which never have eaten salt, shows the presence of chloride of sodium. Conclusions should be based upon *facts*. It is *facts* we want. If you vegetarians have *no* in relation to this matter, please give us outside flesh-external the benefit of them through the WATER-CURE JOURNAL, for which I subscribe, and oblige.

You will find all the facts you can desire on the above subjects in our published works. To repeat them here would occupy the whole space of the JOURNAL. We will, however, remark in this place, that the presence or absence of chloride of sodium in the system has nothing whatever to do with the dietetic use of salt. There is lime in the bones, but does any one put lime on the vegetables?

DIARRHŒA.—A. McC. Alvan. Am grievously afflicted with chronic diarrhœa. The chief feature of my complaint is an emission of large quantities of mucous matter from my bowels frequently mixed with something like pus or blood, and not thick. I am at times all most prostrate; my complaint is of several years' standing. What course of dietary and hydropathy would you recommend? Is respiration not all right? Am I sometimes proper? Would you allow of eggs? Please answer through the WATER-CURE JOURNAL as soon as possible, and you will greatly oblige a subscriber.

There is, no doubt, inflammation of some portion of the mucous surface, or internal organs of both. The diet must be restricted to the simplest quality, and be very abstemious. Unleavened wheat-meal bread and a little fruit are the leading articles. Avoid milk and eggs. Use hip-baths frequently and enemas of a small quantity of cool water morning and evening.

ANONYMOUS.—We receive every day communications from A. B. C. D., E. F., etc., asking information, but withholding their names. Of course we pay no attention to them.

BRONCHITIS.—L. M. S., Girard, Mich. As well as we can judge, from your description, the case is consumption, and the prospect of cure very poor. We know of no water-cure in your vicinity.

HYGEO-THERAPEUTIC COLLEGE.—E. L., Plattville, Wis. The expense of the school-lectures is \$75. Tickets, with room and board in the institution, \$150. Fires and lights are extra charges. Students furnish their own text-books.

EPILEPSY.—G. C., Detroit. You are evidently not well enough acquainted with our system successfully to self-cure so difficult a case. Probably you could be soon cured at a first-rate hydropathic establishment.

HICCUGH.—H. M. R., Cheney's Grove, Ill. Is hiccough in small children considered a healthy sign? Our allopathic doctor says that it is.

Allopathy is a "Know-Nothing" on this subject. Hiccough indicates a disordered state of the system, and disorder is not health. If it was a "healthy sign," all healthy children would always have it.

CONTRIBUTIONS.—F. F., New Brighton, Io. If a manuscript is sent to you, *in regard of course*, will you give your candid opinion, and if you wish contributions to any of your publications?

1. Certainly. 2. We will thankfully accept such as are suitable for any of our publications.

INCIDENTAL CONSUMPTION.—I. B. S., Park, Ky. The young lady, whose case you describe, is evidently consumptive, and requires a rigid application of the hygienic system. When you ask if we can recommend "Ayer's Cherry Pectoral," you acquaint us with your profound ignorance of our system, and our recommendation no quack medicine of any sort, but we ignore drugs of all kinds. Send your friend to a water-cure.

EPLUIS.—R. L., Fletcher, Vt. I am troubled with the epulis; it has destroyed the gum that covered the teeth; I have used Eucalyptol. Do you think I can be cured without going through a regular course of treatment?

No. You will be lucky enough if you can get well with a regular course of treatment.

PAIN IN THE SIDE.—O. B. L., Bureau Junction, Ill. Please to tell me what is the cause of a pain in the left side, and treat sometimes quite sore. Do you think I can be cured, but substantial farmers' diet—eat very hearty. I have a cough, but great difficulty in breathing when the pain is severe.

Your liver is congested and enlarged. Bathe morning and evening, wear the wet-girdle, and eat only plain bread, vegetables, and fruits.

ANIMAL FOOD—COFFEE.—J. H. H., Trenton, O. For some time I have been reading "The Physiology of Food," by Andrew C. Cook, and I am very much interested in it. I agree with the vegetable diet or water-cure. Tell me what you think of that book. The author says "animal food is the best of the rest of the body under the same circumstances." He thinks coffee is good for digestion. Do you?

We disagree with Dr. Combe. He confounds *solution* of food with *digestion*; and he mistakes the habits of mankind for the teachings of nature.

BAD TEETH—MILK AND SLEEPINESS.—SWEEPING FEET—N. K., Athens, Pa. "What are the general causes of decayed teeth in children under three years of age? Why does the continued use of milk, as a food, cause sleepiness? Why do some persons' feet sweat more than others? and why more offensive odors from the feet at the rest of the body under the same circumstances of cleanliness?"

1. Improper feeding. 2. It does not; the cause is something else. 3. The feet sweat most easily because they are most exercised.

WATER-CURE AND HOMEOPATHY.—J. J. V., Albion, Mich. Is winter as favorable a season to effect a cure at a water-cure establishment as summer? If not, is it safe to put off attending the cure until spring or next summer, providing one has scrofula, with salt rheum, and weak and irritable lungs, if he can not get until December or January next? Is water-cure, when connected with homeopathic remedies, as good as water-cure without them?

Water-treatment is equally applicable to all seasons of the year. The processes must be adapted to the season and the weather. Homeopathic remedies, *per se*, are infinitesimal nonsense. Whether they do more good or harm depends entirely on the imagination of the patient.

DEAFNESS AND DRUGS.—H. E. S., Otisco, N. Y. A relative in Wisconsin wished me to describe the case of his, two years old last March. He says the child was taken with fits last January, for which vermifuge medicine was given. He had no more fits, but came out of bed with suppuration of the ears, for some time he appears to be dizzy and totally deaf. He is energetic, but bottles and falls, and can only speak a few words, which he learned before he was sick, such as, "Ma, go away!" etc. Do you think the fits the result of improper food and medicines while teething, and the deafness, of the ear-ear? Do you think that mutes are not often made so in childhood, by some irritating food or medicines that causes inflammation of the auditory organs, and deafness, before learning to talk? What course of treatment ought they to pursue with him?

We can not tell whether the deafness is attributable to bad habits of eating or drugs, for the reason that you do not state what his eating habits were. No doubt deafness, fits, and even mental stupidity, and sometimes idiocy, are owing to narcotics which are given to quiet restlessness or kill worms. No special treatment is required. Let the child live hydropathically.

BREAD AND MILK.—A. O. C., West Millbury, Mass. I am a lover of bread and milk, and eat it once a day (at night generally), and, during nine months of the year, eat baked apples with it. Now, I would like to hear your teaching, you do not disapprove of such diet, but my wife understands you as denouncing milk, which is not only sold to the farmer by compulsion. Do you think class oranges, lemons, figs, raisins, and many other similar "nick-nacks," kept for sale at confectionery stands, as allowed by law, are good for your health? Do you think you can come down *strictly* to your diet, but I often think what

should we do if we were taken sick; there is no hygieo-therapeutic physician within calling distance, and a person frequently is too sick, to be removed even to a city house, and I should not have confidence to treat a case myself.

We do not "denounce" milk, nor even flesh. We try to teach their absolute quality, and the relative advantages of all kinds of food. We do not regard milk as among the best foods for an adult person. The fruits you name are wholesome, when in good condition, but not as they are usually found in confectioneries.

A FEEBLE CHILD.—M. E. D., Georgetown, Mo. You tell us what you do not feed your child, and I would like to mention the more important matter, what you *do* feed it with. A great many persons make as bad work with vegetarianism as they do with water-cure, simply because they "pitch into it" without taking the requisite pains to understand it. Probably you bathe your child too much, and give it a bad quality of food. Possibly it has inherited a very feeble constitution. But, in the absence of a full history, we can only guess.

FOOD FOR THE SOUL.—I. W. S. We have read your publications with great profit. Your teachings for the care and nourishment of the body are excellent. But, as well as we can judge, you have not done justice. I wish you would inform us what book or books you can recommend as furnishing the best food for the soul.

Spiritual dietetics is no part of our professional vocation; nevertheless, we may say that you will find it profitable to attend church on the Sabbath, converse with pious and good persons, as opportunity presents, and "read, reflect, and inwardly digest" such books as the Bible and Pilgrim's Progress.

BEST UNLEAVENED BREAD.—S. T. B., of McArthur, sends us a sample of unleavened bread, with the following recipe for making it:

Wet the flour of rye meal with pure soft, *cool* water, in the same manner as in making batter for griddle cakes, after stirring it rather thick with a spoon, it should be put in a quick oven, and baked from half to three quarters of an hour. The softer the sponge is made the longer it will require baking, and the lighter the bread will be. It may be baked quite soft or hard, and then steamed, so as to become soft enough for those who have poor teeth.

SPASMS.—H. G. S., Newton, Pa. The fits or spasms which affect your little girl were originally induced by an enlarged liver or constipation of the bowels. There is no special treatment required now, except strict attention to the general health. Be very careful that all her food is of a proper kind and quantity. It sometimes happens that prolonged fits, so early in life, lead to imbecility or idiocy.

ERGOT AND HYDROCEPHALUS.—L. W. A., Morton, Ill. Will Dr. Trail please answer the following questions: How does *ergot* affect a woman when it causes sterility? What is the cause of a child being born with the water on the brain?

Ergot is a narcotic poison, and as such is destructive of the functions of the uterus and whole reproductive system. The reason why it hastens labor is, because the womb, with its wonderful instinct of self-preservation, casts out the fetus with violence to save it from destruction; not always, however, successfully. The reason that children are born with water on the brain is, because the constitution of one, or both, parents is defective, or the mother does not live healthfully.

MEDICUS.—M. D. C. Can a man, who is twenty-seven years of age, with little or no means, succeed in mastering the study of medicine? What system will be better studied? Is the cold water or Water-Cure system sufficient or efficient in all cases? Is it of combining the Homeopathic and Water-Cure.

It depends not on your age nor circumstances so much as on your *vital* ability and disposition. We think the hygienic system is *pro*, as all of the drug system *faller*. Our advice to you is to study the true system. It is efficient and sufficient for all curable diseases. By mixing Homeopathy with it, most people will become patrons a little sooner; but we prefer to teach and practice the whole truth, and nothing but the truth, whether the people bear, or whether they will forbear.

DYSPEPSIA.—A. S. A., Sharpburg, Ky. Will you give a Kentucky subscriber so much as to inform me how to myself for dyspepsia, attended with a deficiency of *bile* or inactivity of *liver*?

Take a spoon-ful or two of *water* daily; use tepid hip-baths two or three times a day; wear the wet-girdle a part of each day; eat plain, simple food, mostly of farinacea and fruits, and avoid tea, coffee, and condiments of all kinds.

BATHING AN ELDERBERRIES.—S. L. S. Eaton, Mich. Which is the best time for a person in good health to bathe—morning or evening? Can old, impure rain-water be made pure by filtering? Ought elderberries to be eaten by any person?

1. Morning. 2. No. 3. Yes.

SPRAINED HIP.—G. D. E., Madison, Ind. The douche applied locally, and the use of wet compresses, would help you. The "pack," if rightly managed, would also be serviceable. Goto a water-cure for a few weeks, if practicable.

WORMS—DENTISTRY.—S. S. A., Trenton, N. J. How strong should a solution of salt be to cure, or rather kill, worms? Are there any dentists who can make artificial teeth strong enough to nasticate crackers and apples?

The water should be saturated with salt; that is, all the salt should be put in the water that it will dissolve. There are dentists in this city, and in other places, who can furnish teeth that will masticate a vast deal better than can be done without teeth, yet not as well as sound natural teeth.

INCIDENT CONSUMPTION.—H. S., Chicopee, Mass. About fourteen months ago I caught a violent cold. Since then I have been troubled with a tightness across the chest, a pain between the shoulders, and sometimes a slight pain in one of the lungs and sometimes in the other. I have also a feeling as if the region of the bronchia was filled up with matter, and which I am continually trying to spit up. I sometimes succeed in raising a small quantity of a thick, grey substance. Will you please let me know in the WATER-CURE JOURNAL what my disease is and how to cure it?

We judge your case to be the early or incipient stage of tubercular consumption. It requires thorough and careful management, and we would advise you to commence treatment under the advice of some hydropathic physician. The Encyclopedia will give you much practical information as to the proper treatment.

ANIMAL HEAT.—J. J. M. A., Racine, Wis. In your WATER-CURE JOURNAL of August, you reply to two questions asked by some one with regard to "greeny diet." The questions are: 1st. Are his (Dayard Taylor's) views correct? 2d. Does exposure to cold really require a greasy diet? The answer is: "No." Bread is sufficient. I should very much like to see an article from Dr. Trail, explaining the philosophy of "animal heat," and how it can be produced and sustained better from bread than from fat. I think the information we have always supposed some oil necessary—but if such a theory is false, I wish to be convinced, and I suppose many others of your readers.

So far as diet is connected with the production of animal heat, you will find my views explained in the Hydropathic Encyclopedia. In a small work, entitled "The Alcoholic Controversy," we have explained away the common doctrine of heat-forming and respiratory food.

Literary Notice.

THE ILLUSTRATED PHRENOLOGICAL ALMANAC, for 1858, is now ready. A handsome 12mo, with 48 pages. Adapted to all latitudes in the United States and Territories. Price, for single copies, 6 cents; twenty-five copies for \$1, or one hundred copies for \$3. Published by FOWLER AND WELLS, 308 Broadway, New York.

This little annual has reached its eighteenth year, and contents, which follows, must prove sufficiently attractive to secure it a place in every chimney-corner throughout the country. There are *thirty-eight engravings*, including the Names of the Organs; Signs of the Times; What is Phrenology; The Human Brain; Lemuel G. White, with Portrait; Howell Cobb; Samuel Collet; Noscs, Illustrated; Two Paths of Life, with Engravings; Horace Mann; Henry A. Wise; Anna Cora Mowatt; Elisha K. Kane; McKim the Murderer, and Norcross the Victim; Ebenezer Mellem; Intellect and Idiotcy; Anson Burlingame; Cyrus W. Field; Prof. Morse; Robert J. Walker; Erasmus Palmer; Curren Bell; and Gen. William Walker. Capital likenesses, with descriptions of each of these distinguished personages, are given, and the whole beautifully printed. Every family, and every store, shop, factory, office, hotel, ship, steamer, railway car, and canal boat, should be supplied with a copy. Agents, booksellers, and newsmen throughout the United States and Territories, may sell hundreds and thousands. Reader, will you have a thousand, a hundred, or a dozen?

BREAD CAST UPON THE WATERS.

EDS. W. C. JOURNAL.—Please accept the offering which I inclose [\$10 00] for the circulation of your most invaluable works, and the diffusion of that knowledge which is by far more precious than silver or gold, as a demonstration of which I will refer you to my own case. About a year ago, the galling and tyrannical power of drug medication was fast overwhelming my naturally frail constitution, when, thanks to the Giver of all good gifts, and to the God who maketh the wind to blow, one very windy day, being upon the street, there came bouncing and tumbling toward me, a printed sheet of paper. I picked it up and saw it was the WATER-CURE JOURNAL. I had often seen the paper before, but had given it only a passing notice, in common with other newspapers of the day; but this time I took it home, and sat me down to read; and as I read I began to reason on the physiology of the human system, and upon the general influence and bearing that poisonous drugs had in relation to it. I at once determined to abandon all such false theories, and make a trial of what I was fully convinced was *nature's* own remedy, *pure water*. I accordingly consigned to the elements my pills and powders, my balsams and liniments, and commenced a course of hygienic-home-treatment, and followed it strictly as far as my limited knowledge gave me power. I immediately procured an encyclopedia, and subscribed for the WATER-CURE JOURNAL, which has since come to me every month, as a messenger bearing me "good news of glad tidings;" and the water which I have made use of has been as "oil poured into my wounds," for from the day I commenced using it I can date a gradual and permanent recovery. Then, I could only walk a short distance on the sidewalk, and that was accomplished with much fatigue and exhaustion. Now, I can walk a distance of three miles without the least inconvenience; and this all came from that *gush of wind* which drove the messenger of a sovereign remedy, and forced it upon my attention. Hence you may consider me as a life-subscriber to your most excellent journal; also a hearty co-worker in the labor of Reform.

Yours, most sincerely,

MRS. HELEN ROLLINS.

WARELLA, LOUISA COUNTY, IOWA.

P. S. You are at liberty to make use of this, if you think it will be the means of encouraging any one else who may be a victim, as I was, to walk in the way which insures health and happiness, the two greatest of blessings. H. R.

THE NEW MEDICAL SALT.—Dr. F. Cogswell, of Boston, Mass., has honored us by sending us a copy of his circular, entitled "Editors on Dr. Cogswell's Salt," marked in red pencil, for our consideration and notice. His latter we give, merely to caution the public against the splendid impudence of the man who wishes to have his quackery exposed through our columns, *free of expense* to the charlatan proprietor. Beware of the fellow and his "anti-phlogistic salt."—*Georgia Citizen.*

[That's right. It is a *just*, if not a "first-rate, notice." If he—the salts man—gives Georgia salts, Georgia gives him "fits."]

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A new volume of our weekly, "LIFE ILLUSTRATED," commences November 1st. The circulation it has already attained has seldom been equalled in so short a time, and what is better still, its reputation is thus far without spot or blemish. Indeed, if the testimony of several hundreds of our cotemporaries is conclusive, we have succeeded in making a "model newspaper."

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Business Notices.

REMOVAL.—The Phrenological Cabinet, which we established four years ago at 231 Arch Street, our lease of the premises having expired, was removed on the first of September to No. 927 Chestnut Street, a few doors above Ninth Street. Mr. JOHN C. CAPES, the late manager of the Philadelphia Establishment, will remain in it and continue the business in all its departments. We commend Mr. CAPES to the confidence and respect of all our friends as a sound phrenologist and careful examiner, and a man of undoubted integrity.

LOVERS OF GOOD FRUIT—and what Water-Cure believer is not?—may be pleased to learn where and how they can obtain the LAWTON or NEW ROCHELLE BLACKBERRY PLANTS. Messrs. DREW & FRENCH, of this city, who are extensively engaged in the sale of fruits and domestic produce, are publishing a pamphlet giving a complete history, with mode of culture, testimonials, &c., concerning this extraordinary Blackberry, which may be obtained by post. See their advertisement.

Our lady friend who wrote us in reference to the PORTABLE OVEN which was advertised in our columns is thus replied to:

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SAMUEL F. WHITE, 406 Broadway, New York.



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Did not seem necessary to give other names would be given. There were long standing and extreme cases, yet all were restored to comfortable health, and enabled to walk from one to five miles daily. We have successful treatment of such cases certainly, and to those wishing it, will, in such helpless cases, guarantee a restoration, or make no charge. Address W. SHEPARD, M. D., Water-Cure, Columbus, Ohio.

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F. C. LITTLE, M. D., Lecturer on Clinical Medicine; R. S. NEWTON, M. D., Lecturer on Clinical Surgery.

The 18th Winter session will commence on Monday, October 13, 1857, and continue six weeks, in the college edifice, corner of Court and Plum streets, Cincinnati. Additional preliminary lectures will be delivered from the 1st to the 12th of October.

The Spring Session will commence immediately after the close of the Winter Session.

Extremes, extra.—The College fees are as follows: Maintenance for Tuition, 20; Sallie fees, \$5; Graduation, \$25; Demonstrator's ticket (optional), \$5.

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MATRIMONIAL.—"No. 237, FIDELIA" not having yet answered the end of its publication, this is to again call attention to it (see September number of WATER-CURE JOURNAL, 1856), and to say to the one who like a and thus he could find his conditions for good faith, he will send on his disapprobation, please now, through Messrs. FOWLER and WELLS, providing for his being a companion, from them, by a mail written, addressed to his paragon character, also will, on the 1st of January, 1858, answer, by sending him here—or to him, so applying, who best pleases him; and to the others if he be others than his own. Satisfactory references will then be given and required.

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NAPOLÉON'S CONSTITUTION AND HABITS.

LAS CASAS, speaking of Napoleon's illness at St. Helena, remarks: "Contrary to the general opinion, the Emperor is far from possessing a strong constitution. He is constantly laboring under the effects of cold. His body is subject to the influence of the slightest accidents. The smell of paint is sufficient to make him ill. Certain dishes, or the slightest damp, immediately take a severe effect on him. His body is far from being a body of iron. All his strength is in his mind.

"His prodigious exertions abroad and his incessant labors at home are known to every one. No sovereign ever underwent so much bodily fatigue. I have known the Emperor to be engaged in business, in the Council of State, for eight or nine hours, and afterward to rise with his ideas as clear as when he sat down. I have seen him, at St. Helena, peruse books for ten or twelve hours in succession, on the most abstruse subjects, without appearing in the least fatigued. He has suffered unmoved the greatest shocks that ever man experienced. But these prodigious exertions are made only, as it were, in despite of his physical powers, which never appear less susceptible than when his mind is in full activity.

"The Emperor eats generally very little. He often says that a man may hurt himself by eating too much, but never by eating too little. He will remain four and twenty hours without eating, only to get an appetite for the ensuing day. But if he eats little, he drinks still less. A single glass of wine is sufficient to restore his strength and to produce cheerfulness of spirits. He sleeps very little and very irregularly, generally rising at daybreak to read or write, and afterward lying down to sleep again.

"The Emperor has no faith in medicine, and never takes any. He had adopted a peculiar mode of treatment for himself. Whenever he found himself unwell, his plan was to run into an extreme the opposite of which happened to be his habit at the time. This he calls restoring the equilibrium of nature. If, for instance, he had been inactive for a length of time, he would suddenly ride about sixty miles, or hunt for a whole day. If, on the contrary, he had been harassed by great fatigue, he would resign himself to a state of absolute rest for twenty-four hours. Nature, he said, had endowed him with two important advantages: the one was the power of sleeping, whenever he needed repose, at any hour and in any place; the other, was that he was incapable of committing any injurious excess either in eating or drinking. If, said he, I go the least beyond my mark, my stomach instantly revolts."

That Bonaparte was very fond of the warm bath would appear from the following remarks of Bourrienne in his "Memoirs of Napoleon."

"His partiality for the bath he mistook for a necessity. He would usually remain in the bath two hours, during which time I used to read to him extracts from the journals and pamphlets of the day, for he was anxious to hear and know all that was going on. While in the bath, he was continually turning on the warm water, to raise the temperature; so that I was sometimes enveloped in such a dense vapor that I could not see to read, and was obliged to open the door. Bonaparte

was exceedingly temperate, and averse to all excess. His flatterers, probably under the idea that sleep is incompatible with greatness, have evinced an equal disregard of rest, in speaking of his night watching. Bonaparte made others watch, but he himself slept, and slept well. His orders were that I should call him every morning at seven. I was, therefore, the first to enter his chamber; but very frequently, when I awoke him, he would turn himself and say, 'Ah, Bourrienne, let me sleep a little longer.' When there was no very pressing business, I did not disturb him again till eight o'clock. He generally slept seven hours of the twenty-four, besides taking a short nap in the afternoon.

"Among the private instructions which Bonaparte gave me, one was very curious. 'During the night,' said he, 'enter my chamber as seldom as possible. Do not awake me when you have any good news to communicate: with that there is no hurry; but when you bring me bad news, rouse me instantly, for then there is not a moment to be lost.' This was a wise regulation, and Bonaparte found his advantage in it."

NAPOLÉON'S OPINION OF THE HEALING ART.

It is, perhaps, generally understood that Napoleon was a skeptic in regard to the existing medical practice. Sir Walter Scott observes of him at St. Helena: "He never obeyed the medical injunctions of his physician, Dr. O'Meara, and obstinately refused to take medicine. 'Doctor,' said he, 'no phisicking. We are a machine made to live. We are organized for that purpose; such is our nature. Do not counteract the living principle. Let it alone; leave it the liberty of defending itself; it will do better than your drugs. The watchmaker can not open it, and must, on handling it, grope his way blindfold and at random. For once that he assists and relieves it by dint of tormenting it with crooked instruments, he injures it ten times, and at last destroys it.'"

Conversing one day with Mr. Balcombe at St. Helena, Napoleon remarked: "I have no faith in medicine. My remedies are fasting and the warm bath. At the same time, I have a higher opinion of the medical, or rather the surgical, profession than of any other. The practice of the law is too severe an ordeal for poor human nature. The man who habituates himself to the distortion of truth, and to exultation at the success of injustice, will, at last, hardly know right from wrong. So with politics, a man must have a conventional conscience. The ecclesiastics become hypocrites, since too much is expected of them. As to soldiers, they are cut-throats and robbers. But the mission of surgeons is to benefit mankind, not to destroy them, or to inflame them against each other."

As Napoleon was drawing near his end, his physician, Dr. Antommarchi, the last one he had at St. Helena, suggested the substitution of a blister for the plaster which he had applied to the epigastric region. "Since you wish it," said the Emperor, "be it so—but that I expect the least benefit from it. But my end is approaching, and I am anxious of showing, by my resignation, my gratitude for your care and attention. Apply, therefore, the blister."

"The feverish state of his stomach," observes Mr. Abbott, "induced him to drink much cold water. With characteristic gratitude he exclaimed: 'If fate had decreed that I should recover, I would erect a monument upon the spot where the water flows, and would crown the fountain in testimony of the relief it has afforded me. If I die, and my body, proscribed as my person has been, should be denied a little earth, I desire that my remains may be deposited in the cathedral of Ajaccio, in Corsica. And if it should not be permitted me to rest where I was born, let me be buried near the limpid stream of this pure water.'"

After his death, Napoleon was buried by his friends, according to his request, in a secluded spot which he had selected at St. Helena, beneath a weeping willow which overshadowed the limpid spring. From which he had received so many refreshing draughts.

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