

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

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THE WATER-CURE.

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Forbes, M. D., F. R. S., F. G. S.)

Concluded.

But the power of the water-cure over excretions is not limited to the skin. It professes to be both a purgative and a diuretic. That it is diuretic, in a certain sense, needs no proof. It is no new discovery that, in proportion to the quantity of fluid imbibed by the mouth will be the quantity emitted by the kidneys. This, though verbally, is not medically a diuretic action. It may consist simply in the mechanical discharge of the fluid imbibed, with no augmentation of the proper functions of the kidneys, as respects the previous condition of the blood-vessels. But it is not perhaps unphilosophical to give hydropathists the benefit of supposing that water-drinking may do indirectly what it does not appear to do directly: by its diluting power may it not destroy the influence of any mischievous constituent of the blood, the excess of dilution being immediately repaired by the removal of the water through the kidneys, in company with the deleterious matter dissolved in it? This view might be admitted if it could be shown practically, that drinking water has the same effect on disease as taking diuretics.

The purgative action of hydropathy is

ises equivocal. It frequently happens, in cases of constipation, that after a few days' or weeks' use of its appliances, the patient is attacked with diarrhea. This is sometimes troublesome, but we believe seldom dangerous. On its subsiding, the bowels are said to have generally acquired a regular and healthy action, which is thenceforward maintained by persevering in the drinking, bathing, &c. In other cases, a regular action of the bowels comes on in a gradual manner, without the occurrence of diarrhea, the treatment appearing to influence the bowels through its action on the system at large. In others, and every one has seen examples of this, the mere drinking of a few glasses of water before breakfast is represented as a purgative that may be relied on. In these the daily dose is regulated according to circumstances, being increased when signs of torpidity are observed. We are ourselves acquainted with some persons who regulate this function as accurately by water-drinking, as they formerly did by medicinal aperients. There are cases, again, in which the sitz-bath, or other external applications of cold water, produce a purgative effect.

It may be asked, is not this effect too uniform for the purpose of the practical physician? Does it not often result from the mere percolation of water through the mucous lining of the intestinal canal?

it not, therefore, a mere pouring out of what has been swallowed? Is it not clearly inadequate to excite the particular action of the liver, the pancreas, the lower or upper portion of the intestinal tube? Is it not necessary that we should be able to act on these parts separately, for the effectual cure of disease? These questions, important as they appear, may with equal justice be asked as to the practical proceedings of our profession in general. It is true that, in theory, many nice distinctions are laid down respecting the peculiar operation, as to locality or otherwise, of different cathartics. But are these distinctions generally observed in practice? Did not Abernethy's page 72 contain the curative maxim for all cases? and were not his prescriptions almost always identical? Has not every respectable family doctor his "my pills," carefully prepared from the same ingredients for every difficulty in the bowels? Is not the black draught as universal a purgative as Preissnitz would make cold water? Are not all our monied dyspeptics and hypochondriac nabobs sent in a body to mineral springs, because they are purgative, without any preliminary investigation as to their action on the duodenum or the colon, the liver or the pancreas, or as to the expediency of such action in the individual case in question?

11. We observe, also, in the history of hydropathic practice, the development of a peculiar sedative or tranquillizing influence. It is well illustrated in the following passage from Mr. Mayo's preface:—

"Through repeated attacks of a sort of rheumatism, my constitution appeared completely broken down. Already crippled in my limbs, *preserving what power of exertion I still retained only through the use of opium*, and my indisposition still increasing, I looked forward to being, before long worn out with suffering—as to death, as a release. I could not bear the fatigue of a land journey, or I should have gone at once to Graefenberg; but Coblenz and Boppard might be reached from London by water—so I went to Marienburg in June, 1842. On arriving there I was placed on a routine system of sweating and bathing. The immediate effect on my health was strikingly beneficial, *and in a week I was able to relinquish the use of opium*. The rheumatism did not, however, give way proportionably

to my general improvement. The pains of the joints were, indeed, heightened." (p. 1.)

This was a painfully severe case, one in which every conceivable remedy had been previously tried, not excepting repeated change of air, the Bath-waters, &c.; yet nothing had succeeded in relieving the system from the necessity of constantly using opium. A "routine system of sweating and bathing" was applied, and in a week the patient was able to relinquish his doses of opium, notwithstanding that the rheumatism did not give way; indeed, the pains in the joints increased. How is this to be explained? Only by supposing that, independent of any curative influence over the actual disease, the water-cure exercised some sort of sedative action on the system at large. Similar instances are said to be familiar at hydropathic establishments. If these accounts may be depended on, hydropathy would appear to contain, in its armamentarium, even an anodyne, and one of great power. Every practitioner knows the difficulty presented in the treatment of chronic cases, by morbid irritability, and painful nervous sensations, which are not only intolerable to the patient himself, but most prejudicial to his recovery; and which can only be relieved, from time to time, by repeated and gradually augmented doses of a drug, whose own effects are almost as pernicious as the symptoms it is used to palliate. This is one instance of a predicament in which the physician is not infrequently placed, when he has most gravely to consider whether there is most mischief in the disease to be combated, or in the only remedy by which it can be encountered. If "a routine system of sweating and bathing" affords a means of extrication from the present instance of this difficulty, this is a strong reason why it should not continue to be obstinately excluded from the well-fenced pale of the medical profession.

12. In addition to the effects already considered, and which have occupied as much as can be spared of our space, the water-cure pretends to the possession of other important powers. Thus, it is said

to be a *stomachic*, since it almost invariably increases the appetite. It is a local *calescent*, in the application of the wet cloth covered by the dry one. It is a *derivative*, cold friction at one part, by exciting increased action there, producing corresponding diminution elsewhere. It is a local as well as general *counter-irritant*, the compress frequently acting, if not like a blister, at least like a mustard poultice. It is essentially *alterative* in the continued removal of old matter by sweating, and its renewal as shown in the maintenance of the same weight.

13. Lastly, our subject brings us to make a few remarks on *medical habits* in reference to chronic cases. In such cases, we have only commenced the treatment, when we have removed the immediate symptoms; the real difficulty consists in preventing their recurrence.

Accordingly, the patient quits his physician with ample instructions for his future guidance, and with most impressive warnings as to perseverance in their observance. What are these instructions, and to what habits do they lead? Let us take a case of "biliousness" or chronic dyspepsy, and briefly trace the history of its "legitimate" treatment, according to the heroic school of London.

In addition to constipation, the patient, we shall suppose, is affected with acidity, deficient or depraved appetite, foul tongue, oppression after meals, susceptibility to cold, debility, headache, despondency, irritability of temper, inconstancy of purpose, hopelessness of relief, with divers local grievances. A few brisk cathartic doses, combined with mutton diet, and a gentle stimulant, empty the bowels, and carry off most of the attendant ills. By continuing this plan for a short time the patient is, what is medically termed, cured; but, for future protection, he is furnished with a prescription—say—of aloes, colocynth, and calomel, or some such compound, to take *pro re nata*; another of senna and salts to take less frequently, as more urgent symptoms require; a third of calumba, gentian, or cinchona, to take at noon with a glass of sherry. He is told to live on boiled mut-

ton, rice, and dry bread, avoiding fruit and vegetables.

What future, as respects health, has such a person before him? As long as he lives he will be a martyr to the disease, probably in an increasing degree; he must abandon all hope of the action of the bowels ever resuming its normal state; his general strength will gradually diminish; his nervous system will become more and more irritable; his whole comfort and enjoyment will be sacrificed in order to empty the alimentary canal; he will become one of the most pitiable of all sufferers, a 'person living by rule;' his health will be supported, as one of our witty doctors remarks, like a shuttlecock between two battledoors, by the alternate impulse of senna and sherry, of calomel and coffee, of jalap and gentian. As long as these instruments are so directed, that their respective influences succeed each other in compensating proportion, all seems, for the time, smooth; but let either overdo or underdo the mark, and every thing breaks down. The game must then be commenced anew, to be continued as long as feather and cork resist the tendency which it has to knock them to pieces.

This is scarcely a caricatured picture of the discipline to which dyspeptic patients are often forced to submit. Everybody's experience must furnish abundant proof that the illustration is too close to nature. It is in the latter stages of these affections, when the patients have long been under the influence of therapeutic means, that Preissnitz pronounces them "drug-diseases." If, by this term, he means that drugs constitute the whole disease, then he is no doubt wrong; yet, in one point of view, he is right. The original complaint for which the drugs were administered might, very probably, have been one requiring some artificial remedy, and which would have induced more serious consequences, had not some such remedy been employed. But it is quite possible that a persevering use of such remedies may create a train of symptoms, in addition to those which existed before, and induce such a host of wants as may constitute a prominent feature of

the case, by the time it is submitted to the curative process of such a practitioner as Preissnitz; therefore his term, drug-disease, may not be altogether inapplicable.

But what is often the result of placing the cases, now under consideration, in a hydropathic establishment? Precisely such as might be expected from the abandonment of a pernicious custom, and the adoption, at the same time, of a more natural mode of life with healthier and hardier habits; and with the additional mental stimulus of cheerfulness, of faith and hope in the new system, and of unbounded confidence in the new doctor. It is accordingly the general report that, in a large proportion of such cases, the patients are enabled immediately to discontinue the use of purgative medicines; they can bear a mixed animal and vegetable diet, in the ordinary proportion; a regular action of the bowels is shortly acquired, and no farther stimulant or pharmaceutical tonic is necessary. When they quit the establishment, formal and complex means being no longer required, we are assured that they are able, for a time, at least, to maintain the ground gained, simply by common-sense diet, drinking a few glasses of water in the morning, taking a daily cold bath, and persevering in their habitual exercise. The country rings with such accounts as these; if they are correct, undoubtedly, the patients are in a fair way of recovering their lost health and strength, and are pursuing, subsequently to systematic treatment, a much more rational and scientific course of medical habits, than that enjoined to the dyspeptic disciple of medical orthodoxy.

The questions, with which we set out, may now be hypothetically answered: they were, "Does hydropathy furnish the physician with instruments which he, as a skillful workman, can undertake to employ? Does it contain, among its various machinery, any really therapeutic means, any properties capable of carrying out the indications which we regard as palpable in many diseases?" These questions, we think, may be allowed to have been answered in the affirmative,

if we may depend on the results of our own limited experience; they must be allowed to be so answered, and unequivocally, if we may admit as perfectly trustworthy, the accounts published by the hydropathists themselves, and by those who have subjected themselves to the treatment. On another occasion we may, perhaps, endeavor to sift this evidence in a more rigid manner, in order to ascertain, with certainty, what in it is true, what false, what doubtful, and what inapplicable. But in any inquiry we may institute, we must continue to examine the water-cure relatively to other modes of practice: this is the only method of arriving at an estimate of its actual value to the practical physician. The imperfections which it shares in common with ordinary treatment, and which are inseparable from all human performances, may be left entirely out of sight; to dwell on them, would be uselessly to encumber the question, like inserting a crowd of corresponding items upon both sides of an equation. The philosopher's duty is to remove such superfluities, in order that the real problem may appear in a just and intelligible form.

In conclusion, we will venture to place on record the following, as among the more important impressions which have remained on our mind after a careful examination of the whole subject:

1. We should be glad to see Dr. Currie's practice revived (for the sake of experiment, at least,) in all its boldness, for the suppression of the general febrile paroxysm. On carefully looking over the evidence published by Dr. Currie and his contemporaries, it is impossible to deny that they attained a larger amount of success in treating fever by water than other practitioners have done by other means. We have already pointed out how their practice has been misunderstood by modern writers. But, while we regard this practice as well adapted for treating general fever, we find no proof that it is competent to meet the dangerous local complications with which fever is so often accompanied. These complications may reasonably be expected less

frequently, when the early treatment of fever is rendered more efficacious. But when they do occur, we find nothing in hydropathic writers to show that lancets, leeches, &c., can be dispensed with.

2. In a large proportion of cases of gout and rheumatism, the water-cure seems to be extremely efficacious. After the evidence in its favor accessible to everybody, we think medical men can hardly be justified in omitting—in a certain proportion of cases, at least—a full trial of it. No evidence exists of any special risk from the water-practice in such cases.

3. In that very large class of cases of complex disease, usually known under the name of chronic dyspepsia, in which other modes of treatment have failed or been only partially successful, the practice of Preissnitz is well deserving of trial.

4. In many chronic nervous affections and general debility, we should anticipate great benefits from this system.

5. In chronic diarrhoea, dysentery, and hemorrhoids, the sitz-bath appears to be frequently an effectual remedy.

6. We find nothing to forbid a cautious use of drugs in combination with hydropathic measures. On the contrary, we are convinced that a judicious combination of the two is the best means of obtaining the full benefit of each. The water-cure contains no substitute for the lancet, active purging, and many other means necessary for the relief of sudden and dangerous local maladies. The banishment of drugs from his practice was necessary, and perhaps natural, on the part of Preissnitz: the like proceeding on the part of qualified medical men superintending water-establishments in this country, evinces ignorance or charlatanism—or both.

7. With careful and discreet management, in the hands of a properly qualified medical practitioner, the water-cure is very rarely attended with danger.

8. Many of the principal advantages of hydropathy may be obtained in a private residence, with the assistance of ordinary moveable baths. Therefore, it can easily be brought under the direction of the regular medical practitioner.

9. In many cases, however, it is evident that what may be termed the mere *accessories* of the water-cure, are of extreme importance in bringing about a favorable result; and these accessories are frequently not available—or available in a very inferior degree—in ordinary practice. Among the more important of these accessories we may mention the following as having relation to most of the chronic cases treated in hydropathic establishments: 1, relief from mental labors of an exhausting or irritating kind, from the anxieties and responsibilities of business, from domestic irritations of various kinds, from mental inaction or ennui, &c.; 2, change of locality, air, scene, society, diet, &c.; 3, the fresh mental stimulus involved in the almost constant occupation of the patient's time in the performance of the numerous and various dabbings, paddlings, sweatings, washings, drinkings, rubbings, &c., imposed by the water treatment; 4, the frequent and regular bodily exercise taken in the open air, or within doors; 5, the powerful mental stimulus supplied by the confidence generally reposed by the patients in the means employed, and by the consequent hope, alacrity, cheerfulness, &c.; 6, the total abandonment of vinous and other stimulants, and drugs,—all of which have, in a large proportion of cases, been tried and found, not only useless, but probably, productive of disadvantage.

10. A certain and not inconsiderable portion of the benefits derived from hydropathic establishments, are, however, attainable without them, by other means, as by travelling, &c. &c. For example, we suspect that many of the most striking results witnessed in such establishments, as in the case of Sir Edward Bulwer Lytton or Mr. Lane, would have probably been obtained, if the patients had chosen to hire themselves, and had worked as agricultural laborers, in a dry, healthy district, and had lived on agricultural fare, sufficiently nutritious in quantity and kind, for a sufficient length of time.

11. Notwithstanding the success of the founder of hydropathy, its practice by non-professional persons can neither be fully advantageous nor safe. At the

same time, it is true that very little experience is necessary to enable an educated medical man to acquire sufficient insight into it for purposes of practice. Many of the best hydropathic physicians have, in the first instance, devoted very few weeks to studying the subject in Germany.

12. Many advantages would result from the subject being taken up by the medical profession. The evils and dangers of quackery would at once be removed from it. Its real merits would soon be known. The tonic portion of its measures might then be employed in conjunction with special remedies of more activity, which, no doubt, would often prove exceedingly beneficial.

13. The benefits ascribed to hydropathy, but arising indirectly from the abandonment of drugs, vinous and other stimulants, &c., may certainly be obtained without sending patients to Graefenberg.

14. Finally, it must always be remembered that the distinction between quacks and respectable practitioners is one, not so much of remedies used, as of skill and honesty in using them. Therefore, let our orthodox brethren be especially anxious to establish and to widen, as far as possible, this distinction between themselves and all spurious pretenders. "*Artem medicam denique videmus, si à naturali philosophia destituitur, empiricorum praxi haud multum præstare. Medicina in philosophia non fundata, res infirma est.*"

DOMESTIC WATER TREATMENT IN A CASE OF LUNG DISEASE, WITH GENERAL REMARKS ADDRESSED TO CONSUMPTIVE PATIENTS.

John S. Sunderland, a young man of Newtown, Bucks Co., Pa., writes us respecting his case the following particulars. He had been much subject to croup when young, and for years had shortness of breath and difficulty of breathing. In the winter of 1845, he took a severe cold, and had also been

subject to these attacks previously. He took colds upon colds until 1846, when he had become so weak from constant cough that he was obliged to lie by for some weeks. When he exercised or made some exertion, he raised bloody, frothy matter: the cough was very bad at night. He was subject frequently also to the nose-bleed. In June, 1847, he had an attack of fever. After this left him he had chills two months. For a sore spot in one of the lungs he was ten times blistered by a physician of Philadelphia. He also had a pretty good share of self-dosing in the way of syrups, cough mixtures of the nostrum kinds, etc. Finally he became so low last winter that he was obliged to keep the house, and was not able to go up stairs at all. He says he could sleep only in a sitting posture, and often not a half hour in the whole night; raised much hard phlegm; appetite sometimes very good and at others none at all; had severe turns of nose-bleed, some of which lasted four and five hours at a time. "I must say I got tired of taking medicine," he says, "for on counting up the number of bottles of the different kinds I have taken, I find they exceed fifty, besides the other medicines from the physicians. By chance I heard of water-cure about two months ago. A young man told me that he had received great benefit from the treatment, and he advised me to purchase a copy of your Water-cure Manual. I immediately obtained one, and thereupon commenced bathing. I was so weak that I could only take a towel bath at first, and that only with assistance. I regulated my diet according to your directions, and have found great benefit by so doing. I use water as my constant drink; boiled apples and brown bread, pot-cheese, thick sour milk, and boiled rice and potatoes. I have,

however, used a little boiled lean meat about once a week. I use no butter or anything but what is recommended. My appetite, which was before so changeable, has now become so good that I relish well the coarse bread.

“I have now been two months bathing. Three weeks ago I commenced with the entire bath in a large wash-tub. With this I make out very well. At first I used the water a little luke-warm, but gradually I have become able to bear it right out of the pump. After bathing, I dress and take a glass of water, and then walk in the open air. I eat my breakfast with an appetite like other people. I can go up stairs now to sleep without coughing, and can rest without being propped up. My cough is a good deal better than it was, but is not entirely gone. I can walk farther than I could for a year. I feel no more trouble of palpitation at the heart, which, before I commenced bathing, troubled me. I have had no trouble of bleeding at the nose since I commenced bathing. I feel much stronger and better in every respect. I forgot to mention that I was catching cold at every change of weather before I commenced the water, but since that I have scarcely taken any.”

Remarks.—The above case is attested by Thomas Janney of the above place, and further advice is asked for. Whether the young man can be cured or not is very doubtful. He has been asthmatic, but there is still greater trouble in the lungs, as would appear from the raising of blood and thick phlegm. He ought not to bathe at all in water as cold as that from the pump. Let it stand a while in the sun, and use only *soft* water if it is possible to obtain it. If he continues to bear it well, he may plunge into water of rain or river water temperature once a

day, in the morning—not more. He may take the rubbing wet sheet (rub *over* the sheet, not *with* it as is generally done,) forenoons and afternoons—not oftener. Three or four foot baths per day a few minutes each, water not too cold, and walking after each, will be useful. These may be taken soon after meals, and on going to rest. Washing the neck and chest with the wet hand a number of times a day will also be serviceable, but the wet bandages about these parts few are competent to manage properly during hot weather. An ingenious person may use them advantageously mornings and evenings, but they are almost invariably allowed to become too warm, and then weakness is the inevitable result. Persons of this class almost always do too much with water. They should do little by little, and keep doing, and especially should they observe the rules of exercise and diet.

Exercise.—This too is apt to be made too violent. Do little and often, and proceed as you can bear. Horseback riding is probably the best of all forms of exercise for those who have weak lungs. Riding in a carriage is good. Walking also should not be neglected, and if a person has not the means of riding, let him walk and undertake lighter forms of out-door work. Persons have been astonishingly benefited by taking long journies on foot, going a little way daily, and then increasing the distance as they can bear. Some have been thus cured who could scarcely walk in the commencement of their experiment. The tonic and invigorating effect of the fresh open air, and the light, when not too powerful, is poorly understood. Remember out-door exercise and work constitute the best part of water treatment so called, in chronic disease.

Diet.—Our readers already pretty well

understand our notions on diet. We hold that the same kinds of food and drink which are best for the vigorous, athletic, and healthy, are best also for the most feeble, only we must graduate the *quantity* according to the patient's amount of exercise and strength. There are all sorts of notions about diet, both in and out of the profession; that one kind of food is good only for one person, and another kind for another; in short, that what is one man's meat is another's poison. Is not good brown bread in liberal quantity good for a ploughman? So if a half pound of it is good for him, a half ounce, less or more, is good for the sickest man if he need nourishment at all. If a tea-spoonful, less or more, of Indian or wheat meal water gruel is good for a fever patient of a morning, who begins to need nourishment, so is a bowlful good for a ploughman or any other man to go to meeting upon. There is no truth in the old saying, that what is one man's meat is another's poison.

Any kind, quality, or form of food which is good for one man is good for all men, and under all circumstances, provided they need food at all. Waving the question of animal food, or rather admitting for the moment its necessity, milk we contend is the best form. Sour or lobbered is certainly one of the best forms in which it can be used. The German and Dutch people in some parts of this country have seemed to do remarkably well with buttermilk and buttermilk porridge a little sweetened, with other food. All these things, however, must be taken in moderation. Consumptive persons more than all others are apt to take too much food. It has been a common saying that nothing disagrees with their stomachs, because they generally feel no trouble in that part. But

the mischief, however, is visited in all its intensity upon the poor lungs. So in other diseases, the weakest and diseased parts receive the injury most.

New milk, as warm and fresh as possible from the cow, has been much recommended by some good judges in this disease. From some experiments in lung diseases we think well of it. But no one should make any great sudden change. Some people who have thought they could not eat milk, find that soon, by help of the water treatment, they can go at once to great excess, acting as if they thought the more of a good thing they could get down their throats the better. It would seem as if no class of persons thought and reasoned so little for themselves as patients in chronic disease; and no schoolmaster ever had a tenth part of the trouble that the physician of a water establishment has if he takes at all to heart the business in which he is engaged. Consumptive patients above all others should be careful in the use of water. If people ever learn to have a tenth part of the confidence in water, air, exercise, and diet, that they have in the ten thousand nostrums that are hawked about by saint and sinner everywhere, then we may begin to indulge a hope that the great scourge of our country, consumption, will begin to wane away. Now it is on the increase.

If any person should be stung by a bee or other insect, rub some spirits of turpentine on the place; the pain will nearly cease in one minute.—*Phila. paper.*

We don't believe this to be one half as good as keeping the part in cold water, but every one can try the experiment for himself.

THE WIFE'S BLAST AGAINST TOBACCO.

He sits in his chair from morning to night,
 'Tis smoke, chew, smoke;
 He rises at dawn his pipe to light,
 Goes puffing and chewing with all his might,
 Till the hour of steep. 'Tis his delight
 To smoke, chew, smoke.

The quid goes in when the pipe goes out,
 'Tis chew, chew, chew;
 Now, a cloud of smoke pours from his throat,
 Then, his mouth sends a constant stream afloat,
 Sufficient to carry a mill or a boat,
 'Tis chew, chew, chew.

He sits all day in a smoke or fog,
 'Tis puff, puff, puff;
 He growls at his wife, the cat, and the dog;
 He covers with filth the carpet and rug,
 And his only answer when I give him a jog,
 Is puff, puff, puff.

The house all o'er, from end to end,
 Is smoke, smoke, smoke;
 In whatever room my way I wend;
 If I take his clothes to patch or mend,
 Ungrateful perfumes will ever ascend ●
 Of smoke, smoke, smoke.

At home or abroad, afar or near,
 'Tis smoke, chew, smoke;
 His mouth is stuffed from ear to ear,
 Or puffing the stump of a pipe so dear,
 And his days will end, I verily fear,
 In smoke, smoke, smoke.—*Selected.*

A WORD ON RHEUMATISM.

A physician in Kentucky writes us, "that he has several patients under water-treatment, one very bad with rheumatism; that his knees are so stiff and tender that they cannot be touched or handled without giving great pain."

He also desires a few words of instruction in the matter.

Why did the writer give so meagre an account of the case? What is the age of the patient? How long since the attack? Is the rheumatism the result of licentiousness, and the dosing usually practised for diseases coming therefrom? What modes of treatment have been practised since the attack? These are important questions and should be answered before we could be expected to give anything like a proper water-treatment in the case.

If it is rheumatism of long standing, attended with much swelling and hardening of the parts, it cannot be cured at all this side of eternity—so we may say with almost, if not quite, mathematical certainty. If the man has had the syphilis, and been mercurialized to his heart's content, he need not expect a cure in a good long while by any means, and he ought to suffer. He has first one loathesome disease which has almost rotted the entire system, and another—the mercurial—scarcely less difficult to contend with. If the case is a recent one, and of pure rheumatism, and not caused by licentiousness and drugging, he could be put upon his legs in a short time. And one of the greatest of all means to accomplish this is fasting, alternating with moderate diet. Let a man with such knees go twenty-four hours without any food, and drink only water—all he wants and more too—and if his legs do not become more limber we are no doctor. Then he might eat a little plain food for a day or two—a very little, mind—and then fast a day again, and so on. If he will have patience and go on in this way, he will not need a great deal of water-treatment. But people want perpetually some "wonderful thing" to be done with water. They go on in all manner of physical transgression, and behold! when they get in trouble water must do the work right up or they are in a great fix; and soon they declare the system to be good for nothing. Let them do better by drugs than water, air, exercise and diet, if they can.

Learn to live so as to KEEP CLEAR of rheumatism.

GRANULATIONS UPON THE EYELIDS.

A subscriber writes that there have been granulations on his eyelids for four

months, and wishes to know the treatment.

What is the cause of the difficulty? He is a gunsmith and a great worker, if we may judge by the number of subscribers he has obtained for the Journal. May be he has used the eyes too much. Perhaps the dust, filings, &c., which he is necessarily exposed to, have something to do in the matter. And the fault may lie wholly in the general system.

Treatment.—Whatever the cause, the eyes should be washed many times a day in the coldest water—hard even, if soft cannot be had. Fasting and spare diet, (vegetable,) remember, are good in all cases of inflammatory action. General ablutions two or three times a day are also to be kept up. Cooling bandages are often serviceable as a local means. If the eyes have been too much used, or if it is the occupation that causes the trouble, these influences should of course be avoided.

ELIXIR OF HEALTH AND LONGEVITY.—

In the Philadelphia Journal of Health, a very excellent work, (vol. 1st., 1830,) we find the following information under the above head:

In 1728, a person of Villars in Paris, gave out that his uncle, who, it was well known, had attained very nearly to his hundredth year, and died then only in consequence of an accident, had left him a certain preparation, which possessed the power of prolonging a man's life to upwards of a century, provided he lived with sobriety, and exercised daily in the open air. When this individual happened to observe a funeral, he would shrug up his shoulders in pity. "If the deceased," said he, "had followed my advice he would not be where he now is." His friends, among whom he distributed his medicine gratuitously, observing the conditions required, experienced its

utility and praised it incessantly. He was thence encouraged to sell it at a crown a bottle, and the sale was prodigious. Now the remedy was in fact nothing more than the water of the river Seine, slightly acidulated. Those who made use of it, and were attentive at the same time to regimen and exercise, soon found their health greatly improved. To others who were neglectful, he would observe, "It is your own fault if you are not perfectly cured; you have been intemperate and indolent; renounce these vices, and you will live at least a hundred years." Some took his advice, and the very decided advantage which these latter derived from M. Villars' drops caused him to increase rapidly in reputation and wealth. The Abbé Pons extolled our quack, and gave him the preference to the celebrated Maréchal de Villars. "The latter," said he, "kms men; the former prolongs their existence."

At length, however, it was unfortunately discovered that Villars' remedy was composed almost entirely of pure water. His practice was now at an end. Men had recourse to other empirics of a far more dangerous character, and to specifics and advice much less efficacious and rational in their nature.

AMUSEMENTS FOR THE INSANE.

At the Utica Lunatic Asylum, of which Dr. Brigham is the efficient and humane Superintendent, the patients are every year allowed an "Asylum Fair," to which the unfortunate beings always look forward with all the pleasure imaginable. These things are eminently promotive of the finer feelings of their natures, and serve an admirable purpose in diverting their minds from the morbid associations of monomania.

The time of holding these Fairs, we learn, has been changed from Winter to Spring, and extensive preparations were made for the one that was held in the spring of this year. It is stated that the number of curiosities were far greater this year than ever before. The completion of new buildings has furnished

rooms for workshops to the men, from which they turn out a vast number of neat and useful articles, often manufactured from cast-away bones and rubbish which it would be thought impossible to render of any use. Many of those were exhibited in this city during the session of the Convention of the Superintendents of Asylums for the Insane, held during Anniversary week, and attracted much attention both for their novelty and beauty. The exhibition cannot fail to be a source of pleasure and profit.—*N. Y. Paper.*

A SHORT TALK WITH THE GREEN MOUNTAIN SPRING.

The editor of the *Green Mountain Spring*, in making some strictures on our remarks concerning the homœopathic practice, (see May number of the Journal,) says, "But when Dr. S—— asks, why salt is not forbidden, (in the homœopathic practice,) then we answer by asking him why salt is contained in any vegetable and in nearly every substance we use for food?" We answer by asking the question, what vegetable substance used for food has a particle of common salt in it? The editor of the *Green Mountain Spring* has made the same assertion before. And suppose it were true, would it follow that because salt is contained in the vegetable substances used for food by man, (which it is not,) that we should introduce more salt into them? Then, also, should we introduce into wheat and other farinaceous articles some of the compounds of potash, soda, lime, iron, etc., etc.,—a trace of which may be found in them—a thing that no one would think of doing. We admit that in some kinds of animal food there is a slight trace of chloride of sodium or common salt; but we know of no authority by which we may say that there is any *common salt* in any of the edible ve-

getables, or farinaceous grains; and if there were, the fact would prove nothing either way.

The editor of the *Green Mountain Spring* also asks, "Does Dr. S—— understand the principles of homœopathic solutions, (potencies) ? and, if so, has he ever acted accordingly? If not, he had better do so, as questions of this kind cannot be answered without study and chemical knowledge." We will not make *great* pretensions to chemical knowledge. We recollect, however, of having had occasion to correct Dr. Wesselhoeft, the above-named editor, in a little matter of chemistry some three years ago. In speaking of the purity of the water at Brattleboro, (see *N. Y. Weekly Tribune*, June 21, 1845,) he said, "It was the purest he could find among several hundred springs he had visited and tested from Virginia up to the White Mountains, within two hundred miles of the sea-coast. It is only here," said he, "I have not found them (the springs) impregnated with sulphate of lime. Even the fine cold springs at Lebanon, and thirty miles around, show this obnoxious mixture to a great amount, as any one may convince himself by testing one tumbler full of this water by a few drops of the solution of nitrate of silver." Now all this kind of talk carries with it an appearance of great learning, and will "go down" well enough with our gullible and ever-ready-to-be-humbugged people of the United States. Why, Dr. Wesselhoeft might just as well have told people that "Indian johnny-cake" is made of wheat bran, as to say that the nitrate of silver is a test for the sulphate of lime. It is no more a test than so much distilled water would be, for the solution of nitrate of silver can detect the *chlorides* only. And now as to the water

at Brattleboro, we know of many springs purer than that, taking Dr. Wesselhoeft's own published account (the analysis having been made by Mr. H. A. Hayes, chemist, of Roxbury, Mass.) as data. The water contains sulphate of lime, etc., and is much inferior to that of Graefenberg, some of the springs at Lebanon, and hundreds, as we may say, at Oyster Bay, and various places on Long Island. We have it, on good authority, that the best water at Brattleboro curdles soap; a fact showing that it must be considerably hard, as is also shown by the analysis. Water which, like this of Brattleboro, contains between six and seven grains of mineral matters in the American gallon, chlorides, sulphates, etc., cannot dissolve soap well. And yet Dr. Wesselhoeft advertises this water as being of remarkable purity. Mark well one thing, however—wonderful cures will be performed in every water establishment, even with water much harder than that at Brattleboro; and this shows how much better is the system of water, air, exercise, and diet, than all the drugs of creation combined.

Our best friends tell us of our mistakes. We shall be very thankful when Dr. Wesselhoeft, or any one else, will point out our blunders in matters of science. In this spirit are we criticising Dr. Wesselhoeft's remarks.

Dr. Wesselhoeft further remarks, "Salt has a decided influence on the digestion of any greasy substance, and it may be observed that persons who eat no salt are unable to bear animal food. It is therefore very proper that Dr. Shew, forbidding to his patients animal food, should forbid them the use of salt, although we do not see the necessity for either, and did not find such a thing even in the 'Life of Ludovico Cornaro,' which he has in

the same number praised as a model of a life of proper diet. It is true that Cornaro lived with his diet some eighty years, (Cornaro lived to be ninety-eight or one hundred and four years, probably the latter, although authorities vary in the matter,) but Dr. Shew forgets that he ruined his digestive organs in the first forty years of his life, and never became able to use them as other people can who have not destroyed themselves."

Where is the *proof* "that persons who eat no salt are unable to bear animal food?" Are we not told by good authority that certain Indian tribes who live very much, if not almost entirely, on animal food, yet use no salt? Nor have we ever forbidden our patients animal food, although we are not in the habit of allowing them much, except in the form of milk; even this had better be used sparingly, for the indication of nature is, that after the teeth are well formed milk is not the natural food of any animal. Cows often get the habit of sucking milk from themselves and each other; but no one, we think, would pretend that this were the order of nature. Admitting that animal food is not the best adapted to man's nature, pure country milk is, we believe, the least objectionable form. We know of no more necessity for the use of salt in the use of animal than vegetable food.

We did not intend to hold up Cornaro as a model of diet; we wished to draw attention to the favorable points in his practice only. Far from considering his diet a perfect one, we believe it might have been better than it was. If his digestive organs were "ruined in the first forty years of his life," they must somehow have been gotten into a pretty good state to have enabled him to live in such remarkable health and vigor of both

body and mind to a hundred years or thereabout.

And a man with the feeblest stomach, (and Cornaro's was not feeble after he had, by his rigid temperance and regularity in every respect, cured himself,) needs, we hold, precisely the same kind and character of food which the strongest man requires; the *quantity* is of course to be appropriately regulated, according to the true and fundamental principles of physiological science. We have always practised in accordance with this doctrine, from the feeblest of our midwifery patients up.

Dr. Wesselhoefst also remarks that we have adopted the Graham system of diet. We do not profess to have adopted *any* system of diet; neither that of Cornaro, Dr. Cheyne, Dr. Lamb, Dr. Alcott, Mr. Graham, nor any one else. These men have all taught good lessons to the world, but it would be very unwise for us to pin our faith on another man's sleeve, however much he might have known or taught. Very unscholarlike indeed would it be to do so. A man should be a perpetual student, and, forgetting the past, should love ever to drink deep of the perennial fountains of truth. So we have our notions about diet it is true, for we have experimented much in these things; and yet we are ready to make any change, so that we can be certain of standing the more firmly on the rock. We ourselves live regularly and habitually as plainly and frugally as we require any of our patients to do. On our plain fare at Graefenberg the past winter, we were able, we think, to climb the mountains with the most athletic men there, ^{as} or instance with one of the best reputed walkers, and who had been under the treatment constantly six and twenty months, coming from Graefenberg before

breakfast four miles up the mountain, drinking water by the way, and back again. We did not actually "try a race" with this German friend when we went thus to the Nessel Koppe, (Nettle Top,) the highest point of the mountains there, but he seemed to be quite tired, while we were fresh and elastic on returning, and could easily have gone the distance over again without food. Our friend believed the liberal use of flesh meat necessary. We had for years eaten scarcely any at all.

Dr. Wesselhoefst admits it to be "most extraordinary that in the American homœopathic practice the use of *black tea*, (as well as green, which is worse,) has not been forbidden." That the cases in which it may be used in said practice, form only the exception to the general rule. His admissions then amount to as much as our assertion concerning the inconsistency of the homœopath's generally allowing the habitual use of black tea.

One thing more we should speak of before closing our remarks. Dr. Wesselhoefst says, in reference to diet, that our patients eat a great amount of sugar. He says also, "I am far from excluding a substance from diet which has been provided by nature in such abundance to the human race. But I have found that my patients, from the use of sugar, suffer very much from acidity of the stomach." Then they eat too much. Any good thing may be made a bad one by the intemperate use of it. We have often enough harped upon these things, as those who have been our constant readers well remember. See upon steamboats, railroads, everywhere, even to the lowest hovel throughout the length and breadth of our country, how much candies, and various sweet things are used. Even the infant a day old must have its

rag with sugar tied up in it to suck at. This practice is hardly less common than the giving a dose of oil, or other cathartic substance, immediately after the first ablution the child gets—(perhaps the last one it will get for years)—“to move the economy,” as the old woman said. So little confidence have people in the ever-present and omnipotent powers of Nature for good. The Grahamites, so-called, have in particular suffered from their abuse of saccharine substances; not, however, by any authority from Mr. Graham, for he has explained, over and again, the evils of these things. Now, considering how much we ourselves have said, times almost without number, in deprecation of that which amounts to more than a very moderate use of the saccharine principle, we think it savors a little of unfairness in Dr. Wesselhoeft to say “that our patients eat a great amount of sugar.” They themselves will bear witness of our frequent oral as well as written instructions on the subject. We all of us, no doubt, have some patients who are so forgetful that when one day we give them the best instructions in our power, the next we find them transgressing as before, cramming themselves with sugar, molasses, etc., and then they complain that they have sour stomach, heartburn, and feel bad. So they ought to suffer; and if pain were not sent upon them, in mercy to arrest them in their downward career, they would destroy themselves outright. But we must in candor say, that we greatly doubt if there is so moderate a use of the sweet articles anywhere else in this country as at our own establishment; and we repeat what we have before so often said, that the

LESS OF SWEET THINGS YOU EAT THE
BETTER.

A word more about salt. We would not “strain at a gnat and swallow a camel” in anything. Therefore we prefer to have patients do as we ourselves do, (and also Dr. Roof and family, and our very worthy and intelligent matron, Mrs. Babcock,) reject salt entirely; and almost all do of their own accord soon reject it. Dr. Wesselhoeft himself holds only to a very moderate use of the article. But more of this hereafter.

And yet a word more while we are speaking of chemical subjects. Dr. Wesselhoeft has said that “the temperature is milder at Brattleboro, Vermont, than Graefenberg.” The winters are colder in Vermont than at Graefenberg; the summers warmer. We speak of what we know, for we have been there in autumn and winter; Dr. Roof and family, and Mrs. Babcock, in the summer and autumn. Dr. Wesselhoeft has not been there, or at least he is not acquainted with Preissnitz.

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

NEW-YORK, SEPTEMBER, 1848.

Dysentery, cholera morbus, and the like diseases of the bowels, are more common at this season than any other of the year. We therefore deem it appropriate to give in the present number Preissnitz' mode of treating such attacks. If, however, we could do something in the way of inducing people to pay a tithe of that regard to the regulating of the dietetic habits which the subject demands, we should accomplish more, ⁴⁻ comparably more, than could be ^{one} by the promulgation of the d^octrines

merely of curing. In regard to disease, an ounce of prevention is worth vastly more than a pound of cure.

NOTES AT GRAEFENBURG.

BY THE EDITOR.

No. I.

DYSENTERY, DIARRHEA, CHOLERA MORBUS,
AND OTHER DISCHARGES FROM THE
BOWELS.

The treatment Preissnitz recommends in all diseases of this kind is very simple. Suppose it a bad case of dysentery in a child. The great reliance with him is the hip-bath, always cold if the patient is not already very weak. No time should be lost, and the treatment should be persevered in until the discharge is arrested. Cold injections he also uses if the hip-bath does not readily arrest the discharge. The wet girdle about the abdomen is to be kept on constantly during the intervals when the other means are not used. As much water as the patient desires is to be taken, and at frequent intervals.

As to general ablutions sufficient daily for cleanliness is all that he recommends in these cases; no half baths, no wet sheets, or means of that kind as a general thing. The sitz bath, injections, wet girdle, and the drinking with spare and cooling diet—these are the means which Preissnitz has found in his great experience to be the best. If the patient is very weak the water should be moderated a little in temperature, as at from 60° to 70° F.

In the house where I lodge at Graefenburg this winter, (1848,) there is a little boy five or six years of age that has been under the treatment for some weeks. He has just had the measles. As the disease passed off, a severe diarrhea came on. He was of scrofulous tendency,

often had the croup, and also chronic tonsillitis, (inflammation of the tonsils.) Preissnitz's directions for the diarrhea were hip-baths cold, every three or four hours during the day, for twenty minutes each time; and if the discharges come on in the night, the hip-bath was to be given the same as during the day. There was also practised in the case a light general treatment, such as would be suitable in any case where the measles were passing off, namely, slight general ablutions once or twice a day, with water at about 70° F. The sitz bath had evidently a very marked effect in arresting the discharges.

Preissnitz holds that almost every conceivable case of acute disease of this kind may be readily cured by the simple processes we have here described, if it is treated in season and with sufficient perseverance. There must be no half-way work in the matter, and there is as much need of a doctor who understands his business, or of an old woman, or some one who is perfectly competent to take charge in the matter, and see that it is properly carried out; and how many foolish, ignorant persons, wise enough in their own conceit, do we have to encounter in almost every case of water treatment in acute diseases. The mode we have described will seem a harsh and dangerous one, no doubt, to many, and there will be doctors, wise men enough, who, if they take the trouble to investigate these things at all, will declare that such a mode would be perfectly hazardous—quite certain to kill. Let these ignorant pretenders (and they are plenty enough in our country,) I say let them first learn the A B C of the water treatment before they assume to pronounce so sagely concerning the opinions and well-earned experience of the noble

philosopher of Graefenburg. I myself have been annoyed not a little in the city of New York, by having my patients told by these would-be wise men that the water-cure would be certain to kill them. "Your system has not the power of *reaction*," that convenient word as little understood as it is common to use; "you will surely get your death by the water." Such are not unfrequently the expressions of those miserable specimens of humanity who know not yet the first principles of the laws that govern the human system, or of the water-cure as practised by its founder.

But to return. In our cities, our hot unhealthy American cities, where, in the summer season, such multitudes of infants and children drop off suddenly with these bowel complaints, I fear that in many cases death will be the result of such attacks in spite of all that the best skill and judgment can dictate. So unhealthy is a great city like New York in the hot season, with its ten thousand filthy and pestilential emanations, from streets, gutters, privies, butcheries, and the like, and so unwisely, too, are children reared, starved now and then, but generally overfull, crammed, as people do with their housed geese and turkies before Thanksgiving or Christmas, dosed with paregorics and other poisonous compounds from the first hour of life onward, swathed and girted up so that they could scarce exist, even if all other things were right about them. I repeat, any practitioner that has to deal with such cases, and under such circumstances, will have trouble enough, and if I am not mistaken will often be tempted to flee forever from a calling which is by most people so thoughtlessly appreciated and yet more thoughtlessly rewarded.

But in the practice of the water treat-

ment I have been often astonished at the results obtained in these unfavorable cases, and sometimes when the patient has been given over to die, when dosing and poisoning had been carried to the full extent.

If a child of my own should be attacked in a dangerous manner with dysentery, or any of the bowel complaints, I presume I should use a more powerful and energetic treatment than I should dare to use elsewhere, so great is the prejudice of the people against water, and so ignorant are physicians of its use. Why, suppose a man loses a patient and is sued for mal-practice. It might have been the best treatment that could possibly be, yet the patient is lost. Now come the wise gentry of the profession to testify. The child was killed—and then comes the indictment, or, to say the least, a heavy fine; for the value of human life is often measured by money in this world. Thus it is; if we of the water system lose a case, no matter of what kind, ten to one if we have not killed the patient. But in the calomel and bleeding practice, it is another thing. A man may kill a score of patients in as many days, and so that each one be well crammed with poisons, and sent hence with the last repeated dose undigested on the stomach, all is well; the patient died *scientifically*. There is a charm in that; but we of the new practice, believing honestly and truly in what we do, and that the system is the greatest of all improvements that have yet come to man—we will undertake to teach people to die as well as to live by the water treatment. Let future times determine whether we succeed.

I must mention a fatal case of dysentery I had in the past year, 1847. A very worthy friend was the father of a second

child, an only daughter, which he worshipped. It had been reared with great difficulty to seven or eight months by hand. It was not my patient at first. Being taken ill of dysentery, medicine was given. Then I was called upon. We practised the water treatment, and then again some medicine was given. At last the child died; and now this friend, who is theoretically tired enough of the old mode, can never forgive himself that other means were not used. "Why," says he, "when one thing fails we should try something else." This perpetually "trying" something else. Alas! how many are tried upon until they are sent to the grave.

The world will yet one day learn that NATURE IS THE GREAT PHYSICIAN; that she is not to be treated as a poor old woman, who has become decrepit, and of no worth; that all which human art can by any possibility do is to AID nature in her operations. Nature cures; art only assists.

LACONICS OF WATER-CURE.

1. Water is the most common and abundant of all material substances on the face of the earth.

2. The body of a person in the most perfect health, weighing one hundred pounds, has between eighty and ninety pounds of water in its composition.

3. The blood contains more than ninety per cent. of water, and the brain nearly the same proportion. Even the bones contain a considerable portion of the same fluid.

4. Most kinds of food are composed principally of water. Common flesh meat has seventy-five per cent.; milk about ninety per cent.

5. Of all curative agents, water approaches nearest a universal remedy.

6. In all febrile and inflammatory diseases, water is nature's own remedy.

7. Animals that become poisoned take at once to drinking water in great quantities; and by much vomiting, diluting the poisonous water and the fluids of the body, and cooling the general system, they often become cured. So, too, animals that are made feverish by wounds and injuries, drink water largely and lie upon the damp ground in preference to the dry. Wounded and mutilated animals will die often if kept on a dry floor, whereas if they are left to run out upon the damp ground they recover, as we know from the facts of observation in these things.

8. In the use of water, much more caution is necessary in the hot than in the cold seasons. But, in opposition to this fact, people are ever ready, in the existing state of physiological knowledge, to be guided merely by their present sensations, and are thus led to act as if water could only be the most harmless thing in nature.

9. Never bathe in cool or cold water, nor in water of any temperature, without the advice of an experienced physician, or some other competent persons, short of about three hours after a meal. This rule does not necessarily include the partial washings, as of the hands, face, neck, head, feet, &c.

10. Never plunge into cold water when the body is fatigued. Slight washing and the rubbing wet-sheet are allowable and useful in some cases of this kind; but it may be stated, as a safe rule, that no form of general bath is to be taken in states of exhaustion and fatigue.

According to Dr. Lyon Playfair, at London prices, a man can lay a pound

of flesh on his body with milk, at 3s. ; with turnips, at 2s. 9d. ; with potatoes, carrots, and butcher's meat, free from bones and fat, at 2s. ; with oatmeal, at 1s. 10d. ; with bread, flour, and barley-meal, at 1s. 2d. ; and with beans, at less than 6d.

LABOR AND REST.

Nature has appointed the succession of labor and rest. For this she has provided the alternation of the day and the night. The motions of the earth and the necessities of our frames correspond exactly with each other. The day is the time for labor, and the night the time for rest. Yet we often partially, sometimes entirely, reverse this law, and turn night into day, and day into night. We sleep while the sun is shining with his life-giving beams, and work amid the deathful influence of darkness. Thus we are exhausted more and refreshed less. Life and power are not sustained in their highest degree, and we are more susceptible of disease and pain.

Some will go farther than this, and add the night work to the day toil. Franklin, with all his wisdom, seems to have had an unwise notion, that a man could work with his hammer from four o'clock in the morning until nine o'clock at night. Many will do full six days' work in the week, and add to this all the extra labor of going to market, of travel in public night conveyances. Six days' work a week is the regular predetermined plan ; and all variations from this are encroachments upon the time of rest.

Some seem to suppose that although they would not transgress so far as to work in the night, yet they may perform their full day's labor, and devote a night or part of a night to pleasure, to charity, or to the acquirement of knowledge, and yet suffer none of the consequences of depreciation of life. But nature, though a generous giver, is a hard bargainer. She proposes no bargains, but if a man does so, she makes it hard for him. For every moment he takes from his natural rest, whatever may be the cause, he must suffer a loss of some natural vigor, and lay a tax upon his permanent constitu-

tion, greater or less in proportion to his delinquency ; and invariably, in the long run, he will gain less ability for labor, and accomplish less by attempting to overmatch or cheat nature, than if he trustingly took her upon her own terms. — *Wright's Casket.*

COLD WATER FOR THE EYES.

It is an almost universal opinion that cold water is excellent for the eyes. Many persons are in the habit of opening and shutting their eyes in the wash-basin every morning, thus exposing the balls freely to the water ; but this common opinion must be very erroneous and injurious. One of our most sagacious physicians (Dr. Batchelder,) says that in almost all the cases of diseased eyes which have come to him for relief, the difficulty has been aggravated by this popular error ; and that in very many cases, the disuse of cold water has been sufficient to restore the eyes to health. — *Journal of Commerce.*

Now in opposition to this "sagacious physician," we state that we ourselves have been in the daily practice of using the water for months, and have found that instead of having weak eyes, with which we could read but fifteen minutes at a time, we can now read three to four hours without trouble. In opposition to this physician's advice, and all who favor him, we recommend cold water (the colder the better,) all over, and as many times a day. Climb the highest mountains and get the coldest air, then descend and eat a good breakfast ; afterwards devote yourself to business, and keep at it with all your might ; and so—so, Mr. Journal of Commerce, scare off and keep off all the "blue devils" in the world. Nothing like experience, and we say "what we do know." You who have weak eyes, try it.—*New Haven Journal.*

One of the best oculists in this country corroborates to us this latter view.—*Eds. N. Y. Express.*

But some chronic inflammations and weaknesses of the eyes will be made

worse by washing the eyes in cold water, *if the whole body is not washed at the same time.* People not unfrequently do harm by these *partial* applications of cold water.

For the Water-Cure Journal.

TREATMENT IN A CASE OF DYSENTERY.

At this season of the year, when thousands are dying with the diarrhea and dysentery, it seems proper to state a simple method by which these diseases can, as a general fact, be readily cured. By the proper use of water, immediate relief is almost invariably afforded.

While in the city of New York a few days since, I found a married lady of my acquaintance suffering very severely with the last-named disease. The irritation and pain had been increasing for two days, and during the night before I saw her, the discharges consisted principally of blood. Her strength was fast failing, and it was evident that something must immediately be done. She had too much confidence in the power of water to listen to those kind friends who advised her to use other remedies, yet she did not understand its rightful and full application. But I have heard some one remark that "*water*, even if not very well applied, is far better than *drugs*," so in this case, the more alarming symptoms were soon arrested by a very slight use of it.

It was towards evening when I saw the lady. I recommended her to have the lower part of the body and limbs thoroughly rubbed in the half bath ten minutes. The water was nearly 70° F., summer or rain-water temperature, and four or five inches in depth. The bath gave considerable relief. She then used injections of water at the same temperature, in quick succession, until the pain entirely ceased. Gallons were used. That night she slept as soundly, and was as much refreshed, as in ordinary health. The night previous, she did not rest at all. The next morning I advised her to commence very moderately with diet, but her appetite was excellent, and she partook quite freely of plain food and ber-

ries during the day. She walked considerable in the open air; her strength gradually returned, and she found no further difficulty. On the following day she experienced some nausea, occasioned by overeating, but it was remedied by omitting a meal.

S. ROGERS.

Oyster Bay, 8th mo. 7, 1848.

Remarks.

It will be seen that the treatment in the above case was somewhat different from that uniformly adopted by Preissnitz in such cases. The patient was a good deal weakened by the agony she had suffered and the loss of blood. Still Preissnitz would have used water much colder. For persons of little experience, such as are not thoroughly versed in the heroic modes, the more moderate course is the better one. Every family should have first rate injection instruments, for clysters are of great service in all these complaints.

Fasting has a great power over diseases of this kind. We have cured many a case of bad dysentery at sea, depending principally upon entire abstinence from all food and drink other than pure water. A patient may be kept for days, a week or more, without any food, and yet run no risk of injury on that score. Many a person is killed by a relapse brought on by improper diet in such cases.

Those who will, may refer to an account of the successful treatment of a very dangerous case of dysentery in a colored boy, reported in the Water-Cure Manual.—ED. JOUR.

FRAUD IN SALERATUS.—The Cincinnati Chronicle says, "We are informed that a considerable share of the saleratus recently brought here from the country proves, upon chemical examination, to be composed of about three parts of common

salt and one fourth of pearlash. This is a profitable speculation for the manufacturer, but a fraud upon the trade, and should be carefully guarded against by dealers."

Better omit salefatus altogether. If your dough becomes sour, give it to the animals, or eat sour bread—sour anything rather than use saleratus. Some will tell you that the acid destroys the saleratus if there is not too much used; but it should be remembered there always remains some compound of the potash from which the saleratus is made, and no compound of that substance can be inert in the human body. We repeat, *it is better not to use saleratus in any way.*

BEGIN RIGHT.—Are you just stepping on the threshold of life? Secure a good moral character. This is the basis of success and true greatness. Without virtue you cannot be respected; without integrity you can never rise to distinction and honor. You are poor, perhaps. No matter; poverty is oftener a blessing than a curse. Look at the young man who is heir to half a million. What is his standing? Of what use is he to the world? You must make yourself. The richest man in Maine was born of poor parents, and earned by hard work the first dollar he ever owned. The wealthiest man in Massachusetts was born in North Yarmouth, a small town in Maine, of parents who were in humble circumstances. By industry and economy he has become immensely rich. The wealthiest man in New York, and the richest man in America, was also a poor boy. The road to wealth is open before you, young man. Start right and you will succeed. But remember wealth is not everything in life—it is not man's chief good. A virtuous character is better than riches. Expect not success where firm integrity is wanted. Shape your course by true wisdom, and let correct principle govern your action. In this way only, you will gain the confidence and respect of mankind. You know many a wealthy man perhaps, who is despised by his fel-

low-citizens. Why is it so? On account of his niggardly disposition—his lack of upright dealings and robust principle. He makes himself obnoxious to his neighbors, by his mean behaviour and grovelling character. You had better live in poverty than imitate such a person. Riches, with a destitution of moral principle, would be only a curse to you.

There is nothing like making a good beginning as you start in life. The foundation must be firm, then all will be safe. Have an eye about you that nothing shall seduce your virtue, no matter how strong the inducements held out for your countenance. If you see that principle is involved, do not for a right hand persist in wrongdoing. Present gain, at the sacrifice of virtue, will be future loss and misery. Tens of thousands have ruined themselves by such a course. Be extremely careful to begin right, and do your duty carefully, and you will most assuredly succeed.—*John Neal.*

THE MISSES ANABLE'S SCHOOL FOR YOUNG LADIES.—The Misses Anable, late of Utica, open a school for young ladies at 311 Walnut st., Philadelphia, the first term to commence on the fourth of September next. The course of instruction in this institution "is designed to secure a thorough, systematic, and progressive education in all those branches which are usually pursued in the best schools in this country." The teachers have had already much experience in their noble vocation, and they are recommended in the strongest terms by such men as DR. NOTT of Union College, and BISHOP POTTER of Pa. We take great pleasure in referring to this school knowing as we do that the *physical* as well as the moral and intellectual habits of the scholars will be properly attended to. Such is very seldom the case now-a-days in this money-making country of ours.

LABOR.

In every temple swelling toward the skies
 Hard-handed Labor is the corner-stone,
 And as such should be precious in all eyes,
 For if it fail the whole is overthrown,
 And on its ruins Want may sit and moan ;
 The toiling masses are the *real men*,
 The pearls and shining gold are all their own ;
 And when they learn their worth, and not till
 then,
 Earth will be truly great—a thing that hath not
 been.

The world were happy, if that every soul
 Knew that it was a soul of priceless worth ;
 War's angry thunders would no longer roll,
 Shaking in maniac fury all the earth,
 To give one man an hour of hellish mirth ;
 The smiling fields would bless the tiller's hand,
 Unsoaked with blood, undoomed to years of
 death,
 Which leave them barren as the ocean's strand,
 That lives in battle may be cheap as grains of
 sand.

That uncouth being that thou scornest so,
 With rough, soiled hand, familiar with the
 ground,
 And look of care, and body bended low,
 Is a true man whose worth doth more abound
 Than those for whom loud, boastful trumpets
 sound ;
 Let him, and such as him, once truly find,
 What in dim gropings will one day be found,
 That in his brain lies undeveloped mind,
 And chains and fetters thenceforth will be woven
 wind.

Oh ! it is sweet to toil, if toil may reap
 The golden harvest, that its hand hath sown ;
 The weary millions, led like silly sheep,
 Should stop, and think, if they no portion own,
 If they may never gather where their hand
 hath strown.
 If men are men, then all have equal right,
 And the huge tyrannies that long have thrown
 A deepening shadow on their path of light,
 Should all come thundering down beneath an
 arm of might.

Let Knowledge once be wide-spread as the air,
 All ears drink in the magic of her voice,
 And no proud few will crave the lion's share—
 Men will be rulers by the People's choice,
 And plenty, fairly shared, make all rejoice ;
 No need of clanging steel, nor cannon's roar,
 Nor gargling blood to plead with hollow voice ;
 With ignorance, all tyranny is o'er,
 And Might, usurping Right, will vex the world
 no more.

The power of thought transcends all other power ;
 Then what shall be when *all* have learned to
 think ?
 Can weak Oppression bind them for an hour ?
 When men are men, will sinewed millions
 shrink

Before one man, and tremble if he wink ?
 The world moves onward ; let the weary hope—
 The steps of Wrong are tending to a brink,
 Where its dull eye for once will widely ope,
 Yet see beyond the verge no smooth and grassy
 slope. *National Era.*

TO PREVENT PESTILENCE.—If every
 householder will but take care, on each
 Saturday through the warm season, to put
 one peck of coal ashes in the vault in the
 rear of his house, the atmosphere of our
 city, or any city where this course is
 rigidly followed, may be kept as pure and
 healthful as that of the country. This is
 very little to do : why will not all resolve
 to do it?—*N. Y. Tribune.*

It is astonishing that any paper of such
 respectability as the *New York Tribune*
 should publish such stuff as the above.
 The idea that the air of any great city
 “ may be kept as pure and healthful as
 that of the country,” is absurd in the ex-
 treme.

But here is an extract from the same
 paper which looks more like sense :

VENTILATION AND CLEANLINESS.—In
 the hot weather of our summer months,
 an absolute essential of health and vigor
 is perfect cleanliness, not only of the
 person, but of the residence, the streets,
 and everywhere that our citizens go. A
 fruitful source of the *ennui* from which so
 many die daily, and run to the summer
 watering places for relief, is the almost
 total lack of needful ablutions and purifi-
 cations. Our word for it, a cleanly,
 healthy person rarely is afflicted by the
 common ailments of those who, disdaining
 useful and invigorating labor, leave all to
 the servant, which individual member of
 our society, overridden as he often is,
 gives duty the go-by, and, following the
 example of his superiors, wastes valuable
 time in worthless frivolities.

As an instance of the ill effects of the
 system of things we have alluded to, let
 any one wake up, if possible, in time to
 see the sun rise of a pleasant, bland
 morning, and taking a lively walk before
 breakfasting, let him return to the house

whence he came, and see if he does not perceive on the instant of re-entrance, an unpleasant and even offensive evidence of the bad ventilation and worse care (or rather no care at all,) of our city houses. These are stubborn facts, and all the splendor of rosewood and mahogany will not conceal them. If they must continue without correction, look out for some epidemic. The changeable and showery atmosphere, too, will not retard its progress when once among us.

For the Water-Cure Journal.

A SENSIBLE ANIMAL.

SHOREHAM, VT., June 8, 1847.

Dr. Shaw.—The interesting accounts from various correspondents relative to the medicinal qualities of water, and its wonderful effects when judiciously applied, has induced me to send you the facts of a case which occurred in my neighborhood. Some time during last month, a nice, large hog, belonging to one of my neighbors, was taken sick. He continued growing worse for several days, and refused all sustenance, even sweet milk. Buttermilk was offered him, but this he refused; and in short, he seemed bent upon adopting a rigid course of diet and regimen as his only means of cure. His case appeared to be one of high fever, and inflammation upon the mucous membranes of the stomach and alimentary canal. When all hopes for the recovery of the noble animal had nearly expired, he was permitted to stagger his way to a brook of cold water. Here the poor creature seemed to find an antidote for his raging fever, for he drank most voraciously of the cooling beverage, and not yet satisfied, lay down and took a bath, and continued drinking and bathing at times for several days. He soon grew better, and came to his appetite, and is now convalescent, and will undoubtedly be promoted to fill the office of physician and nurse among his fellows.

Query.—If cold water is so dangerous in case of fever as many (so called) learned physicians assert, why did instinct lead

this poor animal to the only sure, safe, and certain remedy for his complaint?

S. B. ROCKWELL.

A LITERARY TASTE FAVORABLE TO VIRTUE.—An attachment to literary pursuits—a desire for the acquisition of knowledge in general, will, for the most part, be found to co-exist with a virtuous turn of mind. Every species of literary, as distinguished from scientific composition, is directly or indirectly didactic; for though vice as well as virtue may be propagated by books, there is no branch of literature of which this is the nature, though it may be the perversion; and he who has a relish for immoral productions, has not a taste for literature, (any more than a merchant in calculating his profits, has a turn for mathematics,) but merely for literature so far as it is a means of pampering his debased propensities. A taste for literature, then, is in general a taste for the lessons of virtue.—*Boston Investigator.*

SIZE OF THE FEMALE WAIST.—Women ought to measure from twenty-seven to twenty-nine inches round the waist, but most females do not permit themselves to grow beyond twenty-four. Thousands are laced to twenty-two; some of them less than twenty, and thus by whalebone, wood and steel, the waist is reduced to half its proper size.—*Home Journal.*

ALL DRUGS MORBIFIC AGENTS.—All remedies operate upon the same principle as morbid agents when injudiciously applied. Applied to the healthy system, they alter the vital properties and actions so as to constitute disease. If improperly employed under circumstances of disease, they develop new morbid conditions, and exasperate such as already exist. "Medicines," says Linnæus, "differ from poisons, not in their nature, but in their dose." And so Pliny: "*ubi virus, ibi virtus.*"—*Professor Payne.*

"The following is from *Punch*:—' If

two hogsheads make a pipe, how many will make a cigar?"

We think we can improve upon it thus:—If sixty-three gallons make a hogshead, how many gallons will make one a hog all over?—*Horace Mann's Common School Journal.*

LECTURES TO LADIES.

Mrs. Paulina S. Wright is giving to the ladies of Wilmington, Delaware, a course of lectures on the subject of anatomy and physiology; illustrated by a fine French apparatus, an artificial female figure, anatomical plates, and perfect models.

WATER-CURE ESTABLISHMENTS ILLUSTRATED.

We propose to publish in this journal an illustrated description of all the different water-cure establishments throughout the United States, and would respectfully request all proprietors of such establishments to forward to us engravings and cuts representing the buildings, with all the necessary statistics, giving the distances from New York and the various routes by which they may be reached, as well as the number of patients each establishment is capable of accommodating; the names of proprietors and physicians in attendance, including terms, &c., &c. This will serve as a directory for all who may wish to avail themselves of the water-cure treatment by those who are competent. It is supposed that each establishment will furnish an engraving, with a correct description of the establishment.

Please address all letters and packages (POST PAID) to Fowlers & Wells, New York.

The more a man follows nature and is obedient to her laws, the longer will he

live. The farther he deviates from them, the shorter will be his existence.—*Hufeland.*

A man in perfect health ought always to rise from the table with some appetite. If either the body or the mind be less fit for action after eating than before, that is, if the man be less fit either for labor or study, he hath exceeded the proper quantity.—*Dr. Wainwright.*

The rule of *not too much*, by temperance taught, In what thou eat'st and drink'st, seeking from thence,

Due nourishment, not gluttonous delight,
Till many years over thy head return:
So may'st thou live till like ripe fruit thou drop
Into thy mother's lap, or be with ease
Gather'd, not harshly pluck'd, in death mature.

Milton.

It is a shame for man to have so many diseases; for a sober life produces sound health, while intemperance changes into deadly poison even that which was designed to preserve life.—*Archbishop of Canterbury.*

"THE BRIGHT SIDE."—There is more sunshine than rain—more joy than pain—more love than hate—more smiles than tears in the world. Those who say to the contrary, we would not choose for our friends or companions. The good heart, the tender feelings, and the pleasant disposition, make smiles, love and sunshine everywhere. A word spoken pleasantly is a large spot of sunshine on the sad heart—and who has not seen its effects? A smile is like the bursting out of the sun behind a cloud, to him who thinks he has no friend in the wide world. The tear of affection how brilliantly it shines along the dark path of life! A thousand gems make a milky way on earth, more glorious than the glorious cluster over our heads.

PHILOPROGENITIVENESS, AND POWER OF INSTINCT.

On Saturday last, several persons witnessed a most striking display of instinct in the brutal species. A tree was felled adjacent to this village, which proved to be hollow, and from which a "*flying*

squirrel" came forth. It tarried a few moments, but when an attempt was made to capture it, with its usual timidity, it ran to a tree close by, which it ascended to the top with quickness, and sailed off to the trunk of another. It soon returned with boldness, and while the log was being cut off and split open, it loitered about the feet of those present, in evident distress, with an occasional piteous noise, disregarding the danger of the falling axe, under which it frequently passed into the log. When the log was opened, there were its bed and two young ones. When all were lifted out with care and laid down to her, she gathered one with her paws into a round bulk, seized the gathered part in her mouth, ascended the same tree she had previously gone up, and from its top again sailed off to another, and so on, until she had the young one safely deposited in a new home. She soon returned, and in like manner took away the other one to the same place. She seemed to lack, however, in calculation, and returned again and examined the place minutely; but finding no more of her progeny, she went the same direction and returned no more.—*Ohio Picayune*.

A WORD ABOUT ADVERTISING.

In these days of Railroads and Magnetic Telegraphs, no man can expect to succeed in business who does not advertise liberally in the newspapers. The mass of customers are getting every day more into the habit, when they want anything in the market, of looking into their papers to see *who keeps it for sale*. Sagacious men are beginning to understand this matter, and to act accordingly. Many a man who has left no other means of obtaining custom untried, failing in this, has yet been doomed to disappointment, while his more thoughtful neighbor, by getting access to the eye and ear of the public, through the medium of the press, has made a fortune. It has been well remarked that where one man looks at the merchant's sign, a hundred men read his advertisement.

SALT BRINE.

Salt brine is said to be the best wash for stiff joints in horses. We wonder if fresh brine has ever been tried.—*M. Makin's Courier*.

Very good. Let the experiment be tried, and our word for it, cold water will come out ahead.

REV. THEODORE PARKER.—This popular radical preacher set out on a foot journey from New York city to New Haven on Tuesday morning of the anniversary week, after having delivered a great speech before the American Anti-Slavery Society. He said to his friends and comrades if they would do the same they would be the better for it.

CONVICT LABOR.

D. D. Spencer, editor of the *Ithaca Chronicle*, and one of the board of the Prison Inspectors, says that the laying aside of the "cat," in the punishment of convicts, has been attended with happy results. Contracts have been let at an advance of 25 to 30 per cent. on the prices, showing that contractors find their hands more faithful under the new order of things than when subject to the lash.

N. Y. Tribune.

INFANT MORTALITY IN BOSTON.

Boston is one of the most healthy cities in the world; and yet according to the weekly report of deaths there, as given in the *Boston Medical and Surgical Journal* for the week ending May 20th, 1848, one of the most healthy seasons of the whole year, the number of deaths under five years of age is *thirty*, while the whole number of deaths is only *sixty-nine*. Let us see how the matter will stand when the hot weather sets in.

A CRY FROM THE CONDEMNED CELL.

[THE CASE OF MARY ANN HUNT.—It having been satisfactorily ascertained, after a proper medical examination, that there is every reason to believe that this wretched woman is quick with child, her execution is stayed by order of the sheriffs of London and Middlesex.—*Times*.]

Two prisoners in a cell
Where felons, doom'd to die,
Are garner'd for the gibbet, dwell;
The time of each is nigh:
A murderess and a babe unborn within that
dungeon lie.

Ere this the wretch had died,
But the law abstains
From taking human life, whose tide
Doth flow in guiltless veins.
The hangman therefore waits till she hath
pass'd her travail's pains.

Prepare the bed, and see
The woman that ye tend;
And then prepare the gallows-tree,
To be the felon's end,
Soon as a mother's anguish shall have ceased
her frame to rend.

Prepare the swathing-bands,
The hempen cord prepare;
Alike ye need the hangman's hands,
The nurse's tender care:
The infant to the cradle—to the drop the
mother bear.

Oh! weary day on day,
For this unhappy soul,
To count the hours that pass away,
To watch the moments roll:
And view, through childbirth's agonies, the
scaffold as her goal.

Her crime, though nought can screen,
Yet ere her course be run,
Think what her sufferings will have been
For all that she hath done.
Surely death's bitterness is past with that most
wretched one.

Think on the anguish dread
That hath avenged her deed;
Think how that woman's heart hath bled,
If "blood for blood" you need,
And "eye for eye, and tooth for tooth," be still
your law and creed.—*London Punch*.

DREAM OF THE PIOUS QUAKERESS.

The Bible says "that no drunkard shall inherit the kingdom of God;" but it does not say that no *smoker*, or *chewer*, or *snuf-*

fer shall. Still, it seems by the following dream that those who use the *filthy weed* are in danger of having their names overlooked in the book of life, even if they are so wise and fortunate as to have them written there.

There was in olden time a good, pious Quaker lady, who was, strange to say, much addicted to the smoking of tobacco. She had indulged herself in this habit until it had increased so much upon her that she not only smoked her pipe a large portion of the day, but frequently sat up in bed for this purpose in the night. After one of these nocturnal entertainments she fell asleep, and dreamed that she died and approached heaven. Meeting an angel, she asked him if her name was written in the book of life. He disappeared, but replied upon returning that he could not find it. "Oh," said she, "do look again; it must be there." He examined again, but returned with a sorrowful face, saying that he could not see it there. "Oh," said she, in agony, "it must be there. *I have an assurance that it is there.* Do look once more." The angel was moved to tears by her entreaties, and again left her to renew his search. After a long absence he came back, his face radiant with joy, and exclaimed, "We have found it—we have found it! *but it was so clouded and covered with tobacco smoke that we could hardly see it.*" The good woman, upon awaking, immediately threw her pipe away, and never indulged in smoking again.—*Temperance paper*.

COLD WATER FOR BURNS.

Mr. Seth Hunt, of Northampton, gives the following statement of the success of treating with cold water a severe burn and scald in his family:—

"Cold water was applied, by immersion, till the pain ceased: the water being changed as often as it becomes warm. The part was then kept swathed in wet bandages, a dry woollen one enveloping them, until the injury was healed. The healing was rapid and effectual without leaving a scar. The instant relief which the cold water gave from the excruciating pain was highly gratifying."

AWFUL EFFECTS OF FRIGHT.—Parents cannot be too careful in guarding their children against fright, as the most melancholy results sometimes follow when this caution is neglected. We lately heard of an illustration of the fatal effects of terrifying children in order to punish them for misconduct. A little girl, of six or seven years of age, for some act of childish disobedience, was thrust into a dark cellar, and suffered to remain there nearly all night. The dreadful cries and screams which the child uttered, produced no effect upon her brutal parents, and when the door was at last opened the poor child was an *idiot!* in which deplorable condition she has since remained, with small hopes of recovery.—*Boston paper.*

Many a child has been injured by fright, and the practice of frightening children under any circumstances is most barbarous and unwise. Parents should always insist upon and secure the strictest obedience from their children, *but never by such means as this.*

HYDROPATHY.—Hydrophathy—the cure of diseases by water—is no hobby of the illiterate, the vulgar, the unreasoning, the mono-maniacal, the quacks. True, it is not yet adopted by the medical profession generally, but it has been adopted by the very largest, tallest and soundest minds in that profession. It is, practically, the discovery of an unlettered German peasant—yet that peasant is a born philosopher. It has been adopted by the most exalted portion of the English nobility. Its patients have testified to its sublime virtues from the very highest places of English literature, and it is destined to ride over lancet, phial and pill-box till cleanliness and health are synonymous. The truth of hydrophathy, its efficacy as a remedial system, is now as fairly established as the Newtonian system of astronomy, yet how few know anything definite and satisfactory of a system which comes home so immediately to their business and bosoms!—*Chronotype.*

A MAN.

The man whom I call deserving the name, is one whose thoughts and exertions are for others rather than himself; whose high purposes are adopted on just principles, and never abandoned while heaven and earth afford means of accomplishing it. He is one who will neither seek an indirect advantage by a spacious road, nor take an evil path to secure a real good purpose.—*Sir Walter Scott.*

REPORT OF DEATHS

In the city and county of New York from the 22d day of July to the 12th day of August, 1848: men, 270; women, 214; boys, 507; girls, 469; total, 1460.

DISEASES.

Consumption, 134; cholera infantum, 194; Dysentery, 175; the remaining by other causes.

It is now a time of general health in our city. The number of deaths are daily diminishing.

NOTICES OF BOOKS, &C.

A DISCOURSE OCCASIONED BY THE DEATH OF JOHN QUINCY ADAMS: Delivered at the Melodeon, in Boston, March 5th, 1848. By Theodore Parker, Minister of the Twenty-Eighth Congregational Church, in Boston.

This is a lengthy discourse, being upwards of sixty pages. It is, probably, one of the best of the celebrated author. For sale by Fowlers & Wells; mailable. Price 20 cents.

PHYSIOLOGY, DESIGNED FOR THE USE OF FAMILIES AND SCHOOLS. By Mrs. L. N. Fowler.

This book may be had of Messrs. Fowlers & Wells, 131 Nassau street, New York. From a hasty glance at the work, we think well of it.

AMERICAN PHRENOLOGICAL JOURNAL. O. S. Fowler, editor. Fowlers & Wells, 131 Nassau street.

The number before us for August,

(the eighth of vol. 10th,) contains a "Portrait and Phrenological description of James E. Murdoch;" "Amativeness, its location, adaptation, right exercise and perversion;" "Woman, her character, sphere, talents, influence, and consequent duties, education and improvement;" "Young Men, their capabilities and propensities for active life;" "Demands of the age on Young Men;" "Love of the Beautiful;" poetry, "They are Coming;" "Professor Tholuck and Micah Emerson, a contrast;" "Maternity, or the Bearing and Nursing of Children;" including "Female Education and Beauty;" together with miscellaneous matter, literary notices, &c.

This journal is a royal octavo of thirty-two pages, with cover, and beautifully printed on good paper. Considering the wide-spread reputation of its editor and cheapness, (it being afforded to clubs of ten at the low price of fifty cents a year,) it is no wonder that the Phrenological Journal has reached the immense circulation of near *forty thousand*. It is emphatically what it styles itself—"Home truths for home consumption." But a great many people who ought to "consume" it would rather consume fifty times the amount in tea, coffee, and tobacco, (things that do them no good, but much harm,) and then complain, forsooth, that they are *too poor to take such a journal*. Shame on American men and women who talk thus.

Among the literary notices of the August number of "The Journal of Health and Practical Educator," published at Boston, William M. Cornell editor, it is said of the Water-Cure Journal—"As it respects the present number," referring to that of July, "we must say we

have been hitherto mistaken. *We thought Doctor Shew advocated the use of wet sheets.*" So Doctor Shew has done ever since he first came to an understanding of the water modes, and doubtless ever will do. And he who cannot read more accurately, or having had an opportunity, does not know more of water-cure than thus to construe our remarks, is to be pitied alike for his prejudice and ignorance.

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HECKERS' FARINA,

Now in use at the Hospitals, Asylums and other public establishments, and recommended by some of the most distinguished physicians and chemists, as an article for children and invalids, much superior to arrow root, sago, &c., far more strengthening, pleasant to the taste and easy of digestion, is put in 24 pound boxes, of half pound papers, each accompanied with printed directions for cooking, &c. For sale at the principal drug stores. Wholesale by

HECKER & BROTHER, 201 Cherry st.

The celebrated Liebig says, in his *Agricultural Chemistry, Philad. ed.*, p. 48 :

"Children fed upon arrow-root, salep, or indeed any kind of amylaceous food, which does not contain ingredients fitted for the formation of bones and muscles, become fat and acquire much *embonpoint*; their limbs appear full, but they do not acquire strength, nor are their organs properly developed."

Prof. Reid's analysis of the Farina gives 15 per cent. gluten; this substance yielding the fibrine, albumen, and other nitrogenized principles necessary to the formation of muscular fibre and bone.

WHEATEN GRITS.

A highly nutritious, wholesome and agreeable food for invalids and dyspeptics. Put up in 2 pound papers, with printed directions for cooking, &c.

"The truth is that coarse wheat bread, under a proper general regimen, is an excellent and sure a remedy for chronic diarrhoea, as for chronic constipation. I have seen cases of chronic diarrhoea of the most obstinate character, and which had baffled the highest medical skill, and every mode of treatment for more than twenty years, yielding entirely under proper general regimen in which this bread was the almost exclusive article of food, and not a particle of medicine was used."—*Graham's Lectures on the Science of Human Life*, vol. ii. p. 429.

.NEW CROP OF 1848;

The proprietors of Croton Mills are now furnishing to the public in bags of 24½ and 49 pounds, as well as in barrels or half barrels, superfine Flour from this year's crop. Graham Flour, Rye, Indian Meal, &c. Delivered in any part of the city free of cost.

Postpaid orders attended to.

HECKER & BROTHER,

201 Cherry st., New York.

☞ LIBERAL Discount to Grocers and Dealers.

BOOKS ON WATER-CURE.

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

LOCKE'S**PATENT PORTABLE CHAMBER,**

Vapor or Shower and Douche Bath;

For Gentlemen, Ladies and Children,

NO. 31 ANN ST., NEW YORK.

This Bath is acknowledged by all who have used it, to be superior to anything ever manufactured for the purpose. It took the premiums at the Fairs of the American Institute, and at the late State Fair at Saratoga, N. Y., and at the Rensselaer county Fair, held at Troy, N. Y., in competition with several others; and is highly recommended by the most scientific men.

It forms an ornamental piece of furniture for a bed-room, may be used as a Bathing Tub, a Douche Bath, Hip or Sitz Bath, or as a Shower and Vapor Bath; more particularly the latter, as it is made perfectly tight at the top to retain the steam, and protects the whole apparatus from dust and is so arranged with hooks that when not used for bathing purposes, it is a very convenient wardrobe for ladies' or gentlemen's use. It occupies 24 or 26 inches square on the floor, and weighs 65 pounds, when Bates' baths of the same size weigh 115,—thus rendering it moveable with perfect ease from room to room.

The construction of the Bath is such that the most delicate female can manage it with perfect ease. The fount is lowered to receive the water by a small crank, which can be turned by a child: it is then raised and retained at any required height for a child, lady or gentleman. The bath is administered by pulling a small cord which opens a valve in the bottom of the fountain, and may be closed at pleasure, thereby enabling a lady of a nervous temperament to take from one to five gallons at a time.

It may be converted into a simple or medicated vapor bath, by attaching a small apparatus with a spirit lamp, which is sold with the bath if required.

Manufactured and sold wholesale and retail, by
JOHN LOCKE, 31 Ann St., New York.

Prices from \$8 to \$18. Steam Generator, with its appurtenances, \$5. Persons at a distance desiring further information relative to size, style of finish and prices, can, by addressing the subscriber, be furnished with a circular containing particulars.

New York, July 26, 1845.