

# THE WATER-CURE JOURNAL,

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

*"Watch and be Healed."*

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## COMPARATIVE EFFECTS OF VEGETABLE AND ANIMAL FOOD

IN ENABLING THE HUMAN SYSTEM TO RESIST THE ACTION OF MORBID CAUSES, AND TO RECOVER FROM DISEASE.

(Continued from page 232.)

As to facts, they may be gathered in great abundance from the history of the human family in all periods and portions of the world, but enough can be found in modern times, and even in our own day and country, to satisfy every mind that is willing to receive the truth.

Howard, the celebrated philanthropist, was probably more exposed to the influence of pestilential causes than any other human being that ever lived. "In the period of sixteen or seventeen years," says his biographer, "he travelled between fifty and sixty thousand miles, for the sole purpose of relieving the distresses of the most wretched of the human race. The fatigues, the dangers, the privations he underwent or encountered for the good of others, were such as no one else was ever exposed to, in such a cause, and such as few could have endured. He often travelled several nights and days in succession, without stopping,—over roads almost impassable, in weather the most inclement, with accommodations the meanest and most wretched. Summer and winter,

heat and cold, rain and snow, in all their extremes, failed, alike, to stay him in his course; whilst plague, and pestilence, and famine, instead of being evils that he shunned, were those with which he was most familiar; and to many of whose horrors he voluntarily exposed himself; visiting the foulest dungeons, filled with malignant infection,—spending forty days in a filthy and malignant lazaretto,—plunging into military encampments, where the plague was committing its most horrid ravages; and visiting where none of his conductors dared to accompany him;" and through all this, he subsisted entirely on a most rigidly abstemious vegetable diet, carefully avoiding the use of wine and all other alcoholic drinks:—and such was the result of this man's extensive experience and observation, that he earnestly advised others who were exposed to the plague, to abstain entirely from the use of animal food; and this, it cannot be supposed, he would have done, had he not been fully confident of the correctness of such advice, both from what he had experienced in himself, and from what he had seen in others. And it must be remembered that Howard's opportunity to test the correctness of this opinion, was neither brief nor limited, but the most extensive, varied and long-during ever experienced by any one man; and such were the accuracy of his

observations, and the soundness of his judgment, that although himself not a physician, yet he was more successful in treating the plague than any of the physicians where he went. Howard's opinion therefore on such a subject is of the highest value. "The abstemious diet which, at an early period of his life, he adopted from a regard to his health," says his biographer, "he afterwards continued, and increased in its rigor from principle, and from choice, as well as from a conviction of the great advantages which he derived from it." And after all his experience, near the close of his life, made the following record in his diary. "I am firmly persuaded, as to the health of our bodies, that herbs and fruits will sustain nature, in every respect, far beyond the best flesh." Yet with all the practical good sense and wisdom of this philanthropic man, there is every reason to believe he fell a victim to his free use of tea. Substituting its deleterious stimulation for the sustaining nourishment of food, he rushed with the utmost temerity into the presence of the greatest danger, when his body, by fatigue, cold, wet, and exhaustion from severe fatigue, was wholly unprepared to resist the virulent action of malignantly noxious agents, and then neglected the early symptoms of disease in his system, and perseveringly refrained from the use of any efficient means of restoration.

The distinguished botanist, Charles Whitlaw, speaking of the ravages of the yellow fever in New-York, says, "I was then in the full vigor of health, having been brought up on a vegetable diet, which I have no doubt was the chief cause of preserving my health and life, as I attended and nursed a considerable number during the whole of their illness, without taking the fever. Being anxious to know the cause of the malady, I attended the dissections. The doctors were astonished how I escaped the contagion. Mr. Harvey, a celebrated Scotch philanthropist, like Howard, went from place to place in the city, administering comfort to the diseased and miserable. I was induced to follow his course. It would be impossible to describe the distress I witnessed." Mr. Whitlaw also informs me that he spent a

season in New Orleans during the prevalence of the yellow fever, and was much among the sick, nursing and administering to them, and by virtue of a pure and simple vegetable diet he wholly escaped an attack of fever.

Copeland's Medical Dictionary contains an article on climate in relation to the food of man, in which the writer says—"When travelling in the most unhealthy part of intertropical Africa, in 1817, I met with an Englishman who had lived there between thirty and forty years, and was then in the enjoyment of good health. The circumstance was singular, and in answer to my inquiries as to his habits, he informed me that soon after his removal to that pestilential climate, his health had continued to suffer, till, after trying various methods without benefit, he had pursued as closely as possible, the modes of life of the natives, adopting both their diet and beverages—(the natives living almost exclusively on rice, and maize, and water;) and from that time he had experienced no serious illness."

The Rev. Mr. Mylne, missionary to Africa, makes the following mention of the health of his colleague, the Rev. Mr. Crocker. Having given an account of his own severe sickness and recovery, he adds—"Brother Crocker has been very much favored; he has had no real attack of fever all this time; which I suppose is unprecedented for a white man here; but he began three months before leaving America, to live on farinaceous food, and has strictly adhered to his principles since he arrived; living on rice, cassada, sweet potatoes, &c.—a fact worthy of the consideration of emigrants to this country."

Mr. G. W. McElroy, of Kentucky, visited Liberia in Africa in the summer of 1835—arriving in July. He spent two months in Monrovia, and two months on the coast. During his voyage to Africa, while there, and on his passage home, he abstained wholly from animal food;—lived on rice and other farinaceous vegetables, and on fruits. He enjoyed the best of health the whole time, although much exposed while in Africa, and in fifty-seven days, he gained fifteen pounds in weight.

But the most signal demonstration of the truth of the principles I am contending for, was afforded in the city of New-York during the prevalence of the cholera in the summer of 1832. The opinion had been imported from Europe, and generally received in our country, that a generous diet, embracing a large proportion of flesh-meat, flesh-soups, &c., with a little good wine, and a strict abstinence from most fruits and vegetables, were the very best means to escape an attack of that terrible disease. Nearly four months before the cholera appeared in New-York, I gave a public lecture on the subject in that city, in which I contended that an entire abstinence from flesh-meat and flesh-soups, and from all alcoholic and narcotic liquors and substances, and from every kind of purely stimulating substances, and the observance of a correct general regimen in regard to sleeping, bathing, clothing, exercise, the indulgence of the natural passions, appetites, &c. &c., would constitute the surest means by which any one could rationally hope to be preserved from an attack of that disease. I repeated this lecture after the cholera had commenced its ravages in the city, and notwithstanding the powerful opposition to the opinions which I advanced, a very considerable number of the citizens strictly adhered to my advice. And it is an important fact, that of all who followed my prescribed regimen uniformly and consistently, not one had the slightest symptoms of an attack.\*

The following statements which were received from respectable individuals soon

after the disease had disappeared from the city, may be relied on with the fullest confidence.

"In stating my views of a simple diet," says Dr. Amos Pollard, "as a means of preserving health and preventing disease, I must necessarily be brief for want of time. I think I have the most ample evidence of its salutary and conservative effects in my own person. I had been afflicted both before and during my medical studies, with the worst of diseases, chronic dyspepsy, from which I never obtained any permanent relief, until about eighteen months since, when I put myself on the simple mode of living recommended in your Lectures. For nearly a year, I subsisted principally upon coarse wheat-meal bread and milk with great advantage to my health;—when happening to get some milk which tasted and smelled of garlic, I became so disgusted with it that, in May last (1832), I exchanged my milk for spring water, which with the coarse bread has constituted my diet, mainly, ever since. During the past summer, and especially the cholera season, my professional duties were exceedingly arduous; and I often felt myself nearly worn out for want of rest and sleep. Yet through the whole sickness, I subsisted on one pound per day of coarse, unleavened wheat-meal crackers, with some fruit and spring water; and experienced no disorder of the stomach or bowels, but enjoyed, and still continue to enjoy, far better health than I have experienced before for the last fifteen years. I also gained several pounds in weight during the cholera season. On looking over my notes of cholera cases, taken at the bedside of the patients, I find that the occasion of the disease could be traced, in a very large majority of cases, either to confirmed habits of intemperance, or to some prominent act of imprudence. I speak here of patients both in hospital and in private practice. Many people—and among them, some of my own profession—have asserted that, simple vegetable diet is conducive to, and in many cases has actually produced cholera. I have taken considerable pains to investigate these matters, and in not a single instance have I been able to verify

\* During the prevalence of the cholera in New-York in 1832, it was most extensively, clamorously, and continually asserted that the "Grahamites" were dying by scores with the epidemic, and this opinion has gone abroad through the country, and is perhaps generally believed. Yet I solemnly declare that I made the most diligent search in every part of the city where any such case was reported, and called on every physician who I heard had made such assertions—and in the newspapers of the city publicly called for the specification and proof of such cases, yet I could not find a single instance in which an individual who had adopted and consistently observed the regimen I had prescribed, had died of cholera or any other disease, and but two or three instances in which there had even been a slight attack; and in each of these cases there had been decided imprudence.

their assertions;—but, on the contrary, I have uniformly found that every person who has strictly and judiciously observed such a diet, under a well-regulated general regimen, has not only escaped the cholera, but enjoyed excellent general health.”

“After having been grievously afflicted for several years with dyspepsy,” says Mr. A. Woodman, “I adopted a simple vegetable diet, and entirely recovered my health. Through the cholera season, I subsisted almost entirely on coarse wheat-meal bread and water, and enjoyed the most perfect and uninterrupted health, and gained several pounds in weight. Our family, consisting of ten members, who lived on what the physicians call a more ‘generous diet,’ of flesh, fine bread, tea, coffee, &c., all had a pretty severe attack of cholera; and some of them two and some three attacks.—My brother David, a very healthy and robust young man, who lived as the rest of the family did, but used no spirits, went with me three several times through the cholera hospitals, to see the sick, and during the night following each time, he had a severe attack of cholera, while I had not even a premonitory symptom of the disease through the season.”

“Myself, wife, and sister,” says Mr. Evander D. Fisher, “had all been afflicted with poor health, and particularly my wife and sister, for many years before we adopted our present mode of living on simple vegetable food. Neither of us had eaten any flesh since; which is now more than a year. We spent the past summer in the city, and never enjoyed better health than we did through the whole cholera season. That dreadful disease raged terribly all around us, and cut off many of our neighbors, and even came into our house and attacked our mother, who did not live as we did, but ate flesh, &c.;—and I was amongst the dying and the dead, and assisted in laying out and putting into their coffins at least a dozen dead bodies of those who had died of cholera, yet neither myself, wife nor sister, had the least premonitory symptom of cholera nor any other illness during the whole season.”

“We remained in the city during the cholera season, last summer,” says Mr.

William Mitchell, “and living near one of the cholera hospitals, we daily saw the dying and the dead carried by our door. Our whole family, except my mother, subsisted entirely on a simple vegetable and milk diet. My mother thought she required the more *generous diet* to which she had always been accustomed, and continued to eat flesh and live in the usual mode. She had a very severe attack of the cholera, while the rest of us had not a symptom, but enjoyed the best of health through the whole season.”

“Four members of our large family,” says Mrs. Pike, “lived strictly on a simple vegetable diet, during the cholera season, last summer,—eating no flesh and subsisting principally on coarse wheat-meal bread. They enjoyed excellent health, and none of them had the slightest symptom of cholera during the season: while every other member of the family had more or less of that disease.”

“During the prevalence of the cholera last summer,” says Mrs. Harriet Wheeler, “all of our family had an attack of that disease, except myself. They ate flesh and lived in the usual manner. I ate no flesh, but lived strictly on a simple vegetable diet, consisting principally of coarse wheaten bread. But what, in all probability, would have been my case, if that awful epidemic had found me in that condition of body in which I was before I adopted my present mode of living! I verily believe I should not now be among the living on earth. Thanks to God, I am not only living, but well. I have scarcely known an hour’s indisposition during the past twelve months. And what a change is this, after having been afflicted as I have been for more than twenty years.”

“Since about the year 1818,” says Mr. Ferdinand L. Wilsey, “I have been afflicted with very feeble health. In the autumn of 1831, I commenced living on a simple vegetable diet; and continued to live in this manner very strictly during the cholera season, subsisting mainly on coarse wheaten bread. My health improved very much, and continued through the summer. With a medical friend I attended many cases of the cholera, and stood over several patients, and adminis-

tered to them and rubbed them, but had not a symptom of the disease; while my medical friend, who ate flesh and drank wine, and urged me to, had several attacks."

"Myself and wife," says Mr. Edmund Van York, "had long been in very feeble health, and laboring under many serious symptoms of pulmonary consumption, when we adopted a simple vegetable diet:—since which time our health has improved exceedingly. We and our children and other members of our family spent the cholera season in the city, all living strictly on our plain vegetable diet. Our immediate neighborhood was exceedingly sickly. The cholera raged all around us, and the people died on every side of us. One man died next door, so near to us, that I could reach my hand out of my window into his room; and the offensive smell of his body, after death, came in and scented our whole house; and yet none of us had any thing of the disease. I have two apprentices, both of whom lived as we did, on a vegetable diet through the worst of the cholera season, without the least indisposition. The older one then went into the country where he spent two weeks, living quite generously on animal food, &c., and then returned to the city and took the cholera immediately; and had three physicians to keep him alive. The younger one continued in the city, adhering closely to his simple vegetable diet. His health improved very much indeed during the summer, and he had not the slightest symptom of cholera nor any other disease."

"After having been afflicted with miserable health for many years," says Mr. David I. Burger, "I was induced to adopt a plain and simple vegetable diet, and by degrees, became more and more strict in my regimen, till I got on to a diet of coarse wheaten bread and pure rain-water exclusively. This regimen I observed rigorously through the whole cholera season, and not only became wholly relieved from all my ailments, but recovered and enjoyed the most entire and perfect health,—feeling strong, active, and cheerful. My sleep was as sweet as an infant's; and when I rose in the morning, I always felt

fresh and clear and vigorous and sprightly, as I ever did in my boyhood. During the cholera season, I was very much among the sick of that terrible disease. Several times a day, I visited a family occupying a house belonging to me in James street, and of which five members died. I stood over the beds of the sick,—handled their bodies, assisted in taking care of them, &c., and after the house was deserted, and others were afraid to enter it, I went into it, took up the beds, clothes, and other things appertaining to the rooms from which the dead bodies had been removed, and carried them out of the house, and was three or four times a day there, handling the things, &c. After this, I visited several other families who were sick of the same disease,—sat beside the sick by the hour, watched with them, rubbed them, lifted them, &c.; yet through the whole season I had not the least touch of the complaint, nor the slightest indisposition of any kind."

Benjamin Tytler, an aged Scotchman in the employ of Daniel Fanshaw, Esq., living on a simple vegetable diet, purposely exposed himself in almost every possible way, frequenting the most infected parts of the city, but had not a symptom of the disease.

William Goodell, Esq., Editor of the *Genius of Temperance*, who had been for many years afflicted with chronic diarrhoea, was relieved by a simple vegetable diet, and was much exposed during the cholera season, but wholly escaped an attack.

James Whitlew, a Scotch gentleman, had been afflicted in the same manner and recovered his health by the same means. He was daily in the midst of the cholera, but had not a symptom himself.

Mrs. Phoebe Corlies, an excellent member of the Society of Friends, had been most severely afflicted for thirty years with a chronic diarrhoea, which had baffled every mode of medical treatment. She was relieved by a simple vegetable diet and correct general regimen, and enabled to remain in the city through the cholera season without a symptom of that complaint.

Two sisters by the name of Primrose,

had been out of health, and both recovered excellent health by adopting a simple vegetable diet and a correct general regimen. The older sister returned to her tea, coffee, flesh-meat, &c.,—but the younger continued to adhere closely to her vegetable diet. During the prevalence of the cholera, the older sister was severely attacked and but just escaped with her life, while the younger sister nursed her—stood over her night and day, administered all her medicine, rubbed her body, took her breath, and even put her mouth to her's and kissed her when in a state of collapse, and yet had not a symptom of the disease, nor any indisposition during the whole season.

William Cooke, wife and children, living strictly on a simple vegetable diet, enjoyed the best of health through the cholera season, without having a symptom of that disease: while a young woman residing in the same family, and eating flesh and living in the ordinary manner, had three severe attacks.

Dr. D. M. Reese, whose practice and success were at least equal to any other physician in New-York, declares that when the cholera broke out in that city and he was called to practise among it, he found that the disease was making its greatest ravages amongst the excessive flesh-eaters, and he consequently went home and requested his family to abstain entirely from the use of flesh during the continuance of the epidemic in the city, and he and his family subsisted wholly on a vegetable and milk diet while the cholera prevailed, without having any thing of the disease:—excepting in one instance, near the close of the sickness, when Mrs. R. without his knowledge, partook of flesh-meat, and in a few hours after was taken with diarrhoea.—Precisely the same thing happened to Mr. Henry R. Piercy and his wife:—and Dr. Reese says that he advised all his friends to abstain from flesh, and that all who conformed strictly to his advice wholly escaped the disease.

Dr. Tappan, who superintended the Park Hospital, has assured me that out of twelve house pupils (students of medicine and young physicians) who assisted him

in the Hospital during the prevalence of the cholera, Mr. Sharrock, who had lived more than a year very strictly on a simple vegetable diet, was the only one who entirely escaped all symptoms of the disease; all the others being attacked more or less violently, and some quite severely.

"My health was very feeble, and I had suffered much from hemorrhage of the lungs," says Mr. Lewis St. John, of New York, "when I was induced, in the spring of 1832, to adopt a simple vegetable diet. From this change I almost immediately experienced considerable benefit; and during the prevalence of the cholera in the city, I not only escaped all symptoms of that disease, but enjoyed much better health than usual. Being still feeble however, and dreading the effect of our northern winter, I left New York for Mobile, by water, in the fall of 1832. About forty other gentlemen left New York with me in the same ship for the same place. We were shipwrecked on an island in the Gulf of Mexico, about half way between Key West and Havana: or ninety miles from the latter place. We remained on this island fourteen days: and were then taken off (sixty-five of us in all) and carried to Mobile in a schooner of sixty-seven tons. About one week after my arrival at Mobile, the cholera broke out there, and even came into the house where I boarded, but I had no symptom of it. I took no other precaution to avoid it except to adhere strictly to my simple mode of living, and washing every morning. I remained in that climate nearly four years. Of the forty gentlemen who went out with me, every one was sick more or less within the first year, and some of them died; and within three years from the time of our arrival, a number of them died, and many more of them were sick a great deal, and apparently came very near dying. Some of the most healthy and robust of the company were cut off in the vigor of manhood and the prime of life, and I followed them to the grave. Yet during my whole stay in Mobile, I enjoyed continually improving and uninterrupted health, and paid nothing for physic or physician. In the spring of 1836, I returned to the North with health wonder-

fully improved. While travelling in the month of August of the same year, not finding it convenient to adhere to my simple diet, I yielded to the exigency of circumstances, and lived as others did at the hotels and other places where I stopped. This brought on a pretty severe turn of bleeding at the lungs, which laid me up for a fortnight. The physician who attended me was very much surprised that my system was so little affected by the hemorrhage and recovered so soon, and declared that he never before saw such a case. After this I found that any considerable departure from my simple mode of living was sure to admonish me with symptoms of my old complaint; but for the last fifteen months my habits have been regular, and I have had no bleeding;—my general health is very much improved;—my lungs are stronger than they have been before for ten years, and my body is very vigorous.—About three months since, as a matter of experiment, I drank one cup of what is called good coffee. Having been out of the habit of drinking it for many years, it operated powerfully as an emetic in fifteen minutes. When I had vomited freely, I felt perfectly well again.”

I might continue to multiply cases of this kind to a very great extent, but I have already given enough to satisfy every unprejudiced mind, that a well-chosen vegetable diet is better than a mixed diet of vegetable and animal food, to enable the human body to resist the action of foreign morbid and pestilential causes.

From the principles and facts already advanced, it appears too evident to require much further reasoning to prove that a pure vegetable diet, as a general rule, is better adapted to assist the diseased body in recovering health, than flesh-meat, or than even a mixed diet of animal and vegetable food.

It is possible that, in some instances, pernicious principles in the atmosphere or other foreign agents, acting on the system through the lungs or through the cutaneous organs or functions, may be principal causes of disease. But as a general fact, these causes are mainly adventitious or supplementary—coming in to prostrate the system which was previously pointing to

its fall, and, as it were, to give a determinate direction and unity of effect to the co-operation of many other causes.

In general, therefore, the predisposing, and, for the most part, the immediate exciting causes of disease in the human body, are to be found within the precincts of man's dietetic and other voluntary habits and actions: and probably, his dietetic errors are by far the most extensive source of this disease.

Whether we embrace the scheme of humoral pathology or either of the other two which have been named, we must admit that, as a general fact, organic irritation, disturbing the functions and deteriorating the functional results, and inducing a morbid condition of the solids, leading to acute and chronic inflammation, general fever, local disease, change of structure, &c., &c., is the ordinary source of our diseases: and these irritations are produced by the dietetic use of substances unfriendly to vitality and to the physiological interests of our bodies; and by the improper qualities and quantities and conditions of our food; and by many other means and circumstances pertaining to our dietetic and other voluntary habits and actions. But, by whatever cause induced, disease, when once established in the system, can only be removed by the constitutional economy of the living body,—by the healthy functions of the several organs. Yet so long as irritation is kept up, the healthy functions of the organs cannot be restored.

The only aid, therefore, that human skill and science can afford the diseased body in recovering health, is, with strict regard to the physiological properties and laws of the system, to assist it, as far as possible, in throwing off oppressions, removing obstructions and all irritating causes, and in subduing irritations, and restoring healthy action and function. And in order to this, it is requisite, in the first place, that the physician should well understand the physiological powers and laws of the body:—in the second place, that he should understand the nature of the disease:—and in the third place, as a general rule, that he should fully and clearly ascertain the cause of the disease. For,

as Hippocrates justly observes, "the man who attempts to cure a disorder without knowing the cause, is like a blind man, or one groping in the dark ;—he is as likely to do harm as good."

It is true that there are some instances of acute disease, in which the symptoms are so violent that the physician cannot safely delay his practice, to investigate the case extensively, and ascertain obscure, remote and accumulative causes, before he endeavors to subdue the violent symptoms and mitigate the sufferings of his patient. But as a general rule, even in acute disease, the physician acts not wisely who prescribes a remedy before he has carefully inquired after the cause. For, all he does without a knowledge of the cause, is necessarily groping in the dark : he may relieve or he may aggravate the symptoms with equal credit to his skill and science. So far as his agency is concerned, it is a pure contingency, whether he kills or cures. Thus, to state a real case, a physician is called to a patient laboring under violent delirium ;—without inquiring carefully after the cause, he treats the case according to his view of the symptoms, and bleeds copiously, and rapidly reduces the patient, without mitigating the symptoms in the least :—another physician is called in, who first sets about ascertaining the cause ; this done, an emetic is prescribed, and soon a large quantity of undigested beef and pickled cucumbers is thrown from the stomach, and instantly the symptoms disappear and the patient is restored to reason, and shortly to health. Had the first physician, in this case, continued his practice, he would surely have killed his patient. Cases of this kind are continually occurring in society ; and the effects of the mal-practice are always attributed to the incorrigibility of the disease, and mankind rest satisfied in their ignorance and unbounded credulity.

In chronic disease, all practice which is not based upon a careful and thorough investigation of the causes, as well as the symptoms of the case, is, in fact, nothing but downright quackery ; and far more frequently does harm than good. For in such practice, the causes of the disease,

existing in the dietetic and other voluntary habits of the patient, are suffered to remain and constantly exert their morbid influence by which the disease was originally induced, and continues to be perpetuated. Nay, indeed, those very causes are frequently employed as remedial agents, to remove the disease which they have originated and are perpetuating. Thus I have, in multitudes of instances, seen people who had been severely afflicted for years, by diseases which were principally induced by the habitual use of alcoholic and narcotic substances, and which had been kept alive by the continued use of those substances as medicine :—and all that was necessary to remove the disease and restore the sufferers to health, was to take away their medicine. Again, I have seen instances in which individuals had suffered under the most cruel affections of the heart and head and other parts, submitting to medical treatment for years without the least relief. Yet on taking away their tea and coffee, which were the principal, originating and perpetuating causes of their sufferings, they were soon restored to perfect health. But the practitioners had wholly overlooked or entirely disregarded these causes, and suffered them to keep alive the symptoms which they were combatting with their medicine ; and by their medicine rendering their patients only the more morbidly susceptible to the effects of those morbid causes. And I have seen hundreds of miserable dyspeptics, who had suffered almost every thing for years,—scores of those whose strongly indicated pulmonary consumption—and sometimes apparently in its advanced stage,—many who had been for years afflicted with epileptic and other kinds of fits and spasmodic affections,—or with cruel asthma, or sick-headache,—in short, I have seen nearly every form of chronic disease, with which the human body is afflicted in civilized life, after resisting almost every kind of medical treatment for months and years, yield in a very short time to a correct diet and well regulated general regimen. And why was all this ? Because, in almost every case the diseases had been originated and perpetuated by dietetic errors ; and the practitioners had



been unsuccessful, because, with all their admiration of medicine, they had suffered those dietetic errors to remain undisturbed, unquestioned—nay, perhaps even recommended.

Hippocrates, who possessed one of the most powerful and discriminating minds ever devoted to medicine, depended mainly on regimen for the cure of disease. His first business was to ascertain the character of the disease,—then the cause or causes; and then he proceeded to remove, as far as possible, all extrinsic or external causes, existing in dietetic habits, &c., and if he found internal causes requiring medicine for their removal, he gave medicine. But his materials of medicine were few and simple, and only used to a very limited extent. In fact, as I have already said, a free and continued use of medicine in almost every case, only evinces a want of true skill and science in the practitioner. It is, indeed, the appropriate business of the quack to drug mankind to death: and the enlightened and philanthropic duty of the physician, to assist nature in strict accordance with her own fixed laws. In chronic disease, at least, but little medicine can be given, without doing more harm than good. A single dose or two, or a few doses at most, to remove obstructions and prepare the way for a correct regimen, is, as a general rule, all that can be wisely used: and whatsoever is more than this is evil.

The great question is, how to remove all irritation from the system, and restore each part to healthy action and condition. But almost all the articles of medicine, not excepting those called tonics, are either directly or indirectly irritating and debilitating in their effects on the living body, and, therefore, should be avoided as far as possible. Many of the articles of diet ordinarily used in civilized life, are also decidedly irritating and pernicious: and many of the modes of preparing food are sources of irritation to the system. In fact, when the body is seriously diseased, even the necessary functions of alimentation, under the very best regimen, are, to a considerable extent, the sources of irritation:—and were it possible to sustain life without nutrition, entire and un-

protracted fasting would be the very best means, in many cases, of removing disease and restoring health. I have seen wonderful effects result from experiments of this kind. But nutrition must be sustained; and the grand problem is how it can be sustained to the necessary extent, with the least degree of irritation to the diseased parts, or with the least possible increase of diseased action. In solving this problem, the physician requires the aid of profound science. It is necessary that he should thoroughly understand the physiological properties and laws of the human body, and its constitutional relations, and the qualities of alimentary and medicinal substances in relation to the organization, and to the vital properties and powers of the body. With such scientific qualifications, with sound judgment and mature experience, he will be able to adapt his regimen to the particular condition of his patient,—to remove, as far as possible, every irritating cause, in the quality, quantity and condition of the diet, and to retain only such articles as will afford sufficient salutary nourishment, with the least degree of irritation and excitement; while, at the same time, it is best adapted to promote the particular and general functions of the alimentary and other organs of the system.

Such a physician, if he gives his mind fully to the subject, will discover in the course of a few years, at longest, that though in particular cases, where individuals have long been accustomed to a free use of animal food, it may be expedient to make too sudden and entire a change of diet, and though great improvements may be made in health, on a plain and temperate mixed diet, and, in some instances, the patient may increase in flesh and strength most rapidly, for a season, on animal food, yet as a general fact, however well ordered his regimen in other respects, if he retain any portion of flesh-meat in the diet of his patient, he in some measure retards, if he does not prevent, his complete restoration to perfect and permanent health. He will find that it is much more stimulating in proportion to the quantity of nourishment which it actually affords the system, and consequent-

ly causes a greater exhaustion of the functional powers of the organs of assimilation and nutrition, than pure and proper vegetable food,—that it always increases the general excitement and diseased action of the system, and tends to perpetuate its morbid irritability and susceptibility; and produces fluids and humors, less bland and genial to the solids, and in all respects less adapted to promote the prophylactic and sensitive process of the vital economy.

(To be continued.)

[In the New York Evangelist for July 15th, 1845, we find an ably written article on water-cure, which we give below. The editor of that paper remarks, "The following communication we are induced to publish, both for its own sake and the author's—whom we know to have experienced extraordinary benefits from the treatment he so highly commends, and whose cautious and conservative views of things, entitles his opinion of a new theory to more than ordinary confidence."]

#### A WORD TO INVALIDS, ON WATER-CURE.

Permit me, through your columns, to discharge a sacred duty towards those who were once my fellow-sufferers from *Dyspepsia, Nervous Debility, and depressing Hypochondria*, (and their name is Legion,) by giving them the benefit of my experience and observation, after some eight years of wretchedness, which at last rendered life a burden, destroying all hope of happiness or usefulness. I the more readily seek this avenue of communication with your readers, with whom I have for so many years perused your paper, because I have observed that clergymen, and men of serious, sedentary, or studious habits, are the favorite victims of these diseases.

With a constitution never strong, and great delicacy and sensitiveness of the nervous system and digestive organs, I, in my boyhood, unhappily sought mental occupation and pleasures, to the exclusion of those invigorating games appropriate

to the proper development of the physical system. As might be expected, my tastes and duties combining to keep me seated and constantly exerting my mind, my health and spirits failed more and more, until my physical sufferings, though not small, were lost in the most subtle and indescribable misery of a shattered nervous system, whetted to a morbid acuteness of sensation, and fixing its fiend-like grasp on every hope, every prospect that can make life tolerable, and at last throwing its black pall over even the hopes of religion itself. Any persons who are ignorant of such cases, and disposed to be skeptical, may see them ably illustrated in a little work entitled, "*Effects of Physical Causes on Religious Experience*," in which every physician and pastor should read. My reading of the Scriptures was now confined to the pitiful mournings of Job, and the grievous complaints of David in Ps. vi.: xxxviii.: lxi. and lxxxviii. I shunned all society, and would turn off to avoid speaking with my esteemed friends. Even now I shrink from recapitulating the sufferings, mental and physical, which characterized those years of misery—nor is it necessary.

Blessed with a circle of kind and sympathizing relatives and friends, no means were left untried for my recovery. I ceased from mental efforts and adopted more active habits. I travelled; I visited Saratoga; I dieted. All these yielded temporary palliation. I consulted the most skillful physicians in our cities, and I noticed that the *most experienced* prescribed the *least medicine*, admitting the deplorable uncertainty of its effect. "There are four prescriptions," said one. "I cannot tell which will suit your case; after a week or two, if one fails, try another." They all failed. Said another, "This mixture *sometimes* acts like a charm;" on me it acted like a poison. He saw it, and promptly gave it up. Said the venerable head of a medical school: "The powers of medicine cannot control these diseases; I advise you not to look for relief from that source; an entire change of your mode of life—cessation from all mental exertion—a long sea voyage—a year in Europe—living in the open air—these may

do what medicine cannot." My readers may possibly imagine how all this sounded to a weak, nervous hypochondriac—advice much more easily given than followed.

About this time, a physician in New-York, whose independence and candor equalled his professional skill, prescribed a morning shower bath daily, which checked the progress of my disease—and he, following the hint, and finding other means all fail, after some months, recommended the full hydropathic treatment, a course of which I took under Dr. Shew, of New-York, (now a part of the time at Syosset or Oyster Bay, L. I.) with the most striking results—my health and spirits improving upon the whole, though with temporary drawbacks, *crisis*, &c., after the first day, until after six months of bathing under his directions, partly at home, and without ceasing more than several hours a day from my business, I had attained a degree of health, hardihood and cheerfulness, which I had never anticipated. Now I feel that I possess a *capital* of health, and the wealth of worlds would not induce me to part with it and go down again into the Egypt, from which the Water-Cure, by the blessing of Providence, has rescued me. Scarcely a day has passed for months, that my heart was not overflowed with gratitude for the happy change, and this letter is one of the fruits of it.

Rising one hundred cases, of nearly all the diseases that flesh is heir to, were treated while I was in Dr. Shew's establishment, with most of which I made myself somewhat familiar. Many of them were chronic cases of long standing, which had withstood the ordinary medical treatment, and the Water-Cure was their last resort. To my surprise, I found, that with scarce an exception, they all speedily improved in general health, that none were injured; many left after a few weeks, intending to complete their cure at home, and all who remained for a length of time proportioned to the duration and malignity of their disease, were cured. Subsequent information from friends and acquaintances familiar with the establishments of Dr. Schieferdecker, of Philadel-

phia, Dr. Wesselhoest, of Battleboro', Dr. Bedorthn, of Lebanon, Dr. Roof, of Cooperstown, and others, shows that the general results of their practice are similar.

Instead of extending my remarks, as I am much tempted to do, allow me to refer those who take an interest in this subject to several little works which will give them the best condensed view of it. For those of very limited leisure, a little shining pamphlet, called "*Facts in Water-Cure*, with Bulwer's letter," (sold at Lea-vitt & Trow's,) is appropriate. Bulwer gives the best popular view of the system in a brief space that I have seen. "*The Philosophy of the Water-Cure*," (Wilson Spruce st., 25 cts.,) deserves its title. For a complete view of the entire subject with plain and practical directions, and descriptions of the processes, I have seen nothing to compare with Dr. Shew's *Water-Cure Manual*, just published (by Paine & Burgess, John st., 50 cts.) But a more certain and satisfactory opinion of the merits of the system may be formed by conversing with patients who have tried it. They have no interests to serve by misrepresentation, and having been sufferers themselves, may be supposed to possess a deep sympathy and sorrow for those who are in a like condition.

Physicians, and others attached to the drug practice, who deem Hydropathy unphilosophical and opposed to the true principles of the healing art, would do well to read a little pamphlet of the celebrated Dr. Forbes, F. R. S., of London, (Editor of the British and Foreign Medical Review, &c., &c.,) entitled "*Hydropathy, or the Water-Cure*," in which he makes concessions of its superiority in many cases, which would astonish those who think nothing new can be good. Miss Catherine Beecher, also, with an ardent philanthropy in every good cause within her reach, has published in the N. Y. Observer, and in your paper, the results of her experience and observation, with which, in general, I think every intelligent and candid person who has had the means of judging, fully agrees.

Within the last six months, I have urged and almost driven some half-score of friends and acquaintances who were skept-

tical and apathetic as to Hydropathy, to try the experiment of a few weeks' treatment, and the results, thus far, have been most happy. I will briefly add here, that of the cases which have come under my observation, the following have appeared to be the most speedily and certainly relieved by this treatment: Rheumatism, Gout, Dyspepsia, Nervous complaints, the bad effects of the abuse of mercury, iodine, and other powerful medicines, Fevers, Measles, Small-pox, and some other acute diseases. The manner of treating these and other diseases, is laid down in the various valuable works upon Hydropathy, but I would not advise any one to undertake his own treatment, who is able to avail himself of the advice of an experienced practitioner. A work is in the press, I believe, of Messrs. Wiley & Putnam, giving details of the most interesting and instructive cases treated in the United States, with other information of the progress of Hydropathy, its establishments, &c. It is entitled "Water-Cure in America."

That these disconnected statements and hints may be useful to some of your invidious readers, is the hope of your friend,  
Y.

#### ON THE DIAGNOSIS (DETERMINING) OF NERVOUS DISEASES.

BY A. H. STEVENS, M. D.

(Read before the N. Y. State Med. Society, Feb. 3, 1847.)

The usual nosological classification of diseases, is not that which the practitioner is first led to ascertain, when he seeks to discover the nature of an obscure case presented to him for diagnosis. He rather wishes to determine if the malady be nervous, inflammatory, or organic, and if so, if it be malignant. If he can advance no further, he yet will have done much, after all, that is necessary, therapeutically, in having advanced so far as to have settled to which of these classes of disease his case belongs.

It is my purpose to offer a few practical remarks, designed to aid in the diagnosis of nervous diseases. The first view of a patient suffering under a nervous dis-

ease, is not unfrequently sufficient to lead to a strong presumption as to the nature of his case. He has to narrate his sufferings and his symptoms, and often to use his eloquence to impress upon you that he is indeed a very sick person. His aspect is not that of emaciation, there is not the haggard look that comes of sleepless nights, or the wan countenance of an internal suppuration, or the leaden look of internal disorder. With faith in physic unbounded, he yet seems to reproach his former attendants for their want of skill in bringing its resources to bear upon his case. Nervous diseases present the far larger portion of strange, out-of-the-way symptoms, not to be embraced within the nosological definitions of other maladies.

Accustomed as I have been to be extensively consulted in nervous diseases, I early began to ask myself, when a case presented itself, did I ever see such a case in the hospital, or among dispensary patients, or among the poor in any of the walks of life. If not, I soon began to discover that generally it was a case of nervous disease I had to deal with.

An emaciated young man presented himself to me some years since, and in answer to my question, "What is the matter with you?" replied, "I have a stricture of the œsophagus." "And pray my good friend, how did you find that out?" "Because I can't swallow." "And where did you learn that you had an œsophagus to swallow with?" Rather irritated, he replied, "I did not come all the way from Vermont to learn that here in New York, you may be sure; but our doctors have tried me with the probang, and I want you to do so too." "Well, tell me first, how this difficulty began?" "Why, sir, it began all at once; I could not swallow any solid food, and I cannot now."—"Will you try for me?" After a very long struggle, I got him to take some roasted mutton from my table, and he went his way rejoicing. It was not a case of feigned disease, for the argument that ultimately prevailed with him, and broke his firm resolve not to endeavor to swallow, was an explanation of the real symptoms of stricture of the œsophagus—not an inability to swallow, but an ar-

rest of the swallowed food in the course of the œsophagus.

An only child, a girl of about twelve years of age, met with a fall, and bruised the lower right side of the abdomen.—The family physician made the usual applications, and treated the case as rather a serious one. Without being apparently very sick at the end of ten weeks, she yet did not appear to be improving, but maintained her position all day with the feet on the sofa, being carefully carried to bed every night. At this time I was consulted, and being unable to detect any local injury, did nothing. At the end of six weeks the family physician retired, and desired me to take the case exclusively into my hands. Another examination discovered nothing, except that her general aspect was that of good health, the legs and abdomen dropsical. In the utmost consternation, the family demanded my opinion. I asked to defer expressing it, till I had made a second visit. I cannot pretend to describe the scene, when I then said that the patient only wanted the will to get up and play as well as any of her fellows. But this opinion I had not imparted to her, and the grandmother and myself finally compromised matters, by proposing to her, to have a dance as soon as she was able to write the notes of invitation, ten days from the date of the second visit. The prescription was entirely successful, and she danced at her own ball as merrily as any of her guests.

There is a *fashion* in nervous diseases. Some years since, spinal irritation was much in vogue. Nervous persons are apt to adopt as their own, the latest forms of fashionable maladies. I have seen an incredible number of such cases, some of them bed-ridden for months and years.

Stricture of the rectum has had its day. I have seen three cases in one family, which had been treated for months, and finally got well by the failure of the head of the family in his business; thus leaving the female members no time to think of their imaginary disease. Nervous disorders appear to be adopted either in revenge of some misfortune, or in despair from some blighted hope. They require,

more than any thing, moral treatment. The physician should endeavour to penetrate into the innermost recesses of his patient's heart, that he may seize the great indication, which is, to *present a powerful motive for recovery*; and he should never suffer his patient to doubt for one moment that such recovery will take place.

During the prevalence of spinal irritation, I was asked to see a lady recently from England by way of Jamaica, whither she had been sent for a supposed consumption, with spinal irritation at the same time. She had been confined to the bed, with few exceptions, more than two years. Perceiving, after a few visits, that lively conversation made her forget her ailments, and that the general assemblage of symptoms did not belong to any nosological disease, I obtained from her married sister some matters of her private history, that led me to be quite sure that her case was purely nervous. "My dear Doctor, do you know any thing that would cure my poor sister?" "Yes, I do, I am sure of it." "What! pray tell us what." "That cat-o'-nine-tails hanging over your fire-place." I will not detain you by describing the scene that followed. About six weeks afterwards I was stopped in Broadway by two highly-dressed ladies, one of whom tapped me on the shoulder, and introduced my patient to me, saying with a smile, in which the patient joined, "That last prescription cured my sister."

Of *local* nervous or neuralgic affections, these, when not organic, are seated, either, 1st, in the part where the symptoms are perceived; or, 2d, at the origin of the nerves of that part; or, 3d, in the nerves of some part going to the same portion of a nervous centre for their origin. Thus, a malady of the brain will cause a pricking, or numbness in the fingers of one side. And, as an illustration of the third class of cases, nervous pain is felt in the spine from disease of the viscera corresponding to the part, the nerves of each having a proximate origin, through the great sympathetic and the spinal marrow. So too, affections of one eye are felt and sometimes extended to the other. External injuries, and the internal injuries suffered by

the organs of digestion by errors in diet, are among the more common exciting causes of local nervous affections. The joints are especially liable to these disorders. They are not unfrequently the sequelæ of sprains and of slight inflammatory affections of the joints, from other causes. As a general fact it may, I think, be stated that they are the result of *bad treatment, hyper-medication.*

In regard to sprains, I have seen much deformity arising in the ankle-joint from a fracture of the fibula, and in the wrist still oftener from a fracture of the radius, treated as sprains. This is among the poor. But in sprains, strictly so called, it is exceedingly rare to find very long continued injuries from these accidents, except among those who can afford to nurse them.

A lady twisted her ankle severely in coming downstairs. Cold applications and rest were the prescriptions for four weeks. Her health in the meanwhile had suffered from want of exercise. The part was preternaturally cold, painful on pressure, and but very little swollen. A consultation was called, and a blister to the instep followed. When this got well, gentle exercise was recommended. This gave pain, and rest was again resorted to, and friends now came in with a thousand-and-one applications, a goodly number of which were tried. At the expiration of two years, her health being apparently as bad as ever, her husband, a naval officer, was lost at sea; she retired to the country, devoted herself to the education of her children, had no time to think of her lameness, and got well.

A young lady, engaged to be married, had an affection of the knee-joint, following a bruise of the part. It was kept quiet, rubbed and blistered for many months, and every suggestion was followed with all the solicitude which a strong desire of recovery could inspire. Instead of improving, the joint became rather more tender and painful, after exercise; it was swollen and cold. She now came under the care of a practitioner, who rubbed and fomented it, and directed steady exercise, and saw that such exercise was effectually taken. In three weeks she got well and was married.

I visited, some twelve years since, a lady with an active inflammation of the knee-joint, and treated it successfully by rest, cupping, and blistering. Some slight injury in walking, about three years since, occurred, and the same treatment was repeated, although there were very slight inflammatory symptoms. Somehow or other, the period of rest was protracted until the joint became very stiff. In this posture of affairs, I was again consulted. I directed the limb to be left to fix itself by its own weight, and used passive motion and frictions, and this, although the pain was great at times, even when the part was at rest. For I argued, that if there was any inflammatory or organic disease of the joint, going on, she would show it in her countenance, which she did not. She, too, stopped me in the street the other day, saying, "Doctor, you promised me I should dance as well as Fanny Elssler; I can't do that, but I can walk as well as any one." I am quite convinced that joint not only got stiff, but also neuralgic, for want of use.

Of the frequency of neuralgic affections of the joints, the highest authority now living in a matter of this kind, (Sir Benjamin Brodie,) declares, that no less than four-fifths of all the cases of diseased joints occurring among the higher classes of society, are neuralgic. Of diseases of the breast, more than half that have fallen under my observation have been of the same character.

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Water is the most ancient, so it is the best and most common fluid for drink, and ought to be esteemed the most commodious for the promotion of life and health.—*Parr.*

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Soft water is the most suitable drink for man, since fermented liquors are rather the product of art than of nature.—*Zimmerman.*

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Food not too fat or gross, and water as a drink, render our bodies the most firm and strong.—*Boerhaave.*

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No remedy can more effectually secure health and prevent disease, than pure water.—*Hoffman.*

## WATER-CURE JOURNAL.

NEW-YORK, SEPTEMBER, 1847.

## DR. CARPENTER AND THE HYDROPATHIC TREATMENT.

Dr. Carpenter, of England, in his Elements of Physiology, when explaining the fact that the elimination of morbid matter often takes place from the skin, as a copious perspiration being many times the turning point or crisis in febrile diseases, copious acrid perspiration attending rheumatism, and that in the sweating sickness, which spread throughout Europe in the 16th century, "no remedies seemed of any avail, except those that produced sweating; which, aiding the powers of nature, concurred with them to purify the blood of its morbid matter," remarks, that "the hot air bath in some cases, and the wet sheet, (which, as used by the hydropathists, is one of the most powerful of all diaphoretics,) will be employed more extensively as therapeutic agents, in proportion as the importance of acting on the skin, as an extensive collection of glandulæ, comes to be better understood. The absurdity of the 'Hydropathic' treatment consists in its indiscriminate application to a great variety of diseases; no person who has watched its operation, can deny that it is a remedy of a most powerful kind; and if its agency be fairly tested, there is strong reason to believe that it will be found to be the most valuable curative means we possess for various specific diseases, which depend upon the presence of a 'materies morbi' in the blood, especially gout and chronic rheumatism, as well as for that depressed state of the general system which results from the 'wear and tear' of the bodily and mental powers."

Our object of making the above quota-

tion, is to correct the very common error, viz. *the supposition that the wet sheet is used for a sweating agent.* Indeed, some practitioners of the new system harbor this same idea, and often speak of *sweating in the wet sheet.* Now this was never the object of Priessnitz in using that remedy. If sweating is to be practised, why, at once use the sweating blanket instead; the sheet being wet, or water by whatever means applied to the surface, tends to prevent instead of promoting perspiration. It is true, if persons remain long enough in the wet sheet envelopment to become sufficiently heated, perspiration takes place as from any other means that causes a sufficient elevation of temperature; but so far as the "wet" is concerned, it only acts to prevent the perspiration.

Dr. Carpenter's expressions concerning the curative effect of sweating might lead some to suppose that that symptom is always a good one; and there is in this country a very common belief that sweating is the one great thing for bringing out disease. Many seem to imagine that in almost any case, if we can only bring on a good "sweat," the disease is with certainty thrown off. But it must be remembered, that perspiration is not unfrequently a symptom indicative of debility of the system, and that to increase it is one of the worst possible modes that can be adopted. Thus, in the advanced stages of consumption we have the profuse night-sweats. Suitable ablutions check these with certainty, and the patient grows at once stronger, and in every respect better; but should we by any means increase the perspiration, we at the same time debilitate the system and augment the disease.

We have also, in the quotation from this celebrated author, an example such as often occurs, of a man passing judgment upon a mode of treatment of which he

possesses no accurate idea. Nothing is more common now-a-days, than for medical men to remark, in answer to the queries of patients, "that water treatment is a most excellent thing in some diseases, but that it will not do for their case." A remedy that is acknowledged to be so powerful for good in many cases, as, for instance, in gout, chronic rheumatism, and in that depressed state of the general system which results from the 'wear and tear' of the bodily and mental powers, would, we should naturally suppose, be capable of being made effectual in almost any state of the health imaginable. Such the water treatment will yet become generally understood to be.

An individual writes us for advice, and states that he has taken a good deal of the Elixir of Health, fifty boxes of Brandreth's Pills, &c., &c.; that he has been under the effects of medicine constantly for six years past; and that, after all this, he is not yet cured. He wants now to know if water will not cure him, and in how short a time. We will not say that any one, who will allow himself at this day to be dosed as above, *ought to be sick*, but we will say, that every man who takes into his stomach *fifty boxes of Brandreth's Pills*, (leaving out of question the Elixirs, &c.,) must have a miserable belly for one while at least. Short of miraculous interference, neither God, man, nor the devil could prevent that.

*The Exquisites.*—Some of this kind of gentry accompany their acquaintances to the water establishments, and are not over well suited with all the barbarisms to which they are there subjected. It is very ungentle to go to rest early, or to rise until after the sun has for hours shone forth in all the brightness of his splendor,

to drive away the vapors and foul air of the night. The windows must be shut very closely, so that none of the precious indoor air can escape. The light too must be kept out, as the very poison. Then, after some hours of the most delectable dreamings, the excellent black coffee that gives such strength, the beef-steak or mutton chop, and the buttered toast, with all the other good things that God in his bounty spreads so lavishly before his creatures, (that is, the *exquisites*,) must be brought up to the room. O yes, it would not do to go abroad, in the open air, before enjoying such blessings as these. "*No gentleman would do it.*"

So it is. Any one who goes to a water establishment (a genuine one, we mean,) will for once have his patience tried and in such a way as will test, right well, his Christianity, if he have any. Else we are not judges in these things.

#### CASE OF BATHING IN ADVANCED AGE.

(From the Editor's Note Book.)

A very excellent lady, Mrs. Scott, the mother of the wife of Mr. M. D. Benjamin, 210 Tenth st., of this city, said to us to-day, (the 20th of March, 1847) "I commenced bathing last spring, and it certainly appears to have done me much good. Although I am sixty-nine years of age, I went every morning to the bath room and took my cold bath until after Christmas. I yet continue my ablutions, and have not taken colds as I did before I commenced the baths. I feel better, and in every respect improved. If you think it will be of any benefit to others, you are at liberty to publish my experience in the use of water. I am certain it has done me much good."

Aged mothers, how many of you will follow the example of our worthy friend, Mrs. Scott?



LETTER FROM DR. SCHIEFERDECKER.

We make the following extracts, by permission, from a letter to the editor of the "*Water-Cure in America*," which is to contain a selection of cases of hydropathic cures, description of establishments, publications, &c. connected with the new system. The book, we are glad to learn, will be ready for the press in a few weeks.

The remarks and simile of Dr. S. are worthy of attention.

"Your plan of publishing a work containing cases which were cured by hydropathic means alone, in this country, I consider the most philanthropic one I have heard of in the United States, because the Americans, as a matter-of-fact people, wish to have *demonstrationes ad oculos* in all new things, and are suspecting every new movement as being humbug till proved the contrary.

Another reason why your plan promises the most good in this country, seems to me to be the unwillingness of our lay-public to scrutinize with their own faculties scientific matters; they generally rely on one or the other man who made a certain science his profession, and gained '*per fas or nefas*' confidence. We may well reduce, with Coleridge, the reading public into four classes:

One he compared to an hour-glass; for what they read, he alleged, ran in and ran out, and left not a grain behind.

Another class he likened to a jelly-bag, which retained all that was gross and foul, suffering all that was pure and valuable to escape.

For a third description, he found a parallel in a sponge, which absorbed every thing, and gave it back again, only a little dirtier.

The fourth and last order, however, he compared to the slaves working in the mines of Golconda, who cast aside all that was worthless, and retained only the pure gem.

This is certainly quaint, but it is true and enough!"

Excess in drinking, is almost as bad as excess in eating.—*Hippocrates*.

HOME FACTS IN WATER-CURE PROGRESS, &c.

HAMPTON, Windsor Co., Conn.

July 12th, 1847.

To the Editor of the *Water-Cure Journal*.

I have circulated your books and Journal to a considerable extent, and have had the satisfaction of knowing that some good has been done. A son of mine, who had at different times an affection of the liver, with settled fever, was able for about eight years to do very little business of any kind. We employed a number of physicians, but apparently to no good purpose. Last fall and winter he was at Northampton, (Mr. Ruggles' establishment, we suppose, as that was the only one there at that time,) and became very much improved. We have the best of pure soft water, and he has erected bathing fixtures and continues the treatment at home. One of the greatest obstacles in the way of the system, is the course our doctors take. They, as a general thing, fight it hard. We know two in this place who are mild about it, but are careful not to encourage it. Since my son's return, there was a man in our neighbourhood who could not walk or get about, except with a crutch. He asked my son if he thought water would help him. He told him he thought it would, and would advise him to try it, but he did not himself profess skill sufficient to doctor much; he would do the best he could however. In a short time, by the use of wet sheets and baths, he could feel nothing of his difficulty, and does not yet as I know of. He lives but one mile and a half from us, and had been troubled with the complaint for years. But people called him foolish and a madman when he began. Our clergyman, who rather ridiculed the idea of my son's trying the system, saying it was nothing but another excitement, got up to speculate upon, is now converted, and is almost daily practising it, being a very strong advocate of the same. But people, in general, think that water is so very simple, there cannot be much virtue in it. I would also state that a young man who had the salt rheum very bad, so much so that his hands were a running sore, was with my son for a few weeks, and became entirely cured. He is now gone to commence work. I shall use what little influence I may have to promote the cause, as I feel a deep interest in it. A family, (Mr. Higgins's,) who live in a house of mine, have received much benefit from bathing, especially Mr. Higgins, who was troubled with the erysipelas, and is now about or quite well. But I will stop and not trouble you any more.

Respectfully yours,

JONATHAN BLACK.

**PHYSIOLOGY, ANIMAL AND MENTAL:** Applied to the Preservation and Restoration of Health of Body and Power of Mind. By O. S. FOWLER, Practical Phrenologist. Published at the Phrenological Cabinet, 131 Nassau street, by Fowler & Wells. Price of the work, mailable, 50 cents.

This work we recommend to every one who takes the least interest in the subject of health. We could hardly subscribe to every thing laid down, but the book is filled with instruction of the most salutary kind, and such as cannot fail to interest all. Especially do we wish that this work were in the hands of every parent in the land. We make some quotations, which will give an idea of the general character of its contents :

#### THE DUE VENTILATION OF SLEEPING APARTMENTS

Is still more important, because we consume quite as great a proportion of air, yet are far more liable to neglect its resupply. Most of us spend ONE THIRD OF OUR LIVES in little, eight by ten, bed-rooms, scarcely seven feet high, and capable of holding only from five to eight hundred feet of air—not an hour's breathing timber ! And then every crevice, even to the key-hole, must be stuffed to prevent the ingress of fresh air. Look at our factory operatives—often six persons confined all night in a little room not exceeding ten feet square and seven high ! No wonder their vocation is unhealthy. And then how repulsive the smell of bed-rooms generally in the morning, observable on quitting them a few minutes, and returning. Instead of being thus miserably supplied with fresh air, they should be large, and especially high, and arranged so as to admit free ventilation. A draft directly upon you may be objectionable, yet even this is far less so than confined air, and can be rendered harmless by a good supply of bed-clothes—though the less of these, and keep comfortable, the better. Large, airy sleeping apartments would add one-fourth to the aggregate duration of human life. They should be the largest rooms in our house.

Yet the general idea obtains that night air is unwholesome, and often pestilential,

than which nothing is more unfounded. The Deity render night air unwholesome, and yet compel us to breathe it ! This supposition conflicts with the whole economy of nature. If night air had been really injurious, she would have allowed us to sleep without breathing, for she never compels the least thing injurious. Night air is equally as wholesome as day air. It may be damper, but that does not hurt it for breathing purposes. It is usually cooler, and, therefore, contains more oxygen, and is, therefore, even better than day air—at least for sleeping purposes. Why are we so restless in hot summer nights, and why sleep so sweetly, and wake up so invigorated in cold fall nights, but because the needed supply of oxygen is so much greater in the latter instance ? So far from being injurious, I give it as my deliberate opinion, that sleeping with open windows would greatly promote health. I prefer to do so, however stormy or boisterous the weather, and know of several who sleep thus summer and winter, every one of whom is remarkably robust and healthy. Yet if you adopt this practice, adopt it by degrees, so as not to take cold.

#### THE USE OF POISONS, CALOMEL, AND DEPLETIONS.

The very principle upon which they act, is their destruction of life. Taken in health they induce sickness, much more aggravate it. And their reputation for curing diseases is due mainly to abstinence from food, perspiration, and emptying the stomach, all of which can be effected by processes entirely harmless. Their effect upon the teeth alone, brands them with unequivocal condemnation : for whatever injures them first, disorders the stomach. Their decay foretokens incipient dyspepsia. Hence, since they are always impaired by these medicines—and whoever has taken poison is a living witness of this fact—they of course always enfeeble the stomach.

Narrowing down our observation to that popular medicine CALOMEL. It powerfully stimulates the liver, but stimulates by poisoning it. Hence liver affections al-

most always follow its administration—always except when both stomach and liver are extra powerful. Dyspepsia follows its use almost as surely as sunrise daylight, because induced thereby. Let observation, the more extensive the better, pronounce the verdict. Language can never adequately portray its ravages on health and life. On this point hear Professor Chapman, of Philadelphia, to his class :—

“GENTLEMEN :—If you could see what I almost daily see in my private practice in this city, persons from the South, in the very last stages of wretched existence, emaciated to a skeleton, with both tables of the skull almost completely perforated in many places, the nose half gone, with rotten jaws, ulcerated throats, breaths more pestiferous, more intolerable than poisonous upas, limbs racked with the pains of the Inquisition, minds as imbecile as the puling babe, a grievous burden to themselves and a disgusting spectacle to others, you would exclaim as I have often done, ‘O! the lamentable want of science that dictates the abuse of that noxious drug calomel in the Southern States!’ Gentlemen, it is a disgraceful reproach to the profession of medicine,—it is quackery, horrid, unwarranted, murderous quackery. What merit do gentlemen of the South flatter themselves they possess by being able to salivate a patient? Cannot the veriest fool in Christendom salivate—give calomel? But I will ask another question: Who can stop its career at will, after it has taken the reins in its own **DESTRUCTIVE AND UNGOVERNABLE HANDS!** He who, for an ordinary cause, resigns the fate of his patient to mercury, is a vile enemy to the sick; and if he is tolerably popular, will, in one successful season, have paved the way for the business of life; for he has enough to do ever afterwards to stop the mercurial breach of the constitutions of his dilapidated patients. He has thrown himself in fearful proximity to death, and has now to fight him at arm’s-length as long as the patient maintains a miserable existence.”

Dr. Graham, of Edinburgh, in speaking of mercurial medicines, says :—

“They affect the human constitution

in a peculiar manner, taking, so to speak, an iron grasp of all its systems, and penetrating even to the bones, by which they not only change the healthy action of its vessels, and general structure, but greatly impair and destroy its energies; so that their abuse is rarely overcome. When the tone of the stomach, intestines, or nervous symptoms generally, has been once injured by this mineral, according to my experience, (and I have paid considerable attention to the subject,) it could seldom afterwards be restored. I have seen many persons to whom it has been largely given for the removal of different complaints, who, before they took it, knew not what indigestion and nervous depression meant, only by the description of others; but they have since become experimentally acquainted with both, for they now constantly complain of weakness and irritability of the digestive organs, of frequent lowness of spirits and impaired strength; all of which, it appears to me, they will ever be sensible. Instances of this description abound. Many of the victims of this practice are aware of this origin of their permanent indisposition, and many more who are at present unconscious of it, might here find, upon investigation, a sufficient cause for their sleepless nights and miserable days. We have often had every benevolent feeling called into painful exercise, upon viewing patients already exhausted by protracted illness, groaning under the accumulated miseries of an active course of mercury, and by this forever deprived of perfect restoration. A barbarous practice, the inconsistency, folly, and injury of which no words can sufficiently describe.”

This is the testimony of its **FRIENDS**—of distinguished members of the **MEDICAL FACULTY**—and is true of the **PRINCIPLE** on which calomel and all mineral poisons act. And the more virulent the poison, the worse. Those who take them, may recover, yet it will be in **SPITE** of both disease and medicine. And their recovery will be slow, and constitutions impaired.

“But,” retorts one, “I took calomel, arsenic, quinine, and other condensed poisons, was immediately relieved, and more

robust afterwards than before." Aye, but how long did you REMAIN so? In a few months your stomach became impaired, and various aches, to which you were before a stranger, afflicted you. Still, all are quite welcome to swallow all the rank poisons they please; but for one, however sick, I should rely on other remedies, particularly perspiration.

Scarcely less detrimental than these poisons is that draining of the life's blood which generally accompanies it. It does not extract the disease, or at least only in proportion as it withdraws life itself, and repeated depletion diverts the vital energies from brain and muscle to the EXTRA manufacture of blood.

A summary of these medicinal principles shows that we place far less reliance on medicines, even vegetable, as restorative agents, than on physiological prescriptions. Obey the laws of health, and we need not be sick, and when sick a return to this obedience is the most direct road to health. Still the existence of medicines shows that they should be taken. Yet, why in the present highly condensed form? Why not in that diluted form in which we find them in nature? In short, why not take them along with our food?

#### SUPPRESSED PERSPIRATION AS A CAUSE OF DISEASE.

"In tracing the connection between suppressed perspiration and the production of individual diseases, we shall find that those organs which possess some similarity of function sympathize most closely with each other. Thus the skin, the bowels, the lungs, the liver, and the kidneys, sympathize readily, because they have all the common office of throwing waste matter out of the system, each in a way peculiar to its own structure; so that if the exhalation from the skin, for example, be stopped by long exposure to cold, the large quantity of waste matter which it was charged to excrete, and which in itself is hurtful to the system, will most probably be thrown upon one or other of the above-named organs, whose function will consequently become excited; and if any of them, from constitutional or acci-

dental causes, be already weaker than the rest, as often happens, its health will naturally be the first to suffer. In this way, the bowels become irritated in one individual, and occasion bowel complaint; while in another, it is the lungs which become affected, giving rise to catarrh or common cold, or perhaps even to inflammation. When, on the other hand, all these organs are in a state of vigorous health, a temporary increase of function takes place in them, and relieves the system, without leading to any local disorder; and the skin itself speedily resumes its activity, and restores the balance among them.

"One of the most obvious illustrations of this reciprocity of action is afforded by any convivial company, seated in a warm room in a cold evening. The heat of the room, the food and wine, and the excitement of the moment, stimulate the skin, cause an afflux of blood to the surface, and increase in a high degree the flow of the insensible perspiration; which thus, while the heat continues, carries off an undue share of the fluids of the body, and leaves the kidneys almost at rest. But the moment the company goes into the cold external air, a sudden reversal of operations takes place; the cold chills the surface, stops the perspiration, and directs the current of the blood towards the internal organs, which presently become excited—and, under this excitation, the kidneys, for example, will in a few minutes secrete as much of their peculiar fluid, as they did in as many of the preceding hours. The reverse of this again, is common in disease obstructing the secretion from the kidneys; for the perspiration from the skin is then altered in quantity and quality, and acquires much of the peculiar smell of the urinary fluid.

"When the lungs are weak, and their lining membrane is habitually relaxed, and secretes an unusual amount of mucus from its surface, the mass thrown inwards upon the lungs by cold applied to the skin, increases that secretion to a high degree. Were this secretion to accumulate, it would soon fill up the air-cells of the lungs, and cause suffocation; but to obviate this danger, the Creator has so constituted the

lungs, that accumulated mucus or any foreign body coming in contact with them, excites the convulsive effort called coughing, by which a violent and rapid expiration takes place, with a force sufficient to hurry the mucus or other foreign body along with it; just as peas are discharged by boys with much force through short tubes by a sudden effort of blowing. This, a check given to perspiration, by diminishing the quantity of blood previously circulating on the surface, naturally leads very often to increased expectoration and cough, or, in other words, to common cold.

"The lungs excrete, as already noticed, and as we shall afterwards more fully see, a large proportion of waste materials from the system; and the kidneys, the liver, and the bowels, have in so far a similar office. In consequence of this alliance with the skin, these parts are more intimately connected with each other in healthy and diseased action than with other organs. But it is a general law, that whenever an organ is unusually delicate, it will be affected by any cause of disease more easily than those which are sound: so that, if the nervous system, for example, be weaker than other parts, a chill will be more likely to disturb its health than that of the lungs, which are supposed, in this instance, to be constitutionally stronger; or, if the muscular and fibrous organizations be unusually susceptible of disturbance, either from previous illness or from natural predisposition, *they* will be the first to suffer, and rheumatism may ensue; and so on. And hence the utility to the physician of an intimate acquaintance with the previous habits and constitutions of his patients, and the advantage of adapting the remedies to the nature of the cause, when it can be discovered, as well as to the disease itself. A bowel complaint, for instance, may arise from over-eating as well as from a check to perspiration; but although the thing to be cured is the same, the MEANS of cure ought obviously to be different. In the one instance, an emetic or laxative to carry off the offending cause, and in the other a diaphoretic to open the skin, will be the most rational and efficacious rem-

edies. Facts like these expose well the glaring ignorance and effrontery of the quack, who affirms that his one remedy will cure every form of disease. Were the public not equally ignorant with himself, their credulity would cease to afford to his presumption the rich field in which it now revels.

"The close sympathy between the skin and the stomach and bowels, has often been noticed, and it is now well understood that most of the obstinate eruptions which appear on the face and rest of the surface, owe their origin to disorders of the digestive organs, and are most successfully cured by treatment directed to the internal disease. Even among the lower animals, the sympathy between the two is so marked as to have arrested attention. Thus, in speaking of the horse, Delabere Blaine says, 'By a well-known consent of parts between the skin and alimentary canal in general, but between the first passages and the stomach in particular, it follows, in almost every instance, that when one of these becomes affected, the other takes on a sympathetic derangement also, and the condition is then morbid throughout. From close observation and the accumulation of numerous facts, I am disposed to think, that so perfect is this sympathetic consent between these two distant parts or organs, that they change the order of attack as circumstances occur. Thus, when the skin is primarily affected, the stomach becomes secondarily so, and vice versa,' so that 'a sudden check to the natural or acquired heat of the body, particularly if aggravated by the evaporation of a perspiring state,' as often brings on disease of some internal organ, as if the cause were applied to the organ itself.

"In noticing this connection between the suppression of perspiration and the appearance of internal disease, I do not mean to affirm that the effect is produced by the physical transference of the suppressed exhalation to the internal organ. In many instances, the chief impression seems to be made on the nervous system; and the manner in which it gives rise to the resulting disease is often extremely obscure. Our knowledge of the animal functions is, indeed, still so imperfect,

that we daily meet with many occurrences of which no explanation can be given. But it is nevertheless of high utility to make known the fact, that a connection does exist between two orders of phenomena, as it calls attention to their more accurate observation, and leads to the adoption of useful practical rules, even when their mode of operation is not understood. Nothing, indeed, can be more delusive than the rash application of merely physical laws to the explanation of the phenomena of living beings. Vitality is a principle superior to, and in continual warfare with, the laws which regulate the actions of inanimate bodies; and it is only after life has become extinct that these laws regain the mastery, and lead to the rapid decomposition of the animal machine. In studying the functions of the human body, therefore, we must be careful not to hurry to conclusions, before taking time to examine the influence of the vital principle in modifying the expected results.

"It is in consequence of the sympathy and reciprocity of action existing between the skin and the internal organs, that burns and even scalds of no very great extent prove fatal, by inducing internal, generally intestinal, inflammation. By disorganizing or disorganizing a large nervous and exhaling surface, an extensive burn causes not only a violent nervous commotion, but a continued partial suspension of an important excretion; and when death ensues at some distance of time, it is almost always in consequence of inflammation being excited in the bowels or sympathizing organ.

So intimate, indeed, is this connection, that some surgeons of great experience, such as the late Baron Dupuytren, of the Hotel Dieu, while they point to internal inflammation as in such cases the general cause of death, doubt if recovery ever takes place, when more than one-eighth of the surface of the body is severely burnt. And whether this estimate be correct or not, the facts from which it is drawn clearly demonstrate the importance of the relation subsisting betwixt the skin and the other excreting organs.

"In some constitutions, a singular e-

nough sympathy exists between the skin and the bowels. Dr. A. T. Thomson, in his work on *Materia Medica*, (p. 42,) mentions that he is acquainted with a clergyman who cannot bear the skin to be sponged with vinegar and water, or any diluted acid, without suffering spasm and violent griping of the bowels. The reverse operation of this sympathy is exemplified in the frequent production of nettle-rash and other eruptions on the skin, by shell-fish and other substances taken into the stomach. Dr. Thomson tells us, that the late Dr. Gregory could not eat the smallest portion of the white of an egg, without experiencing an attack of an eruption like nettle-rash. According to the same author, even strawberries have been known to cause fainting, followed by a petechial efflorescence of the skin.

"We have seen that the insensible perspiration removes from the system, without trouble and without consciousness, a large quantity of useless materials, and at the same time keeps the skin soft and moist, and thereby fits it for the performance of its functions as the organ of an external sense. In addition to these purposes, the Creator has, in his omniscience and foresight, and with that regard to simplicity of means which betokens a profoundness of thought inconceivable to us, superadded another, scarcely less important, and which is in some degree implied in the former; I mean the proper regulation of the bodily heat. It is well known that, in the polar regions and in the torrid zone, under every variety of circumstances, the human body retains nearly the same temperature, however different may be that of the air by which it is surrounded. This is a property peculiar to life, and, in consequence of it, even vegetables have a power of modifying their own temperature, though in a much more limited degree. Without this power of adaptation, it is obvious that man must have been chained for life to the climate which gave him birth, and even then have suffered constantly from the change of seasons; whereas, by possessing it, he can retain life in a temperature sufficiently cold to freeze mercury, and is able for a time to

maintain, unharmed, a heat more than sufficient to boil water, or even to bake meat. Witness the wintering of Captain Parry and his companions in the Polar Regions; and the experiments of Blagden, Sir Joseph Banks, and others, who remained for many minutes in a room heated to  $260^{\circ}$ , or about  $50^{\circ}$  above the temperature of boiling water. The chief agents in this wonderful adaptation of man to his external situation, are undoubtedly the skin and the lungs, in both of which the power is intimately connected with the condition of their respective exhalations. But it is of the skin alone, as an agent in reducing animal heat, that we are at present to speak.

"The sources of animal heat are not yet demonstrably ascertained; but that it is constantly generated and constantly expended, has been long known; and if any considerable disproportion occurs between these processes, it is at the immediate risk of health. During repose, or passive exercise, such as riding in a carriage or sailing, the surplus heat is readily carried off by the insensible perspiration from the lungs and skin, and by the contact of the colder air; but when the amount of heat generated is increased, as during active exercise, an increased expenditure becomes immediately necessary."—*Dr. Andrew Combe.*

#### DIGNITY OF LABOR.

In early life David kept his father's sheep; his life was a life of industry; and though foolish men think it degrading to perform any useful labor, yet, in the eyes of wise men, industry is truly honorable, and the most useful man is the happiest. A life of labor is man's natural condition, and most favorable to bodily health and mental vigor. Bishop Hall says:—"Sweet is the destiny of all trades, whether of the brow or of the mind. God never allowed any man to do nothing." From the ranks of industry have the world's greatest men been taken. Rome was more than once saved by a man who was sent from the plough. Moses had been keeping sheep forty years before he came forth as the deliverer of Israel. Jesus Christ himself, during the early part of his

life, worked as a carpenter. His apostles were chosen from amongst the hardy and laborious fishermen. From whence I infer that when God has any work to perform, he selects as his instruments those who, by their previous occupation, had acquired habits of industry, skill and perseverance; and that in every department of society, they are the most honorable who earn their living by their own labor.—*New York paper.*

#### PUBLIC BATHS.

The Board of Assistant Aldermen has taken the subject of erecting public baths into consideration. This is doubtless one of the most important duties of the constituted authorities of large cities, and yet none of them, we believe, have gone farther than the appointment of committees, whose reports have been rejected or suffered to sleep on the table. All medical men agree that cleanliness is one of the most effectual preventives against disease, and the cheapness with which public baths might be constructed, renders the neglect of those whose duty it is to protect the health of their fellow-citizens, highly reprehensible. We would be pleased to see the citizens of Baltimore take some active measures in providing convenient means for the poor to avail themselves of frequent bathing. In London they have been brought to a high state of perfection, and the bills of mortality show their beneficial effects. Who will take the lead?—*Baltimore Morning Star.*

#### VENTILATION, AND THE ILL EFFECTS OF BREATHING VITIATED AIR.

The fatal effects of breathing highly vitiated air may easily be made the subject of experiment. When a mouse is confined in a large and tight glass-jar full of air, it seems for a short time to experience no inconvenience; but in proportion as the consumption of oxygen and the exhalation of carbonic acid proceed, it begins to show symptoms of uneasiness, and to pant in its breathing, as if struggling for air; and in a few hours it dies, convulsed exactly as if drowned or strangulated. The same results follow the deprivation of air in man and in all animated

beings; and in hanging, death results not from dislocation of the neck, as is often supposed, but simply because the interruption of the breathing prevents the necessary changes from taking place in the constitution of the blood.

The horrible fate of the 146 Englishmen who were shut up in the Black Hole of Calcutta, in 1776, is strikingly illustrative of the destructive consequences of an inadequate supply of air. The whole of them were thrust into a confined place, eighteen feet square. There were only two very small windows by which air could be admitted, and as both of these were on the same side, ventilation was utterly impossible. Scarcely was the door shut upon the prisoners, when their sufferings commenced, and in a short time a delirious and mortal struggle ensued to get near the windows. Within four hours, those who survived lay in the silence of apoplectic stupor; and at the end of six hours, NINETY-SIX were relieved by death! In the morning, when the doors were opened, twenty-three only were found alive, many of whom were subsequently cut off by putrid fever, caused by the dreadful effluvia and corruption of air.

But, it may be said, such a catastrophe as the above could happen only among an ignorant people. One would think so; and yet such is the ignorance prevailing among ourselves, that more than one parallel to it can be pointed out even in our own history. Of two instances to which I allude, one has lately been published in the 'Life of Crabbe,' the poet. When ten or eleven years of age, Crabbe was sent to a school at Bungay. 'Soon after his arrival, he had a very narrow escape. He and several of his school-fellows were punished for playing at soldiers, by being put into a large dog-kennel, known by the terrible name of the 'Black Hole;' George was the first that entered, and the place being crammed full with offenders, the atmosphere soon became pestilentially closed. The poor boy in vain shrieked that he was about to be suffocated. At last, in despair, he bit the lad next to him violently in the hand; 'Crabbe is dying, Crabbe is dying,' roared the sufferer; and the sentinel at length opened the door, and

allowed the boys to rush out into the air. My father said, "A minute more and I must have died."—(*Crabbe's Life, by his Son.*)

The other instance is recorded in Walpole's Letters, and is the more memorable, because it was the pure result of brutal ignorance, and not at all of cruelty or design. 'Therp has been lately,' says Walpole, 'the most shocking scene of murder imaginable: a parcel of DRUNKEN constables took it into their heads to put the laws in execution against DISORDERLY persons, and so took up every person they met, till they had collected five or six and twenty, all of whom they thrust into St. Martin's round-house, where they kept them all night with doors and windows closed. The poor creatures, who could not stir or breathe, screamed as long as they had any breath left, begging at least for water; one poor wretch said she was worth eighteen pence, and would gladly give it for a draught of water, but in vain! So well did they keep them there, that in the morning four were found stifled to death, two died soon after, and a dozen more are in a shocking way. In short, it is horrid to think what the poor creatures suffered; several of them were beggars, who, from having no lodging, were necessarily found on the street, and others honest laboring-women.' \* \* \*

I do not mean to say, that in all the above instances the fatal results were attributable exclusively to vitiation of the air by breathing. Fixed air may have been disengaged also from some other source; but the deteriorating influence of respiration, where no ventilation is possible, cannot be doubted. According to Dr. Bostock's estimate, an average sized man consumes about 45,000 cubic inches of oxygen, and gives out about 40,000 of carbonic acid, in twenty-four hours, or 18,750 of oxygen, and 16,666 of carbonic acid in ten hours, which is nearly the time the sufferers remained in the cabin before they were found. As they were two in number, the quantity of oxygen which would have been required for their consumption was equal to 37,500 cubic inches, while the carbonic acid given out would amount to upwards of 32,000 inches,



a source of impurity which, added to the constant exhalation of waste matter and animal effluvia from the lungs, was manifestly quite equal to the production of the serious consequences which ensued from it, and which no one, properly acquainted with the conditions essential to healthy respiration, would ever have willingly encountered. Even supposing that the cause of death was some disengagement of gas within the vessel, it is still certain that, had the means of ventilation been adequately provided, this gas would have been so much diluted, and so quickly dispersed, that it would have been comparatively innocuous.

The best and most experienced medical officers of the army and navy are always the most earnest in insisting on thorough ventilation as a chief preservative of health, and as indispensable for the recovery of the sick. Sir George Ballingall recurs to it frequently, and shows the importance attached to it by Sir John Pringle, Dr. Jackson, Sir Gilbert Blane, and others of equally high authority. Sir John Pringle speaks of hospitals being, in his day, the causes of much sickness, and of frequent death, 'on account of the bad air, and other inconveniences attending them;' and Dr. Jackson in insisting on 'height of roof as a property of great importance in a house appropriated to the reception of the sick of armies,' adds as the reason, that 'the air being contaminated by the breathings of a crowd of people in a confined space, disease is originated, and mortality is multiplied to an extraordinary extent. It was often proved in the history of the late war, that MORE HUMAN LIFE WAS DESTROYED BY ACCUMULATING SICK MEN IN LOW AND ILL VENTILATED APARTMENTS, THAN BY LEAVING THEM EXPOSED, IN SEVERE AND INCLEMENT WEATHER, AT THE SIDE OF A HEDGE OR COMMON DIKE.'

In the same volume (p. 114) the reader will find another example, not less painful than instructive, of the evils arising, first, from crowding together a greater number of human beings than the air of the apartment can sustain, and, secondly, from the total neglect of scientific rules in effecting ventilation. In the

summer of 1811, a low typhoid fever broke out in the 4th battalion of the Royals, then quartered in Stirling Castle. In many instances, violent inflammation of the lungs supervened, and the result of the two diseases was generally fatal. On investigating the circumstances of this fever, it was found that rooms of twenty-one feet by eighteen were occupied by sixty men, and that others of thirty-one feet by twenty-one were occupied by seventy-two men! To prevent suffocation, the windows were kept open all night, so that the men were exposed at once to strong currents of cold air, and to 'the heated and concentrated animal effluvia necessarily existing in such crowded apartments; thus subjecting them to the combined effects of typhus fever, and of pneumonic inflammation. In the less crowded apartments of the same barrack no instances of fever occurred.' The men who were directly in the way of the current of cold air, were of course those who suffered from inflammation.

Mr. Carmichael justly regards impure air as one of the most powerful causes of scrofula, and accounts for the extreme prevalence of the disease in the Dublin House of Industry at the time he wrote, (1809,) by mentioning, that in one ward of moderate height, sixty feet by eighteen, there were THIRTY-EIGHT beds, each containing THREE children, or more than one hundred in all! The matron told Mr. Carmichael, that 'there is no enduring the air of this apartment when the doors are first thrown open in the morning; and that it is in vain to raise any of the windows, as those children who happen to be inconvenienced by the cold, close them as soon as they have an opportunity. The air they breathe in the day is little better: many are confined to the apartments they sleep in, or crowded to the number of several hundreds in the school-room.' Can any one read this account, and wonder at the prevalence of scrofula under such circumstances! — *Dr. A. Combe.*

FOR ASTHMA.—'Take a pint of cold water every morning, washing the head in cold water immediately after, and using the cold bath. He to get himself out of

## LABOR UNDIGNIFIED.

Let any woman who esteems herself in the higher classes of society, put the case as her own, and imagine that her son, or brother, is about to marry a young lady, whose character and education are every way lovely and unexceptionable, but who, it appears, is a seamstress, or a nurse, or a domestic, and how few are there, who will not be conscious of the opposing principle of caste. But suppose the young lady to be one who has been earning her livelihood by writing poetry and love stories, or who has lived all her days in utter idleness, and how suddenly the feelings are changed! Now, all the comfort and happiness of society depend upon having that work properly performed, which is done by nurses, seamstresses, chambermaids, and cooks; and so long as this kind of work is held to be degrading, and those who perform it allowed to grow up ignorant and vulgar, and then are held down by the prejudices of caste, every woman will use the greatest efforts, and

undergo the greatest privations, to escape from the degraded and discreditable position. And this state of society is now, by the natural course of things, bringing a just retribution on the classes who cherish it. Domesticates are forsaking the kitchen, and thronging to the workshop and manufactory, and mainly under the influence of the principles of caste; while the family state suffers keenly from the loss. Meantime the daughters of wealth have their faculties and their sensibilities developed, while all the household labor, which would equally develop their physical powers, and save from ill health, is turned off to hired domestics or a ~~slaving~~ mother. The only remedy for this evil is, securing a proper education for all classes, and making productive labor honorable by having all classes engage in it.—*Miss C. E. Beecher.*

No remedy can more effectually secure health and prevent disease, than pure water.—*Hoffman.*

## ESSAYS ON THE TEETH—THEIR STRUCTURE, DISEASES, AND TREATMENT.

[No. 1.]

BY JOHN BURDELL, DENTIST.

1. In the beginning, God created and made all things which have life, before they grew, in the form and size he intended the offspring should be when perfectly developed and arrived at maturity, saying, "Bring forth after your kind, (or pattern I have made,) whose seed (or power) is in itself upon the earth, and it was so;" to continue until the end of time. All variations and deformities from the original pattern of organized bodies are the results of climate, circumstances, violations, and infringements of the laws set in force in the beginning, to produce after their kind.

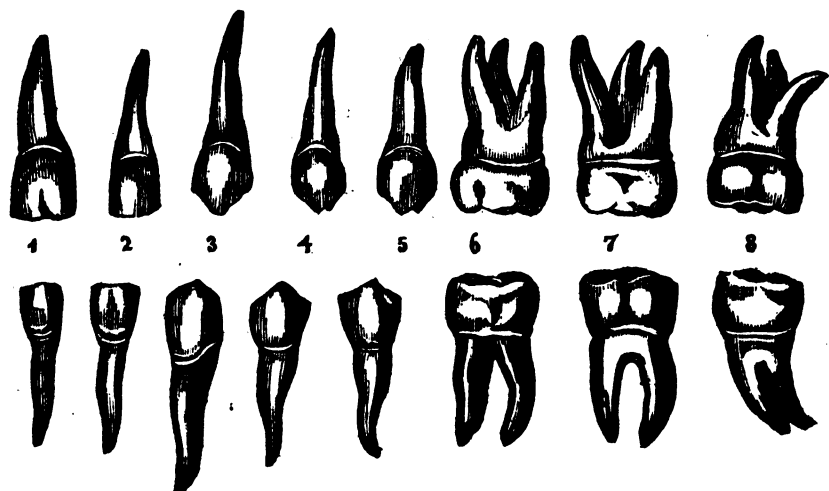
2. No two species were formed so near alike as to mix or unite more than one generation:—The product is the mule, or mongrel, which is incapable of obeying the command to bring forth after its kind. For this reason we see the economy of the Author, who cannot be charged of creating anything in vain. This rule will hold good in all cases: whenever seeming contradictions occur, it will only show that we have put variety of a common parent for species. Variety will produce from generation to generation, which will show a common parent. By this rule we prove that mankind are the product of one father.

3. All organized bodies are formed from that which had not organic life at the time; hence we find that no animal or plant can receive nourishment from living organic matter, but from inorganic. A change must first pass on organized bodies, by natural decomposition or digestion, before they can pass into organized substances; they have a tendency to resolve themselves, after vitality ceases, into their original or former state. For, "dust thou wert, and unto dust shalt thou return," is the common lot of all.

4. Order is followed in the Infinite Mind, and in all his works. First, he said, "Let the waters be gathered into one place, (or bounds set for them,) and also let the dry land appear." He then goes on to clothe it with vegetation; gives and sets laws in force to govern the various vegetable productions of the earth. He then goes on to furnish the waters with inhabitants to navigate that element, and fowls to navigate the element above. He next makes animals to inhabit the earth. He then forms man, and adapts him to the vegetable and animal creation, and also to the external world, so that he would take pleasure in subduing the earth, and ruling over all animal creation. In order to do this, he not only gave him the organs which the animals possess, but made some of them larger, and added a number more to the brain, in order to subdue, govern and rule over all which he had previously made without the additional organs or upper stories.

5. The only man who ever had the permanent teeth, without first having a temporary or infant set, was Adam; not having ever been a youth, they would have been useless. His teeth were in harmony with the other parts of his body, and adapted to chew the food designed for his future sustenance, as long as the stomach should require mastication, and nourishment, for sustaining the body.

Plate 1.



ANATOMY OF THE HUMAN TEETH.

I now present you with one side of a perfect set of teeth, after being taken out of the head; although it is not probable that Adam ever saw a dentist or had a tooth extracted. The whole number originally made were thirty-two—sixteen in each jaw. Anatomists divide them into four classes. The incisors, cuspids, bicusps, and molaries.

The incisors, or cutting teeth, numbered in the plate fig. 1, 2, occupy the centre of the jaw, in front of the mouth. They are thus termed from a Latin word, which means to incise, or cut, because they cut the food. Next come the cuspids, fig. 3; these are the longest of all the teeth, and are commonly called the eye-teeth; these, with the bicusps, fig. 4, 5, which stand next to them, form a regular gradation between the incisors and molar teeth. Next are the molaries, or grinding teeth, three on each side, above and below, having five prominences with corresponding depressions, perfectly adapted to those opposite them, like mill-stones in miniature, for our convenience in grinding food.

(From the New-York Tribune, August 9th.)

## HYDROPATHY.

BY C. D. STUART.

Great Purifier! with what subtle art  
 Thou dost the bloom of youth and health renew!  
 Thy agent Water—Nature's better part,  
 Whence oceans rise, and soft perennial dew,  
 And clouds and storms, which rainbows hover through.  
 The Flood was Nature's *douche*; her *plunge* she makes  
 Where'er the surf or hoarse-voiced torrent breaks  
 Primeval solitudes; and as for showers,  
 They drip for ever on her fields and flowers.  
 If Nature bathes for health, then why not Man  
 Wash out disease, as Water only can?  
 Saugrado scowls—who cares, if health be ours?  
 The safest system is, to *wash* our friends  
 And *bleed* our foes.—And here my sonnet ends!

## "WAS IT PROVIDENCE?"

Take, for example, a young girl bred delicately in town, and shut up in a nursery in her childhood—in a boarding school through her youth—never accustomed to air or exercise, two things that the law of God makes essential to health. She marries; her strength is inadequate to the demands upon it. Her beauty fades early. She languishes through her hard offices of giving birth to children, suckling, and watching over them, and dies early. "What a strange Providence, that a mother should be taken in the midst of life from her children!" Was it Providence? No! Providence had assigned her *threescore* years and ten; a term long enough to rear her children, and to see her children's children; but she did not obey the laws on which life depends, and of course she lost it.

A father, too, is cut off in the midst of his days. He is a useful and distinguished citizen, and eminent in his profession. A general buzz arises on every side: "What a striking Providence!" This man has been in the habit of studying half of the night; of passing his days in his office or in the courts; of eating luxurious dinners, and drinking various kinds of wine. He has every day violated the laws on which health depends. Did Providence cut him off? The evil rarely ends here. The diseases of the father are often transmitted; and a feeble mother rarely leaves behind her vigorous children.

It has been customary in some of our cities, for young ladies to walk in thin shoes and delicate stockings in mid-winter. A healthy, blooming young girl, thus

dressed in violation of Heaven's laws, pays the penalty—a checked circulation, colds, fever, and death. "What a sad Providence!" exclaimed her friends. Was it Providence, or her own folly? A beautiful young bride goes night after night to parties, made in honor of her marriage. She has a slightly sore throat; perhaps the weather is inclement; but she must go with her neck and arms bare; for who ever saw a bride in a close evening dress? She is consequently seized with an inflammation of the lungs, and the grave receives her before her bridal days are over. "What a Providence!" exclaims the world. "Cut off in the midst of happiness and hope!" Alas, did she not cut the thread of life herself?

A girl in the country, exposed to our changeful climate, gets a new bonnet instead of getting a flannel garment. A rheumatism is the consequence. Should the girl sit down tranquilly with the idea that Providence has sent the rheumatism upon her, or should she charge it on her vanity, and avoid the folly in future? Look, my young friends, at the mass of diseases that are incurred by intemperance in eating and in drinking, in study or in business; by neglect of exercise, cleanliness, and pure air; by indiscreet dressing, tight-lacing, etc.; and all is quietly imputed to Providence! Is there not impiety as well as ignorance in this? Were the physical laws strictly observed, from generation to generation, there would be an end to the frightful diseases that cut life short, and of the long list of maladies that make life a torment or a trial. It is the opinion of those who best understand the physical system, that this wonderful machine, the body, this "goodly temple," would gradually decay, and men would die as if falling asleep.—*Mrs. Sedgwick.*

*Brown Bread, Cracked Wheat, &c.*—Our friend Mr. Greig, (No. 2 Hall Place, up town, near the Bowery Railroad, and rear of Tompkins' Market,) keeps at all times the best of these articles, and may be implicitly relied on as to what he says. Call upon him, you, who love the luxuries he keeps, and try for yourselves.