

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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[WHOLE No. 21.]

REMARKS ON SLEEP.*

(Concluded.)

The Proper Time and Duration of Sleep.

Some have contended that it is of little importance whether we sleep in the night or in the daytime, so that we sleep a proper length of time. But every indication of nature, and all experience, are opposed to such a notion; and to a properly enlightened mind, there cannot be the least ground of doubt that the night is the natural time to sleep: that is, in all parts of the globe where the twenty-four hours are regularly divided into day and night. And all experience in civilized life has proved, also, that—other things being equal—those who get a considerable portion of their sleep before midnight are, as a general fact, the most healthy and long-lived. In that state, which, in all respects, is most perfectly adapted to the constitutional nature of man, therefore, there is every reason to believe that he would retire to rest soon after daylight disappears in the evening, and rise with the first gleam of light in the morning. But in the present artificial state of civic life, there are so many things to disturb and break up the natural physiological habitudes of the human system, that even the sleep of man is ex-

ceedingly affected by circumstances; so that it is impossible to lay down a general rule which will be equally suited to every individual. The best *general rule*, therefore, which I can lay down for all people in our climate, and indeed in all climates where the day and night are nearly of the same length as ours, is, that they should retire to rest as soon as they can after daylight disappears, and rise as soon as their sound and refreshing sleep is at an end; and certainly, as soon as the earliest dawn of the morning appears. But, if mankind will not listen to this general rule, which is undoubtedly the best that can be given to them, then I will give them another which is an extreme concession to human perverseness of habit; and say, that, as a general rule, the *very latest hour* at which any human being should be kept from sleep, is ten o'clock at night, and none should be in bed after the sun is risen. We have been told of individuals who habitually took but four hours sleep; and undoubtedly some, by virtue of good habits in other respects, or a powerful constitution, may hold out many years in this way; but it always and inevitably shortens life, by an undue expenditure of the vital energies of the constitution in maintaining the animal and sensorial powers and functions. Six hours are probably the shortest time that man can habitually devote to sleep,

* From Graham's "Science of Human Life."

consistently with the permanent welfare of his system ; and, perhaps, eight hours of sound sleep are as many as any one can secure or enjoy to advantage in the present state of things. An average of seven hours, therefore, is probably the nearest we can come to exactness in a general rule for man in civic life.

Beds, Bed-clothes, Bedrooms, &c.

Concerning beds, I cannot speak the whole truth without greatly reprobating a strongly cherished custom of society, for I am compelled to declare that *feather-beds* are in every respect objectionable ; and that they possess not one redeeming quality—not a solitary virtue to save them from the general bonfire to which they ought immediately to be consigned.

Is it claimed that they are “soft and warm,” and therefore conducive to human comfort ? It is true that feather-beds are absolutely softer than straw, hay, moss or hair mattresses ; and it is true that they do not so rapidly conduct the heat from our bodies, and, therefore, are considered warmer : but it is also true, that they so relax and debilitate our bodies, and so affect our nervous systems and our calorific function, that we *feel* our feather-beds to be harder, and to be less conducive to the healthy and comfortable regulation of our bodily temperature, than our beds of straw or moss. And hence, when we become fully accustomed to hard beds, if our habits are in other respects correct, we do not require so much clothing by night nor by day, in cold weather, as when we are accustomed to sleep on feathers.

We have seen that there are the most intimate and important anatomical connexions and functional and sympathetic relations between the external skin of the body and the mucous membrane which lines the alimentary and respiratory cavities, &c., and that through these and other media, the external skin holds very direct and powerful relations with all the internal organs and functions of the system. In consequence of these relations, feather-beds not only relax and debilitate the external skin and impair all its functional powers, and make it more susceptible to cold and to all the changes of

weather, and to the action of all insalubrious causes and influences, but they also relax and debilitate the whole system, and serve to impair every one of its physiological powers and interests. The lungs and digestive organs are powerfully affected by every thing which is detrimental to the general condition of the external skin. So that, by habitually sleeping on feather-beds, we are more predisposed to dyspepsy, with all its train of evils, and to pulmonary diseases of every description. Indeed, there is probably not a single disease with which the human system has ever been afflicted, that we are not more strongly predisposed to, and which, when actually existing, is not in some measure aggravated by the use of feather-beds. I repeat, therefore, that they have not one redeeming quality, and ought, with as little delay as possible, to be utterly and forever discarded, by every human being. They cause many more evils than it is convenient or even proper for me to enumerate on this occasion ; while, on the other hand, they do not, in reality, minister to the comfort of mankind in any manner.

We have seen that the whole external skin of the human body is, in some measure, a breathing organ, and that it is continually exhaling a vapor, loaded with various excrementitious matters, and held in an aeriform state by the heat which passes with it from the body. Feathers being non-conductors, not only retain much of this heat about the surface of the body, but also retain so much of the gaseous and other perspired substances as to keep the body surrounded by a very impure atmosphere, while in bed. This impure atmosphere penetrates into every part of the bed : and, besides this, there is always more or less of dead animal matter belonging to the feathers, which is continually undergoing decomposition, and forming unwholesome gases and offensive odors. So that a feather-bed—if the utmost pains are not taken to prevent it—soon becomes so completely saturated with its own impurities and those received from the human body, that it will give to the whole room, and even to the whole house, a very disagreeable and unhealthy odor : and when the bedroom is small, and

not well ventilated, nor properly cleansed, the very walls become, in a few months, so deeply tainted with the impurities, that it is almost impossible, by repeated cleansing and whitewashing, to destroy the offensive smell, even in years. And where every measure is taken to keep a bedroom clean and sweet, if it contains a feather-bed, it will always have a disagreeable smell to those who have a pure olfactory sense. In every respect, therefore, feather-beds are unworthy of a place in the habitations of civilized beings.

Mattresses made of hair, if the hair has been thoroughly cleansed, are incomparably more favorable to health and purity and comfort than feather-beds. Mattresses made of moss, Manilla grass, husks, straw, hay, palm-leaf, &c., are still more conducive to the highest and most permanent well-being of the human body. For it should ever be remembered that, always and of necessity, in proportion as we, by the artificial means and circumstances of civil life, bring our bodies into that condition which renders soft beds indispensable to our immediate comfort, we diminish our physiological powers, increase the uncertainty of health, and abbreviate the duration of life; and the evil is always increased by an indulgence in the thing for which we thus create a demand. Bodily development, symmetry, vivacity, agility and vigor, and mental cheerfulness, activity, clearness and power, and moral purity and elevation and happiness, are all best promoted by a hard bed.

It is of much importance that the clothes of the bed should be properly regulated as to quantity and quality. Too many bed-clothes render sleep less sound and refreshing; and serve to relax and debilitate the body; and in every respect, to impair the physiological powers of the system; while, on the other hand, the want of sufficient clothing, in cold nights, by suffering too great an abstraction of animal heat from the surface of the body impairs the soundness of sleep, and renders it much less refreshing and invigorating: and where the want is great and continued, the evil consequences are often very serious. Be it remembered, however, that all my remarks concerning

beds, bed-clothes, &c., are made with reference to man as a member of civic life, and as an inhabitant of a climate which renders the use of artificial means necessary for the proper regulation of the temperature of his body. For, undoubtedly, if clothing were not necessary for the regulation of the temperature of the body, sleep would be more perfect and refreshing and invigorating without any, than with it.

There is a kind of bed-clothing becoming very common in our country, which ought never to be used except from necessity, where other kinds cannot be had: I mean those articles made principally of cotton batting and wadding, and called *comfortables*;—a very misnomer, for they are, in reality, very *uncomfortable* things. They have much the same effect on the body that feather-beds do,—relaxing and debilitating the whole system. Indeed, people in delicate health can, generally, soon tell by their *feelings* when they are lying under one of these articles; for they render respiration less free, and cause a general sense of oppression and weariness, which often amounts to a painful sense of lassitude; and hence, as a general fact, sleep is less sound and refreshing, and more disturbed by unpleasant dreams, when this kind of clothing is used. Woollen blankets are incomparably better articles of clothing for beds than such *uncomfortable comfortable*s; for, while blankets are sufficiently non-conductors to retain the heat, they are not so utterly impervious to the air, and to the exhalations of the body; yet, for reasons which I shall give when I come to speak of bodily garments, it is better, as a general rule, that the woollen bed-clothing should not come in immediate contact with the skin. In cold weather, cotton sheets are probably the best that can be used; and in hot weather linen sheets are preferable.

From what I have said concerning the functions of the external skin, it must be evident that an impure atmosphere is continually formed around the surface of the body, while we are in bed and enveloped in clothes, which completely prevent any thing like a current of air, or the atmospheric motion, which, during the day, is constantly produced by our voluntary ac-

tion and other causes. This impure atmosphere, as I have stated, penetrates into the bed and into all the bed-clothes; and, as it were, completely saturates them. If we go from the fresh morning air, into a sleeping-room, at the moment when an individual is rising, we shall have a very strong olfactory perception of the impurities which issue from the bed; and if that bed be soon made, without airing, and the room be not freely ventilated, the very walls of the room, as we have seen, will, in a short time, become strongly and deeply tainted with the offensive and unwholesome odor.

When we rise in the morning, therefore, the bed should be thrown open, and, as soon as may be, the bed-clothes should all be taken off and thrown over clothes-horses or chairs, and the bed shaken up, and the windows opened, so that the whole may be thoroughly aired before the bed is made; and they who persist in feather-beds, should very frequently lay them out in the open air and hot sun, that the impurities which are constantly accumulating in them, may be fully driven off; and it will be still better, if, as often as once in four or five years, the feathers be subjected to the cleansing process of baking.

On retiring to rest at night, every thing worn during the day should be taken off, hung up on pegs, on clothes-horses, or on the backs of chairs, or elsewhere, so that they can be well aired during the night, and give off the impurities they have received from our bodies in the daytime. *Not a single article of clothing worn during the day* should be kept on during the night; but flannels and all other under-clothes should be taken off and hung up; and, after the whole surface of the body has been briskly rubbed with a flesh-brush, a coarse towel, or the hand, a loose flowing bed-garment should be put on, so that the body and limbs shall be entirely free from all ligatures and compressions, and there shall be nothing to prevent the most perfect freedom of respiration, circulation, and voluntary motion. This bed-garment may be made of cheap cotton, and, therefore, can be afforded by every one. When this garment is taken off in the morning, it should always be hung up where it can be well aired.

Besides thus freely airing the bed-garment and bed-clothes every morning, they should be frequently changed and washed, that they may, by all means, be kept as clean and sweet as possible. The bedstead should also be kept perfectly clean in every part, and free from every impure thing, animate and inanimate. The floor of the bedroom should be washed frequently; and as often as twice in a year, the walls should be whitewashed or cleansed with hot soap-suds. They who neglect these things, cannot reasonably expect to enjoy the best of health; nor need they be surprised if they are occasionally visited with typhus and other fevers and complaints.

It is exceedingly desirable that all bedrooms should be large, and so situated and constructed that they can be well ventilated, and most especially the family room, or that in which the parents and small children sleep. Opposite opinions are entertained by different writers on hygiene, in regard to the propriety of sleeping with the bedroom windows open. Some think it a salutary practice, and others think the contrary. One thing is certain, however,—open chambers, where the house is merely clapboarded on the outside, and not ceiled nor plastered on the inside, are far more healthy bedrooms than those which are closely ceiled or plastered. Indeed, it should always be understood and remembered, that, both when we are sleeping, and when awake, the pure air cannot have too free an access to our whole bodies, provided we are kept sufficiently warm, and are not exposed to too strong a current. If bedroom windows are open during the night, therefore, a screen should always be placed before them, so that the sleeper is never exposed to a current of air. Where the bedrooms of a house open into a common hall, it is perhaps better to open the windows of the hall and the bedroom door, than to open the windows of the sleeping-room. It is very desirable that there should be a fireplace in every sleeping-room, for the purpose of ventilation, but not for fire, except in sickness; for it is exceedingly unfavorable to health to sleep in a room where fire is kept during the day, unless it is well ventilated before we retire to rest.

Beds, &c., of Children and Aged People.

It is of very great importance that all these circumstances should be strictly attended to in relation to the sleep of children and youth. They who desire to have the bodies of their children fully and vigorously developed,—without distortion, without disproportion, without feebleness in any part,—must not suffer them to sleep on feather-beds, nor in unclean bedding, nor in confined, and ill-ventilated rooms. Let their beds be hard, and every thing about them clean and sweet. Feather pillows should also be avoided. Pillows made of moss or fine hay, or even straw, are incomparably better for children than feathers. Parents need not fear that such beds will feel hard to their children. When they become accustomed to them, they will never desire softer couches, and they will sleep upon them with most refreshing and invigorating soundness. But if their bodies are buried up in feathers every night, they will be enfeebled,—their nervous excitability will be increased,—they will be far more likely to take cold,—they will be more predisposed to diseases of the spine, rickets, &c.,—their lungs, digestive organs, and, in short, their whole systems will be debilitated and rendered more liable to become diseased. Too many children ought not to be put to sleep in the same bed nor in the same room; nor is it well to accustom children to sleep with old people. In strict physiological truth, it is decidedly best not only for children, but for adults, for every body in civilized life, or where beds and bed-clothing are used, to sleep alone, or, but one in a bed.

Great care should be taken to keep the bedding and bedrooms of aged people as clean and sweet as possible. As the vital powers of their bodies suffer an abatement of energy, it is the more important that every thing unfriendly to life should be avoided; and that every circumstance in which they are placed should be salutary. It is desirable, therefore, that for these, as well as all other classes of people, the bedrooms should be large and airy.

COFFEE—ITS ORIGIN AND EFFECTS.*

"O coffee! thou dispellest the cares of the great; thou bringest back those who wander from the paths of knowledge. Coffee is the beverage of the people of God, and the cordial of his servants who thirst for wisdom. When coffee is infused into the bowl, it exhales the odor of musk, and is of the color of ink. The truth is not known except to the wise, who drink it from the foaming coffee cup. God has deprived fools of coffee, who with invincible obstinacy condemn it as injurious.

"Coffee is our gold, and in the place of its libations we are in the enjoyment of the best and noblest society. Coffee is even as innocent a drink as the purest milk, from which it is only distinguished by its color. Tarry with thy coffee in the place of its preparation, and the good God will hover over thee and participate in his feast. There the graces of the saloon, the luxury of life, the society of friends, all furnish a picture of the abode of happiness.

"Every care vanishes when the cup-bearer presents thee the delicious chalice. It will circulate fleetly through thy veins, and will not rankle there: if thou doubtest this, contemplate the youth and beauty of those who drink it. Grief cannot exist where it grows; sorrow humbles itself in obedience before its powers.

"Coffee is the drink of God's people; in it is health. Let this be the answer to those who doubt its qualities. In it will we drown our adversities, and in its fire consume our sorrows. Whoever has once seen the blissful chalice, will scorn the wine cup. Glorious drink! thy color is the seal of purity, and reason proclaims it genuine. Drink with confidence, and regard not the prattle of fools, who condemn without foundation."

The foregoing encomium, or rather tirade, on the virtues of coffee, was taken by the *Transylvania Journal of Medicine* from a German Journal for 1834; for which it is said to have been translated from the Arabic of Sheik Abdal-Kader

* From "Tea and Coffee: Their Physical, Intellectual, and Moral Effects on the Human System. By Dr. Wm. A. Alcott."

Anasari Djezeri Haubali, son of Mohammed. Of its extravagance we shall be better able to judge by and by.

Coffee was introduced into Europe and America, as a common drink, much later than tea. It was indeed brought there more than two centuries ago; but it is only one hundred and seventy-one years since the first coffee-house was opened. This was in Paris.

Coffee is a native of Abyssinia. From thence it found its way into Arabia, in the sixth century—probably as a substitute for wine, when that liquor was first prohibited by the Koran. It appears, however, to have been, for some time, used as a medicine rather than as a common beverage, for it was not till near the close of the 15th century that it became a frequent favorite, even in Arabia. In 1511 its use had extended to Cairo.

Opposition to it was, however, soon excited, and a sentence of condemnation pronounced against it, at Mecca, by an assembly of muftis, lawyers and physicians. They declared coffee drinking to be contrary to the law of their prophet, and alike injurious to soul and body. Soon the pulpits at Cairo resounded with anathemas; all the stores or magazines of the seditious berry were burnt; the saloons were shut, and their keepers pelted with the fragments of their broken pots and cups. The tumult, however, soon subsided, for the Sultan, by a public decree, declared coffee drinking not to be heresy; and the two principal physicians who had pronounced it to be pernicious to health, he caused to be executed.

From Cairo this suspicious liquor passed to Damascus and Aleppo; and thence, in 1554, to Constantinople. Here, as at Cairo, it was opposed by the dervises and others, who regarded its use as prohibited by the prophet. They called it, when roasted, a species of charcoal; and declaimed, with much vehemence, against the impiety of using so base an article at the table.

Coffee appears to have been first introduced into Italy in 1615; and afterwards, in 1657, to France; in both instances, however, as a curiosity. It was evidently beginning to be used at Marseilles in 1679; for during that year, the medical

faculty, in that city, made it the theme of a public disputation.

It has been already seen that the first coffee-house in Europe was opened in Paris, in 1672. The coffee was first sold at 2s. 6d. a cup. The shop-keeper being unsuccessful in Paris, afterward removed to London.

Here the new drink was destined to meet with a more powerful opposition than in Asia or Africa. Ministers, as well as others, declaimed against it, some of them with much violence. Probably it was seen to be used chiefly, if not wholly, for the sake of its nervous excitement. The following is said to be an extract from one of the sermons of those days, against the votaries of coffee and tobacco. It is inserted as a curiosity, rather than with approbation of its denunciatory spirit.

“They cannot wait till the smoke of the infernal regions surrounds them, but encompass themselves with smoke of their own accord, and drink a poison which God made black that it might bear the devil’s own color.”

Coffee, however, like spirits, tobacco, opium, and other nervous excitants—in a world where men are governed by appetite rather than by reason—was destined to have a run, and a prodigious run too. For one hundred and fifty years its use has been extending; and it is now found in nearly all parts of the civilized globe.

The exact amount used in the whole world—indeed in any part of it—cannot be exactly ascertained. The quantity imported into England, for the year 1832, was within a fraction of 50,000,000 lbs., but it is supposed that about half of it was re-exported. In 1840, the quantity consumed in the countries of Europe annually was estimated as follows:—France, including Spain, Italy, &c., about 70,000,000 lbs.; Netherlands and Holland, 81,000,000; Germany, and the countries round the Baltic, 64,000,000.

The consumption of coffee in the United States has been rapidly increasing for many years. In 1821, the importation was only 21,273,659 lbs.; whereas in 1836, fifteen years afterward, the amount was 93,790,507, and the actual consumption nearly as great. During the seven years ending in 1838, the consump-

tion increased one hundred per cent., while the population itself advanced only thirty-three per cent.

Coffee a Narcotic or Poison.

That coffee is essentially and properly a medicine—a narcotic—will hardly be questioned by any medical man of the present day; nor indeed by any individual who has paid but the smallest attention to its effects on the human system. It may be well, however, to cite a few of the more respectable testimonials.

Hooper, in his Medical Dictionary, says—“It possesses nervine and astringent qualities.” “It is said to be a good antidote against an over-dose of opium, and to relieve obstinate spasmodic asthmas.”—A substance, by the way, which is a nervine, and has the power of relieving spasm, is of course a narcotic, or diffusible stimulant.

Dr. Paris says—“It is suspected of producing palsies—and not without foundation.”—Here one might be disposed to ask—Do we want a stronger reason for believing coffee to be a narcotic, than the fact of its producing palsy?

Dr. Willich represents coffee as possessing “anti-spasmodic virtues,” and speaks, in particular, of its powerful effect on the nervous system. He says it is “a valuable medicine.”

The opinion of Dr. Beaumont has been given in speaking of tea. In remarking on the necessity which exists of increasing the dose of both tea and coffee, in order to have their effects permanent, he says of the additional quantity—“Yet this is only an *addition* to the strength of the *narcotic* he is in the constant habit of using.”

I have also noticed, briefly, the opinion of Mr. Graham, who assures us that both “tea and coffee are among the most powerful poisons of the vegetable kingdom.”

Prof. Hitchcock, in his “Dyspepsia Forestalled,” repeatedly speaks of coffee as a narcotic. “The bewitching influence,” he says of both tea and coffee, “lies in their narcotic properties—the same principle that gives opium and tobacco their attractions. They exhilarate the system, producing a pleasurable glow, and lessening nervous irritability. They

do this in a less degree than ardent spirit and wine; still the *exciting principle* is *essentially the same*.”

Dr. Trotter, in speaking of the cause of nervous maladies, says that “the only means of cure lie in a total abstinence from every species of fermented liquor, and from every thing that bears an analogy to them, such as tea, coffee, opium, and all other narcotics.”

Dr. Dunglison says of coffee—“It is manifestly tonic, and somewhat stimulating;” and in many of his occasional remarks, clearly admits its narcotic tendency.

The same admission is made in the Journal of Health, in Faust’s Catechism of Health, and in the Catechism of Health by Dr. Bell, of Philadelphia. All this is good authority. The latter work says expressly that coffee—not *strong* coffee, merely, but coffee in all circumstances—has a “pernicious effect upon the stomach, bowels, and *nervous system* generally.”

The testimony of Dr. Combe, in his work on Diet and Regimen, is very much in point. He says—“It acts as a strong stimulant, and certainly increases our comfort for the time. Like all other stimulants, however, its use is attended with the disadvantage of *exhausting the sensibility* of the part on which it acts, and *inducing weakness*. This inconvenience is not felt to the same extent, indeed, after coffee, as after spirits, but still it exists.”

Prof. Sweetser says—“It has appeared to me that even more persons suffer disturbance of the nervous system and of the digestive function from the free use of coffee, than of tea.” Elsewhere he avows the belief that its long continued use sometimes produces palsies.

Dr. S. A. Shurtleff, a physician of Boston, says—“Of all the common beverages drank in society, coffee is decidedly the worst.”

Londe, a distinguished French writer on health, classes coffee among the drinks which *stimulate*, but do not *nourish*. He says—“It accelerates the functions only by shortening their duration. It doubles the energy of the organs only by doubling the debility which follows.” “*Coffee*,” he adds, “*should be used only in those circumstances in which it is proper to use fer-*

mented or spirituous liquors. It is not on account of its liquid condition, or its high temperature, but on account of its stimulating without nourishing, that coffee, like tea, produces nervous affections."

Sinibaldi, an Italian medical writer of some eminence, has the following remarks—"The commerce which we have opened with Asia and the new world, in addition to the small pox and other diseases, has brought us a *new drink*, which has contributed most shockingly to the destruction of our constitutions—I mean coffee. It produces debility, alters the gastric juice, disorders digestion, and often produces convulsions, palsy of the limbs, and vertigo."

Linnaeus, in his "Medical Botanical System," represents coffee as being "drying, exciting, healing, expelling, carminative, diuretic, anti-venereal and anthelmintic." He speaks of it, moreover, as of known usefulness in that long list of nervous complaints, at the head of which stand hypochondriasis and hysteria. Surely if such powers do not entitle it to the name of a medicine—a narcotic poison too—I know not what could.

Drs. Percival, Mulgrave and Millengen, recommend coffee in cases of asthma; and the latter, in speaking of its medicinal effects, says, it is liable to produce feverish heat, anxiety, palpitations, trembling, weakness of sight, and predisposition to apoplexy.

Dr Grindal, of Russia, in his attendance at the hospital at Dorpat—has used a preparation of raw coffee in intermittent fevers, as a substitute for Peruvian bark, with great success. In eighty cases, scarcely one resisted its power.

The Encyclopædia Americana, in an article which was probably written by Dr. Lieber, one of the editors, says, "As a medicine, strong coffee is a powerful stimulant and cordial; and in paroxysms of the asthma, is one of the best remedies; but it should be very strong."

Dr. Burdell, of New York, has made many curious experiments on small animals, not only with the decoction of tea, but with what he calls the extract of coffee. He says—"By experiments upon animals, it is shown that there is more excitement of the nervous system produced

by coffee than by tea; but death does not ensue as quickly."

The testimony of Mr. Cole should not be forgotten. The learned surgeon believed coffee to be liable to bring on all the diseased action which he referred to tea; so that in his view there is really a *coffee* disease abroad, as well as a *tea* disease; or rather, according to him, coffee and tea produce symptoms nearly the same. On this point I shall say more presently.

Dr. Hahnemann, the father of the homœopathic system of medicine, and the author of an essay on coffee, gives the following testimony:—"Coffee is strictly a medicinal substance. All medicines, in strong doses, have a disagreeable effect on the feelings of a healthy person. No one ever failed to be disgusted the first time he smoked tobacco. No healthy palate ever found strong coffee, without sugar, palatable on the first trial."

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☞ We are under the necessity of rendering an apology for having delayed the present number so much beyond the usual time; but we hope to be punctual in future.

The following criticism on Dr. Gully's book, taken from the London "Spectator," is rather personal in its character, but may be generally interesting to our readers, as the Editor acknowledges his (Dr. Gully's) theory to be *reasonable enough*.

DR. GULLY'S WATER-CURE IN CHRONIC DISEASE.

The medical works of Dr. Gully that have fallen in our way have been generally distinguished by literary ability, ingenuity of hypothesis, and considerable plausibility of exposition and argument in advancing his views. Those views, however, have been dogmatic rather than capable of proof, or at least than proved; and Dr. Gully seems, like the Athenians of old, to be smitten with a taste for new

things. In his *Simple Treatment of Disease*, he pointed out the evils that arise from active practice, and advanced some very sensible views as to the propriety of watching the intentions of Nature, but not interfering with her till those intentions are indicated. In carrying out this principle, however, he seemed to us to push his practice to an extent which Nature did not require and patients would not submit to. He gave ample credit to the powers of Nature in expelling the disease, but too little in bearing the remedies.

Although there is no apparent resemblance between *The Water Cure in Chronic Disease* and the *Simple Treatment*, the "Cure" is in reality a corollary from the "Treatment." In both cases Dr. Gully conceives that the cure emanates from Nature, and that the physician's business is only to assist or "fillip" her. In both, Dr. Gully makes time, and rest or relaxation, main elements of the curative means; and demands from patients more of time and submissive attention than the majority, we suspect, will choose to render. The steps in advance in the present work consist in throwing physic to the dogs,—prescribing water, both externally and internally, in immense quantities, under certain regulations; and in a theory or hypothesis of the origin of all disease, and of the mode in which the Water-Cure operates (and physic, as we understand, cannot operate at all) in curing it. In presenting this hypothesis, Dr. Gully speaks with his wonted dogmatism; and any one would suppose that he was enunciating a series of established mathematical truths, rather than advancing views that may be disputed. To give a full account of Dr. Gully's exposition of the causes of chronic or rather of all diseases, cannot be done in our limited space; but we will convey an outline of it as well as we can. It has some resemblance to Dr. Searle's theory of the capillaries, which we mentioned last week; but *The Water-Cure in Chronic Disease* excels *The Why and the Wherefore* in system, comprehensiveness, and literary exposition.

In every part of the body, blood-vessels exist in such numbers that the point of the finest instrument cannot be introduced without touching some of them; and

those vessels are ever accompanied by ganglionic nerves,—though Dr. Gully prefers the term "nutritive," as they regulate the action of nutrition. The central seat of these important nerves is the organs of respiration and digestion (the stomach and the lungs;) and in these two, but chiefly in the stomach, most disease originates, and in the stomach all of it must be cured. Even a surgical case depends upon the condition of the nutritive nerves and blood-vessels of the stomach. If they form healthy blood from the food ingested, the injury is readily repaired; if not, it is repaired slowly, or not at all. These ganglionic or nutritive nerves have *irritability*, which is ever in action, but not *sensibility*, which arises from the nerves of the brain and spinal cord. Hence, a great deal of mischief may be going on without the patient being cognizant of the extent of the injury, or even his medical adviser, if the latter relies upon the evidence of pain: which, however, he does not; nor do Dr. Gully's illustrations of the mode in which disease is induced negative the absence of pain, or at least of sensation, because injury cannot take place without involving more than the nerves of irritation.

"The first effect, therefore, of causes of disease—excessive cold or heat, infectious matter, &c.—is upon that nervous system which presides over the capillary or nutritive blood-vessels, and whose central portions are in the viscera of the chest and abdomen—the ganglionic system.

"It is ascertained by numerous experiments, that the first effect of all kinds of agents upon the nervously-endowed capillaries is to produce contraction of them; a diminution of their calibre by the fact of their contraction. In other words, all agents are stimulants to them, and bring them into action, and that action is contraction. But as all action is effort, such effort must, in a living body, be succeeded by lassitude and exhaustion; and in the case of these small blood vessels, relaxation and increase of calibre is the evidence of this secondary state; and further, it follows that the amount of relaxation will be in exact proportion to the amount of the previous contraction.

"Of course the condition of the blood

as to quantity is affected by these two opposite states of the vessels that contain it. When the vessels contract on the application of the morbid stimulus, they drive their contained blood from them; and when relaxation ensues, the blood rushes into their increased calibre; and the amount of blood thus brought into a part will be, of course, in exact proportion with the relaxation, and this with the contraction, of the containing blood-vessels.

"To illustrate all this. I apply water at 35° of Fahrenheit to the back of the hand when it is warm: it first of all drives the blood from the skin, and renders it pale; this is because the cold has stimulated the nutritive nerves of the blood-vessels, and caused them to contract and drive the blood from them: but in a very short time the skin becomes more than usually red, and, if friction be used, hot too; this is because the vessels have been exhausted by the contracting effort, have relaxed, and admitted more blood into them. This is an approach to inflammation of the skin of the hand.

"Or take a piece of frozen mercury, the temperature of which is 38° below the zero of Fahrenheit, and apply it on the hand. The stimulus is so violent, the contraction so excessive, as to be instantaneously followed by excessive relaxation and total loss of vital power of the blood-vessels, and inflammation of the most destructive kind is produced. The part is burnt, in fact, as effectually as if the opposite stimulus of red-hot iron had been applied.

"Between these two instances the shades of stimulation and relaxation are infinite, according to the morbid agent applied. The more stimulating the agent, the more rapid and extreme the amount of blood brought to the part, whether that part be the skin of the hand or the mucous lining of the stomach or lungs."

Dr. Gully next proceeds to inquire into the changes in the blood; and then illustrates the progress of the local injury upon the general system.

"A man ingests highly-seasoned meats and alcoholic drinks, and begets in the mucous lining of his stomach a patch of such disorder as I have minutely described. Now, though that disorder is, as re-

gards the patch itself, one of *depressed* vital power, it becomes to other parts a source of *exalted* vital action,—as if the very fact of the existence of a diseased point roused the system to efforts for its relief; an opinion that was held by Hippocrates, and has prevailed with some of the soundest physicians since his time. The sympathy thus excited in other organs of the body is in proportion to the amount and kind of nervous matter they contain. Thus, in the case before us, the ganglionic nervous matter of the mucous membrane of the stomach excites the same matter distributed to the heart; whose beats are, in consequence, increased in frequency and force; the pulse becomes rapid and hard; as a result of this quickened pulse, the breathings also quicken. Then comes the sympathy with the spinal cord and the brain, whose functions are rendered irregular or are oppressed: hence the lassitude of mind and limb, the prostration of strength, the somnolence first, and then the sleeplessness, &c. Then there are the sympathies with the mucous surfaces of all the other organs roused, causing the diminution and vitiation of their secretions: hence the heaviness and the aching of the forehead, the suffused eyes, the fevered and dry tongue, the thirst, the stoppage of the bile, the constipation of the bowels, the scantiness of the secretion from the kidneys, all of them are dependent on mucous membranes. And as this mucous surface extends to the outer part of the body, forming the true skin, the same morbid sympathy extends thither, accompanied with the same diminution and vitiation of sensation and secretion: hence the dry and hot skin called 'feverish heat.'

"In fact, here is a case of what is called 'simple inflammatory fever,' a general disease traceable to a small point of acute inflammation in the stomach. Sometimes the same general result follows on the application of cold air to the *outer* mucous surface—the skin, whereby the blood is thrown on an extensive portion of the *inner* mucous membrane of the nose, throat, and lungs; and then nearly the same phenomena are present, and a 'feverish cold' is said to exist. But in either case, and indeed in all cases of general symptoms,

there is one organ, and sometimes only one spot of an organ, that originates the whole series, and which must be overcome, as the cause, before we can vanquish the symptoms, which are the effects.

If this disease goes on, it may induce death or serious illness; but if not so violent, it terminates in a chronic state of disorder, that may extend from the stomach to the other organs of the body. But the stomach still remains the key of the position; because not only must a better nutrition originate there, but it is by means of the stomach that all internal remedies must be administered and reach the other parts—you cannot, for instance, act upon the liver without first digesting the medicines and stimulating the stomach. These medicines, however, as usually administered, Dr. Gully, with his cold-water lights, has decided are rather mischievous than otherwise. They temporarily relieve the earlier stage of the acute disorder, only to advance it into the chronic, which they gradually aggravate instead of cure. It is probable that there is much truth in this; that abstinence and repose after indulgence—that a strict system of diet on the first appearance of indigestion, coupled with attention to the skin, and to air and exercise—would cure all the lighter preliminary acute derangements which subsequently run into the chronic. “But men are men,” as Iago says. If they never indulged there would be no occasion for abstinence; if they made a habit of temperance, cleanliness, and exercise in the open air, they would enjoy health as good as their constitution permits. But “*nemo mortalium omnibus horis sapit*,” and the constitution of many persons is so delicate naturally, or through their occupation, that they are constantly subject to external influences. And what are all such people to do? The necessities of life will not allow them to give weeks to Dr. Gully’s simple treatment, still less months to his water-cure. They take, and we suspect they must continue to take physic—not as a good, but a necessary evil. Whether they may not take too much, just as they eat too much, indulge too much, and in bodily matters do and risk too little, is another question.

The brief summary we have given of

Dr. Gully’s views of the causes of chronic disease must only be regarded as an outline, yet his exposition of the subject forms but a small portion of a bulky volume. The second part applies his theory to various diseases of the digestive organs, lungs, nerves, limbs, and skin; each disorder being illustrated by cases, some of a very *wonderful* character; but the whole containing various passages well worth consideration, though rather for their critical censure of the systems of over-dosing and active practice, or for their pathological remarks, than for their enforcement of Dr. Gully’s own theory. The third part contains the author’s exposition of the rationale of the cold water cure; in which the skin is represented as a great curative medium, but the direct curative agents are the blood-vessels, relieved by an improved action of the skin and stimulated by the various applications of the water. There is in this, as in many other parts, a dogmatism of manner, which savors rather of the unscrupulously positive empiric than the cautious physician, who knows the uncertainties of things; but the matter is for the most part reasonable enough. Dr. Gully very properly exposes the promises and mechanical practice of many so-called professors of the cold water cure, and the lucubrations of amateurs. He also fairly admits, that in all the commoner cases, the water merely saves time; that regimen, relaxation, air, and exercise, if *properly* persevered in, would work the same results, but by a slower process.

PERU, N. Y., 7th mo. 17th, 1846.

Esteemed Friend—

I have just reached home, and found occasion immediately to test the virtues of Water-Cure in a case of measles in its most rapid and pressing character, and find it to act like a charm. The patient is now (the sixth day) comfortable. A young man of laborious habits, full of blood, and *that bad*, so that a small eruption of the skin refused readily to heal; had frequent boils, some of them not gone when the measles broke out. I first saw him on the third day after the symptoms appeared: cough hard and dry, extreme soreness, with great pain in the stomach,

dry hot skin, great heat and pain in the head, breathing affected, pulse quick and hard, eruption not appeared. The leintuch eased the head, removed the soreness, brought out the eruption, reduced the pulse, and allayed the heat, (cold wet cloths were applied for some time to the head.) The fourth day, had four wet sheets, of half an hour each, followed by the cold wet rubbing sheet; drank freely of water slightly tepid, with injections of the same temperature, always with the best results. When, having lain too long without treatment, and in consequence a hard, dry cough and no saliva, great heat in the head, &c., on the application of the *wet sheet* all would yield, and after a few minutes' flow of saliva and constant spitting, a soothing sleep would come on, and a subsequent wet rubbing sheet would leave him comfortable. No medicine, either mineral or vegetable, was given; no drink but soft water; no stimulants or cordials, and his food next to nothing; at long intervals, a very little gruel or weak porridge.

At Rochester I was called in to see and prescribe for a child four years of age, with one arm highly inflamed, and a high fever. The mother, with praiseworthy firmness, had resisted for two successive days (previous to my coming to the city) the prescriptions of the physician, who told her it was *erysipelas*, of the most malignant kind, and, if cold water was applied, it would kill the child. But being a mother who, though young, had accustomed herself to *think*, and had also found, by observation and experience, the benefit of diet and bathing, as directed by Dr. Graham, and having some vague knowledge of Priessnitz's more perfect system, persisted, though tremblingly, in washing the body as often as it became too hot, and occasionally a wet cloth on the arm, so holding the enemy in check, and waiting my arrival, having been told that I would soon be in the city.

A few minutes' conversation encouraged and instructed her in more active treatment, and at the end of two hours, when I called again for five minutes, the little patient was cool and asleep. I left for a week to go West, and on my return, found a brisk, well child, and happy mother.

The parents seemed overjoyed at the recovery of the child, and such was their gratitude for the little I had *said and done* for them, that it required considerable firmness to resist their entreaties to accept pecuniary compensation, which they urged me to receive, but in this, as in all other like cases, I declined accepting *pay*, my object in attending to the subject being for the good of my *fellows*, and not selfish gratification.

I might fill a volume with the evidence accruing on all sides, in favor of "our system,"—*man's* system I might term it, for it is destined to become as universal as a consistent trial is made of it. But I must not enlarge. Permit me, however, to inform thy readers (many of whom have some knowledge of me,) that I have been particular to search out many cases at home and abroad, in which it was said that water had been tried without effect, or with injury, and never have found one that did not succeed better than could have been expected (circumstances and treatment considered). From obvious reasons, some cases have not answered all that was desired; many instances in Philadelphia and Western New-York, of water treatment (so called) under the care of homœopathsists, and in connection with their medicine. Such are not the most successful cases; probably more from want of knowledge and confidence in, and dependence on, water, than from any positive opposing effect of the little *innocent* pills given. Many other cases that were said to fail, I found, by close investigation, to have succeeded well. It is truly wonderful that so great a degree of success has attended the applications made by persons with no previous knowledge of the subject, and who, in some instances, have sent to borrow a book after the patient had been ill for several days, and then studied and practised as they went, without injury, except the failure to accomplish all that might have been done under judicious and skilful treatment.

Thine for progression.

SAMUEL KEESE.

HYDROPATHIC INSTITUTION AT OXFORD,
GEORGIA.

We take pleasure in calling attention

to the above named institution ; and, from an acquaintance with one of the proprietors, DOCTOR GAITHER, we recommend it as being eminently worthy of public favor.

The subscribers, influenced by a desire to place within the reach of the afflicted the benefits of Hydropathy, or the Water-Cure, which, from the number of its reported cures, is exciting a lively interest in the public mind, and eliciting enquiry on every hand as to its claims to confidence, would inform the citizens of Georgia and contiguous states, that they have opened an Infirmary of the kind in Oxford, Georgia.

To those acquainted with the location, it would be superfluous to say a word in commendation of the happy selection of this place for such an Institution.

Its salubrious air, pure cold water, shady walks, and beautiful scenery, have been the favorite theme of visitors to the annual commencements of its literary institution, Emory College, nor have its hospitable inhabitants been less the subject of grateful notice from many a gifted pen.

Contiguous to the Georgia Railroad, and readily accessible from all parts of the state, it may be reached with less fatigue than perhaps almost any other place that could have been chosen.

In point of health, Oxford will challenge a comparison with any village in our widely extended Union. In point of lovely, quiet, rural beauty, it cannot be surpassed : its waters are as pure as any that gush from mountain spouts, and its citizens, generally, are characterized by superior enlightenment, gentlemanly deportment, and christian suavity.

And should a desire be felt to witness an exhibition of one of Nature's most remarkable freaks, the Stone Mountain of Dekalb stands peerless and alone in such close proximity as to be reached in an hour or two by the railroad, which runs along its base.

We are fully aware of the opprobrium that is too apt to attach to innovations in medical science, and of the distrust with which a remedy which purports to effect so much is viewed, but we confidently believe (and in that belief we are encour-

aged to proceed) that when the system of Hydropathy is properly understood, it will find favor generally, and prove an invaluable auxiliary in the treatment of many maladies now regarded as beyond the reach of art.

It may not be amiss in offering the benefits of this system to the public, to say a few words as to its origin, progress, and to the claims it may now be considered to have on the confidence of the world.

More than twenty years ago, Priessnitz, a German peasant, from having experienced the benefits of cold water in his own diseases, recommended and applied it to others for the cure of their maladies. He proved successful, and acquired a name in his vicinity that soon spread and drew patients from afar. Such were the wonders wrought by his simple appliances and the fame he had acquired, that it provoked enquiry on the part of the regular faculty, who could not conceive of results so extraordinary without the agency of medicine ; and as the laws were severe in that country against quacks, and the employment of drugs by one unlicensed, they thought to detect him in their use in his baths or sponges ; investigation proved that he used no such things, and he was not only permitted but encouraged to proceed.

The progress of the system has been onward, and institutions of a similar character to the Græfenberg Parent, have sprung up in the various kingdoms of the continent of Europe ; and, in enlightened, scientific England and France, is rapidly securing favor and advocacy.

In our own country, too, particularly the northern states, there are numerous institutions of the kind liberally patronized and encouraged.

This system, it is well known, dispenses altogether with the administration of nauseous drugs, and depends on the purifying, bracing and invigorating effects of water given internally, and applied externally, together with a well regulated diet, pure air, and proper exercise.

The modes of application are various, and are judiciously adapted to the diversified idiosyncrasies and conditions of patients, so that it requires personal examination to enable the physician to direct

skilfully the course, and meet the changes that may arise in the progress of a case.

No well-read man who admits the claims to orthodoxy of DR. CURRIE, on the subject of cold water in its application to disease, need be startled by its extending its pretensions to a wider field of usefulness. If CURRIE managed successfully fevers of low grade, and that "Opprobrium Medicorum" of the profession, scarlatina, need we question the competence of the remedy to combat with like results other maladies that resist the power of the present skill of the medical world.

Evidence is abundant, that PRIESSNITZ, in his home among the mountains of Silesia, wrought many wonderful cures; in cases, too, where recovery was deemed hopeless. If he was incompetent to theorize ingeniously, or did not stop to give the rationale of his processes, he went forward to cure his patients. No one will question the wisdom of his practice, who has witnessed its results.

The success of the system in the eradication of disease, commends it to the confidence of the public; and we should act unwisely, were we to close our eyes and ears to the admission of the evidence of its efficacy in many diseases which resist all ordinary medication.

It is as unwise as it is base, to delude by false representations of the powers of any remedy, and to hold it up as a Catholicon or panacea for "every ill that flesh is heir to." We boast no such powers for water, hot or cold, and should consider ourselves wanting in the heart and head to assume for it the character of a universal or infallible specific; while at the same time we have strong confidence in it, united with strict regimen, and due exercise, in proving competent to the cure of a wide range of functional diseases.

Where organic disease has reduced its victim to the last stage of hopelessness, and dissolution and the grave are at hand, it is vain to look for, or expect aid from any agency less potent than that which could cure palsy by a word, or blindness by a touch. To such sufferers we hold out no encouragement: the day of miracles are past.

In diseases of the digestive organs, em-

bracing a long list of distressing affections it is especially beneficial. Dyspepsia, the hydra of the list, has been repeatedly cured, with its multiform symptoms of defective appetite, constipation, flatulency, acidity, vertigo, palpitations, &c., &c.

In gout and rheumatism, and many painful nervous affections, hypochondriasis, hysteria, hemorrhages from the nose, lungs, and uterus, it has proved effectual, and there is scarcely a disease of the skin in which its virtues have not been clearly established. For consumption in its earlier stages, there is hope. For scrofula, much encouragement.

Catarrhal affections yield readily; indeed, the treatment is admirably calculated to fortify the system against their frequent recurrence, as well as to remove them. Chronic intermittents, after resisting the power of quinine, can be permanently cured. And from the success which has attended the treatment of a long catalogue of maladies, we are not prepared to say what diseases may not be alleviated by it.

All seasons of the year are favorable for undergoing treatment on the Hydropathic plan, but those more particularly so, are winter, spring and autumn. This is doubtless owing to the reduced temperature of the agent employed, and to the invigorating influence of the seasons.

In presenting themselves to the public as advocates and administrators of the Water-Cure, the undersigned would not desire to be understood as discarding an experience of more than twenty years in the allopathic practice which each of them can boast, and the use of remedies which from daily familiarity with, they are enabled to rely on and trust as well known and long tried friends; but having in common with their medical brethren experienced the difficulty of controlling patients in their habits and regimen, and adapting remedies, appropriate to the relief of their long standing chronic ailments, they are well satisfied that an institution regulated as this will be, promises to benefit them if relief can be afforded.

And this assurance will be conscientiously given, if no benefit accrue to them from a fair trial of the system, no injury shall result. In giving this pledge, they

do it not from a belief that it cannot possibly prove injurious, for they know the contrary, but it shall be employed with such care and discrimination, as will ensure a favorable or harmless issue.

To those who know us we deem further remarks unnecessary, if our characters are not a sufficient guarantee against the suspicion of humbuggery, we can only lament their want of charity, or deplore their obtuseness.

All enquiries addressed to us in Oxford by those wishing to avail themselves of the benefits of the system, and who may desire further information as to the probability of their gaining relief, and as to the terms of admission into the establishment, will meet with prompt attention.

The house will be opened for the reception of patients on the first of October, and being an extensive building, will accommodate comfortably a considerable number of invalids,—the boarding department will be under the direction and superintendence of Jackson Marshall, Esq., a gentleman every way qualified for the duties of the station, who will spare no pains to please.

One of the medical firm has recently visited the institutions of like character at the North, and this establishment will be conducted according to the most approved models there found.

HENRY GAITHER, M. D.,

GEORGE G. SMITH, M. D.

That those with whom we have not a personal acquaintance may be at no loss as to the moral integrity of those who propose to dispense the virtues of the system, we beg leave to refer them to the following gentlemen :

Bishop J. O. ANDREWS, D. D., Oxford, Ga.
 Rev. A. B. LONGSTREET, LL. D., "
 Rev. DR. A. MEANS, "
 Rev. G. W. LANE, "
 Hon. J. J. FLOYD, Covington, Ga.
 Gen. J. N. WILLIAMSON, "

Oxford, Ga., Sept., 1846.

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. 156, 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.*

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.

WATER-CURE CIRCULAR.

Hydropathic Establishment,
 AT WHITESBORO, ONEIDA COUNTY, N. Y.

THIS location, peculiarly adapted to the purposes of Water-Cure, is situated at the southern extremity of Oriskany Hill, on whose summit the invalid can enjoy both invigorating atmosphere and captivating scenery. The water used issues cold and fresh from amidst a circular grove, and is pronounced by an experienced chemist to be pure and soft. To this merciful system of healing, the result of long experiment by the great Priessnitz, all diseases, with few exceptions, readily or eventually yield, viz: Rheumatism, Dyspepsia, Dropsy, &c., all Neuralgic Affections, Diseases of the Nerves, all Fevers, Cutaneous Eruptions, such as Scrofula, Scarlatina, Measles, Small Pox, Acute Diseases, Pleurisy, Inflammation of the Bowels, Cholera, Catarrhs, Croup, &c., the latter very effectually and readily; also, the malignant Erysipelas, and the terrible Tic Doloieux, are mastered by it. Also, Incipient Consumption, Liver Affections, and Partial Paralysis.

The appliances of water are, the Lein Tuch, Abreibung, Umschlag, Plunge Bath, Shallow Bath, Sitz Bath, Foot Bath, Shower Bath, and Douche.

The subscriber has taken much pains, by interviews with such as have been treated by Priessnitz and others, by visiting different establishments in this country, and by studying the principles of the system, added to some successful practice, to qualify himself for administering to the benefit of the sick.

He has at present fitted up but a very limited establishment, and can receive but a few patients. He proposes also to give instructions, and pay visits to such in the vicinity, as may choose to receive Hydropathic prescriptions, at their dwellings. He can, when needful, and his patients desire it, avail himself of the aid of a neighboring Physician favorable to the cause.

TERMS for those who may board at his establishment, and enjoy its full benefits, will be on an average \$5 per week. Each patient is expected to bring for his own use, one mattress or bed, four woolen blankets, two cotton or linen sheets, together with bandages and towels, and if he bring a mattress instead of a bed, he will need two comfortable.

PHINEAS CAMP.

July 9, 1846.

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.

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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. 223, 18mo. Price reduced from 50 to 25 cts

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

TIGHT LACING:—Or 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 cts. 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.

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