THE

WATER-CURE JOURNAL,

DEVOTED TO THE

EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF

HYDROPATHY, OR THE WATER-CURE.

"Wash and be Healed."

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(From Graham's Science of Human Life.)

BATHING, AIR, AND CLOTHING.

When we consider that the whole external skin is in some measure a breathing organ, that it is continually discharging impurities from the body,—that it is the medium through which a large proportion of the effete or worn-out matter of the system passes off—and that in its anatomical structure and functional character, it holds very near and powerful relations to the lungs, stomach, and other internal organs, we must feel convinced of the great importance of preserving its healthy condition, and of securing the vigorous performance of its functions.—In order to this, few things are more indispensable than cleanliness:—and hence bathing should never be neglected.

In all civilized communities, every house should be constructed with conveniences for bathing; so that each member of the family can readily pass from the sleeping-room to the bath. Where this has been neglected, however, and such conveniences cannot readily be had, every one, even in the humblest condition of life, can easily make such arrangements as will enable him to bathe his whole body daily, with very little trouble and expense. A portable bath may be placed in every sleeping-room; and if this cannot be afforded, an ordinary wash-stand and bowl, or even a pail of water, with a good sponge or coarse towel, will answer the purpose. If to these can be added a tub to stand in, surrounded by a screen made of cheap cotton cloth, nailed upon a frame like a clothes-horse, every thing necessary is supplied. Pure soft water, if it can be had, should always be used for bathing and cleansing the skin.

On rising in the morning, the bed garment should be laid off, and water applied very freely to the face and neck; and if the hair is short, the whole head may be plunged into the water. A little mild soap may be used with advantage, about the face and ears and neck, to make every part perfectly clean. When thoroughly washed, these parts should be wiped dry, with a towel which is sufficiently coarse to give action to the skin. This done, if the individual has a tub or something else to stand in which will hold water, let him take a tumbler or some other vessel, and pour water freely upon his shoulders with one hand, and with the other wash himself briskly in every part. This is an exceedingly great luxury, where it can be enjoyed, in every season of the year. If, however, the individual has nothing to stand in, which will keep the water from the floor or carpet, then let him take a good, large sponge or coarse towel, and make it as wet as it can be without drip-

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ever, an excellent mode, in cases of piles, and diseases of the uterine organs. As a local means in uterine hemorrhages, fluor albus, &c., this remedy is strikingly serviceable.

In the older works on water, we find the douche recommended, in various cases, to be taken upon the head. This is, in every sense wrong. The principal effect of the douche, it is true, is the conduction of caloric from the part upon which it is directed; still the mechanical force of the application is a sufficient objection against its use upon that sensitive part, the head. The pouring, or affusion, upon this part, is always to be preferred. No blow of any kind should ever be struck upon the head.

Those who have weak lungs, stomach, or abdominal organs, should not take the douche upon those parts. Operate upon the system, through the limbs, the large joints, and the muscular parts. This is the better mode. Weak organs can be strengthened, for the most part, only through the general health.

In paralysis, and in diseased joints, the douche is a valuable remedy. In all cases of the like kinds, the system should be gradually prepared, by a general treatment. Persons are apt, here, as elsewhere, to have too great regard for local means, and not enough for general treatment. In diseases of whatever kind, the greater part of the effect is to be brought about through the general means.

In gout and rheumatism, affecting the joints, there has been not a little discussion among medical writers, as to the safety of douching. It has been feared that the disease might be driven to some other part. Experience abundantly demonstrates, that of this there is not the slightest danger, provided certain plain rules are observed. If the part be hotter than is natural, so long is the application of cold water, by whatever means made, entirely safe. Indeed, we have no proof that cold water, in any case, ever produces the metastasis, or change of disease from any one part to another, alluded to. If the part is not hotter than natural, the disease might become increased by the douche, but, further than this, there is at least room for much doubt. The principal effect of cold external applications, it should be remembered, is the abstraction of heat. The action, then, is outward, and not inward, as is by some supposed. Another proof of this is the fact, that eruptions, boils, &c., appear upon the surface, where the water is used.

In some cases of swelled and painful joints, the relief obtained, in a very short time, by the douche, is little less than miraculous.

Old tumors are, sometimes, in connexion with other treatment, driven away in a very remarkable manner, by the action of the douche.

The best time for douching, I believe, in most cases, to be the morning. The system is then more vigorous, from the night's rest, the stomach is more apt to be free from undigested food, and thus the strong impression of this powerful mode is the better borne. A strong douche should seldom be taken more than once a day.

At a small expense, a douche may be arranged in almost any situation. By means of a pump, water is easily elevated to a cistern, or cask, and thus the amount of fall necessary obtained.

The Wave Bath.—This is in some respects, similar to the douche. In this there is force of water, as at an undershot mill-wheel,—a sluice-way, as it is called. A person lays hold of a rope, or something by which he may keep his situation, and lays himself at length in the swift running water. This is what is called a wave bath. The mode is a good one, but possesses no peculiar advantages. It is not used by Priessnitz.

How often to bathe.—There appears to be as good reason for the daily cleansing of the whole surface as of the hands and face. I have before written, "Every sick person, in whatever condition, or however weak, should have the whole body rubbed over, with wet cloths, sponges, &c., at least once each day. In some cases, great caution will be required, in order that the bath be performed safely. Let those who have lain for days upon a sick bed, without any ablution, as is generally the case in the ordinary modes of medical practice,

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try, when the body is warm, the rubbing it part by part over the whole surface, following, briskly, with dry cloths, and then covering it warmly, according to the feelings of comfort, and they will find it a most effectual tonic, as well as an application productive of the greatest comfort. Physicians, generally, have yet many simple lessons of this kind to learn."

Let every individual, then, old and young, male and female, sick or well, have a daily bath; and, in case of indisposition, of whatever kind, let there be more, instead of less, attention given to bathing.

The Half Bath.—This bath may be used as one of the mildest of water-cure processes, or as one of the most powerful. An ordinary bathing tub is a very good apparatus for the purpose. A good-sized washing tub will answer very well, if there is nothing else at hand. The water is generally quite shallow in this bath—from three to six inches. Priessnitz's half baths are made of wood, four to five feet long, about two and a half feet wide, and twenty inches deep. This simple contrivance is one of his most powerful means—that by which some of his highest triumphs are achieved. The water is generally used of moderate temperature, as 60° to 70° F. and when long continued is changed, as it becomes warm from the heat of the body. This bath may be used—

1st. As a means of cooling the mass of the circulation in the hot stages of fevers, and inflammatory attacks of every kind.

2d. As a revulsive or means of deriving blood in congestions or inflammations of the nobler organs, the brain, lungs, stomach, liver, &c.

3d. As a means of resuscitation in the shock of serious accidents, sun-stroke, and before, during, or after apoplectic and other fits. In drunkenness and delirium tremens, the half bath is a sovereign remedy.

4th. As a milder means, and preparatory to the general bath in weak constitutions.

In the latter of these indications the bath is generally used but for a few minutes, after the wet sheet, or at other times, as may be desired.

In the former indications, much practical knowledge is necessary in order to proceed always with safety and to obtain the best results. Thus six or even nine hours may be required, with the greatest perseverance, the patient being thoroughly rubbed over the whole surface, and this to be kept up constantly by relays of assistants, the patient's head and shoulders being supported meanwhile.

To make this bath milder for a given length of time, and more powerfully derivative downwards, the upper half of the body is left warmly dressed, the frictions being carried on briskly upon the uncovered parts.

This bath is an excellent means in the paroxysms of ague and fever.

Head Bath.—Time immemorial, cooling and other applications to the head have been much depended upon in that violent and dangerous disease, phrenitis or inflammation of the brain. When all other means had failed, certain obstinate affections of the head have been known to give way by a constant stream or affusion of cold water upon the part. In headaches, convulsions, delirium tremens, the delirium of fever, in epilepsy, rheumatism of the head, diseases of the eyes, earache, deafness, loss of smell and taste, and in epistaxis, or nose bleed, this highly energetic remedy is brought to bear.

In taking the head bath, the person lies at length upon a rug or mattress, with perhaps a pillow under the shoulders.—A broad shallow basin or bowl of some kind is used. The back and sides of the head are in succession placed in the water. It may be taken for five minutes to a half hour, or even more, according to the case. The whole head should be well rubbed and dried, if there is no inflammation to combat.

Those who are under the necessity of going to excess in literary labors, or have much mental effort to put forth, will find great benefit from affusions upon the head and the head bath. Not unfrequently a troublesome head-ache will at once give way, by merely washing with cold water the part in which the pain exists.

In cases of inflammation of the brain, the patient should lay with his head extending a little way from the edge of the

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bed, and the head and shoulders supported by assistants, so that affusion of the coldest water may be kept up for hours if need be, a tub or other vessel being underneath to receive the water, the patient being at the same time in the wet sheet. I believe the affusion of ice-water can thus be better managed than any applications of ice in bladders or the like. Until not only the fever in the head, but that in the whole system is thoroughly reduced, this application cannot be overdone.

The Nasal Bath.—In catarrh, colds in the head, and the diseases of the nasal passages, the sniffing of water up the nostrils is to be performed. The water should be drawn back and ejected by the mouth to obtain the best effects. This is a little disagreeable at first, but one soon becomes accustomed to it. In nose bleed this bath is a famous remedy; for this purpose the colder the water the better.

Those who have injured the nasal cavities by snuff-taking will find good to result from this bath. Some who have broken off the practice of snuff, use water instead, whenever they feel the want of the abominable thing.

The Mouth or Oral Bath.—For inflammations in the gums, mouth, throat and palate, in slimy secretions from the throat, stomach, in tooth-ache, catarrh, colds, and chronic hoarseness, garglings and baths for the mouth are of great service. Paulev, a merchant of Vienna has been thought singular for his zeal in recommending this bath. Clergymen and others who suffer hoarseness by much speaking, will find that holding very cold water in the mouth until it begins to grow warm, and then ejecting it, and by frequently repeating the process, much benefit will be obtained. Falling or elongation of the palate, in which it is now so much of a professional hobby to clip off the part, the gargling sufficiently with cold water will be found a never-failing remedy. Coughs and tightness in the chest may often be essentially relieved by this bath. In mucous secretions from the throat and stomach, by ejecting the water a number of times, it will surprise those who have not witnessed the remedy, to see the amount of slimy secretion thrown off.

The Sitz or Hip Bath.—Convenient tubs, wooden or metallic, are constructed for this bath; but an ordinary wash-tub answers very well. The article should be large enough to admit the motion of the arms in rubbing the abdomen, sides and hips, first with one hand and then the other. Water enough is used generally to come pretty well up the abdomen. The more movement and friction while in this bath, the better. It is more convenient if the tub be elevated two or three inches from the floor. Some undress completely and place a blanket or sheet over the upper part of the body, but oftener the parts only of the person to be exposed to the water are uncovered. In a variety of ailments, this bath is highly valuable. It may be made one of the most powerful of all of the hydropathic modes. Like all other powerful applications, it should be made only after digestion is nearly or quite gone through with.

As a tonic to the stomach, liver, bowels, womb, spine, &c., this bath is highly useful. In constipation and other irregularities it is famous. Those of sedentary habits will find its use of rare service. For the tonic effect, it is taken ten to twenty or twenty-five minutes or more. If it is continued some length of time, the water is to be changed once or more, as it would otherwise become too warm.

In pregnancy, besides general ablutions, the semi-daily use of this bath is productive of great good. In those troublesome itchings (*pruritis pudendi*), this application should be made as often as the symptoms occur, and the remedy will be found a sovereign one.

In all violent diseases of the abdominal organs, in which the parts are hotter than is natural, this bath is indicated. Prudence would here, as in all other modes, indicate that the cooling process be not too sudden or long continued; and one admirable feature of the system is, that experiments may be so safely made. The water may at first be made very moderate, so that a child can bear it; and then, little by little, the temperature may be lowered without the least danger.

In severe inflammation of the chest or head, the cold hip bath is a powerful de-

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rivative, as we say in medicine. The excess of blood is thus drawn from the inflamed part, or parts, and the mass of the circulation cooled, and thus the pyrexia or general feverishness, which is always present in inflammation, is removed.

In piles and hemorrhoids, the cold hip bath is used, and in all acute diseases of the genital organs.

In that very common complaint, leucorrhœa, or the whites, this bath is very useful. There is also another admirable contrivance that may be used in connexion, a small tube, or speculum, made of wire-work. It is about four inches long, and from half an inch to an inch or more in diameter. This, when introduced, allows the water to come in contact with the walls of the parts affected. These may be obtained at a trifling expense.

In violent flooding, the cold hip bath is a most powerful means. It should be undertaken only by those of experience in such cases.

In all violent bleedings from the bowels, very cold hip baths should be used. Let it be remembered, in all hemorrhages, the parts at and about which the bleeding takes place are hotter than is natural, and that the constringing power of cold is the best possible means that can be resorted to. This is in accordance with all authority in the healing art.

The Leg Bath.—It is sometimes necessary to have an apparatus expressly for the purpose of placing the leg in water.—Where, however, the limb can be sufficiently immersed in any large vessel, or in a pool, or stream, there will be no need of any particular contrivance of the kind. A sort of bath, made of very firm India-rubber cloth, is a convenient apparatus, and is, moreover, portable. It should have attached to its upper end strong straps, that it may be suspended by the back of chairs, or in any convenient situation, for use.

This bath is useful in cases of ulcers, swellings, eruptions, rheumatic pains, &c. of the leg or thigh. It may be taken for fifteen or thirty minutes, or an hour, or more, according to the indications of the case. If it is taken to remove rheumatic pains, the parts should be in a state hotter than natural, so that the application is an agreeable one. It should not be long continued, in such cases, after the excess of heat is removed, as a change of heat in some more important part might possibly take place. This caution needs to be observed more particularly in cases of mercurial rheumatism.

In cases of sprained knee, and swellings of this joint, the frequent use of this bath will be found highly salutary. In the latter disease, the relief, comfort, and strength that can often, in a single application, be obtained, is truly wonderful. A clergyman, the Rev. A. Kuhn, who was cured, in one of the German establishments, of an inveterate disease of the knee-joint, which had resisted the best surgical treatment of Europe, gives the following good example of the effects of this bath: "On Friday, the 5th of June, 1838, I went out after the bath, at half-past four o'clock, to visit a copper mine, between six and seven miles from Ilmenau. The road was almost entirely up-hill, and as I fancied I had reached the place, I was obliged to descend a steep mountain, and climb up another of the same kind, and missed my way; in short, I did not reach my lodgings till two o'clock P.M., having been all that time on my legs. I was completely exhausted; my limbs felt as if they had been taken out of their sockets; and I could scarcely move one leg before the other. I immediately put both my legs a hand's breadth above the knee, into cold water, and kept them there for three quarters of an hour, and felt no more irritability or fatigue in the same knee. I merely experienced, in the hip-joint, which had not been exposed to the water, that sort of sensation which every one has, after a long walk, when not accustomed to it."

It is easy for those who wish to experiment in the use of this bath, to commence, in any case, with water of moderate temperature, using it for only a short time, at first, and gradually increasing the length of time and lowering the temperature of the water. It is to be observed that frictions upon swollen and inflamed parts are very serviceable in this bath.

The uses of the leg bath may be stated, then, to be—

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1. To reduce the inflammation attend-
g sprains, bruises, swellings, and wounds.
2. To remove pain.
3. To promote discharges and the heal-
g of parts. And,
4, To invigorate the system, particular-
the lower limbs, when greatly fatigued.

The Arm Bath.—The same general
les are to be observed in this, as in the
bath.

The Finger Bath.—The same general
es are also to be observed in this, as in
e other partial baths. For that painful
ease, paronychia, whitlow, or felon, as
is called, the cold finger bath will be
ind invaluable. Years back, I prescrib-
this mode, and, in some cases, I have
en applied to, when the sufferers had,
days and nights, been unable to find
y rest, and all the ordinary means had
en exhausted, keeping the finger, or
en the whole hand, thoroughly and con-
ntly chilled, afforded the greatest re
f. Patients sleep for a whole night,
th the hand immersed in the coldest
ter. If this mode is sufficiently perse-
red in, from the first symptom of these
acks, I believe that many cases at
st will be prevented from suppuration,
gathering, at all; and if, in some cases,
y must, it will take place in a much
rter time, and almost entirely without
in.

The Hand Bath.—Some three years
, a very intelligent lady, residing in
urth street, New York, applied to me
cure a crop of warts, that had for some
ne been upon her hands. She was al-
dy very hardy, and well accustomed
cold bathing, even in the coldest weath-
as it was at this time. I told her,
t, with the cold bathing and great sim-
city in diet she already practised, it ap-
red to me, that the chilling the hands
ficiently in the cold water ought to re-
ve those excrescences. She at once
d she would wash, with her own hands,
towels for the whole family, every
rning, in water at very near the freez-
point. This she continued to do for
ne weeks, chilling the hands, until they
re completely benumbed, and thus the
rts were perfectly cured.

The Cold Foot Bath.—The assertion put forth in some of the works on water cure, that the cold foot-bath is prescribed by Priessnitz, for the same purpose that the faculty order warm ones, is, as I shall show, not true. The latter is prescribed among other remedies, for the feet when cold. The former are not, as people have often been led to suppose, to be used while these parts are cold. Some persons have, for instance, on going to bed, taken the cold foot bath, expecting the feet to become warmer, when to their suprise they find them only the colder, and that the parts remained in that condition for a longer time. So little do people observe and reason for themselves about some of the most common and simple things of life.

The feet, then, are first to be warm whenever the cold foot bath is taken.—For various purposes, it is a most admirable remedy. For a tendency to cold feet, a very common symptom in these days of so-called luxury and ease, and one that indicates a state of things in the general system, incomparably more to be dreaded than the mere coldness of feet, this is *the* remedy. It may be taken at any convenient time. Just before the morning walk, is very proper. The feet are then warm; at other times, if cold, they should, if at all practicable, be warmed by exercise or frictions; if this is not practicable, as in case of old age, debility, &c., the warm foot bath may, with advantage, be resorted to. The cold foot bath, in this case, should be shallow, covering only a part of the feet, and water should be changed as it begins to grow lukewarm. Exercise, or at least friction, should be practised after, as well as before the bath. The accustoming the feet thus to the impression of cold from day to day, will soon beget in them the condition of remaining habitually warm. The bath may be continued each time from half to two or three hours, if desirable.

For tooth-ache, rushing of blood to the head, ear and head-ache, inflamed eyes, &c., this bath is very useful. Also for controlling bleedings from the nostrils, the womb, and for difficulty in passing urine.

In cases of sprains of the feet and ancles, this bath, properly used, is a remedy of great power. In these cases, it should

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be at least deep enough to cover the parts affected.

In cases of gout and rheumatism, the cold foot bath is of great service whenever the parts are painful, hotter than natural, and the application agreeable. It is not, under such precautions, dangerous, as many practitioners erroneously suppose, but perfectly safe, as much so as to put ice upon the head in phrenitis or inflammation of the head.

For corns this bath is the remedy, *par excellence*.

The Pediluvium, or Warm Foot Bath.—The warm foot bath, the "soaking the feet" of the days of our good sires and grandames of old, is, in its place, a most excellent part of "water-cure." It is used for soothing pains and aches that are of a nervous character, and for sometimes warming the feet when cold. It is often pleasanter and by far better to warm the feet well in the warm foot bath on going to bed, rather than to remain an hour or more awake for the want of warm feet. Then, as we have said, in the morning when the feet are warm, take the cold foot bath. This will, so to speak, get those parts in the habit of becoming warm.

I know a man who is a very accurate observer, of rare judgment, and as little likely to be misled in any of his ordinary concerns of life as any one I know. He resides in a part of the country in which the winters are often severe. He says, that if he is to be exposed to much cold for a whole day, he is sure that a warm foot bath, taken before starting in the morning, is of service the day through, in keeping the feet warm.

Let it be understood, I do not advocate the frequent or general use of the warm or hot foot bath; but I contend, that as the sun shines warmly and genially, giving animation and life, so, under certain conditions and circumstances, *warming* applications are as truly natural to the human body, as are cooling ones under certain other conditions and circumstances; and in the construction of dwellings, churches, ships, &c., in clothing and in all the habits of the most intelligent portions of the human family, this principle is fully acknowledged.

THE IMPORTANCE OF PHYSIOLOGICAL DEVELOPMENT, IN COMMON WITH MENTAL CULTURE.

Extract from an Address before the Literary Societies of Hamilton College in 1844, by Horace Greeley, Esq.

I would insist, as the primary requisition in the discipline of the scholar, on a Thorough and Harmonious Development of the Physical Man. I place this first, not as more important than moral and intellectual culture, but as the proper foundation of all culture unto perfection. You need not cite me to instances of intellectual giants, who are physically dwarfs—of puny genius and hypochondriac wit—you may as well tell me that the fœtid, pestilent purlieus of a great city are favorable to health and longevity, because men have risen there to stature and vigor, and died in hale old age. As well tell me that the bivouac and the battle-field are favorable to long life, because men have died peacefully at ninety, after a half century of camps and sieges. These are exceptions, which rather establish the rule than invalidate it. 'A sound mind in a sound body'—that is the order of nature—you *may* find a sound mind elsewhere, but it will be most unfitly and inconveniently bestowed. The body can endure a divorce far better than the mind. In fact, we see bodies breathing, moving, acting all around us, which seem to perform their proper functions tolerably with the aid of very little mind—almost none—but a healthful, clear mind in a diseased, decrepit, decaying body, is a far more pitiable spectacle. It is a diamond in the clutch of a lunatic—to be gazed at a moment in wonder, then hurled into the depths of the sea. It is a freight of the wealth of the Indies, embarked in a tottering wherry, which is certain to sink in the first tempest. When I look around me, and recall the many noble, and brilliant, and greatly useful, who have sunk after a meteor-like career into premature graves, under the assaults of diseases insensibly contracted during their years of study and mental acquisition,—diseases from which any tolerable knowledge, any careful investigation of the laws of man's physical being, must have preserved them

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—I am impelled to sound the alarm of danger alike to teachers and to students—to plead for the generation now in process of development, and the generation to follow—and to warn the directors of education of the fearful responsibility which rests upon them—a responsibility which it is but charity to presume very many of them do not even dimly comprehend. For, assuredly, they could not know that the hundreds of young men committed by anxious love to their charge were growing up in almost total ignorance even that they *had* physical constitutions to nurture and bring to vigorous maturity—in utter ignorance, quite commonly, of many of the inflexible laws on which their physical well-being depend—and not adopt some adequate measures to counteract and avert the danger. And yet, how little is systematically done, how little is even consistently, authoritatively *said*, in our seminaries of learning, of the necessity and nature of a true Physical Education? Shall this deficiency continue?

True Education is Development. It does not create the statue from the marble—it only finds it therein, and exposes it to the unimpeded, admiring gaze. But in what do our Educational processes tend to develop the physical man? From the high, uncomfortable bench on which the child sits for hours at the common school in abhorred constraint and suffering, watching in envy the flitting of every bird by the window, to the highest University, so called, we find scarcely a recognition that his mind is encased in a tenement of flesh and blood. He has teachers of reading and of grammar—professors of mathematics and of ethics—of languages and of metaphysics—but the teachers of the laws of his own structure and relations to nature—the professors of health, of strength, of longevity, I think, are mainly yet to be appointed. Yet this ought not to be. The position of the young student is surrounded with peculiar perils. From the field, the forest, the bustling ways of home and neighborhood, he is transplanted at once to academic shades, whose genius demands quiet, meditation, seclusion. No longer is the climbing of rugged hills, or the leveling of stubborn woods, the preparation for the evening's study and the night's rest. He is instantly confronted with two formidable dangers—that of falling into habits of physical indolence and excessive study, inducing indigestion and its long train of enfeebling horrors; or his lithe frame revolts at the galling bondage, and he becomes a hater of books, a neglecter of studies, and gradually addicts himself to habits of turbulence and wild excess. Henceforward his career need not be indicated—its course and its end are inevitable.

I must not press this point farther, for I feel that a reform with regard to it is most essential to the usefulness and honor of our seminaries. In too many instances has a collegiate course, in view of all its consequences, proved a positive curse to a large portion of the class which sanguinely entered upon it as the unmistakable high road to eminent usefulness, recompense and fame. Alas! a deadly serpent lurked in those calm, bright bowers which seemed to their first eager glances so alluring. A few days of eager study jaded their spirits and unstrung their nerves; a languor and lassitude crept over them; they fell into the company of those who had traveled that road before them, who suggested—"All study is dry work—let us solace ourselves this evening with a bottle and a feast." Thus is laid the foundation of habits which have dragged too many a youth of rare promise down to an untimely and dishonored grave—which have quenched the fond, proud hopes of admiring relatives in a deluge of sin and shame.

Now it is the idlest folly to waste words in declaiming against these evils—we must trace them to their source, and apply there an adequate preventive. We must begin by teaching our young men the nature of their own frames, and the shocking violence they do to their nature by overtaxing its powers, and then drugging it with narcotics and stimulants to re-animate them. We must demonstrate to them the fact that *any* use of stimulants is a certain and fearful evil—that the effect we term drunkenness is only a benevolent effort of nature to expel the mon-

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ster which has been treacherously admitted to her most sacred and vital recesses—and that the evil commences with the first particle of such substances which is thrust upon her, and the penalty is signal and certain, although the second glass were never taken. All these truths and the kindred objections to narcotics, *may* easily enough be scientifically demonstrated—the mischief is that they *are* not. A man properly instructed, and as yet uncorrupted, would no more think of swallowing alcohol, than live coals or arsenic. And yet many have actually acquired the basest of habits—that of partaking of notoriously hurtful substances merely to produce a temporary and pernicious elevation of the spirits—within the precincts of our very universities! Shame is it to human ignorance—shame especially to those whose duty it was to dispel that ignorance in the case of these victims, and yet neglected it! *They* cannot be excused, but we may drop a tear of pity for the victims of their neglect, so distorted and misdeveloped, that he knows how to construe Greek, yet does not know how to reject and loathe tobacco!

You have already anticipated my statement, that to a true and healthful development of the man, I deem a constant participation in manual labor indispensable. Labor! blessed boon of God, to alleviate the horrors and purify the tendencies of our fallen state! when shall its benefits and its joys be brought home to each and to all? We may make it a curse and a burthen by so regarding it, as we may any other blessing from heaven, but the truth is irrepressible, that only he who is familiar with labor, and loves it, can either improve or enjoy life. The man whose only stimulant to exertion in any field is the hope of individual gain, can hardly have risen above the condition of a slave. We must learn to be true workers—our frames need it—our unperverted impulses demand it—our very souls, if unstifled, cry out for it. Most earnestly, then, do I record my protest against the all but universal prescription which divorces entirely profound study from manual labor—which, in its attention to the intellectual and moral nature of the student, forgets that he has also a physical frame to be developed and invigorated. Of course, you will not understand me as assuming that the usual routine of student life forgets or disregards the necessity of physical exercise—I know better. I will not doubt that wherever thoughtful, conscientious and cultivated men have charge of the education of youth, there are, there must be, abundant inculcations of the necessity of exercise and the value of health; also of the danger of losing the latter through the neglect of the former. I will not doubt that abundant opportunities and facilities for exercise are everywhere afforded. Yet what is the result? Do the mass of our young men finish their studies with stronger constitutions, sturdier frames, more athletic limbs, than they brought away from their parental firesides? Not within the sphere of my observation—far otherwise. I have known many dyspepsias, consumptions, debilities, which traced their origin to the seminaries: I do not remember any that were cured there; I have known the stout lad in the district school who graduated a feeble invalid from the university. My conviction is that the physical department of education has decidedly retrograded since the days of Greek freedom and glory. Our prevalent error is not one of method and detail—it is fundamental. We have lost the true basis ordained of God for the harmonious and healthful development of the whole human being, in separating the education of the head from the education of the hands. We have dared to disregard that Divine fiat, first of punishments and therefore first also of mercies—"In the sweat of thy face shalt thou eat bread!" Shunning this appointed path, we have sought out inventions, which we term exercise, recreation, relaxation. Heaven placidly but inexorably disallows them. I do not say that for the cramped, souldwarfed, undeveloped miner, delving for six days of each week in some stinted Egyptian labyrinth in the bowels of the earth, there may not be appropriate recreation in the free air and sunshine. Malign circumstance has grudged him a full development—his class are significantly adver-

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tised for as '*hands* wanted'—not men. But to the true and whole man, each successive duty is the proper relief from the preceding, and in the regular alternation of labors — now those which tax mainly the intellect, next those which appeal mainly to the sinews—is the needed relaxation best attained. Thus only shall life be rendered consistent and harmonious—thus shall each hour be dignified and rendered heroic. The division of the race into two unequal, contrasted classes — the few thinkers, the many workers—has been and is the source of many and sore evils, including the loss of the fitting and manly independence of each. It is the source of infinite servility, falsehood and mean compliance. Not till we shall have emancipated the many from the subjection of taking their thoughts at second-hand from the few, may we hope to accomplish much for the upraising of the long trampled masses. Not till we have emancipated the few from the equally degrading necessity of subsisting on the fruits of the physical toil of the many, can be secured to the more cultivated and intellectual their proper and healthful ascendency over the less affluent in mental wealth. The plowman recognizes and appreciates genius, talent, learning; but he finds that these are too often directed to the acquisition of wealth and luxury by means which add little to the aggregate of human comforts, and rather subtract from his own especial share of them. The reprobate dreads the rebuke of the appointed reprover of sin; but says, "He will hardly venture to arraign pointedly the transgressions of one who contributes liberally to the salary which barely supports his expensive family." Thus the divorce of learning from manual labor—the absolute dependence of the educated on the uneducated class for the means of supplying its physical wants — becomes the source of endless and fatal compromises of principle and perversions of intellectual power.

It avails nothing to point me to the failure, if it shall be so termed, of past attempts to re-unite study with physical exertion—the affluent mind with the ready and skilful hand. These failures only prove the inadequacy of the effort, not that the object is unworthy, nor even unattainable. They have been impelled too often by low ideas of their own scope and purpose—by a consideration of necessity to the student not so much of labor as of bread. Commenced in this spirit, the number of workers will inevitably dwindle till only those labor who must subsist on the fruits of that labor; soon the class distinction of gentlemen and peasants reappear; invidious comparisons, sneers and sarcasms beget hatred and collisions; and one class or the other—probably both—make their exit; the institution explodes; and the superficial multitude unhesitatingly pronounce the idea of uniting labor with study proved impracticable and absurd!

The fatal error here was obviously that of putting the new wine into old bottles. The impulse to the enterprise was not a conviction of the necessity, healthfulness and dignity of labor—not even the idea of duty as commanding a participation in the toil needful to the sustenance and comfort of man—but at bottom the pauper's necessity—the slave's dread of the lash. This may facilitate and ensure the production of corn—never of true men. Not until labor shall be joyfully and proudly accepted as a genial and beneficent destiny—as the needful exercise and complement of our else undeveloped and perverted faculties—may we rationally hope for any permanently satisfactory result.

And here you will permit me to hazard a criticism on so much of our educational processes—no great portion of any college course, I will hope—as are undertaken for the sake, it is said, of 'disciplining the mind.' I ask a student-friend why he, who is aspiring to the Christian Ministry, should devote so much time to a science so little pertinent to his future calling as mathematics, and he answers that the study of mathematics is an admirable discipline for the mind! Need I say to you that I neither appreciate the force of the reason nor discern the benefits of the discipline? I do not say that this or any other science may not be eminently calculated to subserve the purpose contempla-

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ted—I simply demur to the necessity or fitness of pursuing mental discipline apart from healthful mental activity in the sphere of practical life. Does the youth contemplate the pursuit of astronomy, engineering, or any sphere of usefulness requiring the aid of the exact sciences—then let him devote his student years in part to mathematics, and master them thoroughly. But if he contemplate pursuing either of the three leading professions, theology, law, or physic—I distrust the wisdom of such a devotion of his time. This life is too short to justify the acquisition of abstruse sciences on such grounds. The mind is best disciplined when it finds its pleasures in its duties—when all its laborious acquisitions are turned to direct and palpable account—when its every impulse is toward utility and beneficence. We give the child playthings because we know not or have not what we should give him—did we know all things, command all things, we should improve his every desire to subserve some useful end. His toys would be tools, or at least demonstrations of some truth adapted to his opening mind. He should be wiser for every walk—more skillful for each hour's diversion. In our ignorance or fond thoughtlessness, we waste half the golden opportunity of the most impressible period of life, and misimprove a portion of the remainder. It were well to remember that a benign Creator has enfolded the mental casket we contemplate, and that it needs not to be pressed and fashioned, but simply developed. The discipline it requires, if unstifled, unperverted, is induction into whatever is peculiar to that sphere of laudable endeavor to which it is specially devoted.

And here let me state fairly the objection of the utilitarian school to the acquisition of the dead languages, which I find often commented on and controverted without being at all comprehended. We do not, we never did, deny the utility of these languages to many—it would ill become us to do so—ill become any rational beings. We admit—nay, insist, that there are large classes to which a thorough knowledge of one or more of the languages in which the noblest, most inspiring ideas of antiquity lie inurned, indispensable. The Christian theologia needs a mastery of Greek and Hebrew the physician, the botanist, the thorou lawyer, of Latin. But, beyond an above these, the world needs and is deep ly indebted to the illustrious body o scholars, learned men, who as professor (O most desecrated term!) historian philosophers, poets, critics, are constant ly irradiating and instructing the Presen by the light of the Past. Noblest, leas obtrusive of our teachers,—we could no dispense with these,—we are in no dange of honoring them too highly. But it is no given to every man—it is permitted t few—to be of these, and it is preposterou to subject the multitude of comparativel educated persons to their ordeal in th idle hope of producing any such result You cannot make scholars of these—yo have enough to do to render them passabl attorneys and doctors, in the common way And if they are to be such and nothin more, you must allow me to believe tha their College years might be better devo ted than to the acquisition of Greek an Latin—oftener practically forgotten in tw years than really learned in three. Th simple and notorious fact that they usuall *are* so forgotten—that they are to mos educated men (so-called) in the busy walk of life, but a foggy reminiscence of du days wasted and dry tasks slighted, is thei sufficient condemnation.

The truth is that the fatal evil of *pecu niary dependence* is not always unfe even by those who hold the responsibl position of directors of the highest educa tion of our youth. A president or pro fessor who should frankly tell the parent of a proffered student that their son migh make an excellent blacksmith or carpen ter, but would neither be eminent no happy at the bar nor in the pulpit, woul probably incur resentment, and a with drawal of patronage—and yet how ofte ought such truth to be frankly, kindl told! It would frequently save muc waste of energies and means, much wear ness and heart-ache. The true, thoug rugged man who has nobly gathered competence by following the plow, woul feel offended if assured that his son was

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fit for no other vocation as that of a farmer—though that were a genuine tribute of respect to the dignity of the vocation, and the honest worth of the youth.

We are here confronted by the low idea which everywhere prevails of the true rank of useful manual toil—by none so cherished, as by those who themselves toil, except by the empty demagogue who windily babbles in bar-rooms of the rights and dignity of labor, hoping to compass thereby the means of avoiding labor. The farmer will not feel gratified, though he should, if assured that he can give his son no fitter, no better calling than his own; the hope of the family must be trained to the chicanery of law or the futility of medicine in order that he may duly honor his kindred, though he may be reluctant to enter, or at best have manifested no genius or taste for the calling thus thrust upon him. This is in the true spirit of the illiterate farmer who insisted on having a sermon in Greek, on the ground that he paid the clergyman for the best, and would have it. Thus our higher education becomes a bed of Procustes—excellent for the few whom Nature has just adapted to it—but a very different affair for all beside. We shall learn yet to study the unfolding genius of the youth—to be guided by this rather than attempt to overrule it—and to leave the directors of education a larger discretion in the premises than they have usually hitherto enjoyed.

DEATH PRODUCED BY THE FEAR OF DYING.

The importance of removing every cause of fear from the minds of those who are laboring under disease, and of inspiring them with hope of recovery, is well understood by every experienced practitioner. A fearful and desponding state of mind will often render unmanageable, or even fatal, a slight affection; while a serene and buoyant disposition has frequently carried a patient through a serious attack, during which his life was placed in the most imminent peril. In all dangerous diseases, the person in whom there is the least fear of dying has invariably, other circumstances being the same, the fairest chance of surviving. Men of a desponding temperament are apt, in critical situations, to be overwhelmed by their very terrors; they are drowned by their too eager struggles to emerge—they would keep afloat, if they but remained quiescent.

One circumstance which may tend to protract, year after year, the life of consumptive patients, is, that they in general either do not expect a fatal event, or wait for it with an exemplary and enviable resignation. This interesting, and for the most part, amiable class of patients, excites the sympathy of others, in proportion as they appear to be divested of anxiety about themselves. They often seem to leave us most willingly, with whom we are least willing to part.

Predictions of death, whether supposed to be supernatural or originating from human authority, have often, in consequence of the depressing operation of fear, been punctually fulfilled. The anecdote is well attested of the licentious Lord Littleton, that he expired at the very stroke of the clock, which, in a dream or supposed vision, he had been forewarned would be the signal of his departure.

It is recorded of a person who had been sentenced to be bled to death, that, instead of the punishment being actually inflicted, he was made to believe that his veins had been opened, by causing water, when his eyes were blindfolded, to trickle down his arm. This mimicry of an operation, however, stopped as completely the movements of life, as if an entire exhaustion of the vivifying fluid had been effected. The individual lost his life, although not his blood, by this imaginary venesection.—We read of another unfortunate being, who had been condemned to lose his head, that the moment after he had been laid upon the block, a reprieve arrived; but the victim was already sacrificed. His ear was now deaf to the dilatory mercy; the living principle having been as effectually extinguished by the fear of the axe, as it would have been of its fall. Many of the deaths which take place upon a field of battle, without the individuals being wounded in the slightest degree, all of which were formerly attributed to the wind

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of a flying ball, are no doubt to be accounted for from the sedative effects of intense fear. In Lesinky's voyages around the world, there is an account, the truth of which is attested by other navigators, of a religious sect in the Sandwich Islands, who arrogated to themselves the power of praying people to death. Whoever incurs their displeasure receives notice that the homicidal litany is about to commence; and such are the effects of imagination, that the very notice is frequently sufficient, with these poor people, to produce the effect. Tell a timorous man, even though brought up amid all the light of civilization, that he will die, and if he has been in the habit of looking up with reverence to your opinion, in all probability he will sink into his grave—though otherwise his life might have been prolonged. Pronounce the sentence with sufficient decision and solemnity, and, under certain circumstances, it will execute itself.

We are not advocates for imposing wantonly or unnecessarily upon the hopes of an invalid, under the pretence of remedying his distempor. Deception, however skillful, is liable to discovery, and when once detected, an individual forfeits his future right to credit and authority. By raising hopes where the speedy event shows that there existed no ground for them, we deprive ourselves of the power, for ever after, of inspiring confidence in those cases where we have not the least suspicion of danger. But by terrifying the imagination of the sick, to *create* danger, where none had previously existed; by some treacherous logic to reason an individual into illness, or when a trifling ailment is present to aggravate it into a serious malady, by representing it as already such, is what we would strenuously urge all who are called upon to minister to those of feeble health, or to surround the bed of sickness, carefully to guard against. Let the expression of gloom be banished from the face of the medical attendant, let the language of cheerfulness and of comfort dwell upon his tongue —but, above all, guard the sick man from the melancholy foreboding and gloomy predictions of indiscreet friends and tattling neighbors.

If, during a serious illness, a patient hears accidentally of the death of some old acquaintance, especially if it be a person of nearly the same age as himself, or affected with the same or a somewhat different complaint, it will, not so much from sorrow from the loss, as by exciting or aggravating his apprehensions for his own fate, be calculated to produce an unfavorable effect upon the termination of his malady. Even in ordinary health, the shock we feel at the final departure of a friend, still in the prime of life, may often arise, in part at least, from the unwelcome hint which it gives us of our own mortality. Another circumstance, which has often accelerated death, is the preparation which we make for it, when sickness has approached us, in the *post obit* disposal of our worldly property. Many a sick man has died on making his will. After having fixed the signature to his last testament, viewing it as a kind of prelude to the funeral ceremonies, the spirits and strength of the invalid will often be found irretrievably to sink; no mental stimulus will subsequently arouse him, no medicine afford mitigation to his complaint. This fact constitutes a powerful argument in favor of performing this duty to survivors, whilst yet in a state of health and vigor, when the task will have a better chance of being judiciously executed, and, at the same time, without any risk of disturbance or injury to the body or the mind.—*Journal of Health.*

CORPULENCY.

(From the Journal of Health.)

The body of every individual, excepting perhaps when he has been long a sufferer from severe disease or deep mental affliction, posseses more or less fat. It exists especially in the cellular structure which is spread out beneath the skin, and is found surrounding most of the internal organs. When in moderate quantity, this fat is of considerable service, and may always be viewed as an indication of health. Its principal uses are in lubricating the solid parts of the system, and thus facilitating their movements; in preventing an undue sensibility of the surface; and by being a very imperfect conductor of heat,

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in guarding the body from the undue influence of external temperature and its sudden vicissitudes; while by equally distending the skin, and giving a pleasing roundness to the figure, it contributes in no slight degree to personal beauty. Such are the effects of fat only when it exists in moderation; but when excessively accumulated, it is a source of very great inconveniency, and even danger. It then renders the body unwieldy, and impedes the play of the various organs, so as often to incapacitate the individual from every active exertion. But these are not the evils resulting from extreme obesity. The due action of the heart being prevented by the load of fat on its surface, the circulation of the blood becomes disordered, the breathing also is rendered laborious, and a constant tendency exists to palpitation or drowsiness, and every hour there is danger of apoplexy being excited, either spontaneously or from any slight cause.

Under ordinary circumstances, in a healthy individual, the fat averages usually one-twentieth of the weight of the whole body; but, in many instances, it is accumulated to a much larger amount,—often increasing the bulk of the body to an incredible extent. Bright, of Malden, in England, we are informed, weighed 728 pounds, and the celebrated Lambert 739 pounds a short period before his death. Examples are adduced in the German journals, of persons weighing 800 pounds, and in the Philosophical Transactions is recorded the case of a female child, only four years old, that weighed 256 pounds.

With respect to the causes of inordinate corpulency, these are various. Many persons have naturally a peculiar organization of the system, which causes an excessive formation of fat, even under circumstances which ordinarily prevent it. We have known individuals, who, with considerable exercise, and by no means an over-full diet, have nevertheless regularly increased in bulk. In the Ephemera of Natural Curiosities, there is an account of a person of this kind, a worthy lady, who kept adding growth unto growth, "giving a sum of more to that which had too much," till the result was worthy of a Smithfield premium. This was not the triumph of any systematic diet for the production of fat; on the contrary, she lived abstemiously, diluting her food with pickles, acids, and keeping frequent fasts, in order to reduce her compass; but they were of no avail. Nature had planted in her an original tendency to fat that was not to be overcome; she would, adds the author, have fattened on *sour-krout!* Persons thus situated are really to be pitied, for they are cut off from many of the active enjoyments of life, while they are every moment liable to be sunk into the grave by the very weight of their own bodies.

A very common cause of excessive corpulency is an indolent mode of life in connexion with a full nutritious diet. The active and laborious are seldom troubled with too much fat, even though their diet may not be that of an anchorite. Their bodies may be large and even plump, but they will be withal active, alert, and vigorous. Excessive indulgence in sleep, especially during the day, with full feeding, almost always induces an enormous accumulation of fat. Of the production of obesity by indolence and high feeding, we have a striking example in our domestic animals. When cattle are fed on grass, and allowed to ramble at will over extensive meadows, they present every appearance of health and vigor, but are seldom remarkable for fat; but when tied to a stake or confined in a stall, and fed on oil-cake and other highly nutritious food, their bulk often becomes enormous. "I am creditably informed," remarks a recent writer, "by a gentleman who formerly fattened bullocks, that all those animals which became restless and would not sleep, were invariably turned loose as unprofitable subjects."

In man, a very full animal diet, and the absence of any corroding care, intense thought, or cause of deep inquietude, will occasionally, even when considerable exercise is taken, give rise to an over amount of fat. Butchers in comfortable situations, and not intemperate in the use of ardent spirits, are placed under precisely these circumstances, and we know that they not unfrequently exhibit a very tolerable specimen of *embonpoint*. Active, daily exer-

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cise, very generally, however, prevents undue obesity. But not so irregular exertions, however active, when followed by long intervals of complete indolence both of body and of mind, and an indulgence to excess in the pleasures of the table. How many an English fox-hunting squire, who, during the sporting season, goes through considerable exertion every morning, and in the afternoon, and all day, at every other period of the year, rewards his virtuous labors, by eating, drinking, and sleeping—sustaining, likewise, the fatigue of the chase by many a draught of stout ale: how many such find, after a time, "that their bulk has so increased that they cannot get through the woods so easily as they used to do," and that it is "more difficult than formerly, to find a horse that will carry them through hedge and ditch, o'er hill and dale." These persons are frequently adduced as fine specimens of robust health. Their health is, however, of a kind, the possession of which no one need envy them.

The habitual indulgence in large potations of ale, porter, and strong beer, is perhaps one of the most usual causes of excessive corpulency. The porters, coachmen, and inn-keepers of England, who, like Boniface, eat, drink, and sleep upon malt liquor, especially ale and porter, may be adduced as instances at once of its fattening properties, and of the short lives and sudden deaths of those who drink it largely and habitually.

Men, as well as women, towards the decline of life, especially when about this period they exchange an active and frugal mode of living for one of luxurious indolence, not unfrequently acquire that portly form, which in the olden time was considered the especial characteristic of an alderman.

"Laugh and grow fat," is a common adage; and it must be confessed that corpulency is promoted in no slight degree by that ease of body and of mind—that freedom from care of every kind which constitutes the real elements of what is popularly styled cheerfulness. Nay, good nature and a rotund person are so intimately connected, that the idea of the one always suggests that of the other. No one who is laboring under pain and anxiety, who is of a sour and morose disposition, or the subject of the evil and depressing passions, need fear the ills resulting from too much fat. But, on the other hand, very lively joy, or any intense excitement, however pleasureable, or a high enjoyment of wit and fun, is by no means favorable to the excessive growth of the system. The same may be said of that equanimity of temper and subdued cheerfulness, consequent upon a life of temperance and of active virtue. These, while productive of a healthy nutrition, are adverse to the formation of an undue amount of fat.

The good-humored, careless, and contented frame of mind, so intimately connected with a portly exterior—"a huge hill of flesh," and which inclines its possessor to look with perfect indifference upon the schemes and machinations of the restless and ambitious—which causes him to prefer, to all others, a life of ease and quiet—constitutes an effectual security against his ever engaging in conspiracies against the peace of individuals or of nations, and altogether unfits him for a stirrer up or leader of rebellion. Of this Shakspeare appears to have been perfectly aware, when he made Cæsar wish that the soul of Cassius had been lodged in a fatter body, and desire about him such men only as are fat—

"Sleek-headed men, and such as sleep o' night."

We wish not, however, to be understood as advocating the converse of the above proposition, and condemning all persons who have the misfortune to be of meagre frames, from causes they cannot control, as dangerous subjects—"fit for treasons, stratagems, and spoils."

On a future occasion we shall offer a few hints on the prevention of corpulency, and the means of reducing it when present.

Cold water is the most proper beverage for men, as well as animals—it cools, thins, and clears the blood—it keeps the stomach, head, and nerves in order—makes man tranquil, serene, and cheerful. —*Faust.*

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WATER-CURE JOURNAL.

NEW-YORK, JULY 1, 1847.

BATHING OF INFANTS AND CHILDREN.

An intelligent correspondent writes us, "How can young children be taught to *love* cold bathing? What part of the day is best for bathing them, and how should it be done? Should they be immersed in cold water, or only have it applied by the hand or otherwise?"

It is very natural for infants and young children often to cry, even when things are being done that are, beyond a doubt, necessary and useful. Thus the mere effort of dressing a child often causes it to complain, that is, if we are to regard crying as an indication of that result. So in bathing young children, whatever be the temperature of the water, nothing is more common than for them to object more or less at the time. As they grow older, however, they get to like the water, and are very fond of "paddling" in it, enjoying the bath really as an amusement.

As a general statement, it may be said, that the early morning is the best time for giving the child a bath. Take it from the warm bed, and instantly, while the surface is yet warm, perform the ablution. The warmer the surface, the more salutary and agreeable will be the bath. Some persons are careless, allowing the surface to be so much exposed to the air, that it becomes cool or chilly, and then the water is the more dreaded, and has not so good an effect. If the child is feeble, the morning ablution it is well to make so slight as merely to cleanse those parts of the system that become soiled or uncleanly by the natural discharges. Then towards noon, when the air has become warmer, either by the heat of the sun in summer, or the warmth of fires in the winter, a thorough and general ablution should be given. The best time for this is after the stomach has become free of food, and the child is about to take its forenoon sleep. The bath renders the sleep more sound, refreshing, and prolonged, and has in every respect a most excellent effect. So, also, this time of waking is a good one for the bath, but it will, we think, be found, on the whole, best to give it before the sleep.

How should the bath be given?—There are a variety of modes, either of which will answer a good purpose. A small tub, or any convenient vessel that will hold water enough in which to immerse the body, may be used. When things are conveniently at hand, the immersion is the quickest and most effectual mode, and is perhaps the most bearable. The immersion, with sufficient rubbing of the surface while in the water, is in general the more certain mode of insuring perfect cleanliness. A good sized wash-bowl for washing the young child is very good. Its little body may be set in the water, and with the hand or sponge be washed quickly over: then secondly the limbs, and last, or first, as is most convenient, the face, neck and hands. Washing the head and hair should ordinarily be practised only as much as necessary for cleanliness. It does no good to water-soak the hair, as is often done. The hair is thus rendered harsh and dry. If it is allowed to remain long wet, a cold is often received in the head or throat. Ear-ache also is sometimes caused in this way. When it is necessary to wash the head all over, the head and scalp should be rubbed with dry cloths until perfectly dry.

The child may be held on a blanket in the lap, and with the hand, a sponge or cloth, a good ablution may be performed. Much will depend on the skill and tact of the one who administers the bath. Per-

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sons of fair capacity in this way will do very well. But slovenly, uncleanly persons could not be expected to do good work by any means.

As to the temperature of water suitable for infants and young children, there are various opinions. It is getting to be the fashion with physicians, even in the old practice, to recommend from the very first, ablution after birth, and onward, cold water. Instructions of this kind are generally given in a manner altogether too vague and indefinite. Cold water varies greatly in degree. Should there be used the coldest water just from the well in summer, or the ice-cold rain water in winter? Many children bear such applications and thrive remarkably well. But it is no doubt best to avoid extremes. In summer, it is probably best to use water about of the ordinary rain water temperature in the shade. If well or spring water is to be used, it may be left awhile in the sun or warm air until it becomes sufficiently moderate; or a portion of warm water may be introduced directly into it. What is called tepid water, as at from 70 to 90° F. is cold water in effect, mild in degree according to the temperature, the state of the health, and the atmosphere. In cases of very delicate children, if there is any doubt in the parent's mind, the water may be used so very mild as to be perfectly safe, and is at the same time certain of doing much good; and thus gradually the water may be used colder and colder, until at last it is employed quite cold. The giving of a bath which causes blueness of the lips and nails, should always be avoided. These symptoms show unequivocally that there is congestion of some of the internal organs, and this ought never to be. In case this does happen, let the sufferer be briskly rubbed with the warm hand, warm cloths, &c., until warmth is restored, or the body and extremities may be wrapped up warmly in bed, or very moderately warm applications may be made, or a warm bath, not above blood heat, be given. But beware of warm applications. Inattentive persons are apt to overdo in these things, and thus cause mischief.

Many persons are greatly benefitted by sea bathing; and yet every one acquainted with these things knows that there are some with whom it disagrees. Such either remain too long in the water, so that too great an amount of heat is abstracted from the body, causing congestions, indicated by the blueness of the lips, &c.; or the individual is too feeble to bear the water of the temperature of the sea. The same principles apply here as in the case of young children, and for this reason we have alluded, in this connexion, to the bathing of adults.

THE EFFECTS OF LIGHT ON HEALTH.

The effects of light upon the growth and well-being of the living system, is not by many appreciated. Children, who are more apt than adults to follow the dictates of nature and common sense, are invariably fond of going into the light. Now-a-days, the parlors of our ladies are often more like dungeons than pleasant rooms, and many persons practise reading, sewing, and the like, in rooms so inadequately lighted, that a very troublesome and sometimes permanent weakness of the eyes is brought on. The general system, too, grows pale and unnatural in color, something as would a plant under the same circumstances. A few physiological facts on this point it may not be amiss to give.

According to experiments that have been made, it has been shown that if tadpoles be nourished with proper food, and

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be exposed to the constantly renewed contact of water, (so that their respiration may be fully carried on, whilst they remain in their fish-like condition,) but be deprived entirely of light, their growth continues, but their metamorphosis into the condition of air-breathing animals is arrested, and they remain in the condition of a large tadpole. So the rapidity with which water-flies, insects, &c., of pools, undergo their transformations, is found to be much influenced by the amount of light to which they are exposed. If equal numbers of the eggs of the silkworm be preserved in a dark room, and exposed to common day-light, a much larger portion of the larvæ are hatched from the latter than the former. Various examples of the influence of light on the natural growth and development of living bodies might be given.

Light, as preventing deformity.—It has been observed that a remarkable freedom from deformity is to be found among those nations that wear but little clothing, thus leaving the system more to the influence of light as well as air; while, on the other hand, those that are much confined within doors, or brought up in cellars, mines, narrow and dark streets, there is an unusual tendency to deformity. Of course, these effects are more or less modified by a variety of causes; as, for instance, the want of a due circulation of pure air in dark and confined places, producing debility of the body, which always tends to deformity and disease of the worst forms; but it is demonstrably and inevitably true, that the want of light is also a prominent cause in the production of these effects.

"It has been stated," says Dr. Carpenter, "by Sir A. Wylie, (who was long at the head of the medical staff in the Russian army.) that the cures of disease on the dark side of an extensive barrack at St. Petersburg, have been uniformly, for many years, in the proportion of three to one, to those on the side exposed to strong light. And in one of the London hospitals, with a long range of frontage looking nearly due north and south, it has been observed that a residence in the south wards is much more conducive to the welfare of the patients, than in those on the north side of the building."

From an observation of the above kind, then, what practical inferences are we to make? Very plainly, the room in which the infant is reared should not be kept darkened, as mothers and nurses are so much in the habit of doing; at a proper age, and at suitable times, it should be taken into the open air and light which it so much loves, and the little girl that so gladly spends hours in her gambols, should be gratified, and not restrained as a "romp." Let nature be more closely followed in these things, and great good will be the certain, inevitable result.

I need, perhaps, here introduce a caution on too strong lights. In the deep ignorance that prevails on hygienic subjects, persons are continually committing extremes. The room of the infant is kept for days, and perhaps weeks, dark. Then, all at once, the light is admitted freely, or the infant is taken out of doors, making a great and unprepared-for change in regard to light. Beyond a doubt, the eyes are often greatly injured in this way.

There is likewise a very pernicious custom in the use of candle and lamp lights. These are made bright and glaring, and left unshielded, so that the infant gazes directly at them. For children, and indeed persons of all ages, glaring lights should be shielded in such a way that they do not affect strongly the organs of sight. The practice which some have

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of waking the child suddenly, exposing to its gaze the candle or lamp, cannot be deprecated in too strong terms.

The practice of sitting up late at night for reading, writing, &c., is decidedly an unhealthy one. In this, as in most things, nature is reversed. Things are done when they should not be done, and left undone when they should be done. A persons sits up late at night, thinking thus to gain time. But in the morning he remains in bed until the sun looks out upon the earth, and he has lost, for study or exercise, the best part of the whole day—the morning light. Let it be remembered, "whatsoever a man soweth, that shall he also reap." He cannot make a practice of reading, labor, or study by night, losing the best of the day in bed, without injury, that comes invariably, sooner or later, to the constitution, and in so doing, he fails of accomplishing the amount of labor, whether physical or mental, that might have been done.

LONGING FOR PARTICULAR ARTICLES OF FOOD IN PREGNANCY.

In many cases, as of delicate nervous and irritable persons, and particularly of the idle and unemployed, a frequent longing for some particular article of food takes place. This is often injurious and troublesome, and the common notion is, that it must be gratified, or harm is brought upon the child. "Longing," says Dr. Combe, "is a disease of the brain and mind much more than of the stomach, and the way to cure it is to provide the mind with wholesome occupation, and the feelings with objects of higher interest, and to give the stomach the plain and mild food, which alone in its weakened state it is capable to digest."

If this affection, for such indeed it should be called, is from the first gratified, it, like the drunkard's craving, becomes more and more injurious and troublesome, accordingly as it is indulged. The mind fixes itself upon its favorite contemplation, and is incessantly employed to seek out new whims for its gratification. To answer this is as unphilosophical and unwise as to continue gratifying the appetite for strong drink. By such procedure we would as soon think of curing in the one case as the other. In this way we should never succeed. In some few cases only of a great debility, and very feeble mental power, it may be well, temporarily, for the person to be indulged; still this should at most be only in a partial way, and such cases can constitute at most only the exception to the general rule.

Let women be resolute in all these matters; otherwise they can never succeed, and inevitable harm is done both to the mother and the unborn child. As the feeling comes on, the drinking of water to cool the system, and quiet the nerves, bathing, walking in the open air, riding, engaging in some useful employment, plainness and simplicity in diet,—these are the true and natural means that should be resolutely and perseveringly carried out.

WATER-CURE AT SEA.

Our friend and patient, *Capt. J. Kenny*, writing from Vera Cruz, says: "I have had the satisfaction of treating successfully, by water, two or three cases on our passage from New York, one was a case of fever, another of ague and fever of nine months standing. By the use of the wet sheet twice per day, wet bandages, frequent baths, &c., the disease was thrown off completely, so that no further return of it was experienced on the passage. Once on a slight indication of its coming on, a wet sheet and bath were sufficient to check it. The man told me that

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for three years his health had been such that he could not earn his living. After going through the process he declared he had not felt so strong for a long time, yet I had kept him on what would be termed a very low diet. I think this case illustrates the value of cold water, even under unfavorable circumstances; the weather was very hot, the man slept with 100 other persons between decks, the place being necessarily not over well ventilated."

A NEW WORK ON THE TEETH.

THE TEETH; their Structure, Disease and Treatment. Illustrated with numerous engravings. By John Burdell, Dentist. Fowler & Wells, Publishers. 12mo. pp. 72. Price 12½ cts., and may be ordered for mail from our office.

This very cheap and valuable book cannot fail of having a wide circulation. Its cheapness may indeed be against it. It should have a place and be carefully preserved, and of course studied in every family. There is on no subject more ignorance than on that of the preservation and proper management of the teeth.

We have not room for a lengthy description of this work, but shall only for the Journal make some extracts from its pages.

TEETHING AND DISEASES OF INFANTS.

How many children die, it may be asked, during the progress of dentition? Does it not then become us, as responsible beings, to seek and obviate the causes of this expenditure of human life as far as possible?

And where shall we find them? Surely not in any imperfection in the Creator. All his works were perfect. We are therefore necessarily obliged to look within ourselves for the solution of this question; and if we come to the subject, with the honest intention of discovering the truth, we shall not long remain in ignorance.

We should call that physician deranged, or at least suppose him unpardonably ignorant, who, in an incipient stage of fever, should prescribe stimulants which would increase the symptoms; and yet, in opposition to all the known laws of nature, we give our children exciting and stimulating food and drink, and wonder why they thus suffer. During the period of what is commonly called cutting teeth, there is always more or less irritation; therefore particular attention should be given to the diet, both of the nurse and infant, as whatever affects the nurse will injure the child. And from this cause alone may proceed those violent bowel complaints which cause the little sufferer so much pain, and very frequently result in death.

If parents would but awake to the importance of this subject, that so deeply concerns the welfare of those so dear to them, our newspapers would not so frequently have the mournful tale to tell of children sent to an untimely grave.

Our Maker undoubtedly, in creation, intended comfort and happiness. He therefore never could have allowed one law so to infringe on another as to cause suffering and death to innocence, on the development of these organs. It becomes, then, an indispensable duty on the part of parents to examine the subjects for themselves; and when their practice is in accordance with the laws of nature, their own happy experience will corroborate the truth of these remarks.

It is a fact, well attested, that whatever is wrong in the mother's diet, injures the child, even when the mother does not feel the immediate effects. Among the lower animals this fact has been more particularly observed. It is known that calves have been poisoned through the medium of the milk received from the cow, while the effects on the cow were scarcely discernible.

The surest way to trace disease to its original source, is to endeavor to point out cause and effect. Ignorance of the laws of nature is the stumbling-block that lies in the way of mankind; and when artificial regimen is allowed in the management of children, penalty is sure to follow; whereas brutes, guided by instinct, seldom fail in rearing their progeny. It is true that domestic animals are exceptions to

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the general rules, and that they are equally susceptible of being diseased as man.

Perhaps the advice to the mother of Sampson would not be out of place to those who are not above it: "Now therefore, I pray thee, drink not wine, nor strong drink, and eat not any unclean thing."

If mothers are willing to risk their own health to gratify their artificial appetites, indulging in exciting and stimulating food and drink, let them have some regard for their offspring. It would be far better, in such circumstances, the child should be weaned, and fed on cow's milk, where the animal is kept on its natural food. During teething, the child ought to receive less nourishment than at other times, and also at proper intervals, which will lessen the blood, and thereby reduce inflammation of the gums and surrounding parts; should the child manifest a desire for food between meals, do not indulge it, for, if so, you make bad worse. Let your actions be governed by judgment and discretion, and not let the feelings control the reasoning faculties; and, as a general rule, there will be no necessity for lancing the gums, except in some cases of delicate children.

On a large plantation that I visited while in the West Indies in 1836, among the slaves, where the diet was principally vegetable, the overseer informed me that, for several generations previous, but two had died during childhood; and in many cases the teeth made their appearance without affecting the health of the child. Similar interesting facts might be added, but I forbear.

Rocking children in cradles is a practice that ought not to be tolerated in an enlightened community; we have insanity and idiots enough, without making them so by our indiscretion.

CAUSES OF IRREGULARITY AND DECAY OF TEETH.

First, Hereditary; that is, those who inherit a delicate, diseased, or defective organization in all or a part of their organs. Parents who have diseased lungs, or any other part of their body weak or wanting, will be liable to transmit the defect to their offspring. An illustration:

A lady having but two teeth between the cuspids or eye-teeth, and her husband having four, being the regular number, their offspring had only three, making an equal division.

If you have good wheat, you can have good bread, provided the regular laws are followed in making it; but if the wheat be defective or diseased, and the same laws are followed in making it, the bread will partake, more or less, of the material used, and no power in man can wholly avert it.

Secondary causes.—Children originally may have good constitutions, but while the teeth are forming the child may become sick; medicine is administered which may only affect the secretions for a time: that portion of the teeth deposited from the impure secretions will be more lable to decay. If the child is salivated, it will affect all of the teeth more or less. Teeth, from this cause, frequently commence decaying soon after they appear. In other cases, when salivation is carried too far, it will stop the deposit entirely, which will cause irritation and pain. Two cases of this nature came under my observation. One of the cases terminated fatally; the other is in a miserable condition.

Direct and external causes of decay.—Hot food and drink, acidity of the stomach, impurities between the teeth, &c. For illustration: A person brought up in a plain and simple manner, goes into one of our wealthy families, and there indulges in all the luxuries of life—which are, in fact, luxuries of death—and eats at all times, diseasing the stomach, and causing acidity, which dissolves the enamel of the teeth; in such cases, plugging will be of little permanent use.

Toothache.—Toothache, properly so called, arises from a swollen condition of the nerve which occupies the centre of the tooth, and is caused by exposure to an unnatural element. When the decay reaches the nerve, it is exposed, and becomes inflamed and swollen, and the tooth being a dense hard substance, and not pliant or elastic, like those parts in our bodies which surround other nerves, does not expand, and the nerve, although much

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enlarged by the inflammation, is still confined in its natural cavity, causing that violent beating or throbbing sensation, often so great as to deprive those afflicted of all rest, and even the proper exercise of their reason. As the nerves of the teeth communicate with the brain, they transmit the inflammation to that delicate organ, thus affecting more or less the reason. If you have ever had a tight ring on a swollen finger, you will readily understand this subject. The ring will not accommodate itself to the size of the finger, which necessarily becomes more and more inflamed while the ring remains; but as soon as it is removed, the pain and irritation subside; and it is so with the tooth. Should the tooth be split, the nerve would then be free from external pressure, and the pain would immediately cease. There is another cause of pain from the teeth, which proceeds from an inflammation of the vascular membrane which surrounds the roots of the teeth. "Vascular" is derived from the Latin word VASCULUM, a vessel. It means full of vessels, or pertaining to vessels. The sockets which contain the roots of the teeth are lined with little blood-vessels which supply the teeth with vitality. These little vessels become diseased by the system being over-stimulated by excessive eating and drinking, thus filling them to such a degree as to cause inflammation and swelling of the membrane, which, pressing between the sockets and the tooth, throws it up, and produces the feeling, when closing the jaws, that the tooth is much longer than formerly. Gum-boils, and ulcers at the roots of teeth, are only an extension of this diseased state of the membrane. Actual experience proves beyond a doubt that these diseases are the results of excess, and the very word BOIL seems to refer to fever or heat produced by excess of stimulants.

And now, as I have described the cause of this pain, I shall go a little farther and define the word PAIN. It means PENALTY; and, as a penalty cannot righteously be inflicted without a violation of law, your own reason must decide we have some responsibility in these matters. I mean that, if we know the causes which lead to these painful results, we are guilty if we neglect to profit by this information, and must bear the censure as well as the penalty attached to our transgressions. God has declared he does not grieve or afflict willingly, but our transgressions are visited upon us, and not his wrath. He has established it as a law, throughout his universal dominion, that all violations of law, whether they relate chiefly to the body or the mind, shall have their just recompense of reward.

HOME FACTS IN WATER-CURE--LETTER FROM J. A. SPEAR.

BRAINTREE, March 17, 1846.

There are many in this vicinity who are in favor of both warm and cold water as a medicine. More than twenty years ago, a very wealthy and influential man in this town (as the story is told), was sick of a violent fever; he plead for water a long time, and was denied. At length being entirely out of patience with the doctor and all who took care of him, he called a servant-man into the room where he was, who, he thought, would be the last one to disobey him, and ordered all the others out of the room. Now, said the Major to the servant, go to the distillery and get such a tub, and place it by the side of my bed. It was done. Now, said he, bring in four buckets of water, and set them by the side of the tub. That was done. He drank freely, ordered a board laid across the tub, and demanded assistance in getting upon it. Now, said he, pour those four buckets of water on me. When he had received two of them, he made all possible haste for the bed, without assistance, and escaped the other two. The result was a powerful sweat, and an end of the fever. If people in this vicinity are at any time too much alarmed about a little cold water, they at once have the above fact sounded in their ears, which serves to calm their troubled fears not a little.

Two years ago last autumn, being unavoidably exposed, I took a violent cold. First symptoms were pains in back and hips, violent pains in my head, sickness, chilliness, and languor. I went to bed, taking some things to produce a sweat

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that night, but failed. The next day took what is called a sweat, which was continued a number of hours, and then gradually allowed myself to become cool; drank cold water all the time freely. About midnight found I had strong fever symptoms. Another sweat was forced soon, and continued till seven or eight in the morning; it was then suffered to abate. Soon found I had all the symptoms of a settled fever upon me. Then took a shower bath, and sweat from eight to twelve hours. As for laying any longer then, it was out of the question. I had lain as long as I could endure it. The remedy was worse than the disease. I wrapped in blankets and sat in a chair until morning. Pain in my head continued, but flesh cool, and pulse more calm. Was urged to lay down, but the bed and I had not settled our difficulty so quick. With faltering steps I made for the potatoe field, thinking to labor a few minutes; I accomplished considerable labor by night, and felt the better for exercise. Pain in my head abated a little. This was Saturday. Monday night was out a little too late, and brought on a relapse. Tuesday morning the pain in my head was violent. I was then past labor for the present. The inflammation in my head increased all day. The veins in my temples were swollen and throbbing. There was some talk in the family about my being distracted. I was sane, however, but judged I should not be so long, if the pain and inflammation continued to increase. I called for a tub of warm water for my feet; I placed three chairs together, and lay down in them upon my back, with my feet in the tub of warm water, while my hand rested on the edge of the further chair, so as to let the water run from it into another tub, which was placed there to catch it; from the nose of a pitcher I received a stream of cold water upon my forehead, nearly one half of the time, from six until eleven o'clock. When the cold had become so intense that I could endure it no longer, I would rub my forehead half a minute, during which time the water was not poured. After showering in this way ten or fifteen minutes, I would sit up in my chair about as long, and then take another showering. During the whole time my feet and legs were immersed in warm water, eight or ten inches deep, and the warmth increased, as fast as I could endure it. At about eleven my head felt relieved, and the disease cried for quarter.

Yours for suffering humanity,

J. A. Spear.

REMARKS ON WATER-CURE---LETTER FROM MRS. A. C. JUDSON.

To the Editor of the Journal:

I have been much interested in the perusal of the works you sent me, and am happy that your system is so rapidly gaining ground. How *strange* that one of the greatest blessings ever bestowed upon man, pure cold water, should have long been so disregarded, yea, worse than that, *despised!* strange, that enlightened people should prefer to pour down hot tea and coffee for drink, (to say nothing of other stimulating drinks,) instead of pure cold water, that most delightful and refreshing beverage! Strange too, most "passing strange"—that those who love to adorn their bodies with nice and costly apparel, are almost wholly ignorant of the luxury of the cooling bath.—still more, seldom allow the purifying element to come in contact with their self-admired and *would be* beautiful persons, unless it be simply to wash the visible portions. And then, too, people resort to almost any method or means, however unpleasant or painful, when diseased, or wounded, rather than to the best of remedies, although that remedy is plentiful, and, without scarcely an exception, always at hand. But these inconsistencies can be accounted for only from the fact, that this is a *crooked world*, and its inhabitants are strange and inconsistent beings, calling "evil good, and good evil." "Putting darkness for light, and light for darkness," "bitter for sweet, and sweet for bitter."

I am glad that water—that truly valuable gift of our Creator, is being in a measure appreciated. My own admiration and love of it increase daily, and sometimes almost charge myself with enthusiasm in relation to it. Well, it is beautiful, useful, valuable, one of Heaven's best

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and choicest gifts. It pleases the sight. Beautiful as it is in the drops of morning that gem earth's varied landscape,—the plentiful shower that falls so easily yet rapidly upon the parched fields,—and in the clear, sparkling, dancing brook, that beautifies the scene, or the silent stream that mirrors forth a thousand beauties to the eye. The ear finds music in it, when it ripples over a pebbly bed, or bounds over some towering rock, or falls at night so gently upon the roof, lulling us to peaceful sleep. It is pleasant to the taste, to an unperverted native taste, more pleasant than the choicest viands prepared by man; and then, it is most luxurious to the feelings, when the body is immersed in it, or the soft and cooling liquid is poured upon the surface, and every nerve and fibre, as it were, leaps with new buoyancy and life. Thus it meets and delights nearly all the senses belonging to our corporeal being, and through them blesses the *very soul of man!* Go on, then, in your work of testing its virtues, and lauding them in the hearing of those who will listen, until some, at least, shall appreciate the treasure in a manner to please and honor the giver.

Very respectfully pours,

A. C. Judson.

ON THE DISEASES RESULTING FROM THE IMMODERATE USE OF TOBACCO.

BY THOMAS LAYCOCK.

(From the London Medical Gazette.)

The consequences of smoking tobacco are manifested in the buccal and pharyngeal mucous membrane, and their diverticula; on the stomach, the lungs, and the heart, and on the brain and nervous system. With regard to these consequences, it may be generally stated here that they vary according to the quantity of the tobacco smoked, and according to the pathological conditions and peculiarities of the individual himself. Some persons will smoke a very large quantity before certain symptoms arise, while others experience these with a very small quantity. The amount consumed by habitual smokers varies from half an ounce to twelve ounces per week. The usual quantity is from two to three ounces. Inveterate cigar smokers will consume from four to five dozen per week of the lighter kinds of cigars, as Manillas, Bengal, cheroots, &c.

The first and simplest morbid result of excessive smoking is an inflammatory condition of the mucous membrane of the lip and tongue, and this sometimes ends in the separation of the epithelium. Then the tonsils and pharynx suffer, the mucous membrane becoming dry and congested. If the throat be examined it will be observed to be slightly swollen, with congested veins meandering over the surface, and here and there a streak of mucus. The inflammatory action also extends upwards into the posterior nares, and the smoker feels from time to time a discharge of mucus from the upper part of the pharynx, in consequence of the secretion from the mucous membrane of the nares collecting within them. The irritation will also pass to the conjunctiva (and I am inclined to think from the nares, and not by the direct application of smoke to the eye,) and the results are, heat, slight redness, lachrymation, and a peculiar spasmodic action of the orbicularis muscle of the eye, experienced, together with an intolerance of light, on awaking from sleep in the morning.

I think the frontal sinuses do not escape, for I find that one of the symptoms very constantly experienced after excessive smoking is a heavy dull ache precisely in the region of these sinuses. But, descending along the alimentary canal, we come to the stomach, and here we find the results to be, in extreme cases, the symptoms of gastritis. There is pain and tenderness on pressure of the epigastrium, anorexia, nausea on taking food, and constant sensation of sickliness and desire to expectorate.

The action of the heart and lungs is impaired by the influence of the narcotic on the nervous system, but a morbid state of the larynx, trachea, and lungs, results from the direct action of the smoke. The voice is observed to be rendered hoarser, and with a deeper tone; sometimes a short cough results; and in one case that came under my notice, ulceration of the carti-

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lages of the larynx was, I felt quite certain, a consequence of excessive use of tobacco. This individual had originally contracted the habit of smoking when a sailor, and it had become so inveterate that he literally was never without a pipe in his mouth except when eating or sleeping. If he awoke in the night he lighted his pipe; the moment he finished a meal he did the same. It is only in extreme cases like this that the inference can be fairly made as to the morbid results of the habit, because there are so many other causes of disease to be estimated at the same time. This particular instance has, however, during my experience, been corroborated by others of a like kind, and I have come to the conclusion that inflammation and ulceration of the larynx in men are almost exclusively peculiar to the slaves of excessive tobacco-smoking.

Hæmoptoe is another morbid condition distinctly traceable to this habit. The patient experiences a slight tickling low down in the pharynx or trachea, and hawks up rather than coughs up a dark grumous-looking blood. I have not been able to ascertain whence this comes. I have known it to flow out of the patient's mouth during the night, or to be effused shortly after laying down. It is a symptom worthy especial notice, however, because it gives great alarm, and may be readily mistaken for pulmonary hæmoptysis, or an expectoration of blood.

The action of tobacco-smoking on the heart, so far as I have observed, is depressing. The individual who, from some peculiarity of constitution, feels it in this organ rather than elsewhere, usually complains of a peculiar uneasy sensation about the left nipple—a distressing feeling—not amounting to faintness, but allied to it. In such an example no morbid sound can be detected, but the action of the heart is observed to be feeble and slightly irregular in rhythm; yet not always so in the same person. An uneasy feeling is also experienced in or beneath the pectoral muscles, but oftener, I think, on the right side than on the left.

On the brain the action of tobacco-smoking is sedative. It appears to diminish the rapidity of cerebral action and check the flow of ideas through the mind. This, I think, is a certain result; and it is in consequence of this action that smoking is so habitual with studious men, or men of contemplative minds. The phrases, "a quiet pipe," or a "comfortable cigar," are significant of this sedative action. It differs, however, in kind, from that of opium or henbane, because, as a *general* rule, tobacco does not dispose to sleep; it may in *individual* instances, but not generally with tobacco-smokers. On the contrary, it rather excites to watchfulness, and in this respect is allied to green tea in its action; or, if not to wakefulness, to dreams, which leave no impression on the memory. When this effect has passed off, there appears to be a greater susceptibility in the nervous centres to impressions, as indicated by trembling of the hands, and irritability of temper.

There are a few facts which I would now state generally, and which appear as secondary results of smoking. Constipation and hemorrhoids are often experienced by inveterate smokers. Acne of the face I have observed to be excited and kept up by the habit, and to disappear with the discontinuance of the latter. Blackness of the teeth and gum-boils are not uncommon results. There is also a sallow paleness of the complexion, an irresoluteness of disposition, a want of life and energy, to be observed occasionally in inveterate smokers, who are content with smoking,—that is to say, who do not drink. I have suspected also that it has induced pulmonary phthisis. It is thought that the sexual energy is impaired by the habit, but on this point I have no facts to detail.

Pretty good on tobacco, and from a medical journal. The "*immoderate*" use of the abominable weed is spoken of. If this produces such sad results, tell us, gentlemen, whether the use not so immoderate does not necessarily produce results to a greater or less extent of the same kind. Ye water practitioners, who use liberally of the article, and allow your patients the same, perhaps you will undertake to tell of these things.

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(From the Golden Rule.)

SCROFULA—BATHING, &c.

In former numbers of this work, I have had something to say on the subject of its frequency among us, especially among orphans; and of the particular treatment which such children require during the progress of their education.

Since I wrote those articles, I have visited two or three thousand families in the oldest and first settled parts of New England; and from fifty to one hundred schools I have had opportunity to observe the condition and treatment, physical and moral, of about ten thousand children. The result has been to strengthen my impressions concerning the prevalence of the disease in question, as well as to deepen my convictions of the great necessity of having something said and done. In not a few of the schools and families I have visited, more than half the children are scrofulous—in almost all, one or more are of this description.

To my first directions concerning these tuberculous children, that "*they ought to live out of doors*"—by which is meant that instead of being pent up in school houses, shops, factories, or tight, narrow bed-rooms—I usually hear it said that this cannot be, because they catch cold every time they go out. Now this fact alone proves the existence of scrofulous disease, were all other proof wanting; as well as shows the importance and necessity of that preliminary work which I am once more going to urge upon your numerous readers.

The first thing to be done with these tuberculous children who cannot bear the open air, is to harden them by cold bathing. But in hardening them, it is not necessary that we should destroy them. We have heard of the custom among the North Western American Indians of plunging their new born infants into ice-cold water, in order to harden them; but who is there among us that believes the children of civilization—perhaps we should say of *over refinement*—can be treated in this way, even if the children of savages can be?

It is far more safe, as well as more in accordance with physiological law, to accustom them to cold water gradually. I do not mean, by this, to encourage the practice of applying water which is moderately warm, in the first place, and so increasing the temperature of the water by degrees; for though this may be well in the case of feeble children born in the winter, it is nevertheless true in general that those who are of tolerable vigor will be more likely to get a full *reaction* after the use of cold water than warm. The warm water will indeed be more agreeable at first, but the sensation of chilliness will be more likely to come on afterward; whereas if the water be somewhat colder than the atmosphere in which the child is placed, its application will be more likely to be followed by a glow, a reaction—which glow is the test always of usefulness. But in the use of cold water at least moderately cold, it is by no means necessary to begin by applying it at once to the whole service of the body. It is quite sufficient if, at first, we sponge an arm or a leg, or what is better still, the chest or a part of it; and immediately wipe it dry, and follow it by such friction as the child is able to bear;—after which he should immediately be clad warmly, and kept in a warm atmosphere. Indeed, it is well to have the ablution attended to, always in a warm room. Nor need the little one to be frightened by applying the water in such a way ss some mothers apply it—as if they were half frightened to death themselves.

Nor need the work be commenced, in every instance, in cold weather. This communication will not meet the eye of the reader till the warm season has set in; and those to whom the information it contains comes for the first time, cannot be culpable for not doing that which they knew not before was necessary. They even, who will begin the work in June or July, and persevere in it, will do very well; and if all to whom the information of this article comes in the United States, were to begin the work at that time, and begin it judiciously, and persevere in it, thousands of the young—I might almost say millibns—in a single generation would be saved by it.

For it is necessary to repeat, that daily ablutions, such as I have recommended,

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will prepare the child to be much in the open air, without that danger which now exists of taking cold? Or to say that to reduce the aggregate of colds, in the U. States—not less now than 100,000,000 a year,—50,000,000 would be to save far more disease and premature death than was ever cured or prevented by any ten of the best medical men the world has seen?

Let this great preliminary work, then, be no longer delayed. Were there no scrofula in the earth, it would be useful—exceedingly so. But in a world which is filled with tuberculous disease, in which things are, in this particular, continually waxing worse and worse, cold bathing is as it were the great panacea. Let it, I say again, at once be resorted to. Then will a better day dawn and a better order of things commence. Then will health and longevity again prevail as in days of pristine obedience, and the desert and solitary place again rejoice and blossom as the rose.

CASES OF DR. BRANCH, OF SOUTH CAROLINA.

Abbeville Court House, S. C.
June 5th, 1847.

Dr. Shew: Dear Sir,—Being convinced of the beneficial effects of cold water, in the cure of various forms of disease, I wish to avail myself of all the information upon the subject I can obtain. I, therefore, forward one dollar enclosed, desiring that you immediately mail, to my address, two copies of your "Water-Cure Manual."

I have been engaged in the practice of medicine for twenty-one years, and during that time have often witnessed, in my own practice, the happy effects of cold water, in allaying pain, and shortening paroxysms of fever,—nay, more, I have in some instances perfected a crisis in severe attacks of fever, accompanied with delirium, by the external as well as internal use of cold water, in the short period of half an hour. And, as I have the data, I can give you a case in point,

"Sarah, a servant girl in the family of Mr. C., was attacked with bilious remittent fever, on the 20th of August, 1838. When called to the case, I found her laboring under a high fever, accompanied with an evident determination to the brain, a wiry pulse, skin hot and dry, tongue covered with a thick crust and very dry, teeth covered with sordes, eyes red and suffused. I commenced my treatment by bleeding until the pulse was relaxed, as was also the skin, delirium still remaining. I then gave a full dose of calomel, followed in five hours by castor oil. Saw the patient on the 22d, (having made my first visit on the 21st;) symptoms the same; took another portion of blood, and applied a large blister on the stomach, and another on back of the neck, gave broken doses of Dover's powders and calomel, and ordered pediluvium and diaphoretic drinks. 23d, symptoms the same; continued the powders, applied blisters to the extremities, and ordered an anodyne at bed-time. Was sent for in haste in the morning, and found all the symptoms aggravated, and concluded that relief must soon be obtained, or all was over.

Although deranged, the thirst was so great, that when water was held to the mouth, she drank largely. I then had her stripped, wrapped her up in a very coarse wet sheet, and in half an hour every symptom of fever had passed off; she was perfectly sensible, the tongue had become soft and cool, and the disease entirely eradicated. On the 24th, the patient was walking about, cured.

I recollect another case which illustrates the sudden and happy effects of the timely use of cold water. On the 30th of June, 1828, I was called, in company with Dr. Ford, of the town of C——, Vermont, to consult with Dr. N. of the village of M——, of that state, in a case of typhus fever, of twenty-two days duration. The patient, a son of Capt. E., had taken an active course of medicine, and, as is usual in typhus, was extremely debilitated. The symptoms were those of a case approaching a fatal crisis. The patient had not the strength to raise his hand. Dr. N. said he had done all that he could do, and inquired what could be done? I frankly confessed that I thought he would die under under any treatment. Dr. Ford said he believed that nothing could save him,

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but a free application of cold water, and he had confidence in that. We both consented to its use, believing it, at best, but a doubtful experiment, but we knew not what else to do. The wet sheet was used and frequently renewed during the evening, and when I called the next day, every symptom of fever had disappeared, and to my utter astonishment, the patient was sitting, propped up in bed, and in a few days he was mingling with the busy crowd.

I have many other cases, but will not annoy you with them now.

Please forward the books, directing them to Dr. Franklin Branch, Abbeville C. H., S. C., and oblige, dear sir,

Your humble servant,

F. Branch.

The above letter is a private one, but being confident that the writer would not object to our giving it, containing facts so striking as those mentioned, we have ventured to give them.

TOBACCO.

The following article from one of our hill towns, is a just reproof for a bad practice. It is due to decency and personal liberty that our public assemblies should be effectually protected from the loathsome annoyance complained of by our respected correspondent.

"Nothing is more disagreeable to one who loves the pure air, than the scent of tobacco, and yet it is not uncommon to see men about us everywhere, even in houses of public religious worship, with their faces distorted with the nauseous weed.

It is indeed strange that intelligent men, who would not use tobacco in a neighbor's parlor among decent people, will enter the house of God with the appearance of less respect. A few weeks since I attended public worship in a town not far distant. During the morning service the constant spitting made me think it well for the preacher that he possessed a strong nervous system. At the intermission a crowd collected about the stove, and the smoke that went up from it, was not the purest incense. I observed that the grey-headed, the middle-aged, and the young, not *all*, but *some* of every age, were chewing tobacco, without a thought of the place where they were, or of the impropriety of what they were doing. Suddenly a disgusting odor filled the house, and it was evident that tobacco was used of another kind and in another manner. As the crowd dispersed I noticed that a good old man, who would not for the world do any thing wrong, was deliberately smoking his pipe, filled, doubtless, with the best he could afford.

I felt a sinking sadness, and the whole appeared to me such a desecration, that I found myself altogether unprepared for the afternoon service. — *Northampton, Mass. Courier.*

We clipped the following "Caution to Tobacco Chewers" from a religious paper, (we have forgotten what one,) probably of Cincinnati, Ohio. The "distinguished physician," we imagine, is the talented and very worthy Professor Mussey of that city, who has for so long a time and so ably denounced the use of tobacco. People are beginning to look more at the evil in question, and ere long there will be a greater attention given the subject than has been dreamed of yet.

It was not without considerable reluctance, we are informed, that the Trustees of the Second Church consented to let the General Assembly occupy their house, fearing it would get besmeared with tobacco spittle. A distinguished physician among us, offered to take four members as guests, provided *that number could be found who did not use tobacco.*

Brethren of the ministry, wipe this offensive stain from your characters!—Discard this filthy weed, for the honor of Christ as well as your own reputation, and resolve no longer to be a by-word among persons of cleanliness and refinement!

The Foot Bath.—In local injuries, as sprains and bruises, this bath is used for the local effect. It is also often used to benefit by sympathy, distant parts. The feet should always be warm before the cold foot bath is taken.

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POISONOUS CONFECTIONERY.

In a late English periodical, a gentleman of the medical profession [Dr. O'Shaughnessy,] has called the attention of the public to the existence of various poisonous pigments, in several articles of confectionery, the preparation of which, from their peculiar attractions to the younger branches of the community, constitutes, in most large cities, a separate and extensive branch of manufacture. "I am fully aware," he remarks, "of the hazardous task that individual undertakes, who ventures in this country to signalize such abuses. The wrath of the particular trade is, of course, especially excited, and the sneers and ridicule of the ignorant are also abundantly provoked." We are persuaded that our readers, however, will feel grateful for an exposition of the facts by which the real extent of the danger in question is shewn. For the wrath of those interested in the concealment of abuses, or the sneers of the ignorant, we have little regard, when public good is our object. From our efforts in its promotion, nothing shall divert us.

A distinguished chemist and philanthropist of Paris, M. Chevallier, in a paper published in the Journal of Medical Chemistry, had previously placed the importance of an attention, on the part of the medical police of the French metropolis, to the subject of poisonous confectionery in the most striking light. He had seen various accidents produced, by the consumption of comfits of sugar, colored by mineral poisons. Of these, he particularises the Schweinfurt-green, a compound of arsenic and copper; the chromate of lead, and the sulphurate of mercury (vermilion.) He has also found the coloring matter of these toys of sugar to be composed frequently of gamboge, which, in small quantities, acts often upon the stomach and bowels. Notwithstanding the notification of this dangerous practice in nearly all the journals of France, the same mode of coloring was persisted in by the confectioners, until at length the Council of Health was consulted on the subject. This body lost no time in investigating it, and the result was an ordinance of the police for the suppression of the dangerous practice complained of. In the report of M. Andral to the prefect of police, the coloring substances which are recommended to be prohibited are, in the first place, all those derived from the mineral kingdom, excepting the oxides of iron and lakes of iron, and Prussian blue, all of which may be safely employed. Of vegetable substances, he recommends the severe prohibition of *gamboge*. *Litmus* should also, he conceives, be prohibited, as well on account of its occasional combination with disgusting substances, as its being mixed with common *arsenic*, and red precipitate of *mercury*. The most diversified colors, he states, may be obtained by confectioners from entirely harmless compounds. Thus from the lakes of cochineal and carmine, they can prepare all the *reds:* the lakes of logwood will afford them *violet;* the lakes of Dyers' broom (*genista tinctoria,*) &c., will give the *yellow;* the lake of Persian grains (*polygonum persicaria,*) with Prussian blue, will form a more beautiful green, than that from any mineral substance; and finally, by the admixture of these harmless colors, all the intermediate shades and tints will be obtained. The papers used for wrapping up sugar confectionery, M. Andral directs, also, to be strictly attended to, since they are colored with the same poisonous materials, and children are very apt to suck and chew these papers. A member of the Council of Health, a short time since, snatched a colored paper of this description from an infant's mouth, and by analysis obtained from it both *arsenic* and *copper*. Pursuant to the ordinance, visits were made to the shops of confectioners, and several poisoned specimens destroyed. Generally speaking, the confectioners gladly banished from their factories the pernicious materials, and availed themselves of the harmless substitutes recommended in the report.

To ascertain whether the same poisonous materials existed in the confectionery of London, different articles variously colored were purchased from several shops in that city, and subjected to analysis; of ten specimens of red-colored comfits sold for eating, six contained mineral poisons,

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viz., red lead, vermilion, and chromate of lead; all these specimens, with one exception, were only colored externally; of seven specimens of yellow comfits, six contained deleterious substances, viz., gamboge, oxide of lead, and Naples yellow; several were stained throughout; one specimen of green comfits contained copper and lime. Those toys of sugar apparently intended for ornament, but frequently eaten, mostly contained poisonous ingredients. The papers were next examined, especially those used for enveloping the sugar drops termed "kisses or secrets;" without exception, the reds were colored with a preparation of mercury (vermilion,) the yellows with chromate of lead, and many of the greens with the carbonate of copper (verdigris.)

"I cannot be excused of exaggeration," remarks the English investigator, "when I assert, that thousands of children are thus daily dosed with metallic and vegetable poisons; in minute quantities it is true; but in quantities dependent for this amount on the caprice of a workman, or the uncertainty of a machine, and sufficient, in the minutest degree, to produce their peculiar insidious effects, if taken habitually from day to day. Neither are these effects merely lingering; for not long since, an acute case of poisoning, arising from the use of confectionery colored with a deleterious preparation, occurred in the children of a highly respectable family in Southwark; and on analysis, the articles consumed were found to contain red lead."

On inquiry, we are happy to learn that the demand for this species of colored confectionery is yearly decreasing in Philadelphia. In the meantime we urge upon our confectioners, and the public, an attention to the important hints given above. —*Phila. Jour. Health.*

CROWDED ROOMS.

In an English work, entitled the Philosophy of Medicine, containing numerous extracts on the nature of *health and disease*, we find the following striking—but, as we have every reason to believe, *authentic*—anecdote:

"A lively young lady, who came to *Bath*, to put herself under the care of Dr M. Adair, gave a rout, and insisted that the doctor should be of the party. The room was *small*, and company very *numerous*. He had not long been seated at the card-table, before a young gentleman, his partner, *fell into a swoon*. The doors were immediately thrown open to afford him fresh air, and the sash lifted up, and both the gentleman who swooned, and the young lady, Dr. Adair's patient, who were invalids, were much injured by the sudden exposure to a current of cold air.—How the rest of the company were affected, says Dr. Adair, I had no opportunity of knowing; but my own feelings and sufferings, for many hours after I retired from *this oven*, convinced me of the *dangerous consequences* of *such meetings*.—On declaring, a few days after, to one of my brethren, a man of humour, my resolution of writing a bitter philippic against routs, he archly replied: "Let them alone, doctor; how could this place otherwise support *twenty-six* physicians!'"

This fact, says our ingenious correspondent, to whom we are indebted for this article, serves to show, better than a thousand arguments without it, the danger of injury from confined air in close apartments. Hence we see that when we invite our friends to enjoy with us the pleasures of the social circle, we may incautiously be the means of rendering both them and ourselves miserable, by the poison of corrupted atmosphere. Besides, how often do we find hundreds, and thousands, of individuals occupying a room with closed doors and windows, for an hour or two together! Much of the yawning and dulness, and inattention of religious assemblies, is *often* produced by similar causes, though usually ascribed to a different origin. Crowded assemblies would do well to recollect that they are rendering the atmosphere absolutely poisonous, at the rate of at least a gallon a minute, or a hogshead an hour, to an individual; and they are making it, more or less, impure and unwholesome with every breath. This happens too when the atmosphere is the most pure and dense. In hot weather, as the air is highly rarified, and other causes of impurity exist in

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greater abundance, it is poisoned at a much more rapid rate than in other circumstances; and this should remind us of the necessity of a stricter attention to ventilation.

Our *unenlightened* readers may be edified by the following *Receipt for a Rout:*

"Take all the ladies and gentlemen you can collect, and push them into a room, with a slow fire. Stew them well. Have ready twelve packs of cards, piano-forte, a handful of prints or drawings, and put them in from time to time. As the mixture thickens, sweeten it with politesse, and season with wit, if you have any; if not, flattery will do, and is very cheap.—When all have stewed well an hour, add some ices, jellies, cakes, lemonade, and wines; the more of these ingredients you put in, the more substantial will your rout be. Fill your room quite full, and let the scum run off!"—*Journal of Health.*

A friend and patient writes us enthusiastically: "I shall never forget nor regret the few days I spent in your institution, for they have been the means of bringing about a great change, not only in my diet and manner of living, but also in my general health. I am now able to labor on the farm and perform more hard work in a day, than at any time for years previously to my going to you. And this improvement I owe wholly to the instructions gained at your institution, and the thorough and constant application of the means recommended. More than one year has now elapsed since I commenced the treatment, and from that day to this, I have taken no medicine whatever, save food, water and exercise. My constipation, headache, cough and pains, have all disappeared, and such a thing as a *cold* I am a perfect stranger to,—that is, I take no cold except a *cold bath*, and that I have not escaped but five days in more than three hundred and sixty-five. I found no use for any flannels in the coldest days of last winter, and though frequently exposed to the severest storms, I never before passed a winter so comfortably; and a summer's rain shower which I once so much dreaded, has lost its terrors. O, when will men learn that cold water properly applied, will warm the system incomparably more effectually than lamb's wool, feather beds, and the like appliances of civilized life!

DRUNKENNESS--INSANITY.

Another cause of a similar nature may be adverted to, and for the same reason, its action on the brain is not denied or doubted,—I allude to the abuse of intoxicating liquors. That wine and spirits in unusual quantity derange the mental manifestations, I need hardly stop to state; and this being the case, it is easy to conceive that habitual excess may at last induce a permanent irregularity of action in the brain, amounting to disease; and, accordingly, nervous tremors, head-aches, fits of excitement, often amounting to mental alienation, and delirium tremens, are observed to be common consequences of over-indulgence.

The remarkable increase of insanity among the lower orders in Great Britain, particularly in the manufacturing districts, has been pretty accurately traced, partly to the miseries, want, and anxiety, inseparable from the fluctuations to which they are exposed, and partly to the prevalence of dram-drinking, as the only means of relief within their reach.—That it is not the mental distress alone which is the cause, is proved by finding the large majority of the patients to be among those who have been the most intemperate.—Occasionally, however, it must be admitted, the excessive drinking is only the first symptom, and not the cause of the disease.

That intoxication acts upon and disorders the brain more directly than any other organ, is further evident from observing the effects of an excess upon persons of different habits and constitutions. Thus an excess may so excite the brain of a strong healthy man as to throw him

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into a brain-fever, as it used to be called, or into a state of delirium, or temporary madness; and the same excess in a person constitutionally liable to insanity, will probably excite the brain in that peculiar way which constitutes mania; thus establishing in another way the strong connecting link between all forms of cerebral disease and all varieties of mental disturbance. From the permanence of the irritation kept up in the brain by systematic intemperance, the habitual drunkard will be more liable to attacks of insanity, and the occasional debauchee to attacks of cerebral disease in one or other of its acuter forms.—*Dr. Combe.*

(From the Hampshire Herald.)

RUGGLES' NORTHAMPTON WATER-CURE ESTABLISHMENT.

We last week visited the Water-Cure Establishment at Bensonville, in this town,—and were gratified with an opportunity of examining the whole establishment in all its parts from top to bottom; and hence are able to testify concerning it.

This is the first new building that has been exclusively erected for Hydropathic purposes in this country, and it is said by those who have visited other kindred establishments, to be the most commodious and complete. It is 36 by 70 feet, two and a half stories high, with separate parlors, bathing and dressing rooms, for ladies and gentlemen. All the baths are supplied with an abundance of pure spring water. There are twenty lodging rooms, each well ventilated, calculated and furnished for two lodgers. There is also a ventilator through the roof of the building. It is regarded by scientific men as admirably calculated for the business.

Whatever may be the views of medical men of Mr. Ruggles' singular mode of practice; judging of symptoms by the sense of touch—detecting the character of diseases by the character of the skin, invalids award to him the credit of accurately describing their symptoms; *and many who suffer from diseased lungs go to be examined by him before venturing the water treatment at home, or at other establishments.* He holds that the absence of electricity in the region of the lungs, after a half-bath of a certain temperature, is PROOF that the patient cannot be safely treated by water.

There are other prominent facts which are strong in his favor:—1st. The testimony of all his patients, who feel and know that they are treated understandingly; 2d. He has been a Hydropathic practitioner about three years; and though nearly all his patients have been of that class who were beyond the reach of medical aid, he has lost but one patient during the time, and this *one was frankly told by Mr. R. before entering the Cure*, that his symptoms and age were against a successful treatment. 3d. His success has secured for him the patronage of wealthy friends of the new system, who have advanced him the means for building the best constructed edifice of the kind in this country.

That Mr. Ruggles' practice merits consideration, doctors, physiologists and invalids may judge by the following extracts of a letter addressed by him to the editor of the Green Mountain Spring, a paper devoted to the cause of Hydropathy:

"It is impossible for me to name all the symptoms indicated by the state of the skin. I can feel in every healthy person *an incessant, regular, and energetic emission of electricity from every pore.*—This I call VITALITY OF POWER. In the skin of some invalids, this symptom appears feeble, or irregular, and in others not at all; and I have thought it prudent to decline all applicants for the Cure, *who lack this electric action*, as it is the principal means by which I judge how to treat the patient. Should this be feeble and irreugular, (other symptoms being favorable,) I order the blanket; if irreugular, the wet sheet, or half-bath, with much rubbing.

* * * * * * *

I have only room to say in this uninstructive communication, that next to the feeling of the skin of a dying man are the indescribable symptoms which indicate secret diseases. When this is the cause of a serious affection of the lungs, chest, or head, I think it endangers the cure to apply the douche."

Much satisfaction is expressed by invalids in favor of the rubbing process, practised at this Establishment, and the attention given to symptoms before the patient is prepared to take a regular course of treatment.

Terms for board and treatment at the Northampton Water-Cure, for double rooms, are $5,50 per week, payable weekly. Single rooms $8,50. (washing extra.) When patients are so feeble and helpless as to need extra attention, or fire in their rooms excepting for swathing purposes, find their own nurses and fuel, or pay an extra price.

Each patient furnishes himself with two or three thick comfortables, three woollen blankets, one linen and four cotton sheets, two pillow cases, six coarse crash towels, some well-worn linen, to cut for fomentations, an old cloak or mantle, and a syringe."

Remarks.—The above communication respecting the establishment of our colored friend, Mr. Ruggles, we cheerfully insert in the Journal.—We must not be understood as advocating the peculiar doctrines therein contained. We have great confidence in Mr. Ruggles' knowledge of the modes of water-cure, and have no hesitancy in recommending persons to his care. He commenced the system early, and has had more experience than most practitioners in this country.—He has our best wishes for his success.

MONTHLY FORM OF THE JOURNAL.

—*The Journal will hereafter be published Monthly, with a cover. Our patrons, we think, will, on the whole, be pleased with the change.*

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