

THE WATER-CURE JOURNAL,

DEVOTED TO THE

EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF HYDROPATHY, OR THE WATER-CURE.

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"Wash and be Healed."  
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NEW-YORK, NOVEMBER 1, 1846.

[WHOLE No. 23.]

THE RIGHT USE OF FRUITS.*

(Concluded.)

4. *Diseased Fruits.*—It is, for the most part, premature or precocious fruit which is diseased. Thus those cherries, whortleberries, and several other fruits which turn red first, are found to be diseased, internally. Usually one or more worms will be found in them. Nothing is more common than to find apples prematurely ripened in this way.

But we have also seen the later apples, at particular places, considerably diseased. They seemed full of little veins, or passages, not unlike the passages of worms, and were undoubtedly indicative of disease—either animalculæ or something else.

The strawberry is sometimes unusually sour or unpleasant, in its taste, owing, perhaps, to long rains. It is then in a diseased state, and ought to be avoided.

5. *Decay or Putrefaction.*—The decay of fruits might have been considered under the preceding head, since all such decay may, and probably will, have a visible effect on the health of those who make use of it.

Most persons avoid fruit which is wholly decayed, as it were instinctively; except in making cider. In the latter case, many farmers consider a few decayed ap-

ples as quite harmless; and some think them even useful.

It does not, however, seem to be considered that fruit is injurious when in a state of partial decay only. Many—very many—seem to think that after the decayed part of an apple is removed, the remainder is just as wholesome as ever. They would not, in all probability, like the flesh of an animal killed while it had a mortified limb or organ, even after the mortified part had been cut away. There would probably be a suspicion that the rest of the animal was more or less affected. It is true, that the interior of the apple is not exactly like that of the animal; but does any one believe that there is no change in the parts of an apple contiguous to a decayed or putrid portion? If so, he is much mistaken.

More than even this, however. There is a degree of decay in all fruits before it is readily discoverable by the eye. In the rich, juicy summer fruits, this is sometimes quite obvious to the smell, and it is often so to the touch. Fruit, in a decaying state—we repeat it—can never be as wholesome as before; and should, if practicable, be avoided.

6. *Proper Hours.*—Fruit is not so very easy of digestion as many seem to suppose. The mistake has arisen from the fact that an over-quantity of it does not seem to be very mischievous. This, how-

* From Dr. Alcott's "Library of Health."

ever, is not owing to its digestibility, but to its want of stimulation. It is also supposed, too, that fruit digests easily, because children are fond of it; and do not often seem to suffer from use of it. They do, however, suffer from it, much oftener than has usually been supposed; as may perhaps be inferred from what we have already said elsewhere. One thing, however, in regard to children, should be remembered; that if their digestive organs are not quite so strong as those of adults, they are at least more active, much more so; which makes up, in part, for their want of strength. Were it not so, they would suffer much more from their excessive use of fruit than they now do.

We have said that fruits are not very easy of digestion. They are, however, easier in proportion to their perfection. This might have been urged as a reason why they should be of good quality, seasonable, healthy, &c. But with every thing else, and all circumstances favorable, they can be digested with tolerable ease.

One favorable circumstance is full bodily vigor. On this account, fruits should generally be used in the early part of the day, and seldom late in the evening. The morning is, on the whole, best; and next to that, perhaps, the middle of the day. The worst hour is the hour just before going to bed.

7. State of the System.—On this topic a great deal might be said which would be to little purpose, unless our readers understood better the laws of the human economy. We can only glance at a few of the plainer points.

The drier fruits are adapted to the cooler, drier weather; the moister ones to the hotter. Thus the less juicy sorts of cherries, pears, and peaches, are not only most grateful but most salutary when the weather is not excessively hot; while the currant, and the melon, and the moist peach, are best adapted to the hottest days.

The same may be said of the different hours of the day. If fruits are eaten at all late in the day, especially after the middle, it should be the more watery, as the melon.

Again; the sweeter kinds are, as a general fact, best adapted to the cool or

moderately hot hours and days; and the gently acid sorts, to sultry weather.

Again, still; if we use at all those which are more difficult of digestion, they should be used when not only our system in general, but especially our digestive organs, are the strongest; as in the morning, or when we have not been recently unwell, or over-heated, or over-fed, or fed with too nutritious or too stimulating aliment.

Once more. Fruits are best adapted to our wants, and will best agree, in exact proportion to the perfection of our health. Thus when people tell us, as some do, that fruit does not agree with them, we conclude almost at once, that their systems are out of order. They may not perceive it; but there is trouble somewhere, amounting at the best to incipient disease.

The foregoing view of the case, — though affording nothing more than a few brief hints on the subject, will be confirmed by considering the arrangements of Divine Providence. Thus, as a general rule, the fruits which come first and those which come last in the season, when the weather is usually less hot and dry, are not so juicy as the currant, the blackberry, the watermelon, the muskmelon, which come during the more sultry season. There may be apparent exceptions to this rule; but they are not numerous. But on this part of our subject we cannot enlarge.

8. Quantity.—Most adult persons fall into the error of eating fruits but rarely, and then eating them in too large quantity. Children, it is true, are not only ready to eat them too often, but in too great quantity also. It seems desirable that they should be used in very moderate quantity only, both by children and adults; but they should be used, for five or six months in a year, almost or quite every day.

Some will inquire what the specific quantity eaten should be. This it is as impossible to determine as it would be to say how much oxygen a person ought to breathe in a day, or how much shoe leather he ought to wear out in walking. Some hints may, however, be derived from our remarks under the two or three remaining heads of our subject.

9. *Simplicity.* The simplicity of fruits has been much overlooked. There are indeed some combinations with other substances, and some changes of the fruit itself, which are less hurtful than others; nay, which, in particular states of the system, may be, and undoubtedly are, salutary. Thus, the good mellow ripe pear or apple, though best in its natural state, may be most salutary, if used at all, in particular states of the system, when boiled, baked or roasted. It may, indeed, be a question, whether, in these circumstances, fruit is the best thing for us; but this question we cannot, at present, settle.

But what we object to is not the occasional baking of an apple or a pear, but that perpetual din of cookery and change which prevails, of our simplest fruits. Thus they must be sugared, or spiced, or made into pies or puddings; or they must be eaten with wine, or milk, or made into preserves or sweetmeats. Now this is all folly, and worse than folly, to the healthy. It is not only an absolute loss of gustatory enjoyment, but of health; provided, we still say, we have health to begin with. As for the sick, we repeat it—we are not here writing for them—but for the healthy.

We have said that the practices to which we allude, are not only foolish, but unhealthy. We will say more, still; they are wicked, or would be so, did people understand the matter just as it is. By what right do we waste valuable time in those kinds of cookery, whether it be of fruit or any thing else, which neither make the substances upon which we operate, any more agreeable to the healthy appetite, or to any individual in the wide world any better? It is not the legitimate object of christian cookery to make food more palatable, more nutritious, more abundant or more wholesome? And is not that time which is spent in cooking without accomplishing any of these objects, wickedly wasted? But none of these objects are accomplished in the case we have just named, except the first; nor that, except in the case of a perverted appetite. We would indeed refer, as such an exception—though we have our doubts, after all, whether it is one or not—to the apple or the pear, which may possibly be rand-

ered a little more nutritious by simple boiling, baking, &c. The specific properties of fruits, as fruits, are almost wholly lost when they are used with wine, or in pies or puddings; and worse than lost when they are made into sauces, or preserves, or sweetmeats.

We think a good deal of health is lost by the errors to which, in the two preceding paragraphs, we have adverted; and we call upon the common sense of all our readers to set about a reform in this matter. It is due to themselves, at a more advanced age; but it is especially due to their children. No child, not perverted—and that strangely perverted, too—would ever prefer cherries, or whortleberries, or apples, in a pie or a pudding, to the simple use of the fruit as it comes from the hand of the Creator, and cooked in nature's own manner. We might safely challenge the whole world to prove the contrary.

10. *How Fruit should be taken.*—Fruit should usually be taken as an article of food, either as a whole meal or part of one. Perhaps no error in regard to fruit has done more mischief than that which prevails—at least in practice—that fruit is not food; that we may eat our usual allowance of food, and afterwards a quantity of fruit in addition.

Some of the German physicians recommend that the breakfast for the young, especially for those who are not very vigorous, should consist either of fruit alone, or of fruit and milk. Thousands and thousands make a whole breakfast of fruit. But where milk is taken by the young, we prefer that it should be taken at breakfast, to the partial or entire exclusion of the fruit. Those who make their breakfast of milk, however, if they are under four or five years of age, and especially if they take it at six o'clock, may take a small meal of fruit at nine o'clock; while those who are older, and do not need more than three meals a day, may take a part of their fruit with the meal of milk, and a part with their dinner. Let not the parent be anxious about a want of nutriment in fruit, as if a meal made of simple fruit would not hold out. No parent ever fears that milk will not hold out, or potatoes. And yet there are few ripe, perfect fruits—probably none except me-

lons and cucumbers—that do not contain about as much nutriment to the pound as milk or potatoes.

There is not, there cannot be, a more wholesome breakfast in hot weather for adults or for children, than a breakfast made up entirely of fruits; as strawberries, raspberries, cherries, whortleberries, &c. Nor is there one more delightful, ere the taste and habits have been perverted and depraved. Let those testify on this subject who have tried the method; other testimony is merely negative.

But if mixtures are adopted, milk or bread, or hommony or rice, are probably the best adjuncts. Potatoes may answer; but we do not like them so well. Still less do we like peas, and beans, and soups, and butter, and cheese, and even plain puddings. Simple bread, *good* bread, and plain milk, are the best.

As to the irregular use of fruits between our meals, as is the way of most children, and even of some adults, we conceive it to be abominable. Nothing sooner breaks up digestion and induces derangement of the stomach and bowels, than eating irregularly between meals, even when the substance eaten is in itself unexceptionable. It is, in fact, one of the most prolific causes of our summer and fall complaints; and hence the importance of understanding this whole subject, and of governing ourselves and our families accordingly.

There is one circumstance which renders it particularly necessary to avoid overloading or irritating the alimentary canal, during the summer season, especially with the skins, seeds, stones, hulls, &c., of fruits whose pulp is in itself wholesome. It is this. The great heats, by acting so long on the skin, weaken this covering membrane of our bodies; and whatever weakens this, weakens at the same time, by what is called sympathy, the lining membrane of the alimentary canal. Our food, therefore, and our drink, under these circumstances, ought to be lighter and less irritating than usual; instead of being more heavy and more likely, by their nature, to cause disturbance; and the stomach, above all, ought to have its seasons of rest between our meals, instead of being constantly plied with any thing whatever.

Although the fruits come exactly in the season when they are wanted, if used as God in nature intended they should be, they come exactly when they should not, if we are to abuse them, as is too frequently the custom. If they are used without regard to the rules we have laid down, and especially in defiance to those rules, nothing could be worse for us. Even as they are now often managed by some people, it would not be far from truth to say, that they come to them in the worst season of the year; and in the worst circumstances. Their abuse of them, in the winter, or even late in the fall, or early in the spring, would not be half so dangerous.

When we consider how much imperfect and bad fruit, together with multitudes of other crude substances—greens, salads, pickles, cucumbers, horse-radish, mustard, radishes, &c. &c.—is thrown into the human stomach between the months of May and October—the very time, as we have said before, when they are most injurious,—we are often struck with surprise that the amount of disease in the community is no greater than it actually is. Surely the human constitution is very strong, or it could not bear up under such an accumulation of abuses, especially when they are repeated from year to year; and are often continued through life!

11. *Kinds of Fruit.*—The question will here arise in the minds of many—What kinds of fruit are best? A question to which we were well nigh ready to make a very laconic, if not paradoxical reply, and say—"All are best." Nor would the reply be so far from truth, as some might at first suppose. Of the various kinds of domestic fruits whose use is sanctioned by custom, almost all are wholesome, when used in accordance with the principles we have endeavored to develop in this essay. The foreign fruits, except perhaps the grape, and the dried fruits, raisins, figs, prunes, &c., owing to the reasons we have elsewhere given, should be chiefly avoided.

Some of the fruits are adapted, as we have seen, to one season, some to another. A few of them can be preserved in tolerable perfection almost the year round. Such are the apple and some kinds of pears; and with suitable pains, the grape.

Many of them may be preserved, by drying, without having their properties essentially impaired. Such are the apple, the peach, the currant, the whortleberry, and the plum.

We have said that the fruits in common use are almost all good in their season and place, if used properly; and we have more than intimated the difficulty of selecting. The sweet and mildly sour apple, the milder and more tender sort of pear, some kinds of peaches, strawberries, raspberries, blackberries, whortleberries, melons, and bilberries, may be said, as a general rule, to be among the better class of fruits; and next to these are the winter apple, the cherry, the gooseberry, the currant, the mulberry, the best grapes, and some sorts of plums. The cranberry, the crab-apple, the winter pear, the wild grape, the wild cherry, the damson, the quince, &c. are unfit for the human stomach, without being submitted to processes of cookery which involve more labor than the fruit is worth; and even then, they are of doubtful utility.

Of the currant and mulberry, to which we have assigned a secondary place in our catalogue, we ought however to remark, that there are some kinds of them far preferable to others. The sweetest of the former, and those which are least sweet of the latter, are preferable.

As a general rule, then, we would only say in closing, choose those *sorts* or *kinds* of fruit which are either moderately sweet, or gently acid; and those individual fruits of each general sort or kind, which are the ripest and most perfect. And having made your choice, endeavor to use them in accordance with the laws of life and health in general, and with the principles we have endeavored to develop in this essay.

SOME INTERESTING CURES OF MEASLES AND FEVER AND AGUE.

Mr. ———, from ———, Mass., communicated the 8th of January last, the following statement of his case:

"*Dear Sir:*—I take the liberty to address you respecting the application of Hydropathy to lung complaints, having myself been confined about four months with a lung difficulty, caused by taking a bad cold.

I have, however, so far recovered as to be able to go out-door in the middle of the day and transact business, and have also at the present time a good appetite and good digestion, but my lungs are yet in a weak state, and I have pains in my sides occasionally and in my limbs, and some headache, and fear that my system is somewhat deranged. I am obliged to wear a Respirator when I go out.

The above are my present symptoms. I was first taken with a severe cough with the cold, but no pains in my sides or about my lungs until caused by the inflammation first produced by the cough, which took place in about one week, notwithstanding the doses of herb-drink that my kind landlady administered, and I was at last induced to apply for medical advice, and my physician pronounced my case one of Bronchitis, and treated me as he best knew how, I suppose, and continued to call on me occasionally until within about three weeks, but I am not yet at all well, nor have I gained for a month. I cough and raise but a little, and that mostly in the morning. A stormy or damp lowly day affects me unfavorably, and I seem to have in my head a sort of asthma or catarrh connected with my other complaints.

I am now taking Doct. Jayne's celebrated Expectorant and an Extract of Potassium, prescribed by my physician, and use for a mucilage drink Elm bark Tea, all of which seem to me as preventatives instead of curatives."

My answer was:

"*Dear Sir:*—I do not see from your favor of the 8th inst. what your natural constitution is, if you have had or have a fever, and what kind of pain you feel in your side, etc.

If the whole is a rheumatic or catarrhal state of the lungs and adjoining organs, a water-cure might easily be of the best consequences for you. To ascertain it, take a wash-tub of 22 to 24 inches diameter, fill it six to seven inches high with fresh water, which bring by hot water to the temperature of 72 deg. F. In this bath place yourself, sitting, and the legs out, and remain in it for 40 minutes. If you then go out and feel a shivering and running chill over you, do not use a water-cure; if not, you can confidently come up, expecting to be cured."

The gentleman found benefit from the application recommended to him, and although he left me in entire darkness about his age, constitution and disease, he arrived here March 29th, and began the cure with some precautions taken by me. Wet bandages over the lungs, foot-baths, half-baths, and gradually the wet sheet and sweatings, were applied. In the fourth week a humor appeared on the hands, and afterwards on the face and other parts of the body, formed in round lenticular spots. A pressure with the finger upon one of these spots made it disappear and then reappear, the redness spreading from the centre to the periphery. All the catarrhal symptoms of Morbilli or measles were present in a slight degree. Patient now told me that he had had measles several years ago, and that he was sick in his lungs from that time, becoming worse and worse, as described in his letter. The eruption was standing for several days, then disappeared, and instead of it boils appeared. After the lapse of six weeks he had to leave on business, without being entirely free of his complaint. He intended to stay away only a few days, but was obliged to be absent for nearly four weeks. He resumed the treatment; new morbilli and new furunculi and abscesses appeared in several parts of the body till he was entirely free of any pain or trouble in his chest and body. He left the last of June in full health, with new hopes for life, a feeling for which he had been entirely deprived for the last two years, the want of which had compelled him to give up business in his 28th year.

II.

Mr. H——, of A——, N. Y. state, 24 years old, of a stout, bony frame, a farmer by occupation, light hair, bright blue eyes, pale and meagre and limping, arrived here April 2d, to be cured from fever pain in the back and legs, which were both swollen. His pulse was feverish, and had been up to 100 for a long time; he looked old, and the flesh of the face hanging and sallow. He was in a constant sweat, and easily chilled. The stomach refused to retain any food, or, if it did, a sour acrid taste followed the sparest meal. The pain in his back was produ-

ced by a protrusion of the vetebræ between the hips; from here it followed the ischiatic nerves. He had been afflicted by fever and ague two years previous, and when feeble, in consequence of the attack, he tried to jump one day upon a horse, at which time he first felt the pain in the back and the legs. His lower spine was particularly affected, and some vertebræ swollen. His perspiration was of a sickly, feverish smell, his tongue coated, his bowels relaxed, his appetite poor. Every meal he threw off undigested, after even the slightest quantity of food.

He had used a great many remedies against these different evils, even magnetism and the galvanic ring! all in vain. He had found himself especially injured by the electro-magnetic fluid, which I have found in 800 cases of different classes of disease, which were put carefully under the influence of electro-magnetism by three most scientific and conscientious physicians in Germany, for a longer or shorter period, to produce not a single cure. A great many became worse, and only in 5 cases of a certain kind of deafness, a slight improvement was produced, which did not last many days. My readers will excuse this digression, as the application of electro-magnetism has spread in this country, and as persons who know nothing of it, and grasp for relief after every thing new and mysterious, are liable to receive serious and permanent injury where they fondly expect relief. Galvanism has a somewhat different sphere, but should never be applied without a very deliberate judgment in such cases as are suitable for it, and which we know to be so by experience.

In the water-cure the patient showed a remarkable energy of will. Although wrapped in wool he threw it aside after a few baths, and under much pain and great debility made the strongest efforts to bring on reaction in the unusually cold spring season of this year.

After a few weeks his external appearance changed; he looked sound and fleshy, and the spinal affection was almost entirely removed. In the fifth week a number of boils made their appearance. He was attacked by three severe sets at intervals of two to three weeks. He felt better

and stronger after each new set, and at length could walk 14 to 16 miles a day, without being tired. Awhile after the last set had disappeared, he began again to feel pains, lameness, and weakness in the back and hip, he threw up his food again, and felt languid. Finally he was taken with an intermittent fever, commencing with chills and ending by heat and profuse sweat.

The treatment followed all his symptoms closely, and changed it according to their nature. In five days the fever was entirely broken, and patient began to walk in his accustomed way, by degrees. A week after the latter attack a fourth set of boils made their appearance. At the same time the eructations of food and sour substance took place again for some days, and finally a slimy diarrhoea lasting three days restored to the limbs and stomach all their natural energy and vigor. Patient left, a picture of health in looks and feelings, the 11th of July.

III.

Mr. S——, of C——, Conn., 25 years old, very tall, but of well shaped limbs, light hair, and a lymphatic complexion, arrived here the 4th of April; had suffered from fever and ague several years before, and had experienced several relapses since; had made for some time hard studies for his profession, and was now interrupted in it by a constant feeling as if fever and ague were about to commence again by slight attacks after an exertion; a miserable state of digestion, voracious appetite, pains in the region of the left kidney, and a constant inclination to pass urine, with heat and smarting pain in the neck of the bladder and urethra.

The treatment was in this case particularly directed to recall the fever and ague as was there indicated by its repeated attacks a strife to get rid of something. It returned soon, but slightly. After five light but regular attacks he vomited great quantities of bile and slime, and the fever left him. The rest of the symptoms, especially the drowsiness, remained the same. He had returns of biliousness until, finally, from 1st to 6th of July, he became attacked by a violent slimy diarrhoea, by which pieces of pellucid white

mucous substances, two or three inches long, were evacuated daily. Before these discharges appeared the pain in the back became very bad when exposing it to the force of the wave-bath, or douche.

After the diarrhoea was over, all symptoms ceased at once, except a small degree of sleepiness, which I do not doubt will yield to cold applications of water at home in a short time. His appearance was fresh and sprightly when he left, the 11th of July, to resume his studies.

IV.

If there is no doubt that a water-cure in diseases of this kind is able to make thorough repairs of the system, in so short a time, it will produce the same result in such diseases as have been formed out of humors or intermittent fevers, although in much longer time. The case which follows is, however, of a quite contrary nature, and deserves to be related in order to undeceive some of my readers concerning that great hydra—*Hysteria*.

An accomplished young lady in one of the neighboring British Provinces, had been confined to her bed for a long time, after having suffered for years. Her spine appeared to be entirely lame, and her hips and limbs without use. Innumerable remedies had been applied, but the patient became worse, and finally decided not to use the remedies of her physicians any longer. She made up her mind to use a water-cure, and applied for my advice. I gave directions for a course to bring her into such a state as to endure the voyage. She made preparations to use these directions, and to come, in constant opposition to her family and their medical advisers, who knew that she would never recover. Some days ago I received the following letter from a friend of hers:—

“———, July 12, 1846.

My dear Sir :—I have for some time thought that some explanation was due to you concerning Miss H.'s case, and the reason of her non-appearance at Brattleboro. And as I have so favorable an opportunity to send by your brother, and also think you may be somewhat amused as well as interested to hear what the “Water-Cure” has done for her, I am now going to tell you.

Miss H. found it rather difficult to bring her physician and other friends into her way of thinking, but made up her own mind to come to Brattleboro. Having been so long bed-ridden she expected to be a long time getting up sufficiently to enable her to take so long a journey, and thought that during that time she could reconcile her friends to the idea of her going. But much to the surprise of every body, in making an effort to get so as to come to be cured, the patient has got quite well, and now has no farther need of advice. It is rather a singular case, especially as her Doctor had decided that she never could walk again, &c. After all, she must thank Hydropathy for her restoration, as but for that she would probably now have been upon her bed in the same helpless state."

The patient recovered by the healing power of nature and an impulsive idea.
W.

WATER-CURE JOURNAL.

NEW-YORK, NOVEMBER 1, 1846.

At the close of the present volume, we intend to change the form of our Journal. It will be enlarged to 32 octavo pages, and will embrace a greater variety of subjects than at present. In addition to cases from the Editors' note-book, diseases with their various symptoms will be described, and the most effective mode of treatment given; thus enabling persons who cannot visit a hydropathic establishment, to prescribe for themselves. Moral and intellectual subjects will be introduced also, when space will permit. The Journal will hereafter be dated the first of every month, but will be issued several days in advance, so as to reach our readers in due season. Considerable irregularity has attended the issuing of the present volume, which was unavoidable, but which our present arrangements will enable us to obviate. All subscribers whose term of subscription will not end with the

present volume, will be considered subscribers to the next, until their term expires. We hope our present patrons will renew their subscriptions and induce others to send for the Journal. By so doing we will have a respectable list to commence with.

CASE OF CHILD-BIRTH.

Mrs. C——, of Philadelphia, had been a great sufferer for a few years, from weakness produced by bad treatment during pregnancy and confinement; she had borne two children, with terrible suffering; had always been confined to her bed for eight or ten weeks after her accouchment. At last, she concluded to throw away drugs entirely, and try the Water-Cure. Commenced bathing twice a day, and wearing the "body bandage." From this she gained in health and strength, and her old complaints gradually gave way. She soon changed from the delicate creature she had been for years, to her former freshness and beauty. Finding herself now again pregnant, she added the sitz-bath to her usual treatment, and ate only twice a day, (as too much eating at such times generally goes to make the child large and the mother weak.) She walked often in the open air, and walked several miles a day up to the time of confinement. She came to New York with her husband and nurse to meet her sickness under Dr. Shew's care. She was confined early Wednesday morning. The child was born about two hours after she began to feel sick. The tepid sitz-bath was used freely during labor. After the birth of the child she slept two hours, and then was quickly rubbed over in the sitz-bath, and after combing and braiding her hair, she rested again. At night the bath was repeated, after which she walked about the room, feeling quite well. Friday, she

rode out, and Saturday evening took the cars for Philadelphia, where she arrived safely, feeling only a little nervous from the excitement of travelling; but after a good night's sleep, she felt well again and walked about her house, and gave orders to her servants as usual. It is very certain, that woman's suffering in labor can be in a great degree prevented, and that she need not endure that weakness after child-birth which is so common.—Under the water treatment the constitution is not injured from bearing children—and thus she retains her strength, her youth and beauty.—We have long felt that it was *unnatural* for woman to be so injured, so torn to pieces, *so wrecked by natural pains*.

A highly respectable gentleman of Lockport, N. Y., has written to us, giving a description of the treatment of his own case (dyspepsia), which he cured with the shower-bath and crash towel, together with a temperate diet. We are not at liberty to publish the letter entire, but will quote from it :—

“From my youth up, I had enjoyed excellent health until 1843, when I had a severe attack of bilious fever and was treated in the allopathic mode, and recovered after four weeks' confinement to my bed, and four in the house. I had felt since that a soreness in the lower region of the liver, which I tried to remove by cold shower bathing and brisk friction with a crash towel. In fourth month last, I was troubled with sour eructations, and occasionally throwing up *very sour water* from the stomach. I did not think much of it, but kept on eating as usual, and, to correct the evil, took freely of lime water, and alkalies; but the malady continued; and although I dieted on Graham bread, and water, yet when I ate a meal of ordinary food the symptoms returned. I had lost in four months nearly thirty pounds of flesh, and felt very weak. I began to think it a serious matter and tried various remedies. At last I tried sea biscuit and water, which restricted the bowels and led me to try

wheat meal pudding. The meal to be taken fresh from the mill, bran and all, stirred in boiling water, and cooked full two hours. The result is, since commencing the use of the pudding my sour stomach has left me. I take a shower bath every morning *with thorough friction*; dress and walk till breakfast. At eleven o'clock I repeat it, and no person ever gained faster than myself. My object in writing to you was to call your attention to wheat meal pudding and pure water as a diet for persons with stomach, bowel or liver complaints, or dyspepsia in any form.”

We have only time to say, that the gentleman's suggestions with regard to using *wheat meal pudding*, will be found to be correct upon their trial, as well as his remarks on using the crash towel *thoroughly and effectually*.

ON THE IMMERSION OF STILL-BORN CHILDREN, IN COLD WATER.

Dr. Scholer, (assistant physician of the Berlin Lying-in-Institution,) details two cases, and alludes to several others, in which the immersion in cold water was successful, after all the ordinary means had failed, of reanimating the infant.—*British and Foreign Medical Review*.

From experiments made by Dr. Edwards, of Paris, it seems to be a fact, that throughout the animal kingdom, asphyxia is much more sudden at a high than at a moderate temperature; and that new born mammiferous animals die most slowly in water at about 60°, and much more quickly as the water approaches blood heat.

From these facts, it would seem that we are warranted in saying, that the cooler a child is kept immediately after birth, when apparently still-born, the longer it will bear the state of asphyxia. So long as the heart beats, it is thought that the child will do without breathing, longer when cool than if kept warm. But Dr. Marshall Hall thinks that it is the sudden application of cold to a warm surface, which is the effectual means of exciting respiration.

PORT BYRON, N. Y., Sept. 18, 1846.

Dr. Shew,—

The interesting accounts from various correspondents, relative to the medicinal qualities of water, and its wonderful effects, where judiciously applied, has induced me to send a few facts of my own observation. During the extreme hot weather in August, I carelessly permitted my team to run away. Their race was short but adventurous, running about forty rods and "bringing up" astride of a large tree. Here the wagon was literally dashed to pieces, and the slivered point of the broken wagon tongue driven diagonally through the fore leg of one of my horses, about one inch and a half above the ankle joint. After the main piece was extracted, with considerable cutting with a knife, three ugly splinters were taken from the wound, followed by a stream of blood nearly as large as one's little finger. As the leg, in this place, is composed entirely of bones, sinews, and arteries, the wound was considered by *all* of the most dangerous kind; adding to this the extreme heat of the weather, and you may easily conceive of the little hope I had of my beast's recovery.

The thought suggested itself to me to lead her into the creek near by, which I did, though contrary to the advice of those present. After remaining about half an hour in the water, bleeding profusely all the time, she was led to the stable and the wound bandaged loosely, and well-water poured on it ten or twelve times a day for six days, when she was taken home (four miles) without any perceptible lameness. Under this treatment the leg swelled but little, healed without *any* fever, and she is now in the harness at work, so *perfectly cured* that no trace of the wound is visible, though it was the worst I ever saw.

W. O. DUVALL.

THE CHOLIC OF PAINTERS TREATED WITH WARM WATER.

Dr. John Wilson, M. D., Physician to the Middlesex Hospital, cured a case of painter's cholic by the use of the warm bath, and full injections of warm water.—*Medico-Chirurgical transactions.*

SCARLET FEVER.

The symptoms consist of a lighter or darker reddening of the skin, over the whole or part of the body, inflammation of the throat, burning heat, and a quick pulse. The eruption generally remains four to six days, getting gradually paler, and the skin becoming desquamated at the hands and feet. The fever is inflammatory, gastric, or nervous, and (in some epidemics) putrid; mostly, however, it is of the nervous character, is frequently dangerous and contagious, carrying off many, particularly children.

In no disease have the beneficial effects of cold water been more prominent than in scarlet fever, particularly in its malignant forms. Currie cured vast numbers by it, and his own two children, one five, and one of three years, among the number. Wright and Gregory were also very successful. The Hungarian Doctor, Colbany, had thirty-eight patients in the violent scarlet epidemic in Presburg, *all* of whom he cured by water. Dr. Reuss, in Aschaffenberg, in 1820, cured thirty to forty by it, losing one child of three years and a half old. Kreysig, in Dresden, and Horn, in Berlin, mention many cases of cures by cold ablutions, or pourings over, in scarlet fever combined with inflammation of the brain. Above all, however, the celebrated Fröhlich, in Vienna, experienced the most happy results by his internal and external water applications in this malignant fever. He, however, always tried the temperature of the patient, keeping the thermometer ten or fifteen minutes under the arm-pits. He used water as washings, baths, and ablutions. The greater the heat, the colder the water. When the heat of the body, with a dry skin, did not exceed 98° Fahrenheit, he ordered—as often as the skin got dry—a washing of the whole body in water of 90° Fahrenheit, giving a cup of aromatic tea to aid perspiration. His rules were fixed as to the higher degrees of heat in the body. If 100°, he ordered washings in water of 75°.

104° 60°
107° to 108° 34° to 40°

Fröhlich states cold baths to be more effectual than washings, but when the

heat of the body is high, he considers ablutions most effectual. In such cases he had one or two pailsful of water of 40° to 50° Fahrenheit, poured over the naked body of the patient, and repeated several times a day, as the heat again rose after the cooling effect of the ablution. Sometimes two or three ablutions were sufficient for the cure which was established, when, after the last cooling, the body attained its normal heat, and retained it for six to eight hours, the skin becoming soft and exhaling secretion; then a few washings or baths, of 92° to 94° Fahrenheit were all that was required. Fröhlich states, he never experienced the eruption to recede, but the patients speedily recovered.

Many more names might be quoted for the treatment, eminent in their profession on the Continent; Granichstädten, of Vienna, among them; he pursues the Priessnitz method with success.

ULCERS.

Ulcers are treated in similar manner; but the application of wet sheets at the same time, with occasional sweating and sitz-baths of long duration, are necessary; ulcers generally indicating faulty and vicious fluids, so that the body must be strengthened, in order to fit it for the preparations of healthy secretions. Ulcers seldom arise in consequence of the hydrotherapeutic treatment of inflammations, and where they previously existed, they are brought to discharge by persevering in the treatment, the organism being strengthened; once discharged, they soon heal.

When mortification of a wound has taken place to any extent, there is little hope, although numerous examples are on record of Priessnitz effecting wonders, even in such stages; many limbs after being destined to amputation were by him restored to health. A striking instance is related of an old wound—the consequence of a long and severe illness—being treated for sixteen weeks by Priessnitz, with anti-inflammatory, cold wet bandages, and at the same time with the stimulating douche. The pain and excitement were raised to a frightful height, and mortifi-

cation was commencing. A medical man, moved by the complaints of the patient, would close the wound by artificial means, intimating, at the same time, that he might be compelled, in case of emergency, to make new wounds. A change in the treatment, however, the application of wet sheets, warming and soothing bandages, discontinuance of douche, sitz-baths of short and sole-baths of long duration, did away with all symptoms of mortification in five days, and brought the cure into regular train.

By similar derivative, soothing treatment, with a due regard to the strengthening of the organism, the progress of mortification is sure to be arrested.

CROUP.

A cautious, but, at the same time, quick and determined proceeding, is necessary in all inflammations of inner and more important organs, as of the brain, spine, chest, abdomen, &c., as life often depends upon it. Cold water will never refuse its service, and is said to have done wonders also in dangerous cases of croup. This is incidental to childhood. It consists of an inflammation of the windpipe, secreting a membranous effusion, by which the air is excluded from the lungs; suffocation is the result. Croup is ushered in by slight cough, hoarseness, and sneezing, as if cold had been taken; soon after, or in a day or two, a peculiar shrillness and singing of the voice is perceived, as though the sound came through a brazen tube; the cough is dry, hard, and recurring periodically, sometimes after an elapse of hours. Respiration, swallowing, and speaking, are difficult, and there is pain felt in the parts. If anything be expectorated—which is the case in later stages, with much pain and trouble—it is matter of a purulent appearance, and sometimes films, resembling portions of a membrane. Croup often quite disappears for a short time,—occasionally is fatal in seven or eight hours; generally three or four days elapse, and at times it lasts from nine to seventeen days. The danger of the disease speaks for the necessity of the promptest attention.

Among the happy results, we must

name that of Dr. Hellering, who saved a child of six years from inevitable death. He had treated the child for four days by the anti-inflammatory process; the symptoms were increased. He now had *ice cold* compresses applied round the neck every five minutes, with evident relief; after two days a sanguineous matter was discharged, and the child recovered.

In desperate cases, we hear of cold ablutions in later times. The first who attempted it was Dr. Harder, of St. Petersburg. His own daughter, one and a half year old, had had croup twice, and in the summer, 1819, was again attacked with it. All remedies were of no avail; death seemed at the door, when the father determined on the following treatment:—he had his child put on a hay mattress, face downwards, held down, and two pailsful of water, of 60° to 65° Fahrenheit; poured over it at a height of half a yard, from the head downwards, particularly on the back, after which the child was dried and put to bed. Breathing became freer; but the symptoms, after two hours, returned, when the ablution was repeated, and again ten times after several fluctuations, when all danger was at an end, and the child recovered.

Harder, names two more successful cases of his own experience; and his followers, Müller, Aberle, Wolfers, Baumbach, &c., saved many children by it, frequently after two or three ablutions and rubbings. The energetic effect of the water tends at once to stop the undue secretions of the organs, and to regulate their due functions; the secretion itself is altered by drinking fresh water and rinsing the mouth well, and is easier ejected. According to Priessnitz, a half-bath, or wet sheet, may be commenced with.

Many children fall a sacrifice to this fatal disease annually, which, henceforth, I hope will not be the case.

LABOURING TOO MUCH.

People do not have relaxation enough in New-England. They too generally have a care-worn expression, from infancy to age; and the fact cannot be denied, that anxiety is a weariness to the flesh. We are all utilitarians in this country,

especially in the Northern States, hardly affording ourselves opportunity for eating or sleeping in the manner which nature demands—for she can only conduct her chemical operations properly, and re-adjust the deranged vital machinery, while we are quietly slumbering. We recruit ourselves and grow fat during a refreshing nap—but exhaust the system, both physically and mentally, in pursuing to excess the ordinary round of every-day business. “All work and no play makes Jack a dull boy,” is a proverb based on a profound knowledge of the laws of our being.

Females, in New-England, are worse off than the other sex in the deprivation of out-of-door relaxation, as custom has made it vulgar to breathe the fresh air of Heaven, unless it is done in a very lady-like manner. Hence they make feeble mothers—look thin, sallow, lank, and die by thousands, prematurely, of diseases that never would have been developed had there been less education of the mind, and more of the body, in girlhood.

A sad mistake is produced by a too implicit belief in the adage that “time is money,” since the first object of pursuit is, in consequence, made to be cash. Those who attempt to rest reasonably from their labours, at proper periods, are either afraid of not having enough, or are perpetually reminded that idleness ends in want. So the shuttle flies faster than it ought to go; the farmer cheats himself out of all that is worth having, health, by denying himself and his boys a holiday, because time is money, and example is everything; merchants in cities toil for the immediate benefit of thieves and paupers—paying taxes in proportion to their income—and leave the world unsatisfied, having never found themselves ready to rest and take comfort. We work too much and too long in New-England.—*Medical Journal.*

[From the Green Mountain Spring.]

CURE OF CHILBLAINS.

Hahnemana first maintained that chilblains are a genuine humor. They are popularly attributed to the melting snow, the cold, hard water, &c., &c. It is noticeable, however, that although all the supposed causes act alike upon a great many similarly circumstanced, the chil-

blains trouble only a few, because they are developed only in those whose systems already contain their seeds or latent elements.

My son, aged 10 years, for the last two winters has been much troubled with itching and occasional cracking of the skin on his feet, especially around the heels and toes; and last winter, also under the knees. Last spring, he was perhaps twice a week wrapped into the wet sheets so as to sweat, and then put into a half-bath of 72 deg. for about five minutes. About the same time, he took the spring douche with a fall of six feet. After a while, the cold plunge bath was substituted for the bath of 72 deg., and some weeks after commencing this treatment, a wet bandage was worn round the left knee, under which the chilblains were most troublesome. In a few days, the humor became more inflamed, spread considerably, and several small boils appeared in the midst, ripened and went away; after which they began to appear on his shoulders, back, and indeed all over the body. For three or four weeks in this stage, the treatment consisted of frequent changes of cold wet bandages and tepid baths and washings, with a sweating in the sheets almost every day. For about two months since the humor and boils have disappeared, and he has been in perfect health, and taken a warm or plunge bath two or three times a day.

Brattleboro', August 20, 1846.

TRAVELLING IN SUMMER.

Rev. H. Winslow, of Boston, has an excellent article in the last No. of the "Journal of Health," continued from previous Nos., on Premature Old Age. This portion is mainly devoted to the subject of *recreation*, a few paragraphs of which are copied below:

"There is no season in the year when the stomach, usually condemned to labor beyond its ability, is less able to work hard than in July and August. It sympathizes, precisely, with all the other members and functions of the body. And yet, it is precisely at the time when this poor jaded servant most of all needs rest, that multitudes rush to the halls and gathering places, where every board groans

with its life-killing burdens; where the luxuries provided, and the exciting presence and example of hundreds of mouths eager to reward the purse at the expense of the stomach, render it next to impossible not to transgress, seriously, the laws of life. To make the matter worse, the laboring stomach is teased with mineral waters, wines, bitters, pills, tobacco juice, and tobacco fumes, taken both throatwise and lungwise, to ease itself of its oft-recurring burdens. And because the generous stomach, under this extraordinary spasmodic pressure, sends out weekly into the skin a pound or two of additional diseased flesh, its deceived owner thinks himself on the high-way to health, whereas he is going towards the grave, almost as fast as a doctor could send him. The stomach will be revenged for all this, and the day of retribution is not far off."

"A large portion of the diseases and cases of mortality, so frequent in August and September, result from what may be called fashionable dissipations. The best place in the world for children, if you would have them live, is a good quiet home. Parents visit the gathering places, with their children, in the sultry summer and early autumn, at the peril of their lives. The country is good for them, if they have a quiet and steady home, and wholesome food; but even the crowded city is better than journeying, amid the pernicious excitements of the place of gay resort. I never hear a child cry at Saratoga, but I pity the mother much, and the child more."

[From the Water-Cure Advocate.]

The Boston "Medical and Surgical Journal," referring to the communication of Dr. Underhill being admitted into the American Phrenological Journal, writes thus:

"He has admitted one communication on the subject, and afflicted the reader with the prospect of another on the same aquatic theme. Dr. Underhill may be a very honest practitioner of hydropathy, and take large fees for recommending wet sheets in summer complaints, without disturbing his organ of conscientiousness, for aught we know; yet his articles are quite out of place in a purely phrenological pub-

lication, where the reader has in past times been regaled with those noble and lofty views which are the characteristics of Mr. Fowler's philosophy. It is not possible to mix hydropathy with phrenology; the oil will rise to the top; and therefore it is not out of place to say that Mr. Fowler's Journal always excites the most pleasure when it breathes his own elevated sentiments, unmixed with the false schemes of adventurers, who would make the unthinking world believe that moonshine is tangible."

The above is a fair specimen of the manner in which the theory and practice of hydropathy is met by its opponents. It is easier and pleasanter to laugh and make merry when innovation endangers our craft, than to meet fairly and crush the opposition by plain facts and arguments. Will Dr. Smith point out the fallacy of the Water-Cure, or show us wherein allopathy should be preferred over all other modes of practice. "*Moonshine may not be tangible*," but we freely grant that bleeding to syncope is a very *tangible* operation; that the sensation produced by ten grains of tartar emetic is perfectly *tangible*, or that the "touching the gums" from the use of calomel is most clearly *tangible*. Indeed, we would do violence to our conscientiousness not to confess that all processes of Allopathy are as painfully *tangible* as bleeding, blistering, puking and purging can make them.

WATER DRESSINGS IN SURGERY.

Since the greatest discoveries were made by Priessnitz in the remedial uses of water, surgeons appear to have employed the water dressings, as they are called, much more than formerly. For some years past the "German water dressings" have been spoken of. In England they have been used considerably, and within three or four years by some surgeons in this country. Professor Mutter of Philadelphia, an experienced surgeon, gives us the following in his edition of Professor Liston's work, a London publication. The Professor agrees with Mr. Liston in the superiority of the water dressing in wounds and injuries, as follows: "In lacerated wounds, to which

Mr. Liston refers in the text, no dressing is comparable to water, in some form or other, and for several years I have employed, as a first dressing, nothing else. In summer I use *cold*, and in winter *warm*, and apply it as recommended by Liston and McCartney, viz.: after cleansing the wound, and approximating its edges, whenever this is proper, pledgets of *patent lint* dipped in water are to be gently placed upon its surface, and the whole covered with a piece of oiled silk, to prevent evaporation. In summer I found it best not to apply the oiled silks, as it keeps the part too hot, and in its stead apply two thicknesses of wet lint, which will retain the moisture much longer than one. An assistant should, also, about every half hour, pour a spoonful or two of water over the dressings, but without removing them. Thus treated, I have seen the most terrific lacerated wounds from machinery or gun-shot heal most rapidly by the first intention. Only a few weeks since, I treated the son of a professional friend, who had received a severe lacerated wound, with the loss of a portion of two fingers, from the bursting of his gun, by the cold water dressing, and nearly every fragment of skin that could be placed in a proper position united by the first intention."

Water is the greatest of all agents to remove and prevent inflammation and pain, and it is as important to growth in animal and vegetable life. When the healing virtues of cold water become thoroughly and generally understood, most of the mutilations of the human body will be prevented, as well as many cures effected in injuries that have been hitherto too often fatal.

Dr. C. Stephenson, of Chesterfield, Mass. has just issued a pamphlet entitled, *A New System of Medicine*, founded on philosophical principles. We are indebted to the editor for a copy. It is another voice in favor of Hydropathy, and is calculated to do good to all who may become acquainted with its contents, and follow its directions. Price 25 cents.

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