

# THE WATER-CURE JOURNAL,

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

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"Wash and be Healed."  
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JOEL SHEW, M. D., EDITOR.

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THE PRODUCTS  
OF THE  
VEGETABLE KINGDOM,  
VERSUS  
THE FLESH OF ANIMALS,  
AS  
FOOD :

BRING A CONSIDERATION OF THE SUBJECT IN  
RELATION TO THE

HABITUAL REASONING OF MEN, POPULAR OPINION,  
POLITICAL AND DOMESTIC ECONOMY, AND THE  
FACTS OF CHEMISTRY, ANATOMY,  
PHYSIOLOGY, HISTORY,  
MORALITY, AND RELIGION.

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TO  
BARON LIEBIG  
AND  
DR. LYON PLAYFAIR.

The former the Originator, the latter a distinguished Disciple of the Views and Practical Research which have declared the composition of the Food of Animals, and shown the respective application of its elements to the wants of the Animal Economy :—the first part of this small Work, the result of an application of the facts thus developed, is humbly inscribed, by a Stranger to both, as a tribute of respect for their important services in the advancement of TRUTH.

MANCHESTER, January 7th, 1847.

## ADVERTISEMENT.

THE design of the present work is to attempt to show, by a brief notice of facts and the inferences from facts, that since men are generally guided more by the influence of surrounding circumstances and prescriptive custom than by reason, error prevails in their habits of diet, to the perversion of the intentions of Providence in regard to the character of the food adapted to the repair of the physical constitution, in their being led to prefer the secondary and inferior nutriment to be obtained from the Flesh of Animals, to the direct and more complete source afforded by the Vegetable Kingdom.

The plan of conducting the different parts will be, mainly, to direct attention to the most clearly ascertained evidence on each of the particular subjects treated; and beginning with the facts of figures and experiment connected with the Science of Chemistry, to proceed to the conclusions of Anatomy and Physiology, thence to the more remote evidence of History, and ultimately, to attempt to show an intimate connection of the subject with Morality and Religion. In this procedure, cognizance will all along be taken of the prevailing opinions of society, and the bearings of particular parts of the subject on Political and Domestic Economy. In the prevailing habits of diet in European countries, the case may already be considered as more than stated in favor of the Flesh of Animals, and the present work has but, therefore, to examine the evidence on which these habits of society rest, and to present a summary of its claims to

attention in favor of the Products of the Vegetable Kingdom; leaving the judgment of the whole case to the conclusions of truth and reflection in the minds of those to whom it may seem worthy of consideration.

As will be seen, the difficulties of the treatment of such a subject increase in proportion as it is carried beyond the externally expressed facts of daily life, and Scientific Research. But, granting that the dietetic habits of the first ages of the world, in which abstinence from the Flesh of Animals is almost universally believed to have been a marked feature, were ordained by the Infinite Wisdom of the Creator as most suited to secure the temporal and spiritual happiness of man, it becomes an inquiry of serious import, whether the God whose creations ever speak order and consistency in proportion to the degree in which they are comprehended by man, can since have abrogated those ordinances, between which and man's physical and mental constitution, there would be complete adaptation. It is true, there are laws of *permission*; and though by these, men are free to commit sin, and otherwise violate the laws of Christian Charity obviously intended to be the guide of their conduct, it is not less certain that the principle contended for is the unchangeable design of God, or less calculated to secure man's highest happiness, because the practices of men are opposed to it, any more than that the preponderating influences of self and the world over the declared maxims of Christian duty will absolve us from the obligation to practise Charity. If abstinence from Flesh were a part of the ordinances of Creation, without a reconstitution of man's nature, it must still be a means of securing the greatest amount of happiness; and man must have suffered, and must still be suffering, in his aberration from that natural order of his existence.

#### PART I.

#### FACTS OF CHEMISTRY AND DOMESTIC ECONOMY.

It is related by Herodotus, the ancient Greek historian, that the Callatii, a people of India who were accustomed to eat their dead parents, were disgusted with a proposition made to them by Darius king of Persia, that, like the Greeks, they should burn them; and that they uttered yells of horror at so inhuman a suggestion.

This is one of the oldest illustrations of prejudice; but has its parallel in our own

times, in unthinking adherence to customs more peculiar to us.

In our own country, the Flesh of Animals is so generally considered a necessary article of the food of man, that the custom of slaughtering beings to meet this demand, highly organized, and sensitive like the human frame, is never called in question; and the assertion that the custom is grounded in error, and that the Products of the Vegetable Kingdom are the natural and best food of man, would be met by the majority with extreme surprise, if not with an indignant opposition little less marked than that of the Callatii of old.

In civilized life, however, it is from the power of reason supported by facts that the opinions which influence custom are formed; and since the conclusions of Experimental Science are now industriously applied wherever it is practicable, if these (brought to bear upon the old as well as the new) show that prescription is at fault in the reasons on which it is supposed to have grounded the practice of using the Flesh of Animals as food, custom, however inveterate, must yield, and in the light of greater knowledge, men will ultimately reform their habits of diet.

The prevailing belief of those who think at all upon the subject of diet, supported by authors who have written upon it, has hitherto been, that the Flesh of Animals is necessary to the health and strength of man, from the greater quantity of nutriment to be derived from it, and from the superior character of that nutriment compared with the character of the nutriment to be obtained from the Products of the Vegetable Kingdom; and that, though a given weight of Flesh be originally more costly than a similar weight of Vegetable Food, its ultimate cheapness and superiority are attested in its going so much further in the support and nourishment of the body. An appeal to facts will decide the truth, or error, of these old established opinions.

Modern chemical research has shown that the food of man is composed of organic matter, water, and mineral ingredients. Water is required in the system for the due performance of the vital functions;

and mineral ingredients, or ashes, to form the skeletons of animals; whilst, according to the most prevailing doctrine, the organic matter is divided into two classes, in relation to its supposed use in the body, one of these producing the animal heat, whilst the other forms the blood.\*

It is universally understood how necessary warmth, or animal heat, is to the preservation of the body in life; and one of these classes of food is said to produce this animal heat, much in the same way as fuel produces heat by being burned in a furnace.† Articles of this class are called *Elements of Respiration*; because it is principally in respiration,‡ that their parts, after having undergone various changes in the body, are brought in contact with the oxygen of the atmosphere, in the lungs, and capillary vessels all over the body; and by the chemical changes thence resulting, heat is given out, and the warmth of the body maintained. Animal heat is, thus, generated by a combination of what is called the Carbon and Hydrogen of this class of food, with the Oxygen of the air; heat always being given out by such chemical changes, and compounds of carbonic acid, and water, being the result, which are given off by the lungs and skin, as waste matter.

The articles of the other class of food are called *Elements of Nutrition*. Every thought of the mind, and every act of the body, produces changes in our systems from the living and healthy particles which compose our bodies, to dead and waste particles; which, being no longer of use, are principally burned by the slow combustion already described, and so carried out of the system;§ and it is the province of these Elements of Nutrition, by going to form blood (and so being carried by the circulation to all parts of the body), to renew the parts where waste has been produced by mental and physical exertion. The main ingredient of this class is Nitrogen, which is necessary to the formation of blood, and so, of the flesh of the body.

\* Liebig's "Animal Chemistry," 2nd Edition, p. 96. † Ib., p. 21.

‡ But, also, by absorption of oxygen by the skin.

§ The remainder, unburned, passing with other excrementitious matter.

The first of these two classes of the ingredients of food, may thus be called the *Heat-forming Principle*, and the last, the *Flesh-forming Principle*.

The following table shows the composition of various articles of diet, the statements of which are based upon the analyses of Playfair, Boussingault, and other modern chemists of eminence; and carrying out the doctrine of Chemistry described, shows how each article is available to the support of the body.

WEIGHT.	ARTICLES OF DIET.	CONTAIN:		AND SUPPLY TO THE BODY:			
		Solid Matter.	Water.	Flesh forming Principle.	Heat-forming Principle (with Innutritious Matter).	Ashes for the Bones.	Reces.
lb.		lb.	lb.	lb.	lb.	lb.	
*100	Turnips. ....	11	89	1	9	1	
"	Red Beet Root	11	89	1½	8½	1	
"	Carrots. ....	13	87	2	10	1	
"	Blood. ....	20	80	20	0	0	
"	Flesh. ....	25	75	25	0	0	
"	Potatoes. ....	28	72	2	25	1	
"	Oats. ....	82	18	11	68	3	
"	Peas. ....	84	16	29	51½	3½	
"	Lentils. ....	84	16	33	48	3	
"	Barley meal. ...	84½	15½	14	68½	2	
"	Wheat. ....	85½	14½	21	62	2½	
"	Beans. ....	86	14	31	51½	3½	
"	Oatmeal. ....	91	9	12	77	2	

In comparing the numbers relating to the composition of the different articles of this table, it will be perceived, that they are arranged in an ascending scale from the article containing least, to that containing most solid matter—the matter containing the two necessary Principles required for the support of the body, Ashes for the bones, and a certain portion of Innutritious Matter, also considered essential to the healthy action of food in the system. ‡

\* Read:—"100 lb. of Turnips contain 11 lb. of solid matter, and 89 lb. of water; and supply to the Body 1 lb. of Flesh-forming Principle, 9 lb. of Heat-forming Principle, (with a portion of Innutritious Matter), and 1 lb. of Ashes for the Bones."

† See the report of Lectures on the "Chemistry of Vegetation," delivered by Dr. Lyon Playfair, the Royal Institution, Manchester, in 1845; in which most of the numbers of this table are given.

‡ See "Beaumont's Experiments on Digestion," p. 30.

Applying, then, these results of Practical Chemistry to the popular opinion that Flesh contains more nutriment than Vegetable Food, it would naturally be expected that it would be found at the top of the scale, as containing most matter available for the service of the body. But, far from this being the fact, we find that out of the 13 articles named in the table, there are only 4 which contain less solid matter in the 100 lb., one of which is Blood: Flesh ranking, in the quantity of nutritive matter contained in it, next to the Potato. Setting, then, Blood aside, we find that 8 out of the 12 articles of diet named contain more solid matter than Flesh; and that, to use the words of Playfair, "out of every 100 lb. of Flesh bought, only 25 lb. is really Flesh, the remainder being simply water."

But, since it is considered that the Flesh-forming Principle of food is most important, and can alone form Flesh in the body (though controverted by the researches of some chemists of great repute), it will be expected that there, at least, Flesh *does* contain most nutriment. On the contrary, however, we find, that whilst Flesh contains 25 lb., in the 100 lb., of the Flesh-forming Principle, and nothing else,—no Heat-forming Principle, no Innutritious Matter, and no Ashes for the bones—3 of the articles of the table—Peas, Beans, and Lentils—contain, respectively, 29 lb., 31 lb., and 33 lb. in the 100 lb., of the same matter as the Flesh; and, instead of the remainder being water, they contain, also, 51½ lb., 51½ lb., and 48 lb., respectively, of the Heat-forming Principle, with a portion of Innutritious Matter, as well as 3½ lb., 3½ lb., and 3 lb., respectively, of Ashes for the bones.

It is thus seen, that Flesh does *not* contain more nutriment than the Products of the Vegetable Kingdom; but, that an appeal to facts proves that where several principles are required for the nourishment of the body, all of which are found in Vegetables, Flesh contains only *one* of these, and *that*, even, in a less degree than certain kinds of Vegetable Food.

The position that the nutriment of Flesh is of a superior character to that to be derived from Vegetable Food, may be treat-

ed in Liebig's own words; after stating, that the principle, or starting point, of the nutrition of all animals is *Proteine*; and that this is produced by *Végetables* alone.

"Grain and other nutritious vegetables yield us," says Liebig, "not only in starch, sugar, and gum, the carbon which protects our organs from the action of oxygen, and produces in the organism the heat which is essential to life, but also in the form of vegetable fibrine, albumen, and caseine, our blood, from which the other parts of our body are developed."

"These important products of vegetation are especially abundant in the seeds of the different kinds of grain, and of peas, beans, and lentils, in the roots and the juices of what are commonly called vegetables. They exist, however, in all plants, without exception, and in every part of plants in larger or smaller quantity."

"The chemical analysis of these three substances has led to the very interesting result that they contain the same organic elements, united in the same proportion by weight; and, what is still more remarkable, that they are identical in composition with the chief constituents of blood, animal fibrine, and albumen. They all three dissolve in concentrated muriatic acid with the same deep purple color, and even in their physical characters, animal fibrine and albumen are in no respect different from vegetable fibrine and albumen."

"Vegetable fibrine and animal fibrine, vegetable albumen and animal albumen, hardly differ, even in form; if these principles be wanting in the food, the nutrition of the animal is arrested; and when they are present, the graminivorous animal obtains in its food the very same principles on the presence of which the nutrition of the carnivora entirely depends."

"Vegetables produce in their organism the blood of all animals, for the carnivora, in consuming the blood and flesh of the graminivora, consume, strictly speaking, only the vegetable principles which have served for the nutrition of the latter."†

\* "Animal Chemistry," p. 45.

† "Animal Chemistry," p. 47, and 48.

We, thus, see the complete refutation of the opinion, that the character of the nutriment derived from Flesh is superior to that from Vegetable Food; and are shown, in a striking manner, how fallacious is the belief which guides the acts of man in seeking to possess himself of Flesh as a richer and superior article of diet for the nutrition of his body. Impressed with this belief, he kills an animal; and, after eating its flesh, but obtains *secondarily*, by a circuitous process, a less portion of the very same principle of nutriment that he could have had *directly* from the Vegetable Kingdom.

In disproving that Flesh contains more nutriment than Vegetable Food, and that the nutriment is of a superior character to the nutriment of Vegetables, the deduction from these opinions, that though originally more costly, its ultimate cheapness is attested in its going so much further in the support of the body, is also virtually disproved. But, it is both instructive and

contained in them necessary for the bones and animal heat of the body; even through waste, and the violation of the principles of Domestic Economy. This view of the subject is especially important, as affecting the interests of the poor and labouring classes; who, in spending their limited substance for food to replace the wear-and-tear of physical existence, ought to know how to do this to the best advantage.

The preceding table shows the true cost of 100 lb. of the solid nutritive matter available to the service of the body in each of the articles of diet mentioned.

From this calculation we are shown the identity of luxury, and extravagance, with the habit of eating Flesh: for, as we find, whilst 100 lb. of the nutritive matter of the Vegetable Products of the table costs from 5s. 3½d. to 15s. 6½d., 100 lb. of Veal, Beef, Mutton, and Lamb, costs from £10. 16s. 8d. to £15. 0s. 0d.; and, on referring to the previous table, and finding that two of these articles here named, contain, the one 4 per cent., the other 6 per cent., more of the only kind of nutriment got from Flesh, and, also, each 55 per cent. of the other necessary matter for supporting the body, we find the average cost of the nutriment of the four kinds of Flesh 23,00 per cent. dearer than the same amount of nutriment derived from Peas and Beans.

The above mode of estimating the value of food seems to be the most natural; but, as the class of food containing the

ARTICLES OF DIET.	CONTAINING:		Price per 100 lb. †			Cost of Nutriment per 100 lb.		
	Solid Matter.	Water.						
	per cent.	per cent.	£.	s.	d.	£.	s.	d.
* Potatoes ....	28	72	0	1	5½	0	5	3½
Turnips .....	11	89	0	0	8½	0	6	5½
Barley meal ..	84½	15½	0	6	3	0	7	4½
Beans .....	86	14	0	6	11½	0	8	1½
Oats .....	82	18	0	7	6½	0	9	2½
Wheat .....	85½	14½	0	9	5½	0	11	0½
Peas .....	84	16	0	10	5	0	12	4½
Carrots .....	13	87	0	2	0½	0	15	6½
Veal .....	25	75	2	14	2	10	16	8
Beef .....	25	75	2	18	4	11	13	4
Mutton .....	25	75	2	18	4	11	13	4
Lamb .....	25	75	3	15	0	15	0	0

profitable, to trace the practical consequences of these false premises enclosed in prescriptive opinion, as resulting through the rejection of the other matter

\* Read:—"Potatoes (containing 28 per cent. of solid matter, and 72 per cent. of water,) at 1s. 5½d. per 100 lbs. will produce 100 lbs. of nutriment, at the cost of 5s. 3½d."

† It will be obvious, that, as the prices of articles of food vary, the cost of a certain amount of nutriment from each will vary in like proportion. The prices given are taken from returns when food was plentiful; the Flesh-meat being calculated as the *lean* of Flesh—without either *bone*, *fat*, or *membrane*.

	Containing		Supplying Flesh-forming Principle.	Price per 100 lbs.			Cost of Flesh-forming principle, per 100 lbs.		
	Solid Matter.	Water.							
	per ct.	per ct.	per ct.	£.	s.	d.	£.	s.	d.
* Beans .....	86	14	31	0	6	11½	1	2	6
Peas .....	84	16	29	0	10	5	1	15	11
Barley meal ..	84½	15½	14	0	6	3	2	4	7½
Wheat .....	85½	14½	21	0	9	5½	2	4	11½
Oats .....	82	18	11	0	7	6½	3	8	6½
Turnips ....	11	89	1	0	0	8½	3	10	10
Potatoes .....	28	72	2	0	1	5½	3	13	11½
Carrots .....	13	87	2	0	2	0½	5	1	0½
Veal .....	25	75	25	2	14	2	10	16	8
Beef .....	25	75	25	2	18	4	11	13	4
Mutton .....	25	75	25	2	18	4	11	13	4
Lamb .....	25	75	25	3	15	0	15	0	0

Flesh-forming Principle is considered the

most important, from the prevailing doctrine of the Liebig School of Chemistry, that no parts of food not previously containing this principle can go to form flesh in the body,\* the preceding table affords an estimate of the comparative cost of 100 lb. of the Flesh-forming Principle of the same articles of diet of the former table.

In this estimate of the value of food, it will be obvious, that whilst Flesh is of the same cost in both tables, from its containing nothing but the principle which serves for the basis of calculation, the cost of the Vegetable Products is enhanced. Matter of this kind has, after all, to be supplied to be eaten with the Flesh, in the "mixed diet."

The apparent disadvantage of the estimate may, however, be afforded till a subsequent treatment of the subject, in the comparative results presented; for, it is seen that whilst Beans, Peas, Barley, and Wheat, will supply 100 lbs. of the blood and flesh of our bodies at a cost ranging between £1. 2s. 6d. and £2. 4s. 11½d., the same amount of this identical principle of nourishment can only be supplied by Veal, Beef, Mutton, and Lamb, at a cost ranging between £10. 16s. 8d. and £15. 0s. 0d.—500 per cent. dearer than the average of the same matter from Beans, Peas, Barley, and Wheat.

Perhaps, a more familiar way of illustrating this waste of substance, in the circuitous, secondary process of seeking nourishment from the Flesh of animals, will be seen in the procedure in fattening and eating Pork.

It is found by experience, in America, that individual, as well as certain savage tribes, can subsist upon 2 lbs. of Pork per day, without any other food; and that one quart of Indian Corn per day, alone, is also sufficient for the support of the body. Now, in the process of fattening pigs, 15 bushels of Indian Corn are found necessary to fatten a pig producing 200 lbs. of Pork. This 200 lbs. of Pork, at 2 lbs. a

day, will, therefore, supply food to the full grown man for 100 days; whilst the 15 bushels, or 480 quarts, of Indian Corn would supply him with food for 480 days. The pig feeder, therefore, gives his time and attention to the fattening of an animal, and having used, in doing this, an amount of food containing the four required ingredients for the wants of the body sufficient to have maintained his health and strength 480 days, most unphilosophically obtains, as the return for his outlay and attention, as much of two of these as will enable him to live only 100 days.

On applying the chemical calculation to these facts, taking the Pork at 6d. per lb., and 25 per cent. of solid matter, two thirds of which will be fat, and one-third lean (equal to 8½ per cent. of the Flesh-forming Principle), the cost, at this rate, of 100 lbs. of the blood and flesh of the body formed from Pork, will be £30. 0s. 0d.; whilst the same amount could be obtained from Indian Corn, taking it at 26s. per quarter, and 10 per cent. of the Flesh-forming Principle,\* for £2. 14s. 2d.; and allowing 10 lbs. for the bones of the pig, the 190 lbs. of consumable matter will supply under 16 lbs. of this principle, whilst the 480 quarts of Indian Corn, at 1½ lb. per quart, will produce 72 lbs., or more than 4½ times as much.

Again, 2 pigs, costing 24s. each, are fed 12 months on swill, at 2s. per week, along with 7 loads of potatoes, at 4s., and 3 loads of sharps, at 20s., with two loads of meal, at 28s., during the last two months, for fattening. The cost of the Pork is, thus, independent of the expenses of attendance, killing, &c., £14. 16s. 0d., and 860 lbs. of Pork is produced, worth 6d. per lb. At 2 lbs. of Pork per day, this will supply food for one man for 430 days; whilst the same sum expended, part in Meal, at 22s. per load, and part in Milk, 1½d. per quart, would supply 1 lb. of Meal, and 3 pints of Milk per day—the usual and ample fare of thousands of the hard-working men of Scotland, mechanics, labourers, and others—for 973 days. Or, if spent in Meal a-

\* See "Animal Chemistry," p. 43 and 49; but said to be controverted by experience, and the import of certain researches of Davy, Prout, Magendie, and others.

\* Given as 10.93, in the lowest estimates.

lone, would purchase 2537 lbs., equal to 1691 quarts; and allowing one quart per day, as in the preceding case, it would furnish food for 1691 days, or nearly 4 times as long as the Pork.

The amount of flesh that can be formed in the body by the 860 lbs. of Pork, is (deducting 40 lbs., for the weight of bone) under 69 lbs.; whilst the 1691 quarts of Meal would supply 304 lbs., or more than 4 times as much.\*

And lastly, a striking instance of the fact, that in proportion as Flesh enters into *any* articles of food in the "mixed diet," it much enhances the cost of the food so composed, and limits its application to the wants of the physical constitution, is seen in the procedure in conducting the "Soup Kitchens" established at certain periods for the relief of the poor and distressed population in different parts of the manufacturing districts. In times of wide-spreading distress and destitution, the sympathies of the benevolent and humane are excited, and these "Soup Kitchens" are put in operation, supplying a soup considered excellent in its qualities and composition, and distributed by means of tickets, sold or supplied to the respective subscribers, as well as sold directly at a cheap rate. The composition of one of these best kinds of soup has been 100 lbs. of Flesh, bone, &c., of the "necks," "slopes," and "shins" of Beef, 67 lbs. of Scotch Barley, 53 lbs. of whole white Peas, 10 lbs. of Onions, 10 lbs. of Salt, and 10 oz. of Pepper, in 100 gallons; and the cost, taking the Flesh, &c. at 2½d. per lb., the Barley and Peas, as in the previous calculations, the Onions at 1d., and the seasoning at 1s., with an allowance of 1s. 8d. for the value of the bones afterwards, will be £1. 10s. 8½d. for 100 gallons; or 3 ⅞ farthings per quart. On applying the previous facts of calculation, we find, after deducting 40 lbs. for the bone of the Flesh, &c., that 60 lbs. of animal matter is left, 50 of which will be Flesh, and 10 lbs.

\* It will be obvious, that the fat of the Pork forms no part of these calculations; but, neither does the starch of the Indian Corn, or Meal. Both supply Heat-forming Principle, but the grain about four times as much as the Pork.

Fat, Membrane, or matter from the bones; and that this will supply 12½ lbs. of the Flesh-forming Principle and 2½ lbs. of Heat-forming Principle; the whole soup taking into account the Peas and Barley, containing 37 ⅞ lbs. of the former, 75 ⅞ lbs. of the latter, with 3 ⅞ lbs. of Ashes.

On substituting Barley and Peas for the Flesh, &c., however, with 6½ lbs. of Butter, at 10d., an excellent soup is obtained, producing from its ingredients (100 lbs. of Barley to 80 lbs. of Peas, with the other articles mentioned) the same amount of Blood in the body, 34 lbs. more matter producing Animal Heat, and 1 ⅞ lb. more Ashes for the bones, with 35 ⅞ lbs. less water, costing only 16s. 5d. per 100 gallons, or 2 farthings per quart; thus supplying 348 additional quarts of a more nutritive soup, for just the same sum expended upon the former: or 11220 quarts where the other supplies 6000.\*

It is thus seen, in reverting to the popular opinions in favour of Flesh-diet, that they are grounded in error; Flesh not containing more, but *less* solid nutritive matter than most Vegetable Products, and less Flesh-forming Principle than several: that the nutriment derived from it is *not* superior, but *identical* with that obtained from Vegetables, and comes originally *from them*—men, in eating the Flesh of an animal, eating, strictly speaking, only the identical principles of nutriment which that animal got from *Vegetables*: that the blood and flesh of the body can be formed *directly*, from certain Products of the Vegetable Kingdom 500 per cent. cheaper than it can be obtained *indirectly*, from the Flesh of Animals; these contain-

\* A Soup Kitchen is just re-opened in Manchester, where it is proposed to make 1500 gallons of soup per day. The composition is the same as that given above; but from the extraordinary dearth of provisions, 100 gallons cost £2. 7s. 4½d., whilst the same quantity from Peas, Barley, and Butter, as above, would cost £1. 14s. 0½d.; producing 2090 gallons, where that containing Meat produces 1500; or, supposing the operations of the Kitchen conducted on the same scale for four months, it would supply 287133 applicants with 1 quart each, beyond the number supplied by the Meat Soup. It cannot, of course, be that any thing but want of information as to the composition of Flesh, combined with consequent prejudice in its favour, can thus limit the application of the funds of an excellent Charity.

ing not merely the one kind of nutriment obtained from Flesh, but, also, the other three kinds essential to man in civilized life; whilst, that calculating the cost of the whole matter available to the wants of the body in a given weight of these Products of the Vegetable Kingdom, we find it 23,00 per cent. cheaper than the same weight of nutriment obtained from the Flesh of Animals.

[From the Mass. (Worcester) Cataract.]

#### PHYSIOLOGICAL EFFECTS OF TOBACCO.

Mr. Editor:—Facts, which you know are stubborn things, show most conclusively, that the use of tobacco among us is on the increase,—not in the form of snuff, perhaps, not even in that of the cud, but in the shape of cigars. From one end of the Commonwealth to the other—temperance or no temperance—it is, as it were, one mighty *puff*,—*puff*,—*puff*.

Some time since, I was invited to address the members of a Lyceum, not a thousand miles from Boston. As no subject was assigned me, I wrote to the proper officers to know what they desired. They hesitated—indeed, they never did inform me officially. Privately, however, I was informed by two or three leading men of the Lyceum, that they wished me to hit off tobacco. Our boys, said they, all over town, as soon as they are knee high, begin to smoke. And we greatly fear they shelter themselves under the authority of some of our great men, who also smoke. I gave the lecture, and hit off tobacco as well as I could. But judge of my surprise when I found I had been hitting off the Rev. Dr. —, who was the oldest and principal offender. The good doctor apologized,—said he had been advised many years before, by medical men, to use tobacco for the “stomach’s sake, and other infirmities,” and had unawares become enslaved to it. I trust he has since broken off; but the boys and young men have not in every instance done so.

No young man who uses tobacco, in any shape whatever, but especially no one who hangs often at the extremity of a roll of it, even though his feet should

touch *terra firma*, is or can be safe. He is apt to be thirsty. And *water* never satisfies. More than this—he is apt to dislike it. And then, to crown the whole, stronger drinks are very generally found in the same neighborhood with the tobacco,—to be sold cheap.

Tobacco smoking feeds the love of strong drink in two ways. First, by creating that morbid thirst already spoken of; secondly, by impairing the appetite for food, and indirectly encouraging him who uses it, to seek for that strength which food should give him, in the use of extra stimulus. Tobacco, as some say, dries up the blood. It may, however, with nearly as much of physiological correctness, be said to *fire* the blood. It certainly affects it. Not a gill of the three gallons circulating within us—no, not a spoonful,—but is even poisoned by it. Who does not know that tobacco contains a most deadly poison,—a poison so deadly that two or three drops of it will kill, instantaneously, almost any small animal? But he who uses tobacco, especially in the way of smoking, diffuses this poison over his whole system.

The lungs essentially consist of hollow vesicles, or air bladders, so numerous that whatever we inhale affects a surface as large, at the least, as the surface of the whole body. Now, no man *smokes* tobacco without *inhaling* tobacco. What is *tobacco smoke* but *volatilized tobacco*? Smoke is not a *nothing*, it is a *something*. The smoke of wood consists of the dust of wood—or wood volatilized. So of the smoke of every thing else, not excepting tobacco.

Why then are not the hollow air cells or the lungs, as black as the walls of any other chimney? Tobacco, in the form of smoke, thus constantly thrown upon white walls, or the hollows of white bladders, would soon blacken them; why, I say again, are not the hollow cavities of the human system upon which tobacco smoke is wont to fall, blackened in the same way? Simply and only because millions of absorbents are found in their internal surfaces which take up the fine tobacco deposited by the smoke, and carry it into the circulation. This subject is



made more intelligible, by means of diagrams, in my public lectures on the lungs and their diseases, especially colds, asthmas, and consumption.

Here, then, we have it! Tobacco in the blood; irritating—heating—poisoning it! Tobacco in the blood; and this poisoned painful of blood performing the round of the circulation every three or four minutes!!! Is it to be wondered at that tobacco smokers are thirsty? Or that, water being insipid, they fly to the use of drinks *stronger* than water?

Let the friends of temperance,—temperance men above all the rest,—beware of tobacco in every form. It is one source, most undoubtedly, of the deadly stream that flows through our land. Nor will the friends of the good cause cease to be pained and chagrined and mortified every now and then, to find the swift destroying flood sweep away the quay they have built, till they dry up this mighty but accursed tributary.

WM. A. ALCOTT.

Worcester, Sept. 11th, 1847.

#### RUM-DRINKERS MOST LIABLE TO INJURY FROM DRINKING COLD WATER.

(From the Portland, Me., Washingtonian Journal.)

Water-Cure House, Waterford Plains, Me.  
August 25th, 1847.

Dear Sir:—The great pressure of my engagements must be my excuse to you for not writing in answer to your queries concerning the effects produced by the drinking of cold water, &c.—on the receipt of your paper—which by the way has got mislaid. If I remember rightly, you wish to know if cold water would not be more likely to injure a person accustomed to the free use of ardent spirits, than a temperate man, when drank in large quantities. I answer yes—because the stomach of the habitual rum-drinker is less able to resist the injurious effects of a sudden reduction of temperature—the temperature being higher of course. Secondly, the general system, in consequence of the almost constant destruction of the equilibrium of the nervous force, *inevitably the consequence of frequent rum drinking*, is also less capable of producing the necessary reaction—the want of which

is the proximate cause of the evils produced by the inordinate drinking of cold water—the brain, through the medium of the sympathetic nerve, being keenly alive to any disturbance in so important an organ as the stomach. Much injury is also done in such cases, by the sudden retrovulsion of blood upon the other and more immediate vital organs.

Another reason why sudden cold should more injuriously affect the rum-drinker is, that the rum-drinker's stomach is always more or less inflamed, and cold water stimulates it just enough to irritate it, but not enough to excite it into action. Hence we find rum-drinkers throw off water more readily and willingly often times, than they take it into their stomachs.

Any person not accustomed to strong drink can drink almost any quantity of cold water, at any time, if proper precautions are used, viz: drink not more than a pint tumbler full without a short intermission, and take exercise after drinking it. There are, however, many important things to be considered in water drinking. A person's stomach may be diseased from other causes, and other organs may be affected in a manner to make it highly dangerous to have any serious disturbance in the system. I hope, however, the poor unfortunate inebriates—God help them—will not get their hearts any more hardened against cold water, from any thing I have said, for I can assure them that *it is not water that is to blame*, but the rum. Let them use nothing but water, and my word for it, they will find it, as I have, the greatest boon ever vouchsafed to fallen man. Tell them for me, *not to mind the insects*, but drink the water, and bathe in it, as it comes from the fountain, and be careful in their habits, and then if it makes them sick, let them come to *Waterford*, and I will cure them for nothing.

E. A. KITTREDGE.

DYEING.—A man bought some "hair-dye," in New York, which killed his hair and blistered his head—altogether more than he bargained for. He sued, and got damages enough to buy a wig.—*Exchange*.

(From the Massachusetts Cataract.)

## The Causes of Intemperance.

BY DR. WM. A. ALCOTT.

### COFFEE AND TEA.

Mr. Editor;—The effects of coffee and tea upon the public health and happiness have been variously represented.—While with some, their evil results have been greatly exaggerated, with others, their beneficial tendencies have been overrated in at least an equal degree. Coffee, for example, which injures the person of bilious temperament much more than others, has been represented as the unsparing and indiscriminate enemy of mankind. But it is not of the general effects of these beverages on human health that I prefer now to speak. What I have to say concerning them, will be levelled chiefly at their tendency to encourage or promote intemperance.

That they have a tendency of this sort, no reflecting person will probably deny. By their narcotic or nervous qualities, they minister to that fondness for excitement which, more than any thing else, fills the world with woe and wretchedness.—You may quite as well expect to dry up the mighty Mississippi, while yet you permit its tributaries to flow on, as to dry up the mighty stream of intemperance, while the natural and acquired fondness of mankind for nervous excitants is undiminished. Or even if abstinence from all intoxicating drinks—whether fermented or unfermented—should accomplish a part of the work, it can never do the whole. Though you cut off the *Missouri*, the Mississippi proper, the Ohio, the Illinois and the Arkansas will continue to send down their contributions.

The blame in respect to coffee and tea, whenever blame has been spoken of, has been usually attributed to the female world. Strange, it has been said, that when so many wives, and sisters, and mothers, and daughters, have been made wretched by intemperate husbands, brothers, and sons, they should still retain the right not only of using exciting drinks themselves, but of enkindling and feeding a fire in others which must ultimately react on themselves; for if woman herself,

situated as she is, does not proceed from coffee and tea, to tobacco and rum, her companion and lord does.

For one, however, I cannot find it in my heart to lay the blame wholly on woman. Blame-worthy indeed she is, if duly enlightened on this great subject, in all its parts, connections, and tendencies. Still she is little more so than he to whose errative habits and appetites it is her fate to be compelled to minister. For she might almost as well be in the midst of a besieged city—when every instrument of death is doing its rapid work—as in the midst of a company of men to whom coffee and tea are denied. Woman's love of approbation, moreover, is too strong, and her moral courage too little developed to permit her to oppose even a perverted appetite, in others. One thing she might indeed do,—and it is a pity she does not do it much oftener—she might refuse to taste the heated, exciting beverages her own hands have prepared. Such a course, generally pursued, would probably do more to lay deep and broad the foundations of the temperance cause, than any one has yet conceived.

How it is that woman can plead the cause of temperance and self-government, and insist, stoutly and boldly, that perverted appetite should be resisted, and yet continue to gratify an appetite as truly perverted as that of the rum-drinker, seems difficult to determine. Observe, however, I say as *truly* perverted; not of course as extensively or as greatly so. Scarcely an argument which can be brought to bear successfully against alcoholic drinks that is not good, to some extent, against tea and coffee. It is said, by way of reply, that these are small things? The reply is just. They are so. But so are the ten thousand small streams which by their united action feed the Mississippi. In both cases, however, little things become, by their results, great things. And that, those small, those little things are to be duly regarded, we have the highest authority, in the prophet's inquiry—For who hath despised the day of small things?

Let the lovers of coffee and tea ponder well this whole subject. I do not ask them

to consider whether these drinks of themselves injure the health and produce or aggravate a thousand maladies for one which they relieve or cure ; or whether or not they cost us—the people of the United States—directly or indirectly—fifty millions of dollars yearly ; but only whether they do not minister to the public love for excitement, and thus perpetuate those evils which all alike deplore, but which can never be removed from the world, till coffee and tea occupy the only space in the public eye to which they are legitimately entitled—a small spot on the shelf of the apothecary and physician.

It is said, I know, by way to reply ; “ What then *shall* we drink ? You say—and you say justly—that distilled and fermented liquors, down to small and even home-brewed beer, are hurtful ; and then you add, that coffee and tea tend also to intemperance. Now if you cut us off from all these, what, in the name of good sense, would you have us drink ? ”—I answer, first, that I have not “ cut you off ” from any thing whatever ; for this I have neither the disposition nor the power. You are free agents, as God made you ; and ever, I trust, will remain so. You can drink what you please, as you ever have done. Of course you *will* do so.

But secondly, you take for granted,—or seem to do so,—that if you should quit the use of distilled, fermented, and narcotic drinks, nothing would be left to you. As if the mountains and hills of New England were not continually pouring out, in quantities inexhaustible, the purest, best,—nay, only *real* drink God has ever yet made for us. As if, too, the windows of Heaven were never opened, and our reservoirs never replenished from their richer, or at least *purer* supplies.

You will say, “ I cannot drink water ; it will lie heavy on my stomach.” I dare say it will, at first. The half worn-out beast of burden, accustomed to the spur, refuses to act, if the spur is no longer applied. The jaded stomach and jaded horse alike need rest and renewal. Do you still say, “ I must drink something ; what shall it be ? ” I reply : if you are not thirsty, why should you drink ? If, however, you are really thirsty, drink water.

First, warm, or hot water, if you please, if your stomach will not bear that which is cold. You need not overload yourself, or produce nausea. A small quantity of water, as hot as you can swallow it, will neither produce sickness nor lie heavy at the stomach. From warm, or hot water, you may proceed gradually to cold.

Blessed is the individual who has learned the art of quenching his thirst with pure cold water—who is thoroughly emancipated at home and abroad, from all slavery to his perverted appetites, and especially from all drinks but the *best*, and the *ONLY*.—*Worcester, Sept. 16, 1847.*

(From the Pioneer and Herald of Freedom.)

#### NASAL AND SNUFFY.

When we see an old granny, (male or female,) trying to eat dust through her nose, we wonder what poverty has stricken her that she can obtain no better food, or what misfortune that she can find no straighter way into her system. Yet on further notice, we discover that not even poverty or misfortune, unless it be a poverty of wit, and the misfortune to have a weak head, has produced such a strange way of eating, and so singular a diet. We have found it comes from deliberate choice of the body politic ; not indeed with the concurrence of all the members, for the poor nose, most interested in the matter, took snuff at such treatment, at first, and sneezed at it vehemently.

And we don't wonder. The nose that will not resent such vile usage, ought to be blowed ; it must be a miserable, low, mean-spirited nose, to be made an everlasting dust-hole of, and not give a blast against it, loud as King James' counterblast. Let no such nose ever turn up at the coward, and the hen-peckedest Caudle that ever shivered under cold sheets and warm lectures, is too noble to be mentioned the same day.

But poor nose, it is not its own fault, it resisted all it could ; it spent all its poor breath in vain, for that tyrannous thumb and finger rammed the filthy charge into its double-barrelled air gun, and with such vigor as it was discharged, how could mortal nose hold out ! It couldn't, and didn't

try, and when it got that roughly conquered, it found a kind of satisfaction in the treatment, and loved it, as whipped dogs grow docile, and old prisoners fall in love with their cells. But it had a hard pinch of it, and gave up slowly.

Now, in revenge, it fails to perform its proper offices. You ask one of these chaps with the mis-used nose, to say pudding—O he would, but then he can't; he can say *pudn'*, but that deep nasal *ing*, with its bell tone, has gone off in a sneeze. The clear metal is clogged and dulled, that should have rung it out. Give him or her a nosegay of sweet flowers—you might as well put them to the ash-hole in the chimney back, as to that tamed leather nose. The sweet-brier and the nightshade are fragrant alike, and the poppy bloom is as fragrant as the lily. One might as well have no nose, as such a yellow-throated cave, whose entrance would make a fly sneeze his head off to look in at.

It is said the ill effects of such nose-wronging are felt farther up the head; that the small dust somehow manages to imbibe the life-moisture of the brain—good cause why some great sap-heads use it, a sly imp says over our shoulder—and that one way or other it dries up the cunning organs of thought, and makes them tough and leathery. This, we should expect, would slacken one's wits; and, how it may be, we will not try to decide. Observation and experience will no doubt determine if it be so. A good lady who indulged in the habit, inquired of her doctor, a sensible but rather testy old fellow, if what she heard was true, that snuff taking injured "the brain." "No, no, madam, don't give yourself any trouble about it, nobody who had brains would use it." A crabbed answer, which, though it served for a joke, will not answer for a medical reply. The truth is, they have brains when they begin, but we will not vouch for what they have after years of the habit.

The delicacy of the trick, makes it a particular appropriate habit for women, and it is in fact the feminine of tobacco chewing, and though a few men use it alone, and a few women grace themselves

with the other accomplishment, the exceptions show only where the two cross to unite.

If one would try by experiment the beauty and neatness of the habit, let him sometime take an old aunt's other handkerchief, not the one she shows, but that which she keeps hid a little from sight; if he is not very firm nerved, let him take it in the tongs, and raising the window, shake the thing into the street, and a simultaneous sneeze from the whole neighbourhood will testify its cleanly virtues. Merciful Guns! what an explosion. Call that a thing to thrust a human nose into? We'd rather have a flap from the old shirt of Nessus, and that was none too wholesome, as Hercules found to his sorrow. But whew! we must stop while our own nose is sound. This subject makes it tingle and titillate, with the sympathetic fear of more than one *pinch*, and we must check—etchktokhoo!

#### INJURIOUS EFFECTS OF WEARING HIGH HEELS.

In the quaint old work, on Water, dated 1705, by Sir John Floyer and Dr. Baynard, of England, and from which we have before and shall again quote, we find the following:

"High heels are usually the cause of most strains, either in the ankle, or knee, for no man treads straight or perpendicular with a heel, nor can he walk far without weariness, especially in the knees and muscles of the thighs, for the ill figure the limb is in upon every step; so that no man with a high heel can tread strong and boldly, especially with the least weight or burden on him. Should a chairman that uses pumps, but one day wear a heel but an inch high, and work so, it would lame and cripple him for a month. For in man, upon his progression, the heel comes first to the ground, but in horses and most quadrupeds, the toe; and if the heel be high, he cannot step with the whole limb straight; for the knee bending forward, verges towards making an angle, as may be seen by making a straight line from the heel and hip, and in an unnatural posture, no man can walk far and long, without

pain and weariness. But we must be wiser, forsooth, than our Maker : for Infinite Wisdom that has made all things by a right and unerring rule, by weight, measure and number, surely would have set a high heel to man at first, when he made him, if he had thought it to have been necessary.

And one thing more, I add, as a most necessary remark, viz. that no man ever sprained his ankle, and rarely his knee, that ever wore a heel higher than the natural plain of the foot ; neither have they corns under the foot, nor on the toes, without the shoe be too strait. I could wish our soldiers and others, who travel much on foot, would but consider the great benefit that they would receive in a long march, by wearing shoes of a low and equal plane, and such soles as would bend and yield to the foot, such as the Irish and Scotch highlanders wear, without any heel at all ; and, especially, if they are used to such use from their infancy. For the tendons would not be contracted, as they are in such as wear heels, who cannot, through the stiffness and contraction of the tendons, walk far without heels, but are cramped in their hocks and hams, with achings and pains in their knees. Nay, although they are accustomed to high heels, they cannot walk far and fast, but are soon weary and tired, whilst the other tread flat and firm, and are not sunk or spent even in long journeys, nor stiff or disordered the next day. Men, for want of a little knowledge in the true structure of the limb, and of the mathematical consideration of the make of the thigh, leg, and foot, esteem this a light thing, and laugh at it as a jest perhaps, but the trial of a hard day's journey will soon demonstrate who is in the right. And it has been very often observed, that after a long foot journey, to wash the feet, legs, knees and thighs with cold water, has wonderfully abated and taken off weariness, and them disposed the better to rest and sleep.

#### NATURAM DISCE SEQUI.

Unerring Nature learn to follow close,  
For quantum sufficit is her just dose ;  
Sufficient clogs no wheels, and tires no horse,  
Yet briskly drives the blood around the course,  
And hourly adds unto its waste ; supplies  
In due proportion to what's spent and dies.

Whilst surfeiting corrupts the purple gore,  
And bankrupts nature of her long lived store ;  
And thus the soul is from the body tore  
Before its time.—

Which by a temperate life, in a clean cell,  
Might full a hundred years with comfort dwell,  
And drop, when ripe, as nuts do slip the shell."

#### PHYSICAL EDUCATION--FOO ) FOR CHILDREN.

So surely as you meet an American woman travelling with a child, there is a basket or a bundle in their society well filled with greasy cakes, sugarplums, peppermint drops, apples, &c. The little wayfarer generally makes his appearance with both fists furnished, and a mouthful of such matter, and as soon as this is despatched, begins clamoring for more. Between each supply, the child, of course, becomes more uneasy, the torments of a sick stomach being added to the irksome confinement of a coach or cabn, and by the end of the day screams of distress and ill temper, engendered by nausea, flatulency, and every species of evil naturally resulting from such a day's diet, proclaim the mistake of the half distracted mother, whose line of conduct was dictated by the laudable desire of keeping her child quiet.

I once took the liberty of asking a young woman who was travelling in the same car with me, and stuffing her child incessantly with heavy cakes, which she also attempted to make mine eat, her reasons for this system,—she replied, it was to keep her baby good. I looked at her own sallow cheeks and rickety teeth, and could not forbear suggesting to her how much she was injuring her poor child's health. She stared in astonishment, and pursued the process, no doubt wondering what I meant, and how I could be so cruel as not to allow pound-cake to my child. Indeed, as it may be easily supposed, it becomes a matter of no little difficulty to enforce my own rigid discipline in the midst of the various offers of dainties which tempt my poor girl at every turn ; but I persevere, nevertheless, and am not seldom rewarded by the admiration which her appearance of health and strength excite wherever she goes.

I remember being excessively amused at

the woful condition of an unfortunate gentleman on board of one of the Philadelphia boats, whose sickly looking wife, exhausted with her vain attempts to quiet three sickly looking children, had, in despair, given them into his charge. The miserable man furnished each of them with a lump of cake, and during the temporary lull caused by this diversion, took occasion to make acquaintance with my child, to whom he tendered the same indulgence. Upon my refusing it for her, he exclaimed in astonishment—

"Why, madam, don't you allow the little girl cake?"

"No, sir."

"What does she eat, pray?" as if people lived on cake generally.

"Bread and milk, and bread and meat."

"What! no butter? no tea or coffee?"

"None whatever."

"Ah!" sighed the man, as the chorus of woe arose again from his own progeny, the cake having disappeared down their throats, "I suppose that's why she looks so healthy."

I supposed so too, but did not inquire whether the gentleman extended his inference.—*Frances Butler.*

#### EATING.

We might write a chapter on this theme, and we almost feel it a duty to do so. In no country of the world can any article of human food be found in more abundance and perfection than in our own, and nowhere, among civilized people, is the science of eating less understood than here. We eat too much, and without discrimination. Our eating hours, too, are wrong. The dinner, the great meal of the day, should never be taken by sedentary men, whose business tasks the mind rather than the body, until the labors of the day are done, when one feels at liberty to unbend, and indulge in pleasant social converse. They understand this matter better in Europe, where they have had the experience of centuries to guide them. Old men with us are almost invariably lean and dried up, or burdened with gross fat.—The preservation of a fresh, ruddy complexion, softened down by the intermingling of neutral tints into a mellow, harmonious

coloring, with a bright, clear eye, erect, graceful carriage, thick, flowing hair, powdered it may be with silver, and plumpness that suffices to give a just and becoming roundness to the contour of the figure, are almost unknown among our countrymen past the middle age.

This is partly attributable to our climate, with its sudden alternations of heat and cold, and the arid winds that so quickly absorb the moisture of physical and animated nature; but more to our manner of eating and drinking. Our food is not selected and cooked with sufficient care, and the nervous energies, that, after the principal meal, should be allowed to be expended on digestion, are taxed to sustain the continued, concentrated, vigorous action of the brain in business matters. The results necessarily are, the early breaking down or impairing the functions of the vital organs, premature old age, and a loss of that genial temperament that all should cultivate and aim to preserve, not only for their own happiness, but those around them. A glutton is very properly detested, but the man who is careful and somewhat nice in his food is in some sort a philosopher, for he knows that no inconsiderable degree of his success and usefulness in life, and even his virtues or his vices, depend upon his digestion.

Clergymen, lawyers, writers, all whose pursuits are sedentary and task the brain, should be careful what they eat, if they wish to attain a serene old age, not troubled by physical ailments. With this course, accompanied by suitable relaxation in manly sports, which by some foolish notion are popularly regarded as unbecoming men of professional acquirements and high standing in community, much would be accomplished.—*Boston Investigator.*

*Death of Dr. Combe.*—Dr. Andrew Combe, brother of George Combe, and well known as a popular medical author, died in the neighborhood of Edinburgh, in August last, of consumption, a disease which he had long warded off by the most unremitting care in practising the rules of health which he so ably taught.

## WATER-CURE JOURNAL.

NEW-YORK, NOVEMBER, 1847.

## OBITUARY—DEATH OF ROSWELL GOSS.

Died, at New Hamburg, Dutchess Co., N. Y., on 24th August, 1847, ROSWELL GOSS, who was for years known as the proprietor of the "Graham House," 63 Barclay street. He was a most estimable man, ever ready to help the poor and needy of whatever color or rank. No one possessed a better heart than he, and many will long remember the kindnesses they have received at his hand.

Mr. Goss' disease was very evidently hereditary. A number of his immediate family have died of the consumption. The exciting cause of the coming on of this disease, in his case, appeared to be a severe exposure to cold. Journeying through Wisconsin, in 1846, himself with one or two others found a family of poor emigrants in a forest place, their horse having become fast in the mud. Through aiding the poor man in his predicament, Mr. Goss became very wet and cold, and was under the necessity of remaining so for a long time. In this way a very severe cold was brought upon the lungs, from which he never became free. He was all along conscious that he could not long survive, and seemed calmly and confidently to await the trial of his approaching death. Peace to his ashes, must be the heartfelt though silent emotion of many a friend.

**READING FOR THE POOR.**—We intended to have said, long ere this, but forgot so to do, that to any persons who are poor and at the same time willing to abstain from tea, coffee, tobacco, and drugs of all kinds,—except, perhaps, in acute disease and where a competent water practitioner is

not at hand,—we say, to all such persons, we shall at all times be happy to send reading on the subject of health, free and without charge. Those who are in the above mentioned circumstances can easily get some friend to write us, post-paid, for them.

**PETER G. STUYVESANT**, of New York city, died suddenly at Niagara Falls, while bathing in the "plunging bath," aged 75 years. He has been connected with the American Bible Society as a manager, and for some time a Vice President of the New York Historical Society. In point of wealth, he stood next to Mr. Astor, his property being valued at \$15,000,000.—*Cinc. Paper.*

We are not at all acquainted with the particulars of the above case, but presume that the facts are as related above. The cold plunge bath, it should be remembered, is no trifling thing, especially for persons of 75 years old.—(*Ed. Journal.*)

**FRESH AIR.**—Horace Mann has well said: "People who shudder at a flesh wound and a trickle of blood, will confine their children like convicts, and compel them month after month to breathe large quantities of poison. It would less impair the mental and physical constitutions of our children, gradually to draw an ounce of blood from their veins, during the same length of time, than to send them to breathe, for six hours a day, the lifeless and poisoned air of some school rooms. Let any man, who votes for confining children in small rooms and keeping them on stagnant air, try the experiment of breathing his own breath only four times over; and if medical aid be not at hand, the children will never be endangered by his vote afterwards."—*Mich. School Journal.*

Narrow circumstances are the most powerful stimulants to mental expansion; and the early frowns of fortune the best security for its final smiles.

### SUGGESTED REMEDY FOR TYPHUS FEVER.

At a period like the present, when Typhus Fever is so prevalent, in our large towns especially, the plan of treatment by Hydropathy, described in the following letter to the Leeds Mercury, is worthy of general attention.—*N. Y. Evangelist.*

BEN. RHYDDING, near Otley, 6th July, 1847.

To the Editor of the Leeds Mercury :

GENTLEMEN—I am unable longer to refrain from addressing you in reference to the present mortality occasioned by the fever which is now raging. It is granted by every authority of standing, who has written upon typhus fever, that we know of no drug, and of no medicinal means, by which that disease may be cured; that whether we bleed, and blister, purge, calomelize, or stimulate with brandy, wine, or whiskey, the average number of deaths is very nearly the same in each mode of treatment; that, in a word, there is no known remedy in the pharmacopeia for the cure of typhus fever; that free ventilation, moderate diet, shaving and keeping the head cool, and cooling drinks, with attention, are all that we really can do in cases of fever; that with these means patients will generally recover, provided they be not laboring under a malignant or very serious attack. But if, on the contrary, the cases be serious, all the leeching, drugging, blistering, bleeding, and brandying, would be of no avail. I do not write thus for the purpose of exposing the weakness of the art of medicine, but in order that society generally may be made acquainted with, and the medical profession in particular be led to investigate, a mode of treatment under which the average number of deaths does not exceed four in one hundred—provided it be tried in the earlier stages of the complaint, and all medicines, bleeding, and stimulants avoided. The following is the plan of treatment recommended.

The patient, as soon as possible, ought to be placed in a sheet, well wrung out of cold water. This sheet should be laid on a blanket, extended on the mattress, and next let the patient lay himself, or be laid, at full length upon the sheet, which

must then be wrapped round him so as to come in immediate and close contact with every portion of the body as high as the neck. The blanket must then be folded tightly over, so as to exclude the external air, and then covered by two other blankets, or a small feather bed. The patient must remain in this envelope until the dry hot skin has become softer and more prone to perspiration, and the fever entirely subsided, renewing the envelope every time the patient becomes restless or uncomfortable, even should its repetition be necessary every ten minutes, or should the fever continue unabated for twenty-four hours. Immediately after each envelope, the patient must be well washed in a sipper bath or common tub, the temperature of the water being 75 degrees Fahrenheit or thereabouts. The head should be shaved, and bandages wrung out of cold water, kept applied, changing them each time they become warm, until all head-ache is removed. A similar bandage should likewise be folded once around the stomach, carefully and closely covered by three folds of dry cloth to prevent evaporation, and changed every second hour. The patient should drink as much cold water as he pleases during the whole course of the disease, and a free circulation of air ought to be kept up in the room, and the room kept cool. The fever, by means of this process, is usually overcome in less than twenty-four hours, and the patient is then nearly out of danger. For the next three days, however, the wet sheet envelope, as above described, should be applied morning, noon, and afternoon—the patient remaining in, each time, for three quarters of an hour,—the body to be washed after each with water of the natural temperature. Should the bowels be constipated, let an injection of tepid water be used every morning as long as required. Gentle exercise and moderate diet should be pursued until perfect recovery takes place, and all medicine and artificial stimulants, as wine, &c., avoided.

If the process here described be pursued, my own experience warrants me in saying, that the average number of deaths from the present epidemic will not ex-



ceed four out of one hundred of the worst cases, provided it be resorted to sufficiently early.

Should any person wish to know more explicitly how to proceed, I shall be most happy gratuitously to give all the advice I can as to the treatment of individual cases.

I remain, Gentlemen, yours respectfully,

WM. MACLEOD,

*Fellow of the Royal College of Physicians, Edinburgh, and Physician to the Hydropathic Establishment.*

**REMARKS.**—The above directions for treating typhus or indeed any other form of fever, are very good. We should not, however, in any case shave the head. We never have done so, nor do we consider it necessary. The head can, by continued affusion, be cooled, effectually cooled, without resorting to that revolting expedient.

As to the results of the treatment in bad cases of typhus, we doubt whether they will be found generally so favorable as regards length of time as the above article indicates. Perhaps the writer may have had more experience than we, and is thus better able to judge. But that the water treatment is incomparably the best that can be resorted to, there cannot be a shadow of doubt.—(*Ed. Journal.*)

#### RIPE BREAD.

Bread made of wheat flour, when taken out of the oven is unprepared for the stomach. It should go through a change before it is eaten. Young persons, or persons in the enjoyment of vigorous health, may eat bread immediately after being baked, without any sensible injury from it, but weakly and aged persons cannot; and none can eat such without doing harm to the digestive organs; bread, after being baked, goes through a change similar to the change in newly brewed beer, or newly churned buttermilk, neither being healthy until after the change. During the change in bread it sends off a large portion of carbon or unhealthy gas, and

imbibes a large portion of oxygen or healthy gas. Bread has, according to the computation of physicians, one-fifth more nutriment in it when ripe than when just out of the oven. It not only has more nutriment, but imparts a much greater degree of cheerfulness. He that eats old ripe bread will have a much greater flow of animal spirits than he would were he to eat unripe bread. Bread, as before observed, discharges carbon and imbibes oxygen. One thing in connection with this thought should be particularly noticed by all housewives. It is, to let the bread ripen where it can inhale the oxygen in a pure state. Bread will always taste of the air that surrounds it while ripening; hence it should ripen where the air is pure. It should never ripen in a cellar, nor cupboard, nor in a bed-room. The noxious vapors of a cellar or cupboard never should enter into and form a part of the bread we eat. Bread should be light, well baked, and properly ripened before it should be eaten. Bread that is several days old may be renewed so as to have all the freshness and lightness of new bread, by simply putting it into a common steamer over the fire, and steaming it half or three quarters of an hour. The vessel under the steamer containing the water should not be more than half full, otherwise the water may boil up into the steamer and wet the bread. After the bread is thus steamed, it should be taken out of the steamer, and wrapped loosely in a cloth, to dry and cool, and remain so a short time, when it will be ready to be cut and used. It will then be like cold new bread.—*American Farmer.*

#### WHAT TO DO WITH TOBACCO.

We gave our readers a short article some time since, which was going the rounds of the newspapers, headed "*What to do with rum.*"—The progress of the Temperance reformation had awakened not a little anxiety in some quarters, it appears, lest, in mercantile phrase, ardent spirits *should become a drug*. Happily for the cause of humanity, a way was discovered of putting it to a good use by making it—what it ought ever to have

been held to be—a *drug* to poison, not men, but rats and bears with. We are glad to find that other drug—*tobacco*—can be employed to a purpose equally good. We had indeed known long ago, that tobacco would poison vermin, *if you could get them to eat it*. Cowper, the correctness of whose moral or physical senses we believe were never doubted, even when *out of his senses*, had long since pronounced its character and pointed to a good use for it; and we confess it has ever appeared to us a melancholy proof of the *bad taste of mankind*, that they have paid no more attention to it:

"Pernicious weed! whose scent the fair annoys;  
Unfriendly to society's chief joys:  
Thou art indeed a drug the gard'ner wants,  
To poison vermin that infest his plants;  
But are we so to wit and beauty blind,  
As to despise the glory of our kind,  
And show the finest minds and fairest forms  
As little mercy as the *grubs and worms*!"

But to get them to take it; that is the difficulty. They will fly from it, run from it, or crawl from it, according to their grade in the scale of being; but none of them are so stupid as to swallow it. Well, some one has luckily thought, that if there is no worm that crawls the *earth* so vile as to chew tobacco, perhaps even the voracious ship-worm won't touch it. And so it has proved. The French have discovered that if the essence of tobacco be mixed with the pitch and tar used in caulking and sheathing a ship's bottom, the very worm that can make a feast out of a pine plank, will quit the ship in disgust.—*Mass. (Worcester) Cataract*.

#### WHITE AND BROWN BREAD.

The general belief is, that bread made of the finest flour is the best, and that whiteness is the proof of its quality; but both these opinions are popular errors. The whiteness may be, and generally is, communicated by alum, to the injury of the consumer, and it is known to men of science that the bread of unrefined flour will sustain life, while that made with the refined will not. Keep a man on brown bread and water, and he will live and enjoy good health; give him white bread and water only, and he will sicken and die. The meal, of which the first is made,

contains all the ingredients necessary to the composition of nourishment to the various structures composing our bodies. Some of these ingredients are removed by the miller, in his efforts to please the public; so that fine flour, instead of being better than meal, is the least nourishing, and to make the case worse, it is also the most difficult of digestion. The loss is, therefore, in all respects, a waste, and it seems desirable that the admirers of white bread, but especially the poor, should be acquainted with these truths, and brought to inquire whether they do not purchase at too dear a rate, the privilege of indulging in the use of it. The unwise preference given so universally to white bread, leads to the pernicious practice of mixing alum with the flour, together with all other sorts of adulterations and impositions.—*Golden Rule*.

#### CALOMEL.

One of our reform Medical exchanges gives the following prescriptions from Dr. Eberle, a standard author on Medicine. Not all are aware to what an extent some practitioners use the poison in question.

In Jaundice of Infants, "A fourth of a grain of calomel should be given every two or three hours," &c.

In Dysuria, he recommends "the daily use of calomel and ipecacuana."

In Dentition, "A small portion of calomel should be given every third or fourth evening."

In Diabetes, "Spirits of turpentine, with an occasional mercurial laxative."

In Erysipelas of Infants, "One of the first remedial measures is a grain of calomel." He also recommends, "mercurial ointment, and a weak solution of corrosive sublimate."

In Skin-bound, "Calomel in union with ipecacuana."

In Ulcerations of the Mouth, "Small doses of calomel."

In Colic, "Very small doses of calomel."

In Constipation, "A small dose of calomel in the evening."

In Vomiting, "Minute doses of calomel and ipecacuana."

In Diarrhoea, whether Feculent, Bilious, Mucous, Chylous, Lienteric, or Chronic, in all "calomel," and in some "mercurial ointment."

In Worms, "Small doses of calomel," &c.

In Ophthalmia, "Calomel and ipecacuan.".

In Cholera Infantum, "Purgative doses of calomel."

In Remittent Fever, "Calomel" is given.

In Catarrh Fever, "A full dose of calomel."

In Congestive Catarrhal, "A full dose of calomel."

In Acute Bronchitis, "Small doses of Dover's powders, in union with calomel."

In Pleuritis, "An efficient dose of calomel and rhubarb."

In Quinsy, "Five or six grains of calomel."

In Croup, "Calomel in union with tartar emetic."

In Dropsy in the brain, "An efficient mercurial cathartic."

In Peritonitis, "Small doses of calomel and ipecacuan.".

In Measles, "Opium and calomel."

In Scarlet Fever, "A brisk mercurial purge," "Calomel, 5, 10, 15 grains," and as a gargle, "Calomel 20 grains, lime water 8 ounces."

In Whooping Cough, "Calomel minute quantities."

In Convulsions, "Calomel in combination with jalap."

In Infantile Epilepsy, "Small doses of calomel."

In Carpopedal Spasms, "Calomel and jalap."

In Chronic Eruptive Affections, "Calomel and calomel ointment."

Remember that *Labor* is necessary to excellence. This is an eternal truth, although vanity cannot be brought to believe it or indolence to heed it.—*John Randolph*.

It is said that at a recent meeting in Cork, Father Mathew declared that "no single individual teetotaler had become a victim to either the famine or pestilence."

CASE OF MR. AMZA SMITH, OF CONN. Southbury, Conn., Sept. 29, 1847.

Dear Sir,—I have sold all the cold water books I obtained from you last spring, and herein enclose the amount for the same. I have made some converts to the cold water faith this summer, but I find it hard work. I could sell more books, however, if I had them. I am in good health, and gaining all the time, on brown bread and potatoes. I bless the Lord for the *cold water system*.

Yours respectfully,

AMZA SMITH.

Those who will, may refer to the truly remarkable case, (a complete cure of a most formidable complication of ailments,) of Mr. Smith, recorded in the *Water-Cure Journal*, page 187, May 18th, 1846; also see the *Water-Cure Manual*, page 164.

BLACKSTONE, Mass., Sept. 22, 1847.

Dr. Shew,—Sir: Since I saw you in New York, about the 20th of last month. I have been giving your recommendations in regard to my health, a pretty fair trial. I have used scarcely a mouthful of flesh-meat or butter since I saw you, and I am now on the total abstinence plan in regard to animal food. I drink nothing but pure soft water, my food is potatoes and some other vegetables, brown bread (corn and rye,) and corn cakes, and wheat bread, (coarse). I eat with my bread apple and other sauces, and all kinds of fruit in a raw state; generally at meal times I use a very little salt and vinegar on my potato, to make it a little more palatable, as it is very hard for me to eat dry potato since I have always eaten freely meat gravies. I give myself a good washing every morning, as soon as I rise, and then take active exercise in the open air. I am also out most of the time in all weathers. It being very inconvenient for me, I have taken the sitting bath but little. I think I am better than I was when I saw you; my meals agree quite well except some heart-burn or acidity in the stomach. I have had a little pain and heat in the fore part of head. Bowels are regular without injections.

Is poultry of various kinds good or bad?

Honey, fresh fish, cheese, the various kinds of nuts that grow here, preserves, &c. ?

I have used the wet girdle all the time. I have not so much of those bad feelings that I had, and I think some of the coat on my tongue has gone.

Very respectfully,

JARED BENSON, JR.

Joel Shew, M. D.

P. S.—About two weeks ago, my bowels and sides, under the girdle, broke out in large red pimples or blotches, with some itching, which has now nearly gone.

*Answer.*—You have not need of so many kinds of food. Take no salt or vinegar at all. A *natural* appetite will give you relish for the plainest food without the stimulants. You no doubt eat too much. Take very little or no sweet, and the heart-burn and acidity of the stomach will gradually pass off. The hip baths you had better take, although you will get along very well without them. Poultry of all kinds and fish are too stimulating for you. Pot, or Dutch cheese will do very well. The less other cheese the better. Preserves, remember, are very rich and apt to clog the stomach, causing heart-burn, acidity, head-ache, &c. Eat half as many things and less in quantity for a month, and you will feel much the better. You will be astonished at how small a quantity of food is sufficient to keep up strength. Don't mistake a morbid craving for the real wants of the system.

The pimples and blotches were good symptoms. If more appear, or boils, or crisis diarrhoea, continue on the treatment, only modify a little, making it milder for a few days. Go on then again vigorously. — *Ed. Jour.*

A female died in Rochdale, on Saturday week, from taking Morrison's pills. On the day she died she swallowed two boxes of them, each containing 132 pills. — *A. S. Standard, N. Y.*

MOORESVILLE, Ia.

Tenth month 8th, 1847.

*Friend Shew:*—Without ceremony I proceed to address a few lines to thee. I fell in the other day with two of my friends from Iowa. They both had an inflammation of the eyes, I at once recommended them to bathe them frequently in a pan of cold water, by immersing the whole face in the water, and at the same time opening the eyes. This they commenced, and in a few hours they were much relieved. I told them that they ought to obtain some of thy works, which they concluded to do. Address William A. Woodward, Richland, Keokuk Co., Iowa. Please send a few sample numbers of the Journal also. I am doing what I can for the cause. All my papers are out but one, and there is a man now reading it from Iowa. I have commenced getting a club of ten subscribers, but I find much prejudice existing against the system. The doctors tell the people it may be good for some things, but there is danger lurking in it. This from thy friend and well-wisher,

EZRA HINSHAW.

P. S.—I send \$— inclosed to pay for books. I have just heard there is a new water establishment erecting in Hamilton Co., Indiana, forty miles from this place.

PHILADELPHIA, Sept. 27th, 1847.

*Dr. Joel Shew,*—Dear Sir: Having had your book the "Water-Cure Manual," and followed the directions there taught, with some benefit, I wish to procure two more copies of the same; also your "Water-Cure for Women," and your book on "Tobacco, Tea, &c., &c."

You will also confer a great favour by giving special advice in my case. I have been troubled with indigestion a number of years; and have been practising about two months, the Water-Cure, without the aid or advice of any one, excepting your book. My difficulties are a sick stomach, with distressing piles. The latter complaint is something better, but the stomach is so very weak and irritable, that all kinds of food seem to disagree, and vomiting takes place almost every day, sometimes several times in the course of a few hours. My treatment

has been: half bath in the morning, sitz bath, noon and evening, injections night and morning, and the wet bandage at night; the wet sheet has been used about once a week; water drinking has been practised freely in the morning.

Yours very respectfully,

JOEL BATES, Machinist,

No. 13 Drinker's alley, Philadelphia.

*Remarks.*—This patient will have to persevere a long time. In this case, as many others, more dependence is to be placed on diet than any thing else. Less and less food should be taken until he arrives at the quantity which will remain on the stomach without causing vomiting. Meat, butter, and the like, are very improper articles for such a case. The cracked wheat, with a small portion of milk, will be found one of the best forms of food. Possibly brown bread toasted and well masticated will be the best. There have been some wonderful cures in cases of this kind, by the patients restricting themselves for months to bread and water alone, taking such quantity three times per day as the stomach can bear. This is, to say the least, perfectly safe. But generally, we allow a little milk and the use of fruits with the bread.

#### TIGHT LACING AND RED NOSES.

Like all other sensible medical men, Mr. South (author of *Household Surgery*) is the sworn foe of tight lacing, and he demonstrates the baneful results of that horrible engine of torture, called stays. He says that mothers "sometimes delude themselves with the notion that they must encase their girls in steel and whalebone for the purpose of giving them support, whilst in reality, they are destroying their children's health and constitutional powers, by jamming up the great organs of respiration and circulation into a very much smaller space than is necessary for the due performance of their functions, and thereby disposing the lungs to that fatal disorder, consumption, which, though

commonly attributed to the variability of our climate, may, I believe, not less frequently be traced to this abominable custom of staywearing, and its attendant, tight lacing; for, being early impressed with the notion that the elegance of their figure depends on the tightness of their stays, most girls greedily imbibe this pernicious habit, and screw their waists so tight that they suffer constant distress for the sake of fashion." The infatuated votaries of fashion, misled by a standard of beauty altogether false and absurd, are too often deaf to appeals such as these, even when addressed to the instinct of preserving life. But there is one little fact omitted by Mr. South, which, if universally known, might probably have more weight. It is this:—If a foolish girl, by dint of busks and bones, and squeezing and bracing, secure the conventional beauty of a wasp-waist, she is tolerably certain to gain an addition she by means bargained for, namely, a *red nose*, which, in numberless instances, is produced by no other cause than the unnatural girth obstructing circulation, and causing stagnation of the blood, in that prominent feature. Often, in assemblages of the fair, we have seen noses, faultless in form, but tinged with an abhorred hue to which washes and cosmetics had been applied, in wild despair; but, alas! in vain. If the lovely owners could have known the cause, how speedily the effect would have vanished; for, surely, the most perverse admirer of a distorted spine and compressed lungs would deem the acquirement of a dramdrinker's nose too heavy a condition to comply with.—*Boston Investigator*.

#### RELIGIOUS MONOMANIA.

The religious sentiment is one of the highest and strongest endowments of the human mind. Mankind in all ages of the world, and in all states of moral and intellectual acquisition, have been governed more by the feeling of veneration for things or opinions regarded as sacred, because addressing themselves to the religious sentiment, than by any other, perhaps all other causes. The religious tendency of human beings, directed by enlightened

intellect, and sanctified by pure affections, is evidently intended by the Great First Cause to assimilate the creature with the Creator. But even this, like all the mental qualities of imperfect and finite man, may be abused, misdirected, over-excited, or perverted. We may mistake a creed for the true religion, we may imbibе an opinion and conceive it to be the only salvation; we may, even under a preternatural excitation of the religious organism of our own minds, indulge the grossest hallucinations, opposed to scripture and revolting to reason, yet verily believe, or rather feel, that all the interests of time and eternity depend on the rapid propagation of our own peculiar notions. We should be charitable to all religious creeds, however absurd they seem to us. They all indicate a right principle, erring only in the knowledge and arrangements of facts. All the religious manias and fanaticisms that have ever existed, have originated from the misconception of some non-essential facts or details which had very little or nothing to do with the system of Christian faith professed, in any of its practical relations or final results.

Religious monomania is not peculiar to any sect or creed; even infidels who profess—self-deceived as they are—to have no creed, furnish their full quota of examples. Within a few years the Millerites, or Second Adventists, have furnished quite a number of examples of monomania in relation to the end of the world, and some cases of general and absolute insanity. The psychological scholar will not wonder at this. The theme itself is too exciting for deliberate reason. Hence an all-wise Being has not revealed to man “the day or the hour thereof.” But inquisitive mortals are not content to wait the revealings of Deity according to his own appointed time. Certain intimations of scripture seem to indicate to a few that this earth will come to an end in some terrible, awful, destructive and appalling catastrophe. The time, as they calculate data, is near, very, in fact “now is,” yea, verily, *it is past!* Without suspecting any error in the whole theory, the only mistake supposed pos-

sible is in regard to time, and even here the error can only be *brief*. No wonder such “confusion confounded” turns the brain. A city paper of Monday has the following tragic news item:

“Another inquest was also held on Saturday, at 84 Bedford-street, on the body of Robert R. Dodge, a printer, aged 21, and a native of New York, who died of exhaustion, produced by a wound on his throat, inflicted by himself, while in a deranged state of mind, produced, as it is supposed, by attending the Millerite meetings, as he was constantly talking about the world being about to come to an end, and advising his fellow workmen to quit work, as it was no use, as the world would soon be destroyed.”

Is it not better to teach men to be prepared for life or death, in God's own way and time, than to over-excite the religious sentiment, and engender a morbid imagination, by holding up a theory, the evidence of which is so obscure that not one in a thousand of our best biblical scholars and devout Christian teachers can find it, either in the bible or the laws of nature?—*N. Y. Organ*.

#### TARTAR ON THE TEETH.

Millions of human teeth are annually lost in this country from the effects of a cause the removal of which is as simple and certain as that of extinguishing the blaze of a common lamp. This remedy is with the individual, and not with the dentist. The people of this country will never have good teeth generally, until they learn to rely upon themselves for the means of *preventing* decay, rather than on the aid of dental operations to repair the mischief after it has occurred. With young persons especially, this suggestion should never be lost sight of. As an almost universal rule, by far the most important, and in a vast proportion of cases the only course, necessary to insure good teeth, is *keeping them cleansed by proper means*. In this sentiment every scientific and experienced practitioner will fully concur. It will be replied, “Some have good teeth who never use the brush.”—True, but an infinitely greater number would have good teeth and retain them to

a late period of life, should they do so, who otherwise prematurely lose them.

The difference is merely this: with some individuals little or no *tartar* is deposited on their teeth, while with others it accumulates in much greater quantities. Whenever the latter is the case, *it must be removed*, or the destruction of more or less, and sometimes all of, the teeth is absolutely certain. The true course is to *prevent* its accumulation altogether, as it never remains on the teeth any length of time without more or less injury. Aside from certain other causes of dental decay, in no degree more inevitable in their character, and of very limited extent, and mostly either capable of avoidance, or under the control of seasonable and judicious treatment, a proper attention to the above suggestions would be almost certain to insure sound teeth, which would be retained to an advanced age, and serve, especially in relation to the general health, the important purposes designed by Nature.—*Boston Investigator*.

#### WHO SUFFER MOST FROM TOBACCO.

"Great men and green worms will use their tobacco,  
But ne'er will a pig or his wife, ah! alack! O!"

If we speak with reference to the general employments of mankind, it is probably true that sedentary persons, especially literary men, are the greatest sufferers from the use of tobacco; and of this large class of persons, those individuals are most largely injured who are predisposed to glandular swellings, polypus, cancer, scrofula, or consumption.

I will not indeed insist, as some have done, that the pipe or segar not only develop cancer in the mouth, but that the part in which the cancer is developed is the very part on which the pipe or segar has been accustomed to rest. It may be so, for aught I know; but I dare not affirm it. But the connection between the use of tobacco and the appearance and fatal termination of cancers, as well as numerous other severe or fatal diseases, is too obvious to be denied, or for one moment doubted.

On this point, I beg to be distinctly understood. No person can use tobacco, in

the least degree, without injury. And yet it is certainly true that some are injured by it more immediately, as well as more in the aggregate, than others; just as it is in the case of any other abuse of the human constitution.

Farmers suffer less from tobacco, most evidently, than men of any other occupation. There is nothing that works off disease, or rather the tendencies to disease, like a free daily use, in the open air, of the muscles with which the human frame is furnished. These, in truth, may be regarded as the safety valve of the system; and happy is he who makes them subserve this, their legitimate purpose.

If we speak with reference to age, old persons suffer least, and children most, from the use of tobacco; and of the young, they suffer most who are constitutionally *nervous*. Yet these, as a general fact, in youth and in more advanced age, are the very persons who are most liable to become enslaved.

In Germany and some other countries of Europe, while intemperance in the use of ardent spirits is not so common as it is among us, tobacco, in some form or other, is used from the veriest childhood. Now it can scarcely be possible, that a poison so intense can be used by children without great injury to their vital powers. And hence it is, as we have seen in another place, that one half the deaths of men in that country, between eighteen and thirty-five years of age, are attributed by their physicians to smoking.

But the use of the cigar is becoming almost as common with the young in our own country, as the use of the pipe is with the same class in Germany. And the consequences are likely to be the same. For if we are not already a *spectacled nation*, we are in great danger of becoming so. The use of spectacles, by the young, especially for near-sightedness, is already exceedingly common.—*Dr. Wm. A. Alcott*.

It is said that Pittacus, one of the seven wise men of Greece, made a law, that every man who committed a fault in a state of intoxication, should receive a double punishment.

## HOME.

There is something in the word home that wakes the kindest feelings of the heart. It is not merely friends and kindred that render the place so dear, but the very hills, and rocks and rivulets throw a charm around the place of one's nativity. It is no wonder that the loftiest harps have been tuned to sing of "sweet home." The rose that bloomed in the garden where one has wandered in early years, careless in innocence, is lovely in its bloom, and lovelier in its decay. No songs are sweet like those we have heard among the boughs that shade a parent's dwelling, when the morning or the evening hour found us gay as the birds that warbled over us. No waters are bright like the clear silver stream that winds among the flower-decked knolls, where, in childhood, we have often strayed to pluck the violet, or the lily, or twine a garland for some loved school-mate. We may wander away and mingle in the "world's fierce strife," and form new associations and friendships, and fancy that we have almost forgotten the land of our birth; but at some evening hour, as we listen perchance to the autumn winds, the remembrance of other days comes over the soul, and fancy bears us back to childhood's scene, and we roam again amid the familiar haunts, and press the hands of companions long since cold in the grave—and listen to voices we shall hear on earth no more. It is then a feeling of melancholy steals over us, which, like Ossian's music, is pleasant, though mournful, to the soul.

The Swiss general, who leads his soldiers into a foreign land, must not suffer the sweet airs of Switzerland to be sung within the hearing of his soldiers, for at the thrilling sound they would leave the camp, and fly away to their own native hills. The African, torn from his willow-braided hut, and borne away to the land of charters and of chains, weeps as he thinks of home, and sighs and pines for the cocoa land beyond the waters of the sea. Years may have passed over him, and strifes and toils may have crushed his spirits—all his kindred may have found graves upon the corals of the ocean; yet were he free,

how soon would he seek the shores and skies of his boyhood dreams! The New England mariner—amid the icebergs of northern seas, or breathing the spicy gales of the evergreen isles, or coasting along the shores of the Pacific, though the hands of time may have blanched his raven locks, and care have ploughed deep furrows on his brow, and his heart have been chilled by the storms of the ocean, till the fountains of his love had almost ceased to gush with the heavenly current—yet, upon some summer's evening, as he looks upon the sun sinking behind the western wave, he will think of home, and his heart will yearn for the loved days, and his tears flow like the summer rain. How does the heart of the wanderer, after long years of absence, beat, and his eyes fill, as he catches a glance of the hills of his nativity; and when he has pressed the lips of a mother or a father, how soon does he hasten to see if the garden, and the orchard, or the stream, look as in days gone by? We may find climes as beautiful, and skies as bright, and friends as devoted: but they will not usurp the place of Home.

There is one spot where none will sigh for home. The flowers that bloom there will never fade; the crystal waters that wind along those verdant vales will never cease to send up their heavenly music; the clusters hanging from trees overshadowing its banks will be immortal clusters: and the friends that meet will meet forever.—*Puritan.*

**SOCIETY AT SARATOGA.—A Family Sketch.**—Here is a family healthful as the morning—what are they come for? To drink the water of course. Molly was getting dull, so she must come and drink—Sal was getting dropsical, so she must come and drink—Bet was getting thin, so she must come and drink—Fan was getting wild, she cannot be trusted at home—and all are getting marriageable, so they make up a party for Saratoga. Papa may be here or at home, it matters nothing—mamma is manager, and you may hear her instructions about attitudes and colors, and walk, out of the second story windows.—*Exchange Paper.*



## THE MOTHER OF OLIVER CROMWELL.

This lady, who is said to have been an undoubted descendant of the royal family of the Stuarts, possessed a higher distinction in her own virtues. Mr. Forster, in his *Statesmen of the Commonwealth of England*, pays this beautiful tribute to her worth :

"An interesting person, indeed, was this mother of Oliver Cromwell—a woman with the glorious faculty of self-help when other assistance failed her : ready for the demands of fortune in its extremest adverse time—of spirit and energy equal to her mildness and patience ; who, with the labor of her own hands, gave dowries to five daughters, sufficient to marry them into families as honorable, but more wealthy than their own ; whose single pride was honesty, and whose passion love ; who preserved in the gorgeous palace at Whitehall the simple tastes that distinguished her in the old brewery at Huntingdon ; whose only care, amid all her splendors, was for the safety of her beloved son in his dangerous eminence ; finally, whose closing wish, when that anxious care had outworn her strength,—accorded with her whole modest and tender history, for it implored a simple burial in some country churchyard, rather than the ill-suited trappings of state and ceremony wherewith she feared, and with reason feared, that his Highness, the Lord Protector of England, would have her carried to some royal tomb ! There is a portrait of her at Hinchinbrook, which, if that were possible, would increase the interest she inspires, and the respect she claims. The mouth, so small and sweet, yet full and firm as the mouth of a hero ; the large, melancholy eyes ; the light, pretty hair ; the expression of quiet affectionateness suffused over the face, which is so modestly enveloped in a white satin hood ; the simple beauty of the velvet cardinal she wears, and the richness of the small jewel that clasps it, seem to present before the gazer her living and breathing character."

A sick man being urged to send for a doctor, replied that he wished to die a *natural death*,

## IS IT RIGHT.

"I hate that man."

"Why do you hate him ? Did he ever injure you, in character or in person ?"

"No—but I don't fancy him ?"

"Do you know him ?"

"No—neither do I want to."

That is just the way of the world. A stranger passes by and we form an opinion of him ; if favorable, when an opportunity presents we speak to him, draw him into conversation, and finally become his friend. If unfavorable, we avoid him. If he asks us a question, we answer by a quick monosyllable, and have no desire to seek his acquaintance. Is this right, just or honest ? There are scores of men we dislike, because we are not acquainted with their character, and by the dislike we have taken to them seek no opportunity of an acquaintance. Such a course is ungentlemanly, unchristian, and savage. It is not the looks or the general appearance of the person that makes the heart good or bad. The plainest man we know of possesses the best heart we ever became acquainted with. The homeliest woman of our acquaintance is the most affectionate, kind, and amiable of her sex. At first sight, you would turn away from these excellent persons, not dreaming that the outward appearance is not an index of the heart. In future, we trust, you will be governed more by truth and justice, and not condemn and hate one you do not know, and against whose character a word of reproach was never lisped. The heart, and this alone, study—and when it is in the right place, do not for the world make a remark, or manifest a spirit that will pain it to its centre.—*Portland Tribune*.

CONJUGAL TENDERNESS.—The Baltimore Clipper records a touching instance of connubial attachment of which the editor was a witness, as follows : "We saw a Dutch woman yesterday morning, who had a barrel of flour strapped on her back, which her husband had purchased, and which she was conveying to its destination, whilst her affectionate lord walked very quietly in front smoking his pipe."

### THE MESMERIZER AND THE EXPRESS MAN.

A few years ago, before the railroad companies between Albany and Buffalo had provided the long and comfortable cars now used by the Mail Agents and Livingston and Wells' Express, the messenger of the latter rode in the passenger car "just like anybody," and of course encountered all sorts of characters. One of the firm, whose love of waggery is well known, happened to be going to Buffalo, and was seated quietly in the car, when his attention was directed to the conversation of two individuals opposite. One of these two was, it appeared, a travelling mesmerizer—a regular "professor" of the "science." He was dilating upon its rapid development—the wonderful phenomena it exhibited—its astonishing curative power for disease—the extraordinary discoveries developed through its agency. Finally he got upon his own superiority as a "professor,"—a congenial theme—and here he was at home. After narrating a variety of experiments—some of them astounding of course—he spoke of the following with a *gusto* that was irresistible. Said he: "Last week I was going through the streets of this very city, (Rochester,) and saw a man just ahead to whom I was anxious to speak. He walked too fast for me to overtake him without running, so I just straightened out my right arm, concentrated my will, made a *pass* at him—*thus*—and he stopped quicker than lightning."

"Wh-wh-wh-why mister, y-you don't call that m-m-m-uch of a tri-i-ick, do you?"

"Yes sir, I rather flatter myself, sir, that it was a pretty strong demonstration."

"W-w-w-well, it don't be-g-in with wh-wh-wh-wh-what I once did."

"Then you are familiar with the science, sir, I presume?"

"S-s-s-some."

"Might I inquire what was the case you spoke of?"

"Oh c-c-c-certainly. Y-y-you see I h-h-ha-'pened to be up here in Batavia once, in the winter. G-g-going down to the c-'ars I saw a m-a-'an on t-t-t-top of a building, sh-'ovelling off snow: pr-'etty

soon his f-f-foot slipped and d-d-down he came: wh-wh-wh-when he had got about h-h-'alf way down, I just m-made a p-p-pass at him and it st-'opped him quicker than powder. I c-c-c-c-'ame off with-out thinking a-a-'ny thing more a-bout it. If you are go-o-ing to Batavia I wish y-you would just let him down, for I pr-'e-'sume he is h-h-h-'anging there yet!"

### VAPOR BATHS IN RUSSIA.

"The vapor bath is a *sine qua non* of a Russian boor's existence. The soldiers and sailors use it twice, and the peasants at least once a week. Baths abound in the capital; and in every village where there are twenty houses, there is one devoted to a bath. People of all ages use them; and the heat, generated in various ways, throws the person into a profound perspiration. Sometimes dry heat is employed, and the individual stands in the bath as in an oven. Vapor is produced by dashing cold water on hot stones. The bather generally lies upon a plank in the hottest part of the bath, and is flagellated with soft rods, or he is scraped down with a kind of hoop, or rubbed with shavings or hair brushes. Whichever of these processes he may undergo, and he has his choice, also his grooms, the effect produced is a profuse perspiration from every pore. When this has continued a certain time, water is dashed all over him, then water a little cooler, and finally water of a very low temperature. This is succeeded by dry rubbing, which produces a genial glow, and as the operation is generally performed in the evening, he retires from the bathing to the bed or couch."

**DREADFUL ACCIDENT.**—On Tuesday, says the N. O. Courier of the 4th inst., Dr. Daret having-being sent for by Mrs. Adnet, who was laboring under a slight fit of fever, left a proscription, in which, through an inexplicable want of attention, the word *Morphine* was written down instead of *Quinine*.—Two hours after swallowing the fatal draught, the unfortunate victim breathed her last. She was 22 years old, and the mother of one child.—*Exchange Paper.*

## MAKING ONE'S-SELF USEFUL.

An intelligent correspondent writes us as follows :

"I must tell you of a little Hydropathic practice I had in Buffalo: I met an old friend and school-mate there who was down with a violent cold, which had settled all over him pretty much. Well, I proposed to try the water treatment, not expecting that he would assent, but he did, whereupon I put him in 'pack' and had him in a fine perspiration in ten or fifteen minutes; and after he had remained enveloped about an hour, I took him out, washed and rubbed him off, and the next morning he was as bright as a dollar. Said he had'nt felt so well in two months. So you see I am 'making myself useful' out West here."

## OPEN THE WINDOWS, WIDE.

Open them; and the doors; let in the pure, fresh air. God gives it in mercy; let us have it, inhale it. Some rooms are *steamed*! Breathe? Much as ever. No wonder so many people die, and nobody knows *how* they die. No mystery about it; they are smothered to death, suffocated, choked-up fairly; can't breathe; then they are dead, stone dead; no mistake. Some churches are kept in this same steaming condition, very little better than the hold of a slave! The Sexton ought to know all about this, and every man of common sense, and keep his eyes open.—*Golden Rule, Covington, Ky.*

## THE BATH TUB.

Don't forget, wash yourselves, keep yourselves clean, this hot, perspiring weather. Keep clean inside and out, heart and life. Keep clean. Some folks don't wash themselves once in a week! Scandalous! No wonder they are a living death; dead while they live. Not a day should pass, not a single day, without a thorough washing, scouring and scrubbing. Every family should be furnished with a bathing establishment. Keep yourselves clean; make conscience of it. Life, health, and purity demand it.—*Golden Rule, Covington, Ky.*

## TWENTY-EIGHT MILES OF PORES.—

Douglas Jerrold considers no education complete, without a certain acquaintance with medical science. All, no doubt, know that the skin is the perspiratory organ, but few probably are aware of the magnitude of the part, which, in virtue of its function, it performs in the animal economy. With reference, therefore, to this point, he cites the following statement of Surgeon Wilson, F. R. S., the celebrated English anatomist:

"To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, I think that 2800 might be taken as a fair average of the number of pores in the square inch, and 700, consequently, of the number of inches in length. *Now, the number of square inches of surface in a man of ordinary height and bulk is 25,000; the number of pores, therefore, 7,000,000, and the number of inches of perspiratory tube, 1,750,000—that is, 145,833 feet, or 48,600 yards, or nearly twenty-eight miles.*"—*N. Y. paper.*

*A hard case of Drugging.*—A gentleman consulted us a few days since in reference to his health, who declared, that for *fifteen continuous years of his life he had taken medicine, each and every year, more than three hundred of the days thereof.* Surely no wonder that he was sick, and well might he affirm that had he kept on as he was going, drugs would have killed him. Nor is it strange that on throwing all physic to the dogs, and commencing a course of rigidly plain diet and correct general habits throughout, he should year by year grow better.

## CURIOUS RESULTS OF VENTILATION.

—In a weaving-mill, near Manchester, (England,) where the ventilation was bad, the proprietor caused a fan to be mounted. —The consequences soon became apparent in a curious manner. The operatives, little remarkable for olfactory refinement, instead of thanking their employer for his attention to their comfort and health, made a formal complaint to him that the ventilator had increased their appetites, and therefore entitled them to a

corresponding increase of wages! By stopping the fan a part of the day, the ventilation and voracity of the establishment were brought to a medium standard, and complaints ceased. The operatives' wages would but just support them, but any additional demands by their stomachs could only be answered by drafts upon their banks, which were by no means in a condition to answer them.—*Boston Investigator*.

#### THE GREATEST OF ALL PHYSICIANS.—

Nature is the great physician. In all cases of disease, whether acute or chronic, if a cure takes place at all, *nature performs the work*. All that any remedial means, whether of a dietetic, hygienic, or medicinal kind, can effect, is, *to aid the operations of nature*. But as things are, men making it a business of getting gain by attending the sick, the drugs administered get the credit; whereas, in a multitude of cases, the means have only done mischief, and nature in spite thereof has performed the cure.

**THE WATER CURE IN AMERICA.**—A collection of the most important and instructive cases of disease treated by water in the United States, furnished by the Principal Practitioners of Hydropathy, and others: with Descriptions of the leading Establishments, Publications, &c. Edited by a Water Patient. 12mo. Price 50 cts. in paper, (mailable); 75 cts. in cloth.

This important work is to be published by Wiley & Putnam about the 20th inst., and will be invaluable to every Physician and philanthropist, as well as to individuals and families, being written in plain and popular style, and made easy of reference to any disease, or class of diseases, by a clear and copious index. The principal contributors to the work, thus far, are Drs. Shieferdecker, Shew, Bedortha, Wesselhœft, and Underhill, but there are many strong cases and testimonials from other physicians, from clergymen, patients, and philanthropists throughout our country, many of which will be new and in-

teresting. The work is edited by a gentleman, who, owing his own health and that of several friends to Hydropathy, has turned aside from his own avocations, at some inconvenience and loss, to make known in this volume (which he has stipulated shall be sold at a very low price) something more of the new system.

Certainly no work (on this subject) has yet originated in this country which can be compared to this, and we advise our friends to procure it at once, and to assist in making it known.

#### WATER-CURE MANUAL.

We have been kindly furnished by Dr. Shew with a copy of the above work, containing "descriptions of the various modes of bathing, the Hygienic and curative effects of air, exercise, clothing, occupation, diet, water drinking, &c., together with descriptions of diseases, and the Hydropathic means to be employed therein."

The estimation of this work may be judged from the fact of the sale of 4,000 copies in a short time. From a hasty glance at the book, we suppose it contains a brief description of most diseases and their treatment, and must prove to all who value simple and cheap remedies, a very acceptable work. We are glad to see that the virtues of water-cure are beginning to be appreciated by that class of men who have been wont to forbid the luxury of a cool draught to the parched invalid. Send and buy this work. It costs only 50 cents and is mailable; and to be had of Dr. Joel Shew, N. Y. It will save you much pain and many a doctor's bill. We also received at the same time, a number of the *Water-Cure Journal*, published by Dr. Shew, which we shall take pleasure in exhibiting to our friends. This latter work is published monthly, 32 pages, at \$1 per annum.—*Life Boat, Mount Pleasant, Ohio*.

It is said of a certain physician, that when he visited his rich patients, he always went into the kitchen and shook hands with the cooks. "Your skill and palatable art of poisoning," said he, "enables us medical men to ride in our carriages."