

THE WATER-CURE JOURNAL,

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

“*Wash and be Healed.*”

JOEL SHEW, M. D., EDITOR.

VOL. II.—No. 6.]

NEW-YORK, AUGUST 15, 1846.

[WHOLE No. 18.]

ON THE PROPER QUANTITY OF FOOD.*

(Continued from page 78.)

Mixtures of different kinds of food are strongly condemned by almost all writers on dietetics as injurious to digestion. They seem to me, however, to produce mischief much more by the *inducement to excess in quantity* which variety affords, than by the mere mixture of different substances. In a healthy stomach, indigestion is rarely, if ever, induced by eating several kinds of food at one meal, provided the total amount consumed be not beyond the wants of the system, and do not exceed the due proportion to the quantity of gastric juice which the stomach is able to provide. When only one dish is partaken of, there is less temptation to exceed in quantity, than where several are tried.

The first intimations of satisfied appetite are unquestionably the best warning we can have when to stop eating. If we do not go beyond this point, the subsequent sensations are pleasurable and invigorating, and, after a brief interval, we are perfectly disposed to return to active exertion. But if we eat more than enough, fulness and oppression are almost immediately experienced, and a considerable time must elapse before either mind or body can effectually resume its activity.

* From Physiology of Digestion. By Andrew Combe, M. D.

Where, from long over-indulgence or other causes, the appetite cannot be safely followed as a guide in regulating the quantity of food, we shall not err very far if we proportion our meals to the amount of the preceding exercise. When this has been active and in the open air, and waste has consequently been considerable, a liberal allowance of food will be more easily digested, than perhaps half the quantity would be after a week's inaction. Hence it is a great error to devour the same quantity of food daily, whatever our mode of life and bodily exertion may be; because “the strong food which the strong action of strong bodies requires, will soon destroy weak ones, if the latter attempt to follow the example of the former; instead of feeling invigorated, their stomachs will be as oppressed as a porter is with a load that is too heavy for him—and under the idea of swallowing what are called strengthening nourishing things, will very soon make themselves ready for the undertaker.”* And yet nothing is more common than to see persons who have passed from a life of varied activity to one of a purely sedentary nature, continue to eat—merely because they have been accustomed to it—as much food as if they were still engaged in constant bodily exertion. Many females of the higher and middle classes, who scarce-

* Art of Invigorating, &c. p. 171.

ly ever stir out of doors, except to church, nevertheless make as hearty meals twice or thrice a day, as if they were undergoing pretty severe exertion; but they sooner or later reap their reward, and, after groaning for a time under the burden which they have placed upon their own shoulders, they either obtain relief by the forced adoption of a temperate regimen, or "fall into the hands of the undertaker."

In towns, we often observe the bad effects of over-feeding in young female servants recently arrived from the country. From being accustomed to constant exercise in the open air, and to the comparatively innutritious diet on which the laboring classes subsist, they pass all at once, with appetite, digestion, and health in their fullest vigor, to the confinement of a house, to the impure atmosphere of a crowded city, and to a rich and stimulating diet. Appetite, still keen, is freely indulged; but waste being diminished, while nutrition is increased, fulness is speedily induced, followed in its turn by inflammatory disease or fever, which sometimes cuts short life, where, with better management, health might have been preserved for years. In many instances, again, life is saved by the digestive powers being the first to give way, and refusing either to receive or to concoct the same quantity of aliment as before, and the patient then escapes with the minor evils of protracted indigestion. This latter result ensued in an instructive case mentioned by Heidler, where a moderate acquaintance with the laws of the animal economy might have saved months of suffering, and even of danger, to the patient—"A young woman of a healthy constitution, brought up in all the simplicity of country habits, passed at once, on her marriage, to a *less active mode of life*, and to a *much more elegant table*. In a short time she began to complain of irritability, lassitude, various spasmodic sensations, and habitual constipation. Hypochondria was soon added to the other symptoms; her hope of becoming a mother being always deceived, an additional glass of wine, bark, and other tonics was ordered. The evil increased. The patient became melancholic, and believed that she was always swallowing pins. In the course of a year she became so emaciated and yel-

low, that her mother, who had not seen her for eleven months, could scarcely recognise her. After an eighteen months' course of purgatives and two courses of Marienbad-water, she entirely recovered."* If the medical adviser first consulted in this case, had possessed the slightest acquaintance with the principle I have been explaining, he would no more have regarded wine and tonics as the best remedies for the oppressive languor of excessive feeling, than he would have sought to extinguish a flame by pouring oil into the fire.

The operation of the same principle is equally conspicuous in girls sent from the country to the work-rooms of fashionable milliners and dress-makers in the larger towns. Accustomed to constant and varied activity in the open air, they are transferred at once to the confinement all day, and even to a late hour at night, in the impure atmosphere of a crowded work-room, and there, engaged in sedentary occupations of the most monotonous description, which, so far from allowing them any opportunity of enjoying adequate muscular exercise, scarcely admit of their even changing their position. Under such circumstances little waste takes place, and the appetite and digestive powers both give way, because less food is now required to repair the diminished loss. If the individual adapts her eating to her change of circumstances, she may escape severe disease; but if, as generally happens, from pure ignorance, she continues to eat to the same extent as before, head-aches, sickness, bilious disorder, and indigestion, will be among the smallest of her evils, and she will have reason to be thankful if she does not become the victim of confirmed bad health. In establishments of this description the provision of the means of exercise, even by dumb-bells, shuttlecock, or otherwise, in a large room with open windows for a few minutes, several times a day, would not only prevent much suffering, but even repay itself in an economical point of view, by producing an increased aptitude for work and less frequent absence on account of illness. In these days of wide-spreading philanthropy, con-

* Heidler, Marienbad, et ses differens moyens curatifs dans les maladies chroniques, p. 62.

siderations of this kind ought to be more attended to.

The necessity of proportioning the supply of food to the expenditure incurred and to the mode of life, is still farther illustrated in the case of individuals changing from an agricultural or other employment carried on in the open air in the country, and involving no very great bodily labor, to one of a mechanical kind carried on in an impure atmosphere in a city, and requiring a severe and continued muscular exertion. It is a matter of experience, for example, that the stout young men from the country, who are generally selected as apprentices for the laborious occupation of letter-press printing, almost uniformly break down during the first ten or twelve months, and it is only after some years' training that they are able to withstand the fatigue. The vitiated atmosphere in which they work has some share in producing this result, but the chief cause is undoubtedly the inadequacy of their ordinary diet to repair the great expenditure of muscular energy to which they are habitually subjected, and for which they have not been previously prepared. In the office where this volume is printed, four strong and healthy lads were engaged in the summer of 1835 as pressmen, and put to work along with an equal number of experienced men. Before the following February, every one of the former had been laid up from sickness for weeks, although the whole of them are of the most sober and steady habits; while not one of the older and more experienced men felt any inconvenience from his exertions. This very instructive fact is also deserving of attention, as corroborating what I have elsewhere said in regard to the necessity of proper management during the period of transition from youth to manhood—a period during two or three years of which, more good or more mischief may be done to the human constitution, than during almost any other ten years of life.* That, in times past, pressmen have suffered at least as much from their own mismanagement as from the nature of their employment, is rendered probable by their proverb-

ial dissipation. In utter ignorance of the structure and laws of the animal economy, they not unnaturally sought to relieve the exhaustion under which they suffered, by the stimulus of spirituous and other intoxicating liquors, instead of seeking it—where only it can be effectually obtained, and at a cheaper rate—in a more wholesome and nourishing diet. It is gratifying to perceive, however, that in this, as in many other trades, the progress of knowledge is already leading to the prevalence of more rational ideas, and to the consequent formation of better habits.

There is no period of life during which it is of greater importance to follow the intentions of Nature in the regulation of diet, both as to quantity and quality, than during the earliest part of childhood; for at no period is the neglect of them more fatal. Surprise is sometimes expressed at the number of children who are carried off before completing their first or second year; but when we consider the defective education and entire ignorance of the human economy, not only of the nurses and servants to whose care the young are entrusted, but of the parents themselves, our wonder ought to become greater that so many survive, than that so many die. There is, perhaps, not one mother in ten thousand, who, before becoming such, has ever inquired into the nature and wants of the newly-born infant, or knows on what principles its treatment ought to be directed; and hence the hurtful and superstitious notions of the human economy which still linger in the nursery, long after they have ceased to prevail in the world of science.

Those whose opportunities of observation have been extensive, will agree with me in opinion, that at least one-half of the deaths occurring during the first two years of existence, are ascribable to mismanagement and to errors in diet. From pure ignorance, many mothers consider every expression of uneasiness as an indication of appetite, and whenever a child cries, they offer it the breast again, although ten minutes may not have elapsed since its preceding repast. Nothing can be more injurious than this custom. It overloads and oppresses the stomach—excites griping and bowel complaints, restlessness

* Principles of Physiology, &c., tenth edition, chap. x., p. 290, and chap. xiii.

and fever—and not unfrequently leads to fatal disease in the brain. It does harm also by withdrawing the mother's notice from the real source of uneasiness.

It is astonishing, indeed, with what exclusiveness of understanding eating is regarded, even by intelligent parents, as the grand *solatium* or *panacea* for all the pains and troubles which afflict the young. If a child falls over a stone and bruises its leg, its cries are immediately arrested by a sugar-biscuit stuffed into its open mouth. If its temper is discomposed by the loss of a toy, it is forthwith soothed by an offer of sweetmeats, the ultimate effect of which is to excite colicky pains in its bowels, which are worse than the original evil, and for which, in their turn, it is presented with "nice peppermint drops," or some other equally pleasant antidote. Because the mouth is open when the child is crying, and the mouth leads to the stomach, parents jump to the conclusion that it is open for the purpose of being filled, and proceed to cram it accordingly; forgetting all the while that the mouth leads also to the windpipe, and may be open for the admission of air to the lungs as well as of food to the stomach—and that if they stuff it with cake or pudding when it is open only for the reception of air, they run the risk of suffocating the little innocent when their only wish is to soothe him. Everybody must have seen fits of convulsive cough induced by fragments of food being drawn into the windpipe in such circumstances.

To confound crying and the expression of pain with the cravings of hunger, is far from being a matter of indifference to the child. If food be given when it wishes only to be relieved from suffering, the offending cause is left in activity, and its effects are aggravated by the additional ill-timed distension of its stomach. But so far is this important truth from being sufficiently impressed on the minds of parents and nurses, that nothing is more common, when the infant refuses to swallow more, but still continues to cry, than to toss it in the nurse's arms, as if on purpose to shake down its food, and then resume the feeding. And in such attempts, it is too true that the perseverance of the nurse often gets the better of the child, and forces it

at last to receive the food at which it really loathes.

In the former editions of this work I took considerable pains to point out the principles according to which diet ought to be regulated during the first months of life; but as the subject has since been very fully discussed in my *Treatise on the Physiological and Moral Management of Infancy*, of which a new edition has been lately published, I have thought it unnecessary to enter into farther detail here.

That the prevalence of over-eating is a general error in society, especially among the sedentary classes, is strongly presumable, even without direct proof, from two almost characteristic circumstances—namely, the frequency of indigestion in one or other of its numerous forms, and the almost universal use of purgative medicines, with a view to remove from the system the superfluous materials which have been poured into it without any natural demand.

It is perfectly certain that, in the natural state of man, the bowels are quite able to act regularly without the aid of laxatives. If they are not, the Creator must have failed in accomplishing his aim—a conclusion which no rational mind can arrive at. If, on the other hand, they are intended and constituted to act without external aid, it necessarily follows that a wide departure from the order of nature must have taken place somewhere, to produce the inactivity which is now so generally complained of, especially among the middle and higher classes, and among females. On the principle we have laid down, of nourishment requiring to be proportioned to waste, it will not be difficult to explain in what this departure consists. It is in the mode of life being by far too sedentary to admit either of the natural waste, which alone renders nourishment necessary, taking place, or of that constantly recurring contraction and relaxation of the abdominal and respiratory muscles, which have been pointed out as aiding so effectually the peristaltic motions of the intestinal canal. If, in conformity with the diminished wants of the system, we reduce the quantity of food, and increase the exercise, neither the oppression of repletion nor the need of opening medicine

will be felt. But if, along with diminished exhalation and diminished muscular action, we persevere in eating copiously of nutritious aliments, either digestion must fail, the system become too full, or some artificial stimulus be given to aid the bowels in expelling its superfluous aliment.

Such, accordingly, are the results observable in every-day life. One is saved for a time from more serious evils by his stomach becoming enfeebled, and refusing to digest the excess of nourishment which it receives. In another, whose digestion is more vigorous, the system becomes full and excited to the brink of active or inflammatory disease, a sudden attack of which hurries him to the tomb. While a third gets rid of the load by stimulating the bowels to higher action than is natural to the mode of life; in other words, artificial waste is excited by purgatives, to supply the place of that which ought to result from the active use of the bodily powers, and which alone renders a full diet proper or safe.

It is not enough, then, to sit by the fire, blame Nature, and lament over our unfortunate constitution, which obliges us to make such constant use of medicine. In the great majority of instances, Nature is more willing to do her part than we are to do ours, and all that she requires of us, is to fulfil those conditions without which she is powerless, and we are sufferers and unhappy. If we exercise our minds and bodies in healthful occupation, and seek to inhale the pure atmosphere which God has spread around us, so as to impart that gentle impulse to the stomach and bowels, which I have already described as necessary to their action, we shall have no need of laxatives to assist them. But if we choose to neglect His laws, and to live in bodily inaction within doors, and thus deprive the bowels of all natural aid, let us at least take the blame to ourselves, and not unjustly throw it upon the Ruler whose injunctions we thus practically despise. And if, while leading this inactive life, we continue to gratify taste by eating much more than waste requires, and thus stand in need of purgatives to enable us to throw off the load, let us at least be just, and, instead of lamenting over a defective constitution, let us deplore the ignorance

which has hitherto blinded us to the perception of the truth, and led us to blame a Being whose arrangements are so evidently intended for our happiness.

During the active years of childhood and youth, when a strong instinct impels to much locomotion in the open air, how rarely do we find the stimulus of purgatives necessary to the proper action of the bowels, except after errors in diet, or some unusual accident! And what is it that induces imperfect activity in later years, if not the change in the habits, occupations, and mode of life? If the lively and bounding girl, whose loose and unconstrained attire admits of the freest motion and fullest respiration, passes in a few months from the exuberant and playful indulgence of her feelings, intellect, and muscular system, to the quiet and composed inaction and confined dress of a sedate young lady, who never walks out, except at a measured pace to school or to church, is it really wonderful that, with an undiminished diet, her stomach and bowels should begin to act with less vigor, and that, in time, her constitution should be so far impaired as to render necessary the constant use of laxatives? The stomach and bowels, in fact, are regarded very much as if they were independent powers residing within us, and placed there purposely for our molestation. So many heavy charges are continually brought against them, that they can scarcely ever be found in the right. They are blamed for every act of mischief which cannot be clearly proved against any other organ; and yet, influential as they are in affecting our comfort, they are treated by us with very little care or ceremony. Their powers and wishes are consulted in nothing, but their backs are loaded, at the caprice of their owners, worse, as Sir F. Head observes, than any pack-horse; nevertheless, we abuse them most emphatically when they sink to the earth overwhelmed by the weight imposed on them. They are, in short, the scape-goats which must bear all our physiological delinquencies, and save us the pain of blaming ourselves. If they feel uneasy after a heavy meal, it is not *we* who are to blame for having eaten it. No; it is the *fish* which lies heavy on the stomach, or the stomach which is unfortunately at war

with soup, or potatoes, or some other well-relished article. We have nothing to do with the mischief, except as weak and resigned sufferers. We never eat more than enough. We never devour lobsters, or oysters, or salmon, or cheese, or anything which experience has told us our enfeebled stomachs cannot digest! We are too prudent and self-denying for that. And yet, somehow or another, our stomachs get hold of all these things in spite of us, and we must pay the same penalty as if we had eaten them deliberately, and with malice prepense! The case is hard, no doubt, that we cannot lead indolent and slothful lives, and yet enjoy the incompatible luxuries of having the appetite of a rustic and the digestion of a tiger: but, since we are so unfortunately constituted that we must act like rational creatures or suffer the penalty, would it not be a wise proceeding to set a better watch on the stomach, and try to subject it to more effectual control?

In mature and middle age, after the effervescence and boisterous activity of youth are over, still greater caution than before becomes requisite. Growth no longer goes on, and nourishment is needed merely to supply waste; and, accordingly, the appetite becomes less keen, and the power of digestion less intense. If the individual continues from habit to eat as heartily as before, even after changing to a sedentary mode of life, the natural vigor of the digestive system may enable it to withstand the excess for a time, but ultimately dyspepsia, or some form of disease dependent on indigestion, will certainly ensue. The attempt to combine the appetite and digestive power of early youth with the altered circumstances and comparative inactivity of mature age, is the true source of the multitude of bilious complaints, sick head-aches, and other analogous ailments, now so common and so fashionable in civilized society; and they will never be got rid of, so long as their exciting causes are allowed to operate with unrestricted freedom.

There is one form in which adults pay a very heavy penalty for attempting to combine the enjoyments of full living with an inactive mode of life, and to which, from its frequency, it may be useful to di-

rect special attention. I allude to *abdominal congestion*, or that state in which the circulation through the abdominal veins becomes sluggish or partially obstructed, and ultimately induces either chronic indigestion, with great depression of mind, or other affections of a painful and intractable nature. In the great majority of instances this is the true source of the very common affection known by the name of *internal piles*, which is not only the frequent cause of much suffering and bad health, but which, when once fully established, can be cured only by one of the most painful operations within the whole province of surgery.

But while habitual temperance in eating and the adaptation of diet to the mode of life are thus strongly inculcated, I am far from recommending that we should calculate with scrupulous minuteness the weight or bulk of every morsel that we eat. The stomach, like every other organ of the body, is, for the wisest purposes, allowed a certain range, within which it may exercise its functions without injury to health; and it is only in virtue of such a power that it can adapt itself to the different circumstances in which an individual may be placed. If every trifling change in the quantity or quality of food were to be followed by mischievous consequences, no one could retain health for a single day; and if the stomach had no power of partially adapting itself to a particular kind of aliment, every change of place and of climate must soon have been attended by the loss of health and life; because there are scarcely any two places or countries in which precisely the same food would be set before us.

According to this law of adaptation, which, of course, has its limits, the stomach may be accustomed to the reception of either a larger or a smaller quantity of food than the necessities of the system require. If it is accustomed to too much, and less than usual be allowed, an unpleasant feeling of vacuity will arise, accompanied by a craving for more; but after a few days the unpleasant sensation will disappear, and the feeling of satisfaction be as great as if a large meal had been taken, and digestion will become more healthy and vigorous; whereas, if merely

to gratify the temporary craving, more food continues to be taken than the system requires, ultimate bad health will be the inevitable result.

This is precisely the error which is generally fallen into. The stomach is accustomed, during youth, to receive and digest a larger quantity of food than is requisite to carry on growth and repair the ordinary waste of the system after maturity has been attained. From custom, however, we continue to fill it as liberally after growth is completed and waste is diminished, as we did before, when both were at their height. And if by any chance we eat less for a day or two, we mistake the temporary sense of emptiness for an indication of appetite, and are not satisfied till it is removed. The natural consequence is, that we educate the stomach to demand more food than the system requires, and more than it can itself continue to digest; and hence the numerous evils which we daily witness as fruits of indigestion.

In thus punishing us with the pangs of dyspepsia as a warning to more reasonable conduct, Providence displays the purest beneficence. To place this in a clear point of view, let us suppose digestion to continue perfect, notwithstanding the daily reception of an excess of food into the stomach, the result will necessarily be the regular formation of an undue quantity of chyle; this, in its turn, will produce an excess of blood throughout the whole system; and the individual will thus exist with all his functions in a state of constant oppression, and in continual danger of the rupture of a blood-vessel, till, from mere fulness, some active disease will be excited, requiring the instant and vigorous use of the lancet for its relief, or very probably cutting short life. If, then, man cannot subject his appetites to the control of reason, some other check against repletion must be provided; and, fortunately for us, such a check is frequently found in the refusal of the stomach to continue to digest the superfluity of food. In practical life we meet, in fact, with both results. There are some persons constituted with such vigorous powers of digestion, that no quantity of food ever seems to oppress their stomachs. If they eat habitually more than is required to supply waste and

sustain the system, they speedily suffer from repletion, or some one or other of the diseases arising out of its existence, such as abdominal obstruction, piles, inflammation, apoplexy, hemorrhage, enlargement of the heart, or morbid growth in some organ of the body. In the greater number, however, of those who exceed in quantity, the stomach itself becomes enfeebled by the over-exertion to which it is subjected, just as the muscles do from excess of labor; and the consequence is impaired digestion, which prevents the food from being duly converted into chyle, and thus protects the system from the fulness which would otherwise be induced. Accordingly, it is a familiar truth, that those who eat most are not always the best nourished; and that, on the contrary, the stoutest men are often those who eat comparatively little, because that little is thoroughly digested.

It is, therefore, of great importance to be able to read aright the instructions of Nature, and to act in conformity with their meaning. In practical benefit to ourselves, it will make a great difference whether we regard indigestion as merely an accidental and capricious occurrence unconnected with conduct, or as purposely meant to warn us from continuing to act against laws instituted to secure our well-being and happiness. In the former case we may go on unsuspectingly in the road to destruction, till it is no longer in our power to turn back; whereas, in the latter, we cannot feel a single pang of indigestion without being reminded of some aberration from the path of duty, and seeking to return by the shortest way. It is too true, that, even when aware that we are going wrong, we do not always choose to retrace our steps; but it is not less true that we shall be more likely to fulfil the laws of Nature when we are made acquainted with their existence and intention, than when left to the guidance of ignorance alone. It must be observed also, that hitherto mankind have not been taught the requisite knowledge till after their habits of action were formed; and, therefore, no inference can be drawn from their conduct in circumstances so unpropitious, which can, with any fairness, be held as applicable to the time when knowledge shall be

communicated to the young as an indispensable part of a useful education.

If over-feeding be the prevailing error among the middle and higher classes of the community, the opposite condition is as unquestionably that of a large proportion of the laboring poor. Pressed upon on all sides by the powerful competition both of constantly improving machinery, and of a superabundant population, the manual laborer is impelled to undergo an amount of ever-recurring bodily exertion which far exceeds the natural powers of his constitution, even when supported by the fullest supply of nourishment; and when, as often happens along with this excess of labor, his food, from inadequate wages, the number of his family, or his own injudicious management, is defective in quantity or in quality, the consequences to his health and happiness are disastrous in the highest degree.

To those who have never reflected on the subject, it may seem like exaggeration to say, that, as a general fact, at least nine-tenths of the lower orders suffer physically, morally, and intellectually from being over-worked and under-fed; and yet I am convinced that the more the subject shall be investigated, the more deeply shall we become impressed with the truth and importance of the statement. It is true that very few persons die from actual starvation; but it is not less certain that thousands upon thousands are annually cut off, whose lives have been greatly shortened by excess of labor and deficiency of nourishment. It is a rare thing for a hard-working artisan to arrive at a good old age. Almost all of them become prematurely old, and die off long before the natural term of life. It is in this way that, as remarked by Dr. Southwood Smith, the mortality of a country may be considered as an accurate indication of the misery of its inhabitants. According to Villerme, the rate of mortality among the poor is sometimes double that among the rich. Thus it is found, he says, that in a poor district in France one hundred die, while in a rich department only fifty are carried off; and that, on taking into account the whole population of France, a child born to parents in easy circumstances has the chance of living forty-two and a half years, while

one born of poor parents can look for no more than thirty.*

These are striking facts, and their truth is amply confirmed by the registrar-general's annual reports to parliament of the births, marriages, and deaths occurring in England and Wales. Many causes concur to produce this melancholy result; but among the principal is unquestionably the disproportion so generally existing between toil and nutrition. In the army the operation of the same principle has long been recognised in the inferior strength and health of the privates compared with the officers. The officers, being better fed, better clothed, and better lodged than the common soldiers, bear up successfully against fatigue and temporary privations by which the latter are overwhelmed. During epidemics, too, the poor, from their impaired stamina, almost invariably become victims in a proportion far exceeding that of the more wealthy classes. This is, no doubt, partly owing to their greater intemperance and want of cleanliness; but even these vices often derive their origin from the same root—the want of adequate repose and comfortable sustenance.

The bad consequences of defective nourishment are not confined in their operation to the bodily constitution of the laboring poor. *Their minds also are deteriorated.* The pressure of poverty is unfavorable to the growth of refinement and morality, and crime and turbulence are never so much to be dreaded as during times of scarcity, and manufacturing or agricultural distress. Bodily health, satisfied appetite, and peace of mind, are great promoters of individual morality and public tranquillity; and whenever these are encroached upon in any great class of the community, discontent and crime are sure to follow. Even as I write, fresh and irresistible evidence of this great truth has just appeared (August, 1841) in a circular addressed to members of parliament by the ASSOCIATION FOR PROCURING AN OFFICIAL INQUIRY INTO THE PAUPERISM OF SCOTLAND, and from which it will be sufficient for my present purpose to quote only a few lines. At page 4 it is said, "Of the effect of the extensive destitution at Glasgow on crime, no farther evidence than

* Smith's Philosophy of Health, chap. iv.

the following extract from a letter of Captain Miller to this committee, will be required by those who are aware of the character and public services of that officer :

"Should farther information of any kind regarding the state of pauperism here be required, I shall be glad to furnish it if in my power, as I think it *imperatively necessary*, not merely on the ground of humanity, but also as a *means of repressing crime, that some better provision should be made for the destitute poor*, and particularly in the populous districts of the country. I need scarcely say, that, from the nature of my duties, I have opportunities of seeing the actual wants and privations of the poor, and the tendencies of these on their moral condition, to an extent not falling under the eye of every one, and which induces me the more, though I can ill spare time, to wish to be of service, if I can, in meliorating their condition." With this testimony before us, it will scarcely be denied that in legislation the principle here inculcated is far too little attended to, and that laws are consequently enacted merely for the suppression of the result, while the source from which it springs is left altogether unnoticed and in the fullest activity.

Among the poorer classes the children as well as the parents suffer much, both physically and morally, from insufficient food. Their diet, being chiefly of a vegetable nature, and consisting of porridge, potatoes, and soups, with very little butcher-meat, proves far from adequate to carry on vigorous growth in the one or repair waste in the other; hence arise in the young an imperfect development of the bodily organization, a corresponding deficiency of mental power, and a diminished capability of resisting the causes of disease. In work-houses and other charitable institutions, ample evidence of these deficiencies obtrudes itself upon our notice, in the weak and stunted forms and very moderate capacities of the children. Under an impoverished diet, indeed, the moral and intellectual capacity is deteriorated as certainly as the bodily; and a full exposition of this fact, and the principles on which it is founded, would be a great public benefit.

Even among the children of the wealthier classes, a sufficiency of nourishing food

is not always provided with the care which it deserves. Both in families and in boarding-schools it is no uncommon practice to stint the healthy appetites of the young, or to feed them with soups and other eatables which contain too little nutriment in proportion to their bulk. I am acquainted with many instances of this most injudicious error, and have seen scrofula and severe digestive affections brought on by persevering in it through sheer ignorance, and even in the belief that such "temperance" was healthful. Where adequate exercise is permitted, and the food is plain and nourishing, hurtful excess in eating will rarely occur, at least in healthy children.

WATER-CURE JOURNAL.

NEW-YORK, AUGUST 15, 1846.

HYDROPATHY. The Theory, Principles, and Practice of the Water-Cure shown to be in accordance with Medical Science and the teachings of Common Sense: Illustrated with many important Cases. By *Edward Johnson, M. D.*, author of "Life, Health, and Disease." London; Simpkin, Marshall & Co.; 1843.

RESULTS OF HYDROPATHY; or Constipation not a disease of the Bowels; Indigestion not a disease of the Stomach: with an Exposition of the true nature and cause of these Ailments, explaining the reason why they are so certainly cured by the Hydropathic Treatment. To this are added Cases cured at Stanstead Bury House: with Observations on the Treatment generally. By *Edward Johnson, M. D.* London; Simpkin, Marshall & Co.; 1846. Re-published by Wiley & Putnam, New York. Price, 50 cts.

The first of the above works, written about three years ago, has done, perhaps, as much to establish hydropathy in England as any other that has been put forth. Many copies have been circulated in this country, as well as in England. Those who have perused it will, on reading the second, ("Results of Hydropathy,") be struck with the apparent change the mind of the author has undergone since writing the first work. We say the *apparent* change, and will quote some passages, that

the reader may draw his own inferences, as to whether our author has changed his opinions or not. He says, in the preface, as follows :

"I find that some of my opinions, as published in my work on the 'Theory and Principles of Hydropathy,' have been misconstrued,—and the opinions expressed by other writers confounded with my own. A short while since, a lady called on me, and, during our conversation, remarked that I had evidently 'modified my opinions since my last publication.' I begged her to name the passage, which proved to be one from *another author*. Mistakes of this kind have come to my knowledge more than ever. I will therefore take this opportunity of requesting my readers to be quite sure that they put the right construction on my statements, and that they will also be so very good as not to make me responsible for the statements of other people."

The supposed change or modification of opinion referred to, is that which relates to the use of drugs. Continuing the quotation above made, Dr. Johnson says, (Results of Hydropathy, p. 4) :

"The late Dr. James Johnson has declared it to be his most conscientious opinion, that the drug treatment kills more than it cures; and I have declared in a former work," (the first one above mentioned,) "that if I were compelled to use all physic, and no water treatment, or all water treatment, and no physic, I could cure more diseases by all water treatment and no physic, than by all physic and no water treatment; and to this opinion I rigidly adhere. But neither this nor that expressed by Dr. J. Johnson can be understood to signify that drugs can never do any good *at all*. These opinions do no more than point out the great mischief which is done by their *excessive use*. Drugs do occasional good, but they also occasionally much harm; and the amount of harm which they do is greater than the amount of good."

The passage which Dr. Johnson here refers to in his former work, (p. 13,) is as follows :

"In conclusion, I have only to say, that I have practised my profession for more than twenty years; that, in conformity to the advice given me by the late lamented Sir Astley Cooper, one of whose pupils I had the honor to be for four years, I began life by attending to the cases of as many poor persons as chose to consult me without any charge; that I continued this practice for ten years; that, in consequence of this practice, it has frequently occurred to write as many as twenty thousand prescriptions in a single year. I only mention this circumstance, however, to show that I have not been entirely without professional experience, and for the purpose of giving more weight to this my declaration, viz: *that I am perfectly convinced that I can cure a greater number of diseases, and in a shorter time, by the hydropathic treatment, than I can by the exhibition of drugs; and that there are many diseases which I can thus cure, which are wholly incurable by any other known means.*"

One feature of the last work of Dr. Johnson,—that of recommending the use of medicines and the lancet in some cases, in preference to the water processes, will no doubt strike most persons who have read the first as being inconsistent. On the subject of blood-letting, in the first work, in speaking of the partial applications of water, Dr. Johnson says, (p. 171,) "They produce all the effects both of *bleeding* and *blistering*, except the pain;" and in another place, (p. 175,)

"And thus, by the judicious use of cold water alone, *all the good* effects of blistering and bleeding are most readily and certainly produced, without any of the *bad effects*. The *bad effects* of repeated bleeding, in certain diseases, are well known to medical men. We know perfectly well that it often happens that a patient is saved, by *bleeding*, from dying of an *inflammation*, only that he may die of a *dropsy*. We all know perfectly well that a patient is often saved, by *bleeding*, from dying of hæmorrhage from the lungs, only that he may die the sooner of *consumption*."

Again, (p. 186,) in speaking of the philosophy of the process of sweating, Dr. J. says :

"First, it operates like the surgeon's lancet in reducing the volume of the contained fluids. Secondly, it operates like the physician's blister, by determining from the centre to the circumference. It thus relieves congestion of the vital organs, and lightens the whole system. But it does vastly more than can be achieved either by bleeding or blistering, for it extricates from the body an increased amount of carbon and hydrogen, thus producing a *deficiency* of these elements *within it*. This deficiency of carbon and hydrogen is equivalent to a call for more food, in order to supply the place of the lost carbon and hydrogen; and thus it promotes the appetite, which is more than can be said for either lancet or blister, by their very warmest admirers."

In Dr. J.'s last work, (p. 3,) after having explained the fact, that so great a variety of effects are accomplished by the water processes, he says :

"The *whole* treatment, however, is neither applicable to all diseases, nor can be safely administered to all constitutions; neither can it supersede the legitimate use of medicine or the lancet. Nor would I admit into my house any person who would not permit me to have recourse to them, should any sudden emergency or undoubted occasion arise, which, in my judgment, called for their use."

Valuable as are these works on hydro-pathy, we regret these apparent inconsistencies. Dr. Johnson's works will always stand among the best, upon whatever subject he writes; and, although we cannot subscribe to all the theories contained, we yet recommend that all peruse them. The last work we hope to give a more extended notice hereafter.

WATER-CURE IN MILLEDGEVILLE, GA.

Doctor Shew,

Happening to meet with some of your latest numbers of the "Water-Cure Journal," and finding through their pages

no notice of the *Milledgeville Institution*, established by Dr. T. Carleton Coyle, suffer me to announce, that in March last this gentleman established himself at the *Jerret Spring*, in the city of Milledgeville, Geo. When I visited that place in April, he had it in successful operation for a limited number of patients, and that since he has made extensive additions, having leased the Spring of the Corporation for 99 years, and, (as he writes me,) has now upwards of 60 patients in and out of the institution. He also says, that he wonders why his brethren of the old school are so tardy in introducing this God-send remedy to their wretched patients.

I am, Sir, myself, decidedly an advocate of the hydropathic method of curing diseases, &c., having had treatment exhibited to myself and family, and witnessed its wonderful effects upon others, by Dr. Coyle, in the city of Savannah; and I feel anxious that suffering humanity should receive all the testimony that lies in my power to afford, in order to bring this blessing into general use. Those, Sir, who will "wash" will be "healed!"

I will trespass on your columns so far as to request the publication of Mrs. Waite's letter to her husband. Mr. and Mrs. Waite were formerly residents of New York city, now living at Savannah.

With a desire that your interesting Journal may find its way into the hands of the healthy, as well as the afflicted, that they may learn wisdom from its perusal, I subscribe myself your humble servant,

G. R. LILLIBRIDGE,
Late Editor Savannah "Daily Sun."

MILLEDGEVILLE, GA.,

June 8th, 1846.

My dear husband,—I wrote you a few days ago, announcing my safe arrival at the cold water fountains of this place, but did not give you the particulars of the establishment. I will now try to sketch,—to merely glance at the interior of the *institution*. It is but a few short months since this establishment was opened for the reception of patients, and now it is crowded with the afflicted of the land.

It is astonishing how soon the patients in this institution become convalescent.

This is owing largely to their abolishing the artificial mode of living which men have instituted for themselves, and substituting in its stead the primitive condition of our fathers. All that we have seen, heard, or understood of the almost miraculous cures perfected, and now being perfected at this place, comes far short of the reality. Whoever gives this system a fair trial, (and there are now plenty of such,) comes forth, not only from the particular disease which it was his main object to eradicate, but thoroughly renovated in body and mind. It is almost incredible, (to those who have all their life-time been accustomed to see their fellow-beings go down to an untimely grave in lingering torments,) that persons so full of disease as some of the patients alluded to were, could ever be restored. But it seems that every disease, where none of the vital parts are destroyed, is sure to yield under the influence of this great element.

No one could for a moment conceive what astounding results I have learned of the water-cure since I came to this place. Here may be seen the pious and zealous divine, his nervous system a perfect wreck, occasioned by too much zeal in his divine calling; the youthful and accomplished lady, emaciated and wan with your hectic glow, which tells too plainly of the devouring disease, (consumption,) within; the talented physician of the old school, his constitution ruined with the too great a quantity of drugs, which he has resorted to in order to resuscitate a constitution broken down in the arduous duties of his calling; the accomplished gentleman, with his constitution ruined by the abuse of mercury. One man who had been afflicted for 25 years with paralysis of the extremities; for a long time he could not use his hands; for the last 10 years he did not walk without the aid of two servants; none of the offices of nature could be performed without the use of vast quantities of pills; a grievous burden to himself and all around him, resorted to the water-cure about three months ago, and, to the astonishment of all, is now convalescing fast. A most amiable and accomplished lady, laboring under consumption, in its

advanced stage, was given up by her physicians, (like so many before her,) as incurable, was carried to the fountains of cold water four weeks ago, in almost a dying state, is now nearly well. She could not walk, sing, nor speak above a whisper;—takes long walks without fatigue, sings delightfully; is as gay as any in the circle of her friends. I saw her a few days ago lead off a cotillion amid a company of young ladies assembled to take exercise before their bath.

A strong and vigorous young man, but a few years ago, was afflicted with that fell destroyer of our race, consumption, resorted to the masters of the healing art in the north, the south, the east, and the west, but without effect,—was given up as incurable by all,—resorted hither a few weeks ago. Through his case, it now can be said, that consumption may be cured by the powerful effects of cold water.

Another one, a young gentleman of fine promise, tells me that he had for years been drugged by all the doctors far and near for a disease of the kidneys; was finally recommended to travel; and even *that* would only prolong his existence for a short time. Came to this establishment but a little while ago in a most reduced state, and is now able to walk, ride, run, and attend to business. But I will not trespass on your patience by enumerating any more of them, though I might fill a newspaper with them. Suffice it to say, that all the patients who are here, (and they were all hard cases,) are reaping the most decided benefit, and are of the most decided opinion, that cold water is the only universal elixir for disease. And they are all as happy as so many school-boys let loose from confinement.

I have suffered much from seeing others suffer with horrid chronic diseases, and always without relief, till at length this God-send remedy has been presented to us. Oh! you can never know the pleasure I experience at finding all my anticipations of the water-cure more than realized. When,—when shall we learn that God accomplishes his mightiest works through his simplest agencies? Oh! if the world were only rid of its learned quackery, how much better it would be for our abused and dilapidated constitu-

tions,—for then our blood-vessels would no longer be made the test-tubes for poisons, and our stomachs no more the depository for drugs. All this is no dream of fancy, but sober demonstrated truth. I declare to you that my observations here go immeasurably beyond any thing that we have heretofore conceived or thought of the cold water practice. There are but few diseases in the whole catalogue but will find great and generally immediate relief from cold water, judiciously applied. I can assure you, from what I see and hear daily, I would judge that Dr. Coyle's talents, as a physician, and the cold water remedy, are thoroughly tested here. He undoubtedly gets the worst cases of disease to manage. I don't know as I can better convey to you the nature and character of these cases, than by repeating to you the language of a gentleman of this city, in regard to this very subject, in reply to another physician: "If this system of treatment," said he, "which Dr. Coyle has introduced here was of divine origin, and Dr. Coyle, like one of old, was commissioned direct from *Deity*, to introduce it among us, as a universal panacea, to heal the afflicted sons and daughters of our kind, and we thoroughly convinced of this great truth, it would not be more convincing to me than is the great power of this remedy over diseases of almost every kind, judging only from what I see presented to my senses in the form of cures which he perfects daily." I will write you the particulars from time to time.

I am, dear William, thine, ever,

ISABELLA WAITE.

William Waite, Savannah, Ga.

Whether tea or coffee is the most injurious, is a question often asked. Much depends upon the strength in which the articles are taken, and their quality. As a permanent law of the constitution, written by the finger of God himself, both these substances, now so generally used in civilized and Christian lands, *are always positively injurious to both bodily and mental health.*

(For the Water-Cure Journal.)

THE PRESENT.

The age in which we live is one more pregnant with interest to the eye of the philosopher and philanthropist than any previous epoch in the history of the world. More important features are being presented than those which characterised the French Revolution or the active days of Martin Luther. Diffusion of knowledge and free thinking are two prominent characteristics of the age. Literature is not confined to the few, but is within the reach of all. Science carries her blazing torch into the glens and vales, and fears not to scale the rugged mountain's side. Wherever the farmer "drives his team afield," or the sound of the mechanic's hammer and saw is heard, there are found those whose minds are cultivated and enlarged, whose powers are expanding like the opening of the fragrant rose. It requires no prophetic eye to foresee the result of such a general diffusion of knowledge. The mass will think and act for themselves; neither professional aspirants nor political demagogues can longer hold the reins, and guide the public mind into a channel to suit their own selfish ends. There is a dignity and self-reliance in this age truly noble, bespeaking the utility of science in enlightening and improving the mind. "No primeval cemeteries," nor tortuous vaults, no buried cities nor monumental piles, can remain unsearched in this age of enterprise. Experiment goes forth with a bold determination and strong arm to reap the reward of his toils. The mere declaration of a learned professor, though it may come from a high place among the erudite, cannot be received unless it carries upon its face the impress of truth. How and why, are asked by the general mind. Such then is an interesting age. Ignorance and superstition must, in the midst of so much knowledge, struggle for an existence, like a nest of Egyptian vipers, to seize their prey. Opinions, for their antiquity, cannot longer be received, unless the elements of truth are there.

Novelty, for its mere sake, cannot command the respect and retain the confidence of the general mind. Truth will be elicited. What is practical will be

seized with an earnest grasp, and applied with skilful hands.

In such an era comes forth the Water-Cure, robed in simplicity and power. No gaudy attire clothes it; no long array of technical phrases hides it from the multitude; it is open to the scrutiny of all; it comes to meet the demands of the present age; it comes when the keenest eyes are watching: the necessities of the world demand it. There are many in the medical profession, as well as a host out of it, who are heartily tired of drug-treatment. There are a multitude of cases of the chronic type where patients are "delusively hugging the phantom of hope," or listlessly regarding the laws of life. Despair has seized them with a spasmodic grasp, and will not relax his hold till compelled by Nature's remedy, COLD WATER. It is the province of the physician to use remedial agents in such a manner as to arouse the powers of life, and call into requisition all the dormant energies of mind and body. A host of ills incident to human life, demand all the energies of the patient to promote the cure. Such is the emphatic language of the hydropathic treatment. Heretofore, invalids have been allowed to assume attitudes of ease,—to be smothered by bed-clothes and close confined air,—to lounge and smoke in the shade; but such a course is now deprecated. Good health and fragrant spirits *never did nor never will* remain with the fretful and indolent. Action is inscribed upon the human constitution in characters as visible as the sunbeams upon the mountain top on a bright summer's morn.

SILAS O. GLEASON, M. D.

Cuba, June 30, 1846.

PAIN IN TEETHING OF INFANTS.

We cannot describe the feeling from experience, although we have had it, and perhaps hardly escaped death. Some say that the common tooth-ache, from decay in the teeth, is the most severe pain that flesh is heir to. But, does it cause as many deaths as the pain in the production of the infant teeth? If we look at our weekly reports of deaths, we shall come to the conclusion, that the pain connected with the coming of the first set of teeth

destroys more lives than those of the second; and we shall readily see that the infant suffers more from pain connected with the teeth than the adult. The Creator has made strait paths in the development of all animal creation, and never could have intended that his natural laws should so infringe upon each other as to cause suffering and premature death. It becomes an indispensable duty on parents to examine the subject for themselves, and, if they find that Nature's laws have not been too long violated, (see Notes on Louis Cornaro, published by Fowler & Wells; also Burdell on Teeth,) and they are willing to follow the truth in future, they will seldom mourn the death of an offspring from the above cause. Milk is the only food originally designed for the infant, until the teeth appear, and are sufficiently strong to perform their work in grinding food necessary for the stomach and the welfare of the body. We may use unlawful means, but still the laws of our being are not changed, neither can be, without detriment to the whole body. If the mother's milk is rendered unwholesome from improper diet or disease, the best substitute will be the milk of a healthy cow, goat, or sheep. Milk un-mixed and fresh from the animal, is best adapted to the wants of the offspring.

JOHN BURDELL,

No. 2 Union Square.

New York, Aug. 1st, 1846.

Priessnitz' Treatment of the Cholera.—

When the cholera raged some few years ago in Germany, Priessnitz saved a great many from death in Graefenberg; he did not lose a single case. In slight cases, tepid sitz-baths, of long duration—up to two hours—were sufficient, with constant rubbing of the abdomen and lower extremities; cold water being drunk in small quantities; injections aided the cure. In more serious cases, where convulsions and paralysis had already supervened, the patient was put into a half bath, and rubbed until the body got warm and steamed. After being dried, and resting awhile, the patient was wrapped in wet sheets and sweated in them. Besides this, frequent tepid injections and sitz-baths, of an hour

and a half long, cold water being of course administered all the while.

Diet should be very strict; fish—eels particularly—fruits, salads, and fresh beer are injurious; it should be light and nutritious; cleanliness must be particularly observed, fresh air inhaled, dwellings and bed-rooms well ventilated.

Dr. Casper, in Berlin, was also very successful in curing cholera; his plan was this:—the patient, if his skin be dry and withered, is placed in a dry tub; if soft, with a clammy perspiration, in a lukewarm water bath, the water reaching up to the navel. Then four to five pailsful of quite cold water are thrown over head, chest, and back, downwards; at the same time two pailsful of cold water are thrown horizontally against the chest from the end of the bath. Every thing must be done quickly, and the patient then put to bed; the bath being repeated in three or four hours. In the interval, ice-cold bandages are placed on the chest and abdomen, and renewed when warm; the head is covered similarly with ice-cold compresses, to prevent an access of nervous fever, which often succeeds an attack of cholera. Cold water for drink, by which the disposition to vomit is much diminished, but increased by warm drink. Frequent baths and frictions will diminish, if not always prevent, the extension of the ravages of this epidemic.—*Dr. Smethurst.*

TESTIMONY FROM A SUBSCRIBER FAR WEST.

LAFAYETTE, INDIANA,
June 22, 1846.

Doctor Shew:

Dear Sir,—I have conversed with a great many afflicted persons lately, in regard to the efficacy of water in curing diseases, and the propriety of abstaining from the use of tea, coffee, tobacco, and condiments in food, who acknowledge that probably it would benefit them, but the water is so cold they can't stand it after the first trial; and, as to giving up the use of the above articles, they never can. I have been afflicted in my lungs since last autumn,—have taken nearly a "drug store of medicines," and been under the charge of two regular physicians,—but have received more benefit from two baths

a day,—on going to bed, and on rising in the morning,—than from all the medicines and prescriptions aforesaid.

Yours, truly, JOHN B. MICHAELS.

Eggs, very slightly boiled, are quite a healthy form of food. It is better, however, to use none except such as are furnished by "clean fowls," according to the Levitical law. Death is said to have been occasionally the result of using eggs in which partial decomposition had taken place. By such decomposition a poisonous gas (sulphuretted hydrogen) is formed. Eggs should always be fresh—should never be cooked hard, and, above all, never fried in butter or fat.—[*Water Cure for Ladies.*]

Works to be sent by Mail.

WATER CURE FOR LADIES.—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases: with a full Account of the Processes of Water-Cure. Illustrated with various Cases. By Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 166, 12mo. Wiley & Putnam, New York.

Notice of the Work.—"This book is full of excellent advice and instruction for all, whether believers in Water-Cure or not. Its directions for the preservation, as well as restoration, of health are very good, very plain, and all practical; and no person can observe them faithfully without benefit. A great amount of valuable information with regard to Diet, Bathing, Treatment of Children, &c., &c., is here collected from the best authorities, with excellent directions for preparing healthful food and applying Hydropathic remedies."—*N. Y. Tribune.*

HAND BOOK OF HYDROPATHY; or a Popular Account of the Treatment and Prevention of Diseases, by the means of Water. Edited by Joel Shew, M. D. Wiley & Putnam, New York.

This work gives a succinct view of the Water Treatment, as applicable in different diseases to which the human system is subject.

FACTS IN WATER-CURE.—A Collection of Cases, with Details of Treatment, showing the safest and most effectual known means to be used in Gout, Rheumatism, Indigestion, Hypochondriasis, Fevers, Consumption, &c., &c., &c., from various authors, by Joel Shew, M. D.

This work is mainly composed of European cases, and are such as can be implicitly relied on. They are good illustrations of the Water Treatment.

☞ These three works we can send by mail to any part of the United States, and, under the new post office law, at a few cents' expense. The three together are afforded at one dollar. The *Water-Cure for Ladies*, at 50 cents, or the *Hand Book and Facts*, at the same price; either of which sums may be enclosed and sent postpaid by mail.

Books to be sent by Mail.

The following valuable works may be ordered from us through mail. The present rates of postage are very low, thus offering great facilities for the spread of useful works. *Address, post paid, L. Barney, 56 Bond-street, N. Y.*

PHRENOLOGY PROVED, ILLUSTRATED AND APPLIED. 34th edition, enlarged. By O. S. Fowler: containing over 500 pages, 12mo. Illustrated by upwards of 40 engravings. A practical, standard work on the Science. Price \$1.

MEMORY AND INTELLECTUAL IMPROVEMENT:— New edition, greatly enlarged and improved. By O. S. Fowler. Applied to self-education and juvenile instruction. Illustrated by engravings. An invaluable work for the young. pp. 230, 12mo. Price 50 cts.

RELIGION, NATURAL AND REVEALED: Or the Moral Bearings of Phrenology, compared with those enjoined in the Scriptures. By O. S. Fowler. Price 50 cts.

LOVE AND PARENTAGE: Applied to the improvement of Offspring. By O. S. Fowler. Of which more than ten thousand copies have been sold within six months. Price 25 cts.

AMATIVENESS: Or the evils and remedies of excessive and perverted sexuality, including warning and advice to the Married and Single; being a Supplement to Love and Parentage. Price 12½ cts.

MARRIAGE: Or the principles of Phrenology and Physiology applied to man's social relations, together with an analysis of the domestic feelings. By L. N. Fowler. Price 25 cts.

MATRIMONY: By O. S. Fowler: Or Phrenology and Physiology applied to the selection of congenial companions for life—of which more than thirty thousand copies have been sold in the U. States, besides having been re-published in England. Price 25 cts.

PHRENOLOGICAL GUIDE:—Designed for *Students of their own Characters.* Most of the organs are illustrated with two engravings, showing each organ, large and small. A good thing for beginners. Price 12 1-2 cts.

PHRENOLOGY AND PHYSIOLOGY:—Applied to *Temperance,* or the laws of life and health; of which upwards of twenty thousand have been sold. No one should be without it. Price 6½ cts.

SYNOPSIS OF PHRENOLOGY AND PHYSIOLOGY: By L. N. Fowler: Comprising a condensed description of the functions of the body and mind; also, the additional discoveries made by the aid of Magnetism and Neurology. Illustrated. Price 12½ cts.

SYNOPSIS OF PHRENOLOGY:—Designed for the use of *practical Phrenologists.* Price 6 1-4 cts., or \$4 per hundred.

A SOBER AND TEMPERATE LIFE:—By Louis Cornaro. Written by himself at the age of 83 years; with a likeness of the author; who, by his temperate habits, attained the remarkable age of 104 years. This work has been translated into near-

ly every language, and is really a superior thing; giving directions how to prolong and enjoy life. pp. 228, 18mo. Price reduced from 50 to 26 cts.

TEA AND COFFEE:—Their physical, intellectual, and moral influence on the human system. By Dr. Alcott. Price 12 1-2 cts.

TIGHT LACING:—Of the evils of compressing the organs of animal life, and thereby enfeebling the vital functions. This work has also had an extensive sale. Price 6 1-4 cts.

THE USE OF TOBACCO:—Its physical, intellectual, and moral effects on the human system. By Dr. Alcott. Price 12 1-2 cts.

THE WATER-CURE & HEALTH ALMANAC,

By JOEL SHEW, M. D., is published by WM. H. GRAHAM, 162 Nassau street, New-York. Price, 6½ cts. single, or 50 cts. per doz. This work will prove a convenient means of spreading the new system.

JOHN BURDELL, DENTIST,

Has removed from the corner of Broadway and Franklin street, (formerly corner Chamber street and Broadway,) to No. 2 Union Place and Square, south-east side of the Park, and corner of Fourteenth street.

BOOKS ON WATER-CURE.

BELA MARSH, 25 Cornhill, Boston, has for sale, the large work on Hydropathy, or the Water Cure: by Joel Shew, M. D.; price \$1. The Hand Book of Hydropathy; price, 37½ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18½ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

SHOWER AND OTHER BATHS.

WILLIAM WEST, 133 Hudson street, New York, opposite St. John's Park, Manufactures a great variety of Portable Shower Baths, Bathing Tubs, Sponge, Seat, Foot, and Hip Baths, &c. &c., all of which are afforded at very reasonable prices.

Mr. W. has invented a shower and *douche* Bath, united by which a half dozen buckets of water may be used at once, and the same repeated as many times as is desired. These Baths are easily taken apart and transported. Shower Baths at 6, 10, 12 and 15 dollars; Shower and *douche* combined, \$20. Address, post paid, as above.

TERMS OF THE JOURNAL:

Payment in advance—For one copy, \$1; three copies \$2; ten copies, \$5. City subscribers will receive their numbers at Wm. H. Graham's, 162 Nassau street, or at the office of publication, 56 Bond street. For sale by periodical dealers generally.

Address, post paid, "Joel Shew, M. D., New-York city." Let every friend of the cause do their utmost aid us. We ask not gain, but only to be sustained from loss.

Bela Marsh, 25 Cornhill, Boston, Miss A. Pane, Providence, R. I., Colon & Adriance, Arcade Building, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.

Wright, Printer, 74 Fulton street, cor. Gold.