THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS

JOEL SHEW, M.D., EDITOR.

FOWLERS & WELLS, PUBLISHERS, CLINTON HALL, 131 NASSAU St., N. YORK.

SANITARY REGULATIONS ON BOARD EMIGRANT SHIPS.*

BY DR. ANDREW COMBE.

THERE is a bill at present before Parliament for enforcing additional sanitary regulations on board emigrant ships; and in order to illustrate the great importance of the subject, we reprint the following letter by the late Dr. Andrew Combe, which appeared in the *Times* of Sept. 17, 1847. It is his last legacy to a cause for which he has done so much, and it is marked throughout by his vigorous thought and sound judgment. There is no abuse that calls more loudly for removal than the present condition of passenger vessels to America. The mortality which has occurred in this "middle passage" has averaged from 10 to 30 per cent., and in particular cases much higher, in a voyage of comparatively short duration. Further details may be found in the appendix to an interesting work—"The Englishwoman in America"—which has just appeared, by Mrs. Maury, of Liverpool, whose efforts, hitherto, (we are sorry to say, unsuccessful,) for obtaining medical advice for the poor emigrants have been above all praise:

TO THE EDITOR OF THE TIMES.

SIR—I was glad to perceive from the newspaper reports of the debates, a few days ago, that the subject of the recent unusual sickness and mortality on board of emigrant ships had at length attracted the notice of both Houses of Parliament, and that government professes to be fully aware of the magnitude of the evil, and anxious to use every possible means for its mitigation. But on reading the speeches my satisfaction was much diminished, by finding that, with the exception of a very proper proposal by Lord John Manners, to compel emigrant ships to carry a surgeon, all the suggestions thrown out had reference exclusively to the care and treatment of the passengers after their arrival in the colonies, and that not a word was said of any intention even to attempt the prevention of the disease, by modifying the present regulations so as to suit the altered circumstances under which emigration is now going on. And yet, this is not only by far the most important part of the subject, but precisely that over which government may exercise control with the greatest advantage. Indeed, I cannot but regard it as a strong proof of the necessity of some official and responsible superintendence of matters relating to the public health, that while ship fever has, for some months past, been exciting so much distress and alarm, not only among the emigrants themselves, but in the seaports on the American coast, no active measures have been resorted to

* From Edinburgh Phrenological Journal and Magazine of Moral and Intellectual Science.

on this side of the Atlantic to counteract its causes or attempt its prevention. Can we doubt that if a board of health had existed, the very prevalence of an unusual amount of disease would at once have excited inquiry, and prompted to the use of every possible precaution? But on the principle that what is everybody's business is nobody's, the pestilence has been allowed to go on unchecked, and all our efforts have been reserved for the restoration of the sick. Such, at least, is the only inference to be drawn from the reports of the speeches in Parliament. Earl Grey, for example, assures the House of Lords, that on receiving accounts of the suffering among the Irish emigrants, "Lord Elgin, the governor of Canada, had lost not a moment in taking the most prompt and energetic measures. He had immediately applied to the Ordnance Department for assistance, and immediate steps were taken for the erection of sheds, and additional medical officers had been engaged. In short, all that human skill and art could do had been done for the relief of these unhappy persons. The House was aware that the usual vote for the purpose of assisting emigrants on their arrival in Canada had been increased from £1000 to £10,000, and the governor had been directed to draw, in addition, for such further sums as he might think necessary, in the full confidence that Parliament would sanction the additional expenditure for such a purpose." In the House of Commons, also, Mr. Hawes gave similar assurances, that "the attention of the government and of the colonial authorities had been most earnestly directed to the subject, and nothing in their power should be wanting to mitigate the calamity." All this is excellent so far as it goes, especially when backed by the further assurance from Mr. Hawes, that "he would make careful inquiry to ascertain whether the practical difficulty to which he had adverted (of providing a surgeon for every emigrant ship) was one which could be overcome;" and that, in the next Parliament, he would introduce a large measure, consolidating the laws which regulate the conveyance of emigrants. But as no distinct reference is made to any proposed means of warding off disease, I beg to be allowed to offer a few remarks for the purpose of at least partially supplying the omission. I am well aware that they will be found both meagre and imperfect; but as they are the results, partly of observation during a recent voyage to New York in a Liverpool packet ship, with three hundred and sixty (chiefly Irish) emigrants on board, and partly of information obtained during a short stay in the United States, they may afford some useful hints to the emigration authorities, in the absence of more extensive and trustworthy detail.

Ship fever, then, is no new or mysterious disease; it is neither more nor less than a variety of the too familiar typhus, which has lately committed such ravages in Ireland and among the Irish population of our large towns; and it owes any peculiarities it may possess entirely to the confined space and other circumstances under which it appears. Like typhus, it springs from the combined influence of imperfect nutrition, vitiated air, filth and moral depression; and its extraordinary prevalence this season can be traced to the unusual pressure of these causes, particularly the first. It follows that, till the causes be removed or counteracted, no abatement of the pestilence can reasonably be hoped for. Doubtless, it is very proper that "additional means should be taken to mitigate the sufferings of the emigrants arriving in Canada in a state of sickness;" but it would, I repeat, be much better if, instead of waiting for the arrival of the sufferers in Canada, we were to meet the evil at its source, by the adoption of precautionary measures at home. These ought to be brought into play, at least as early as the causes they are intended to counteract, and be continued during the entire course of the voyage.

1. Among the most efficient causes of the present unusual prevalence of ship fever, the low physical condition of the emigrants when they go on board, and still more, their inadequate sustenance during the voyage, may be placed in the front rank; because, without the agency of these, all the other causes would fail to produce more than the averageamount

of sickness. Of the fact of the low condition of the emigrants, I can speak strongly, from my own personal observation of the poor Irish whom I saw mustered on deck before leaving the Mersey, and in whose appearance no medical man of experience and reflection could fail to see plain indications of reduced stamina, and of inability to withstand the causes of disease. But the fact referred to is so notorious, and so generally admitted, that I need not waste words in proving it. With regard to inadequate feeding during the voyage, however, some explanation may be required, to show in what respect the sustenance of emigrants on board ship has differed this season from what it was in former years, and why this difference has been so influential in the production of the present extraordinary amount of disease. This inquiry is the more necessary, as Earl Grey himself seems not to be fully aware of the facts of the case; and yet the right selection of the measures to be adopted must depend mainly on the real state of matters being understood. In reference to the accounts which "the government had received of extreme suffering having prevailed among the Irish emigrants in Canada," his lordship is reported to have said, that "those emigrants had gone out in ships as well provided as such vessels usually were, but they had embarked in such a state of health, that, in some cases, the very change to a better diet on board the emigrant ships had caused fever to break out among them." Judging from personal observation, and the other sources of information accessible to me, I cannot but consider this statement to be founded on a most unfortunate mistake. It may be true, that "the ships were as well provided as usual;" but, unless I have been greatly misinformed, it is far from being true that the poor emigrants were so. By the usual agreement for a steerage passenger in an emigrant ship, the passenger undertakes, or, at least, is expected to furnish his own provisions for the voyage, the ship supplying only fuel for cooking, and three quarts of water daily. In ordinary seasons when food is plentiful and cheap, the emigrants embark in good plight, and bring along with them a considerable supply of potatoes or oatmeal; though, as the captain has no means of compelling them to lay in a sufficient store for even a voyage of average length, the supply is generally much below what is necessary. In order to guard, therefore, against their actual starvation, either from their own improvidence, or from a very protracted voyage, the ship is bound to furnish daily to each steerage passenger (besides at least three quarts of water) one pound of bread, flour, rice or oatmeal, it being provided that at least one half of the quantity of these provisions shall consist of bread or biscuit, and that potatoes may be given to the extent of one half the supply, five pounds of potatoes being computed as equal to one pound of the other articles. Every ship is compelled by law to lay in provisions for ten weeks (the average passage to New York or the St. Lawrence being about six or seven); and I believe it is not till the emigrant's own store is exhausted, that he is entitled to demand a supply from the captain. Hence, in ordinary years, the average mortality on the passage, according to Mr. Hawes, is only one half per cent. This season, however, when food has been scarce, and the price of both meal and potatoes so high as to put them virtually beyond reach, most of the emigrants have embarked without supplies of any description, and consequently have, from the first, been thrown on the stinted allowance which the government kindly intended to be merely a resource, in an emergency, against actual starvation. That this destitution was the case with almost all the poor Irish on board the ship in which I crossed the Atlantic, I was positively assured, and have every reason to believe: and no one who considers that the miserable allowance above mentioned is the sole support of men reduced by previous want to a state but ill calculated to resist the additional unwholesome influences which they encounter at sea, can be much surprised at the excessive mortality which is now occurring. The public are already aware that the sick and dying, landed from emigrant ships at Quebec and some of the American ports, have been so nu-

merous as to fill not only the hospitals and the sheds and tents erected for their reception, but even, it is said, some of the churches. In a private letter, dated 12th of June, from a gentleman who had access to correct information, the number of sick at the quarantine station near Quebec, is said to be about three thousand, and the deaths to be nearly one hundred a day; and the case of the Ceylon, which was lately reported at New York, with one hundred and fifteen sick, and having lost thirty-one passengers during the voyage, exemplifies the condition of the emigrants while at sea.

That under favorable circumstances life may be preserved, for a time, by such an allowance of food as the emigrant ships are bound to furnish, experience no doubt demonstrates; but that such a diet ever proves so stimulating as to "cause fever to break out," as Earl Grey has been led to suppose, or that vigorous health can be sustained by the continuance of such diet for any length of time, is utterly incredible; because all the nutriment which a pound of "breadstuffs" contains is greatly below the actual daily waste from the body. Seeing, then, that in the present circumstances of the country, most emigrants are unable to furnish themselves with an adequate supply of food, I conceive that here is a most fit occasion for the interposition of government. Let the existing regulations be modified, and ships be compelled to furnish larger and better supplies; but do not allow the poor creatures to be sent to sea on an allowance under which health and life can be preserved only under the most favorable circumstances. In one or two ships, where the fever prevailed to an extreme degree, the quality of the provisions is said to have been very bad, but whether truly or not, I cannot tell. Both quantity and quality, however, ought to be subject to efficient inspection.

(*To be continued in our next.*)

USEFUL ADVICE.

Nothing can be more prejudicial to tender constitutions, studious and contemplative persons, than lying long in bed after one is distinctly awake, or has slept a due and reasonable time; it necessarily thickens the juices, enervates the solids, and weakens the constitution. A free open air is a kind of cold bath, especially after rising out of a warm bed, and, consequently, makes the circulation brisker and more complete, and braces up the solids, while lying in bed dissolves and soaks in moisture. The erect posture, and the activity of walking, makes the perspiration more plentiful, and the gross evacuation more readily thrown off. This is evident from the appetite and hunger those that rise early feel, beyond that which they get by lying long in bed. Add to all these, the influence of the fresh, benign, morning air, and the retreating of all the noxious damps and vapors of the night, together with the clouds and heaviness that are thrown upon the brain from sleep; and lastly, that cheerfulness and alacrity that is felt by the approach, or presence, of that glorious luminary the sun, which adds a new force to the heart and gives a spur to the lagged and jaded spirits. All nations and ages have agreed that the morning season is the proper time for speculative studies, and those employments that most require the faculties of the mind. For these the stock of the spirits is undiminished, and in its greatest plenty. The head is clear and serene, the passions quieted and forgot; the anxiety and inquietude that digestion begets in the nervous system, in most tender constitutions, and the hurry the spirits are under after the great meal, are settled and wrought off. I should advise, therefore, those who are of a weak, relaxed state of nerves, who are subject to hypochondriacal or hysterical disorders, whose professions lead them to use much of their intellectual faculties, or who would indulge speculative studies, to go to bed early and to rise betimes; to employ their morning hours in these exercises until eleven o'clock, then to take some agreeable breakfast of vegetable food; to go on with their studies or professions till three, four, or five, as their spirits will hold out, and then go and take the great meal of animal food; all

the rest to throw off study and thought, divert themselves agreeably in some innocent amusement, with some gentle bodily exercise; and as soon as the digestion is over, to retire and provide for going to bed, without any further supplies, except it be a glass of fresh water or warm sack whey. But the aged and sickly must go to bed and lie longer, because age and sickness break rest, and the stiffened and hard limbs of the ancient become more pliant and relaxed by much sleep, and a supine posture, and the warmth of the bed. The valetudinary, the sedentary, and the studious, should eat very light or no supper; if any, it ought to be vegetable food, neither ought they to go soon to bed after any supper whatever.

Dr. Dick, in his celebrated work on "Diet and Regimen," says:—"Most of the diseases of men arise from effeminate life, or too great indulgence of the passions. Nature created our bodies hardy and robust, and capable of resisting the common influences of cold, and the fatigues necessary in the ordinary duties of life. We enervate and render ourselves inadequate for those duties and for resisting these even healthy influences, by a soft, luxurious, or inactive mode of life. The agriculturist, the huntsman, the manual laborer, remain till late in life full of energy and ardor. The man surrounded by plenty, or superfluity, and by all the delights of existence, falls, in the midst of them, into passive being. The manner of life of most of us is open to objection. Too close rooms by day and by night; too much nightly clothing; too many drinks calculated to debilitate the stomach; too much moral and mental excitement; too little bodily exercise, and that little most frequently in the streets of cities, not in rustic air; the too sedentary lives of many of our females, who engage, while seated the greater part of the day, in works which occupy the fingers only; late hours night and morning, instead of the reverse; unseasonable hours of our repasts, and too great intervals between them; food too multifarious and too rich; —these are the sources of much corporeal listlessness and thence disease."—*Boston Journal of Health.*

The Medical Intelligencer states that from a Register of the Society of Friends, or Quakers, it appears as a consequence of their temperance, that one half of those that are born, live to the age of forty-seven years; whereas, says Dr. Price, of the general population of London, one half live only 23–4 years. Among the Quakers, one in 10 arrive at 70 years of age; of the general population of London, only one in 40! Never did a more powerful argument support the practice of temperance and a virtuous life.—*Ib.*

Fresh Air.—The celebrated Dr. Darwin was so impressed with the importance of good air, that, being very popular in the town of Derby, once on a market-day he mounted a tub, and thus addressed the listening crowd: "Ye men of Derby, fellow-citizens, attend to me! I know you to be ingenious and industrious mechanics. By your exertions you procure for yourselves and families the necessaries of life; but if you lose your health, that power of use to them must cease. This truth all of you know; but I fear some of you do not understand how health is to be maintained in vigor—this then depends upon your breathing an uncontaminated air; for the purity of the air becomes destroyed where many are collected together; the effluvium from the body corrupts it. Keep open, then, the windows of your workshops, and soon as you rise open all the windows of your bed-rooms. Inattention to this advice, be assured, will bring diseases on yourselves, and engender among you typhus fever, which is only another name for putrid fever, which will carry off your wives and children. Let me again repeat my serious advice—open your windows to let in the fresh air, at least once a day. Remember what I say; I speak now without a fee, and can have no other interest but your good in this my advice." —*Ib.*

DRINKING HABITS HEREDITARY.

ADVICE TO PARENTS.—Oh, I pity the drunkard! Longings within and temptations without haunt him perpetually! Yet doubly to be commiserated are those whose hankerings are *constitutional*, and will therefore follow them to their graves! If all need to pray, "Deliver us from temptation," how much more those who are beset and tortured with temptation night and day, from their cradles to their graves? Oh, what can make amends for such a thirst? The wealth of India? No, not of a thousand—not all worldly goods besides. And that parent who thus entails this hankering on his children—and it is almost certain to descend also to his grandchildren—deserves the perpetual execration of every one of his descendants, and also the curses of community, though himself only a moderate drinker. Away, then, with all intoxicating drinks. Even supposing them good for yourself—which I protest they are not—yet forego personal good, rather than brand your children and your children's children with this fire of hell! Leave them poor, leave them as you will, but leave them temperate BY NATURE, or never DARE to become parents! Even though, ostrich-like, you care nought for your own offspring, yet be entreated to care at least for yourself. Do not bring down your own gray hairs with sorrow to the grave, as thousands of parents have done, and are still doing, by thus rendering your offspring intemperate. Or, rather, for your own sake, for their sakes, practice TOTAL ABSTINENCE through life; or, if you will drink, be it ever so moderately, be conjured to curse no heirs and their wives and children with this innate tippling propensity! Oh, parents, remember that you sow seed in a most susceptible soil, from which those you most love will reap prolific crops of health and happiness, or of vice and misery!

ADVICE TO MAIDENS.—Unmarried women, this subject makes a powerful appeal to you. To be cursed with a drinking husband is indeed terrible, but, in addition, to see this depraved appetite—this liquor-loving stream—flow on to generations yet unborn, widening as it descends, breaking out here, and there, and yonder, and perhaps sweeping your name and race from the earth—oh, this is sorrow unmeasured, and woe undescribed! How powerful this motive promptly to refuse the addresses of all who stimulate IN THE LEAST! For, in marrying even moderate drinkers, be it only of wine, you incur imminent danger, not only of having your affections blighted past all recovery, if not of following him to an early and most bitter grave, but also of seeing your sons, otherwise your pride and support, become broken reeds and your deepest disgrace—thus redoubling the indescribable miseries of a drunken husband, in those far more aggravated, of having besotted offspring!—*O. S. Fowler.*

A VEGETABLE DIET.

For many years benevolent individuals have been endeavoring to make the world believe, with Pythagoras, that abstaining from animal food, and living on vegetables, was the sure mode of preserving health and promoting longevity. Many individuals, accustomed to animal diet, have tried the experiment, but found, after a few days, that their strength began to decrease, and their muscles to relax. Recently, in England, a whole party of vegetable diet socialists met to pass the day together, and compare notes. They then amused themselves in walking and gymnastic exercises, until the bell rang for dinner, when the company clustered round the table, which groaned beneath pies, puddings, and a variety of fruits and farinacea. Not a particle of animal food of any kind, or intoxicating drinks, was seen on the occasion. The secretary of the National Institution declared his adhesion to the principle of abstaining from animal food. Mr. Lane gave a report of the progress of vegetarianism, and showed the connection existing between such a principle and human purity. A German by the name of Dornbach, who had lived on vegetable diet for several years, gave his own experience, and contended that the greatest longevity is compatible with abstinence from the flesh of animals.

William Hill, from Cornwall, had been for seventeen years a vegetarian, and had maintained perfect health and strength during that time. It is possible, that occasionally we may find individuals who would hold their own under a vegetable diet, but as a general principle, the working man in this country could not get along without animal food. That we eat too much meat cannot be doubted; we should eat it but once a day, but cannot give it up altogether. Mr. Greeley tried the experiment, but we believe he occasionally falls back upon the wing of a chicken.—*N. Y. Morning Star.*

So men will dogmatize about vegetable diet. We often hear it said that a man cannot work without meat. *When will people learn that the mass of the manual labor of the world is done without meat.* For a larger and better collection of facts and arguments than can be obtained in any single work, see Graham on the Science of Human Life, a work that will repay the reading of it.

WOMAN'S TENDERNESS AND LOVE.

It has been said that in sickness there is no hand like woman's hand; and there is not. A man's breast may swell with unutterable sorrow, and apprehension may rend his mind; yet place him by the sick couch, and the shadow rather than light of the sad light that watches it; let him have to count over the long dull hours of night, and wait alone, sleepless, the struggle of the gray dawn into the chamber of suffering—let him be appointed to this ministry, even for the sake of the brother of his heart, or the father of his being, and his grosser nature, even where it is more perfect, will tire; his eyes will close, and his spirit grow impatient of his dreamy task; and though love and anxiety remain undisturbed, his mind will own to itself a creeping in of an irresistible selfishness, which, indeed, he may be ashamed of, and struggle to reject, but which, in spite of all his efforts, remains to characterize his nature and prove in one instance at least, manly weakness. But see a mother, a wife or a sister in his place. That woman feels no weariness, nor even forgetfulness. In silence, in the depth of night, she dwells, not only passively, but so far as the qualified terms may express our meaning, joyously. Her ears acquire a blind man's instinct, as from time to time it catches the slightest stir or whisper, or the breath of the now more than loved one who lies under the hand of human affliction. Her steps, as in obedience to an impulse or a signal, would not awaken a mouse; if she speaks, her words are a soft echo of natural harmony most delicious to the sick man's ears, conveying all that sound can convey, of pity, comfort and devotion; and thus night after night she tends him, like a creature sent from a higher world, when all earthly watchfulness has failed; her nature, that at all other times was weakness, now gaining a superhuman strength and magnanimity, herself forgotten, her sex alone predominant.—*Portland Transcript.*

LIABILITY OF APOTHECARIES.

Apothecaries, who from carelessness vend a wrong medicine, which causes death, are liable for man-slaughter, according to a decision in a case in the New York Sessions, which is something new:

Dr. E. M. Guion, who keeps a drug and apothecary store, corner of Grand street and Bowery, Wm. H. Brayton, who had been employed as clerk, or in the store, and Theron King, a lad about 12 or 14 years of age, who had been employed in learning the business, were placed upon trial, being severally indicted for man-slaughter, in carelessly vending a quantity of laudanum, by wilful neglect or mistake, for tincture of rheubarb, to a boy, named James H. Lent, who had been directed to purchase a small dose or quantity of the latter, for an aged lady, his grandmother, named Anne Hart, by taking of which laudanum she was poisoned, and soon died. The court was unusually crowded with persons who seemed to take a lively interest in the trial.

After the examination of a number of witnesses, by which it was proved that he, Dr. Guion, was not in the store at the

time, and that he had been carrying on business for twelve years, with care and strict attention to business, the Court considering there was no ground to put the Doctor on his defence, instructed the jury to render a verdict of acquittal A verdict of guilty of man-slaughter in the fourth degree, against Brayton, was then rendered—recommending, at the same time, the prisoner strongly to mercy, and acquitting the lad King by a verdict of not guilty.—*Boston Investigator.*

TOBACCO, RATTLESNAKES, AND MAD DOGS.

A writer in the *Daily News*, signing himself 'Medicus,' suggests the use of tobacco as a remedy for hydrophobia. He says it has been used successfully in the bite of a rattlesnake, and proposes giving *a drachm* at a dose!

This dose would soon cure the disease by killing the patient. A drachm of tobacco would be fatal to any one not accustomed to eating it. *Apropos* of rattlesnake, we think it quite possible that tobacco would prevent the bite. It is very noxious to vermin of all kinds, and we think it likely a rattlesnake would fly from some tobacco eaters and smokers that we have scented. There is a case somewhat in point, of an old lady out West, an inveterate snuffer, who was gathering chips among the bushes, when a rattlesnake darted upon her and struck his fangs into her nose! The old lady was not in the least injured, but the reptile fell dead.

That's a tough one, boys; wonder if it is true.—*Ed. Cadet of Temperance—Ohio.*

From the Worcester (Mass.) Cataract.

COLD BATHING.

MR. EDITOR:—Your late extract from one of the volumes of my Library of Health, on Bathing, though highly practical in its character, and therefore likely to receive some attention, may be still more useful with the following *appendix.*

Cold Bathing has in view two great objects—1. Cleanliness; 2. Increase of general vigor. There are always in operation in civic life a great number of causes which tend to debilitate the skin; but those causes are more numerous and more rife in summer than in winter. Now bathing not only keeps the enfeebled skin in a condition to perform its work well as far as it has energy, and thus strengthens "the things that remain that are ready to die," but also gives it new tone and vigor. For this last work of increasing the tone and vigor of the skin, the shower bath is peculiarly adaped.

It is indeed true, as I have said in the Library of Health, that the great point to be secured in the application of water to the skin, and therefore the only thing which is *absolutely indispensable* is a basin or bowl of water. Still it should be remembered that in making this representation I had reference, chiefly, to the cleansing or purifying offices of the water, and not so much to its tonic and invigorating tendencies, for these last are much better and more certainly secured by showering.

One word as to the hour of using the shower bath. For though the strong and healthy may use the cold bath in any of its forms, at almost any hour of the day, provided they are not greatly overheated or debilitated, yet to those who are in any way debilitated, (and such are most of us in these days of physical degeneracy,) there is a preference.

The best hour for applying cold water to the skin, as a tonic, is about the middle of the forenoon. A person rising at this season of the year at 4 o'clock, and breakfasting at 6, will naturally go to work at 7. Two hours' moderate labor will bring up the action of the heart, arteries, &c., to what may be called "flood tide," which is the proper season for cold bathing of every kind, whenever there is any doubt about getting a reaction. Next to this hour, however, especially for convenience sake, is the moment of getting out of bed in the morning.

The skin, by its various offices or functions—especially by its secreting power—is the great safety valve of the human machine. When it does its work well and vigorously, and a kind of centrifugal tendency prevails, it is scarcely possible

for any evil to befall us in the shape of sickness, even so much as a cold. But when the skin ceases to perform its offices, or performs them feebly, a centripetal tendency takes place, and the internal organs become obstructed and perhaps crippled, and disease ensues. This alone indicates the value of cold bathing in all its forms, but especially in that form which it is the purpose of these remarks to recommend. W. A. ALCOTT.

Framingham, July, 1848.

Remarks on the above.

Few authors in Medicine have written either so much or so well as our friend Dr. Alcott; yet with all due deference to his character and attainments, we must dissent from some of the opinions expressed in the above article.

The cold shower bath is one of the most severe forms in which water is used. Nothing is more common now-a-days in the city of New York than for persons to commence shower bathing; many are benefited, but others are injured. Neither physicians nor patients know the reason why; and so the unthinking world gropes on in darkness when there *is* light abroad if they would but see it.

For beginners and especially for the feeble ones, the rubbing wet sheet is the mildest and best of all forms of bathing. It is powerfully tonic, and yet may be taken when the body is fatigued, and even when wet and cold from exposure. But the shower bath under such circumstances would be too severe a remedy, and even dangerous to many.

Affusion is also a better form of bathing than the shower bath. Let a person stand in a tub or in any proper place where the water may fall, and with a hand-dipper pour water of suitable temperature upon and about the neck. The water adhering to the surface by cohesive attraction passes down the body, and thus the skin is cooled and the system invigorated. Or a large sponge may be employed, first filling it and then pressing out the water about the neck. Either of these is an excellent mode of bathing, and may be practised by every family, without price, as we may say. Such a bath, faithfully and energetically performed, is better than that taken by any kind of portable shower bath that can be obtained. Nor is more water needed.

Best time for bathing.—From a good share of experience in these matters, we long since came to the conclusion that the early morning is the best time for a bath. The stomach is then free from food, the circulation equalized, and the body refreshed by sleep. This then is the time in which the system is best able to endure strong impressions of whatever kind. If a bath is taken within two hours after taking food, the meal must be a very light one, else there may occur more harm than good. Three hours after a meal is the shortest time in which it is at all allowable to take a full and powerful bath.

But there is one objection to these simple forms of bathing. A thing that costs nothing, people are very apt to neglect. A man pays fifteen or twenty dollars for a portable shower bath; he says to himself, very naturally, I must have the worth of my money in some way; so he perseveres with his bath.

The best form of portable shower bath we are acquainted with is that manufactured by Mr. Locke, 31 Ann street, N. Y. But again we repeat, the bath by affusion we like better than the shower as taken by means of any of these kinds of portable baths. The shower bath upon the head, as physicians generally advise, often does much harm, especially if it be a powerful one.

BATHING IN ASTHMA.

The undersigned, having heard much respecting the external application of cold water to the human body in cases of disease, and being himself peculiarly situated, has taken this method, for the relief of others, of making known his own experience to the public. I had suffered for more than forty-five years with a severe, inveterate, hereditary asthma—not having for thirty years slept in a bed—when I was informed by Hon. H. W. Parrot of this town, who had likewise been subject to this disease for a long time, that, since he adopted the habit of applying cold water externally, he had not had any asthma whatever, and he requested me to do the same, which I did, and realized the same effect—not having had the least asthma since I made the first application.

Wishing to try a third case, the worst I could find, I visited a man of my acquaintance, who had not experienced a night of quiet, unbroken rest for the last 17 years. He was greatly debilitated, and, when informed of even the possibility of relief, he embraced the opportunity with eagerness.

On him, also, it had the same effect; he now sleeps soundly and well, and his respiration is perfectly free and easy. I next called on every man in my vicinity who labored under this complaint, and by the same means, they are all comparatively well, or in a fair way of being so.

Now let me say to all persons, far and wide, who have the misfortune to be afflicted in this manner, that you have only to adopt this practice, and you will find yourselves, in a very short time, entirely free from asthma or phthisic; and, as long as you continue it, so long you will be well. What I mean by this practice is, merely the applying of a very coarse towel, perfectly wet, to the whole surface of the body and extremities, and then a dry one, equally coarse, with as much friction as possible. Sea water is preferable, but, if not at hand, make your spring water about as salt. The best time for the purpose is the evening, at the retiring hour, and will not occupy more than fifteen minutes.

If, then, this simple process can remedy a most distressing malady, which has ever been considerad incurable, what internal disorder, let me ask, if recourse is had in time, may it not remedy?

In regard to the external use of cold water, in some form, for human disease, it is my firm conviction that such will prove the extent of this great blessing, bestowed by Providence on suffering humanity, that, with timely application, many other diseases than asthma, and some, if possible, still more distressing, will eventually yield to its power. WILLIAM MANSFIELD.

Gloucester, Mass., April 3, 1848.

The above article we copy from the New England Farmer, published at Worcester, Mass. We will venture an assertion, that Mr. Mansfield could not have had much of an asthma, and be cured by one bath. We are not doubting his word, nor do we like to see such monstrous stories going the rounds of the papers without some rational explanation. The asthma ceases sometimes spontaneously. Such might have been the case with Mr. Mansfield. However, we can believe that a person who had long lived in violation of the natural laws, might in a case of asthma experience great benefit even from the first bath. The imagination, too, exerts a most powerful influence over the minds of some individuals; and thus such a person, hearing of these cold water "miracles," then commencing bathing, might be wonderfully benefited in a short time—cured, as some are wont to say.

Many cases of asthma cannot be cured at all. Others can be; and in all cases water, with proper diet, is the best thing possible for mitigating the symptoms.

Mr. Mansfield makes the assertion that *salt* water is the best. So also say physicians and surgeons, most of them. *We* make the assertion that *fresh* water is the best, the purer and softer the better.

Now for the proof. Let any one take to washing regularly the hands and face in salt water, and see which they find best. But even bathing in salt water may be made often to do great good. And yet it were always better for the water to be fresh. How apt are people to look after the mysterious! Pure water is reckoned too simple a thing to be capable of causing any good effect. We have not made these remarks in any spirit of criticism for criticism's sake. We only want the true facts to be known; such as people may anywhere and everywhere verify in actual practice.

☞ *Effects of Brandy.*—A physician, in writing us from the South, speaks of having been feeble for years; commenced taking brandy freely, and that at first it appeared to do him a great deal of good. He had had the jaundice for years; took everything he knew of or could hear of for it, never receiving anything more than mere temporary relief. Not long after commencing the brandy the diabetes came on, running him down forty pounds before many weeks. So people go from one poison to another, without any knowledge of the fact, *that in chronic disease drugs must of necessity always do harm in the end.*

Stays were first invented by a brutal butcher of the thirteenth century, as a punishment for his wife. She was very loquacious, and finding nothing would cure her, he put a pair of stays on her in order to take away her breath, and so prevent her talking. This cruel punishment was inflicted by other husbands, till at last there was scarcely a wife in all London who was not condemned to wear stays. The punishment became so universal at last, that the ladies, in their own defence, made a fashion of it, and so it continned to the present day.

A BABY'S COMPLAINT.

O mother, dear mother, no wonder I cry;
More wonder by far that your baby don't die;
No matter what ails me—no matter who's here,
No matter how hungry the "poor little dear,"
No matter if full, or all out of breath,
She trots me, and trots me, and trots me to death.

I love my dear nurse, but I dread that great knee,
I like all her talk, but wo unto me!
She can't be contented with talking so pretty,
And washing, and dressing, and doing her duty;
And that's very well—I can bear soap and water,
But, mother, she is an unmerciful trotter!

Pretty ladies, I do want to look at your faces,
Pretty cap, pretty fire, let me see how it blazes;
How can I? my head going bibity bob,
And she trots me the harder the harder I sob;
Oh, mother, do stop her, I'm inwardly sore,
I hiccup and cry, and she trots me the more,
And talks about "wind," when 'tis she makes me ache:
Wish 'twould blow her away, for poor baby's sake.

Thank goodness, I'm still, oh, blessed be quiet!
I'm glad my dear mother is willing to try it;
Of foolish old customs my mother's no lover,
And the wisdom of this she can never discover;
I'll rest me awhile, and just look about,
And laugh up at Sally, who peeps in and out;
And pick up some notions as soon as I can,
To fill my small noddle before I'm a man.

Oh, dear, is that she?—is she coming so soon?
She's bringing my dinner with tea-cup and spoon,
She'll hold me with one hand, in t'other the cup,
And as fast as it's down she'll just shake it up.
And thumpity thump with the greatest delight
Her heel it is going from morning to night;
All over the house you may hear it, I'm sure,
Trot, trotting! Just think what I'm doomed to endure!

The Boston Medical Journal, Criticism on the Water-Cure.—The Boston Medical and Surgical Journal, in criticising the Water-Cure Journal and what it calls the "hydropathic mania," holds the following language:—

"By a perseverance that never acknowledges fatigue, and by operating on those who are ready to seize upon straws, either from absolute necessity to keep off that worst of distempers, ennui, or for amusing the water-cure physicians, with their one idea, have introduced themselves, almost unperceived, and with a modesty and simplicity of manner, have captivated an order of intellect that will by and by recoil with surprise if not with indignation, from the fascinations of the system."

If one can make anything like sense out of such a jumbling up of sentences as the above, we have quite a compliment for the water doctors. And let it hereafter be seen, as the ages shall roll on, whether water will hold the sway, or bleeding and poisoning as hitherto.

Again the Journal says:

"The active imagination of those who live in wet sheets, and fancy that their days have been prolonged by a skilful application of the douche and the plunge, do more for the hydropathic cause than the unconscious fluid, which receives all the credit of so many wonderful cures."

When the editor of the Boston Medical and Surgical Journal shall himself have "lived" more in wet sheets, and when he shall have had, personally, some experience in the use of the douche, the plunge, the dripping sheet, the wet girdle, the sitz-bath, the foot, the eye, the ear, the nasal and the oral bath, the water drinking, water vomiting, water purging, &c., not to mention the other parts and adjuncts of the "one idea" system, then we will admit that he knows something about it—not before.

NIGHT THE PROPER PERIOD FOR SLEEP.

Valanque relates a circumstance which satisfactorily proves the advantage of sleeping during the night instead of the day. It was an experiment made by two colonels of horse, in the French army, who had disputed much which period of the twenty-four hours was the fittest for marching, and for repose. As this was a very interesting subject, in a military point of view, to have it ascertained, they obtained leave from the commanding officer to try the experiment. One of them, although it was in the heat of the summer, marched in the day, and rested at night; he arrived at the termination of a march of six hundred miles without the loss of either men or horses. The other, who conceived it would be less fatiguing to march during the cool of the evening and part of the night, than in the heat of the day, at the end of the same march, had lost many of his horses and men.—*Phila. Journal of Health.*

DISTORTION; A WORD TO MOTHERS.

The most common cause of a high shoulder is to be found in the abominable practice of undressing girls' necks as low as the hanging of their clothes will permit. Instead of the shoulder-straps of their dress being, as they should be, on the centre of the shoulder, they often indeed are actually far down on the arms; in consequence of which, the dress having little or no suspension on the shoulders, is constantly dropping; and the girl, to save her clothes dropping down, or at least to keep them in place, is continually hitching up the shoulder from which the shoulder-strap most easily slips, and thus the elevating muscles, becoming stronger on that side, pull the shoulder permanently up, and produce a very ugly appearance. But the mischief does not stop here. For though there really be no disease of the spine, yet this constant hitching up of the shoulder causes the head and neck to be thrown to the other side, while the chest is thrown out to the same side; and thus a lateral curvature of the spine is produced, and a girl's figure is spoiled, for the simple purpose of uncovering her neck and shoulders as far as possible, which ought to be covered. Many parents have been thus the real cause of their daughter's distortion, if not of more serious consequences; and therefore, in growing girls, who have the least disposition to slip their shoulder out of their dress, most especial care should be taken

to prevent the possibility of keeping up this habit, by having the dress made so high that it cannot slip down; and then the sensation of its slipping being lost, the child no longer continues to hitch up her shoulder, and, by a little attention to her proper carriage, the habit, if not of long standing, may be broken.—*Chelius' System of Surgery.*

ANTI-TEA, COFFEE AND TOBACCO PATIENTS AMONG THE POOR.

A lady writes us: "In looking at one of your Journals of 1847 I find that you propose sending reading matter gratis to persons in needy circumstances, and who are interested in the subject of water-cure and dietetic reform, and are at the same time willing to abstain from tea, coffee and tobacco. Now I am one of this number, and will most gladly comply with these terms. I have nothing in the world but a few clothes which I earned at work by the needle when I was very feeble in health. I have been married, and have brought up a family of children. My husband was intemperate and my privations and hardsphips have been many and great. The physicians say that I have the liver complaint, and have quite given me up. Some say I am not able to sit up at all. Now if you will be so kind as to give me some information as to the best mode of using water, you will confer a great favor upon one who has suffered much."

We not unfrequently receive letters of a similar kind to this. We have at least *some* desire to aid such persons, be they who they may, of what religion or name. So we renew the promise alluded to in last year's volumes of the Journal. This refers to the *Editor*, not the *Publishers* of this paper. Address, however, (post paid,) either Editor or publishers of the Water-Cure Journal, 131 Nassau street, New York.

CONSUMPTION.—Dickens gives the following description of this sad disease, which is constantly carrying sorrow and desolation into thousands of families in New England:

"There is a dread disease, which so prepares its victim, as it were, for death; which so refines it of its grosser aspect, and throws around familiar looks, unearthly indications of the coming change—a dread disease, in which the struggle between the soul and the body is gradual, quiet and solemn, and the result so sure, that day by day, and grain by grain, the mortal part wastes and withers away, so that the spirit grows light and sanguine with its lightening load, and feeling immortality at hand, deems it but a new term of mortal life—a disease in which death and life are strangely blended, that death takes the glow and hue of life, and life the gaunt and grisly form of death—a disease which medicine never cured, wealth warded off, or poverty could boast exemption from—which sometimes moves in giant strides, and sometimes at a tardy, sluggish pace, but slow or quick, is ever sure and certain.

WATER-CURE HOUSE,

New Lebanon Springs, N. Y., Sept. 14th, 1848.

This Establishment was opened for the reception of patients the first of May, 1845, by David Cambell & Son as proprietors, and Joel Shew, M. D., Physician.—It is situated in a most beautiful valley or rather on the side of a hill, near the WARM SPRING, which has been a place of popular resort for many years. It is twenty-five miles distant east from Albany, and seven miles west of Pittsfield, Mass. Persons can go from New York to the Springs via the L. I. Sound and Housatonic Railroad, connecting in the summer season with a line of stages at the state line, and in the winter season at Canaan Four Corners, which takes them through in one day. They can also go by the way of the Hudson River, taking the cars at East Albany, and taking the stage at Canaan Four Corners as before Those coming from Boston or east of Pittsfield, will leave the cars at Pittsfield, where they will find a stage or other conveyance to the Springs. The house is comfortably fitted up for winter as well as summer treatment, and will accommodate about thirty at a time. There are also houses in the village where patients are accommodated, so that there is scarcely ever any lack of good accommodations. The original proprietors still manage the Establishment; but the medical department is superintended by N. Bedortha, M. D., who has filled that office for nearly three years. More than three hundred invalids have been treated in this place, during the past three years, with what success the public have been somewhat informed.

The large plunge bath and other baths are filled in winter, when needed, with the water from the celebrated Warm Spring, at seventy-two degrees of temperature, which is very important in many cases of disease treated in winter. The engraving at the head of this, represents the principle Water-Cure House with the house on the hill a little distance off which belongs to the Establishment, on the right a Pub. lic Hotel, and on the left a Livery Stable.

On the opposite side of the street is the well known Columbia Hall, so much visited in summer.

The terms here are usually from $5 to $8 per week.

WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

NEW-YORK, OCTOBER, 1848.

WATER TREATMENT IN THE COOL AND COLD SEASONS.

There is a very general impression that the hot season is the safest and best in which to pursue the water treatment. People resort to watering places only in the summer. Who would think of going to Saratoga, Newport, Coney Island or Long Branch in the winter? People would as soon think of leaving off their tea, coffee and tobacco, as do this. What everybody does and what custom indicates must be right, as the world goes.

Now it may startle many for us to make the assertion *that the cool and cold seasons are in every respect the best for bathing and the water treatment.* Who does not know that in these seasons the body is more vigorous and strong? Therefore is it, that powerful impressions are at these times the better borne. A man can walk more, can endure more, can eat more; so can he bear more cold water when the weather is not hot.

If then it is true that the hot season is the least favorable for the practice of the new treatment, water-cure establishments should be thronged in the winter, at least as much as in the summer. But what are the facts? In this country especially they become almost entirely deserted; scarcely a patient is left. And why is such the case? Is it because the practitioners of the system are suspected of deception in endeavoring to persuade people to set to work in the winter season! We think the principal reason is to be found in the general lack of physiological knowledge. Certainly those who have gone through a good schooling in the treatment, and have experienced the highly exhilarating and invigorating effects of a winter course, bear testimony to the truth of what we affirm. Spend a winter season in the water treatment, as we have done among the snowy mountains of Silesia, and then a summer in the hot American climate, and the truth may be learned, each for himself.

We advise all persons then, who have not already commenced the use of water, to begin NOW. If you are well as a human being can be, you yet need the free and daily use of water to *cleanse* the body. If you are not well, what in nature is there so invigorating as water properly used? Nothing as a tonic can equal it.

These short remarks we have deemed appropriate at the present season of the year. We should be glad if we could say something that would cause persons to frequent more the American estabments in the cool and cold seasons. True, we are pecuniarily interested in the matter. We should, we acknowledge, be glad to have through the whole season a goodly number at our own establishment, here at this most beautiful place on Long Island. The winter is here very mild for the north. We flatter ourselves that we shall do good work for our patients, and that a good number will as hitherto come to us. But after all we expect more good to be done, incomparably more in the aggregate, in persuading people to practise the treatment at their own home. Americans are a practical people; so as they become more and more acquainted with the treatment, its advantages and its safety, they will pursue it in a domestic way.

ESSAY ON TOBACCO.—No. 1.

The well known plant Tobacco, or *Nicotiana Tabacum*, belongs, according to botanists, to the same natural order as *Atropa Belladonna*, commonly known by the name of deadly night-shade, and the *Datura Stramonium*, or thorn apple, both of which are among the most powerful and deadly of the acro-narcotic poisons. The oil of tobacco, as also an infusion from its leaves, is one of the most virulent poisons known. Like the other poisons mentioned, tobacco has been used for criminal purposes. Besides the essential oil, tobacco contains an acrid alkaline principle, which can however only with difficulty, be separated from it. "The empyreumatic oil of tobacco," says Christison on Poisons, "is well known to be an active poison, which produces convulsions, coma and death." But of its specific and poisonous effects, I shall speak more fully hereafter.

There are about thirty species of tobacco, each of which possesses very nearly the same properties. Each has a strong, and to the uninitiated, a disagreeable smell, and an acrid burning taste. Either water or spirits may be used to obtain a decoction or solution of the acrid principle. Heat facilitates the operation. The infusion obtained in spirits is of a deep green color. The watery infusion is of a deep yellowish brown color. Of the thirty species two possess most of the acrid principle, viz., the *Nicotiana Tabacum*, and the *Nicotiana Rustica*.

Concerning the derivation of the *name* of tobacco, there exists among writers a difference of opinion. According to some authorities it came from the word *tobago*, the name of a pipe used in Virginia; others that it came from *Tobago*, one of the West India Islands. The botanical name *Nicotiana* is from Mr. Nicot, who first obtained the plant from Tobago, and took it to Spain.

That tobacco was unknown to the Europeans prior to the discovery of America by Columbus, authorities generally agree. It is supposed to have been known to the Chinese time immemorial, for the forms of their pipes and their modes of using appear to indicate great antiquity. The tobacco sack or wallet and the pipe are indispensable articles for the every-day use of the Chinaman.

One author, *Meller*, says that the plant was found in the province of Yucatan in the Mexican Gulf, in a very flourishing state. "Among the natives who held it in the greatest possible esteem and reverence, from the almost magical virtues they attached to it, it was called *Petun*, and by those in the adjoining islands, *Yoli*. So singular a production of the country could but draw the attention of the Spanish commander to it. The consequence was, that a specimen of it was shipped with other curiosities of the country, with a long detail of its supposed astonishing virtues in pharmacy. In the latter end of the year, the plants arrived at their place of destination, and this may fairly be deemed to have been their first entrance into the civilized portions of the world.

"A dreadful disease," continues this author, (an advocate of the weed,) "first brought from America by the last return of Columbus, raged about this period with a fearful and unchecked virulency in Spain, committing dreadful devastations on the human frame, and finally ending in the most horrible death the imagination could picture. This circumstance served to procure it a most sanguine welcome; for the sailors composing the fleet, having learnt it from the natives, had disseminated the belief that it was the only

known antidote against its ravages; that it in fact answered the purpose of mercury in the present day, a belief welcomed with enthusiasm, and ending in despair."

From Spain tobacco soon found its way to different parts of the civilized world, first to Portugal and then to the other European kingdoms. From Spain and Portugal, it was brought by one of the French ambasadors to Paris. Here it is supposed the practice of snuff-taking first commenced. The same woman, Catharine de Medicis, who was notorious for her instigation of the massacre of the Protestants on St. Bartholomew's day, may be considered the first snuff-taker. She, it is said, used tobacco in the form of powder; and the practice has certainly been well kept up in that city ever since. From the fact of this queen having used tobacco, it got the beautiful names of *Herba Catharinæ Medicæ* and *Herba Reginæ*, or the Queen's Herb.

About this time tobacco came under the patronage of Cardinal Santa Crocé, the Pope's nuncio, who in returning from his embassay to the Spanish and Portuguese courts, carried the plant to his own country. This individual had at another time won no small reputation, by bringing from the Holy Land what he affirmed to be a portion of the real cross, and from the general enthusiasm with which tobacco was received in the Papal States, we may believe the account that Santa Crocé's celebrity was as much enhanced by the latter as by former act.

As in other countries, tobacco was received with general favor in England, although here as elsewhere it found bitter opponents. It is generally supposed to have been introduced first by Sir Walter Raleigh in 1584, or as some say in 1586. Others, however, regard it more probable that to Sir Walter is only due the honor of having been the first patron of the precious weed; and that it was first introduced into England by Ralph Lane, who returned to that country with Sir Francis Drake in 1560. The earliest evidence of Sir Walter Raleigh's using it seems to have been that of 1584. According to Lobelius, it was cultivated in England in 1570. Clucius says that "the English, on their return from Virginia, brought tobacco pipes made of clay; and since that time the use of drinking tobacco hath so much prevailed all England over, especially amongst the courtiers, that they have caused many such pipes made to drink tobacco with." Whatever may be true on the subject, Sir Walter Raliegh appears to have the credit of having been at least its most distinguished patron in the time of its introduction into England. There is an amusing anecdote respecting Sir Walter's early use of the article. There is at Islington yet standing, a public house, called the "Pied Bull," in which the distinguished knight lived. While he was at one time enjoying quietly, in his room, his favorite pipe, a servant entering, saw his master surrounded by volumes of smoke. Ignorant of the cause, and alarmed at seeing him, as he supposed, on fire, he rushed from the room and soon returned with buckets of water with which he completely drenched the distinguished lover of smoke. The assertion which has been made by some, that Sir Walter was executed by King James for his indomitable love of the herb, is doubtless a mistake, as would appear from the testimony of the herbalist Parkinson, who in speaking of the kind of tobacco, *Nicotiana Rustica*, says, "Although it be not thought so strong or sweet for such as take it by the pipe, yet have I known Sir Walter Raleigh, when he was a prisoner

in the town, make choice of this sort to make good tobacco, of which he knew so rightly to cure, as they call it, that it was held almost as good as that which came from the Indies, and fully as good as any other made in England."

DELIRIUM TREMENS.—A CURE.

In the Spring of 1846, I treated the following desperate case of Delirium Tremens. The subject was an elderly gentleman, a Physician, who had been in the English naval or military service some years ago; he had been a long time intemperate; had no wife, children, or other near relatives, to care for and attend to.*

In hopes of doing him good, Dr. Eleazer Parmly had taken him, miserable as he was, under his roof, and for months, exercised a fatherly care over him. Occasionally he would break away from all restraints, and return to his cups. He had experienced attacks of Delirium Tremens, at different times, for years past. The present attack was a very severe one. Dr. Ludlow and Dr. J. W. Francis, of this city, had treated him for (I think) upwards of a week, during which time he had not slept or taken nourishment. They had administered powerful emetics and opiates. That the treatment was thorough enough, according to the regular modes, no one acquainted with these gentlemen will doubt. So, after having done all they could, they gave him up. One of these physicians, being sent for, on the night before I saw him, replied, "Nothing more can be done, die he must."

I was told, when I was sent for, that the patient had been in spasms the previous night, which had now returned, and it was feared that he would die before I could get to him; but, on reaching him, I found his pulse too strong for that, and, if undisturbed by medicines, I thought he would not die for many hours, at least. The patient, as is usual in this disease, was perpetually haunted with ideas of the most frightful kind; the whole world was against him—soldiers—officers—magistrates, in short, everybody; even the very demons of "the pit that is bottomless," he imagined were surrounding him, to torment him to death. What, then, are the indications of treatment in so formidable a case? Unlike, perhaps, the majority of cases of this disease, here was a full, hard pulse, attended with considerable pyrexia (general feverishness.) This, then, is first to be reduced. The nervous system, so irritated, over-excited and unstrung, must, in some way, be soothed, quieted, and restored, in order that refreshing sleep may again be enjoyed.

First, then, iced water was given plentifully, and ice to eat; secondly, and at the same time, wet towels with pieces of ice between them, were applied to the head, chest, abdomen and thighs; those upon his trunk the old man gathered about him as his best friends. They were frequently renewed, so as to assuage the

* The whole tendency of hydropathy is eminently favorable to the Temperance cause. Father MATHEW says "I find it a most powerful auxiliary in persuading men to take the Total Abstinence Pledge." It is, also, an invaluable means, not only of speedily relieving fits of intoxication, but of forestalling the recurrence of that fatal and ungovernable thirst for liquor, which the poor victim of intemperance so often vainly resolves and strives to resist. The comparative ease with which habitual stimulants are abandoned, under the water-cure, is proverbial, the water itself, skilfully applied, supplying an excitement in its place.—ED.

feverishness, at the same time carefully watching the pulse, that he should not be too much reduced. The treatment was commenced about the middle of the day, and, for the first twenty-four hours, the applications were sufficiently extensive to be nearly equivalent to an ice-cold wet sheet: meantime, copious cold injections were given, with a most salutary effect. The system became much calmed, still he could not sleep. He ate, during this time, an enormous quantity of ice, taking it almost continually. The subsequent treatment was similar in kind, but moderated in degree. At least forty-eight hours elapsed before he took nourishment or obtained sleep. Half-baths were also used the second and third days, for an hour at a time. The patient improved rapidly under this course, and, on the fourth day, had grown so much better, as to be able to ride a number of miles and to walk over one mile, and thus continued to improve.

The treatment, after my first seeing the patient, was purely hydropathic, although the above-named physicians, who met with me, strongly recommended a combination of the old with the new system. Once only, a cup of weak tea was allowed at evening, which, doubtless, served to make him more wakeful.

In cases of this disease, where there is not increase of circulation and feverishness, the treatment should be as continuous, but more mild. In all cases, large and repeated injections of cold water have a most salutary effect. At night, or whenever other applications are inconvenient, these may be resorted to with frequency, and will be found to have a very soothing influence.

In the above case, I could hardly have succeeded without the aid of Dr. Dunning (associate of Dr. Parmly,) who, although then in very delicate health, remained up with him the whole of the first night.—*From Dr. Shew's Cases of Water-Cure in America.*

EXTRACTS FROM PATIENTS, &c.

Lockport, N. Y.

Since I have read the Water-Cure Journal, and practised to some extent according to its recommendations, I have been free from a severe head-ache, to which I was subject, particularly in the warm season. Not only has it been beneficial to myself, but to my whole family. When any of my children take a cold, instead of givi ng lobelia or caster oil, I give them a bath, or wrap them in the wet sheet, which has never failed to cure. Enclosed I send you $1 for your invaluable Journal. When I see the vast amount of misery caused by ignorance, I cannot help doing something.

EDGAR GREGORY.

☞ *Dr. A. C. Westlake*, of Grand Rapids, Mich., is, we are happy to learn, doing good work in the cause of hydropathy. He has treated a great variety of cases successfully, and is about forming an establishment for water-cure.

A very worthy and intelligent patient, in writing us for a formula for brown bread (which, by-the-by, any good breadmaker can make by means of good yeast and observing the same general rules as in the making ordinary bread,) adds, "My general health, I am happy to state, was very much improved by my stay with you at Oyster Bay. The rheumatism has not troubled me much since my return, and I am satisfied the cold water

treatment is just the thing for this complaint."

Remarks.—This patient was a most distressed object, with mercurial rheumatism when he came to us. He could remain only about four weeks. The perpetual splashing and the dieting he underwent, he will not be likely to forget in a short time.

☞ *Mr. A. C. Stiles* of Milan, Ill., writes to our publishers: "I should be glad to give you some account of what the water-cure is doing here on the banks of the Mississippi. Suffice it to say, it has saved a number of valuable lives here. If some really erudite water-practitioner would come to St. Louis and establish an institution, it would soon be filled to overflowing."

Mr. C. G. Calkin of Rockport, Ohio, in sending names and money for subscribers, says, "I have been a patient and under my own treatment in water-cure for more than two years. I now enjoy tolerable health, which I am able to preserve by using water alone. My family, too, are treated only with water, which is effectual in all instances thus far. I could, had I time, send you some interesting facts, cases, &c., relating to water-cure in this region."

KEEP THE HEAD COOL.—We have often spoken of the evil of sleeping on feather pillows. Many persons have got into the habit of sleeping on hard beds, but the fact that hard pillows are if possible more necessary than hard beds few have learned. Hair pillows are very good, but on the whole rather warm. Oat straw affords one of the very best. Let any person who is troubled with headache, restlessness, dreaming and night mare, rush of blood to the head, drowsiness in the morning, try for one month the oat straw bed and pillow, he will become convinced of their good effects.

COMMON SENSE VS. HIGH HEELS.

The unnatural custom of wearing boots and shoes with high heels is so common now-a-days, we may infer there is generally but little thought on the subject. The best remarks we have seen concerning the evil, are found in an old work on water, by Sir John Floyer and Dr. Baynard, 1705. We here insert them:

High heels are usually the cause of most strains, either in the ancle, or knee, for no man treads straight or perpendicular with a heel, nor can he walk far without weariness, especially in the knees and muscles of the thighs, for the ill figure the limb is in upon every step; so that no man with a high heel can tread strong and boldly, especially with the least weight or burden on him. Should a chairman that uses pumps, but one day wear a heel but an inch high, and work so, it would lame and cripple him for a month. For in man, upon his progression, the heel comes first to the ground, but in horses and most quadrupeds, the toe; and if the heel be high, he cannot step with the whole limb straight; for the knee bending forward, verges towards making an angle, as may be seen by making a straight line from the heel and hip, and in an unnatural posture, no man can walk far and long, without pain and weariness. But we must be wiser, forsooth, than our Maker: for Infinite Wisdom that has made all things by a right and unerring rule, by weight, measure and number, surely would have set a high heel to man at first, when he made him, if he had thought it to have been necessary.

And one thing more, I add, as a most necessary remark, viz. that no man ever sprained his ancle, and rarely his knee, that ever wore a heel higher than the natural plain of the foot; neithar have they

corns under the foot, nor on the toes, without the shoe be too strait. I could wish our soldiers and others, who travel much on foot, would but consider the great benefit that they would receive in a long march, by wearing shoes of a low and equal plane, and such soles as would bend and yield to the foot, such as the Irish and Scotch highlanders wear, without any heel at all: and, especially, if they are used to such use from their infancy. For the tendons would not be contracted, as they are in such as wear heels, who cannot through the stiffness and contraction of the tendons, walk far without heels, but are cramped in their hocks and hams, with achings and pains in their knees. Nay, although they are accustomed to high heels, they cannot walk far and fast, but are soon weary and tired, whilst the other tread flat and firm, and are not sunk or spent even in long journeys, nor stiff or disordered the next day. Men, for want of a little knowledge in the true structure of the limb, and of the mathematical consideration of the make of the thigh, leg, and foot, esteem this a light thing, and laugh at it as a jest perhaps, but the trial of a hard day's journey will soon demonstrate who is in the right. And it has been very often observed, that after a long foot journey, to wash the feet, legs, knees and thighs with cold water, has wonderfully abated and taken off weariness, and them disposed the better to rest and sleep.

REMEDIES FOR FITS.—*For a fit of Passion.* Walk out in the open air; you may speak your mind to the winds without hurting any one, or proclaiming yourself to be a simpleton.

For a fit of Idleness.—Count the tickings of a clock. Do this for one hour, and you will be glad to pull off your coat the next and work like a hero.

For a fit of extravagance and folly.—Go to the work-house, or speak with the ragged and wretched inmates of a jail, and you will be convinced—

Who makes his bed of brier and thorn,
Must be content to lie forlorn.

TOBACCO.

* * * * There's naught exceeds
The FILTH that from a chewer's mouth proceeds
Two ounces chewed a day, 'tis said, produce
A full half pint of vile tobacco juice;
Which, if counted five and twenty years,
(As from a calculation it appears,)
With this foul stuff would near five hogsheads fill,
Besides old quids a larger parcel still.
Nor am I with this calculation done,
He in that time has chewed full half a ton;
A wagon load of that which would of course
Sicken a dog, or even kill a horse.
Could he forsee, but at a single view,
What he was destined in his life to chew,
And then the products of his work survey,
He would grow sick, and throw his quid away.
Or could the lass, ere she had pledged to be
His loving wife, her future prospects see;
Could she but see that through his mouth would pass
In his short life, this dirty, loathsome mass,
Would she consent to take his hand for life,
And wedded to his FILTH, become his wife?
And if she would, say, where's that pretty miss
That envies her the lips she has to kiss?

Med. Paper.

HOPE.—This precious jewel, planted in the human breast, is an evident token of the Divine favor to his fallen children. Were it not for hope, life would become a burden, and death clothed in darkness. In this life, it leads the poor laborer on in his wearisome toil for a better heritage for his children: it sustains the merchant through all the shifting trials of trade; it cheers the students of law, of medicine, of divinity, in their pursuits; it supports the mariner over mountain wave and swelling flood, when the storm and the lightning are over and around him; it inspires the waiting wife and mother to watch and pray for his safe return; it leads the blushing maiden to the altar of love, and inspires the prattling boy to deeds of juvenile prowess. It is to the Christian an anchor to the soul, sure and steadfast.

Poetry is the flower of literature; prose is the corn, potatoes, and meat; satire is the aquafortis; wit is the spice and pepper; love letters are the honey and sugar; letters containing remittances are the apple dumplings.—*Ex.*

THOUGHTS FOR THE PUBLIC.—The world estimates men by their success in life; and, by general consent, success is evidence of superiority.

Never, under any circumstances, assume a responsibility you can avoid consistently with your duty to yourself and others.

Base all your actions upon a principle of right; preserve your integrity of character, and, in doing this, *never reckon the cost*.

Remember that self-interest is more likely to warp your judgment than all other circumstances combined; therefore look well to your duty when your interest is concerned.

Never make money at the expense of your reputation.

Be neither lavish nor niggardly; of the two, avoid the latter. A mean man is universally despised; but public favor is a stepping-stone to preferment—therefore generous feelings should be cultivated.

Say but little—think much—and do more.

Let your expenses be such as to leave a balance in your pocket. Ready money is a friend in need.

Keep clear of the law; for when you gain your case, you are generally a loser of money.

Avoid borrowing and lending.

Wine-drinking, segar-smoking and tobacco-chewing are bad habits. They impair the mind and pocket, and lead to waste of time.

Never relate your misfortunes, and never grieve over what you cannot prevent.—*Mercantile Times*.

THE HISTORY OF BREAD.

An antiquarian might make himself immortal by writing a history of bread. The thing has been tried without success. De Gouet has attemped to trace the successive steps by which men were led to the discovery of bread-making. As yet, nothing definite is known on the subject. The use of unleavened bread was general in the days of Abraham; and it is equally true that leavened bread was common in the time of Moses, for he prohibited the eating of the Paschal lamb with such bread. The Greeks supposed they were the first to discover the art of making bread. Some writers think that they were indebted for that art to the Egyptians and Phœnicians, who had early settled among them. Grinding corn by hand-mills, was first practised in Egypt and Greece. For years, the Romans had no other method of manufacturing flour than by crushing roasted corn in mortars. During the Macedonian war, public bakers were for the first time established in Rome, and from them the knowledge went through the south of Europe.

Yeast to raise bread, according to Pliny, was used by the Germans and Gauls before it was known in Rome, where bread was leavened by mixing the new dough with the old. Yeast was not used in France until the end of the 17th century. When it first became general, the Medical Faculty pronounced it injurious to health, and the use of yeast was prohibited under a heavy penalty. The bakers, finally, by appeals to the mass, had the law repealed.

During the reign of Henry VIII., the gentry had wheat for ther own table use, "but their households and poor neighbors" had to content themselves with rye, barley, and oats. In 1596, rye bread and oats formed most of the diet of servants, even in some of the reigning families. In 1626, barley-bread was the common food of the people.

How changed the times! Wheat bread is now universal. Barley is only used to a limited extent, except by brewers and distillers, and oats are employed in this country only for feeding horses.

In 1720, a field of eight acres of wheat was sown in Scotland, and was so great a curiosity that it excited the attention of all Edinburgh. As late as 1775, no wheaten bread could be met with in the country-places of Scotland. Oat cakes and barley bannocks were universally eaten. In 1804, there was not a single public baker in the city of Manchester. Bake-houses have been common in this country for more than a century.—*Rochester Democrat*.

SAGACITY OR REASONING POWERS OF THE DOG.

A correspondent of the N. Y. Spirit of the Times, writing from Boston, over the signature of "N. C. B.," relates the following anecdote, as an instance of the exercise of reasoning faculties by a dog:—

"Some years since, in the town of New Boston, New Hampshire, there was in a family a woman who was insane, a confirmed maniac. A partition was made by upright slats secured in the floor of the room, (which was the common living room of the family,) and a piece of timber overhead. Here she was constantly confined. A shower coming up, all the members of the family, women as well as men, went out in a field adjoining the house, to assist in raking and getting in hay. A window was left open, and the dog was in the house, I believe, a full or cross of the shepherd's dog.

The family had been baking, and had thrown a large qaantity of coals from the oven into the large fire-place. The people in the field heard the dog barking and howling, and saw him jumping up to the open window, in such apparent distress and want of assistance, that they concluded something was wrong at the house; they accordingly dispatched one of their number to see what the trouble was with the dog. The person came up, and looking in at the window, witnessed the dog's operations.

The mad woman had got out of her pen, and thrown the coals about the room. They set fire to the floor. The dog would get hold of the woman, and pull her away from the fire-place; he would then brush the coals to the hearth with his paws, and put out the blaze on the floor; while he was doing this, the woman would get to the fire-place, and scatter out the coals again. Again he would pull her away, and then go to work to brush up the coals and put out the fire. But finding he had more work to accomplish than he could perform, the fire kindling in so many places, he gave notice at the window and called for assistance. The person entered the house, secured the woman, swept up the coals, put out the fire, and returned to haying. Now, instinct would have taught the dog to make his escape from a burning building; but knowing that this woman was crazy—knowing that she was doing mischief—knowing that she would burn the house—and finding that he could not manage the affair, but thinking that the *sane* folks could; calling for their assistance, and giving them notice of the danger, looks very much like what wise folks call reasoning, or would be like it, if it had been done by a human being."

MANAGEMENT OF THE SICK ROOM.

A distinguished sage of antiquity being once asked "What was most necessary for the young to learn?" replied, "*That knowledge which would be most useful to them when grown up.*" So we would say, in reference to the education of women. It is one of her peculiar provinces to guard the health, and attend on the sick of her friends. And what knowledge more useful or valuable, than that which enables her not only to alleviate the pain and suffering, but even preserve the health and prolong the lives of those rendered dear to her by nature or friendship? But she cannot do this satisfactorily to herself, or successfully to those requiring such attentions, without possessing some knowledge of sickness or disease. It should be made a *study*, the same as the acquisition of any other knowledge or accomplishment. Parents and teachers should inform themselves on the subject, and be always ready to inculcate lessons of duty and affection to those around them. This knowledge can be obtained, in part, from books; and it is a gratifying omen of the times, that works on this, and kindred subjects, are so rapidly multiplying at the present day. One great reason of ignorance in this matter is, that individuals, while in the full enjoyment of health, do not feel the necessity of such knowledge. But multitudes have found, by most bitter experience, and, alas! when too late to remedy the defect, the importance and need of it. How often is it said, that such and such an individual died

for the want of propor medicai skill and attention. Might it not be said, with equal truth, that many die also for the want of *good nursing?* And how distressing the reflection to the sister, that her brother—to the wife, that her husband—and to the mother, that her child—died for the want, on their part, of some early attentions in the commencement or first stages of disease? Every well-educated physician is constantly in the habit of meeting cases where, apparently, there are too good ground for such reflections.

Nations have fonnd it good policy while in peace to prepare for war. How much better policy and wisdom would individuals manifest when in health, to make some preparations for sickness. The former is unnecessary, or generally can be avoided; the latter is inevitable. We all must encounter disease in our own persons, as well as in that of our friends. There is no escape or discharge from this warfare. It is for life. How important, then, that those whose peculiar relations in life call them to enlist more actively in it, should be well qualified to discharge its duties.

In a period which is characterized by the general extension of knowledge, it is remarkable how little attention has been devoted, in the education of young women, to those duties which are requisite to the comfort of a family whether in health or in sickness. Woman is fully qualified, by nature, with intellectual powers equal to fit her as a rational companion to man, and to become an able and sound instructress to his children; and, also, with sufficient strength of mind to share with him all the ills and disappointments of a chequered life. But if, in her education, accomplishments form the chief object, and acquirements are cultivated, which have no tendency to elevate her character, to the exclusion of the wholesome and solid cultivation of the mind; if her education qualify her rather for the light graces of the drawing room than for the matronly offices of the wife and the mother; these invaluable properties cannot be looked for; and an act of the greatest injustice is committed to the best and most interesttng part of our species.

In sickness, especially, man requires the attentions, the gentle and consolatory offices of woman. To have his pillow smoothed by one whom he loves and cherishes—to have his wants anticipated by one whose smile has graced, adorned, and thrown a brighter beam of sunshine on his happier hours; to hear the sympathizing words of endearment and consolation in his sufferings, fall upon his ear like the accents of love; and to find by his side one who is alive to all his feelings, unwearied with watching, forgetful of self, and only anxious for his recovery—are the greatest blessings which can be bestowed by a beneficent Providence upon mortals. But if, with all the desire which can actuate a good woman to perform these duties, she is ignorant of them, how heart-rending must be her feelings, and how deeply must she deplore her inability.—*Journal of Commerce.*

GRUDGING PAY TO TEACHERS.

Some parents go to a school to purchase a certain quanity of education, as they would to a shop to buy food or clothing, at the lowest possible price. They inquire the amount of the fee, and whatever that may be, a guinea or a half-crown, they object, and propose an abatement. Their arguments are amusing: "Schooling is very dear to what it was when they were young—Mr. So-and-So charges far less—teaching is but little trouble," &c. Others, we have heard, claim a reduction because the pupil is very young, or very *little*, quite forgetting that there is at least as much trouble in teaching a very young child as one more advanced, and that a greater amount of professional skill is requisite in the former than in the latter case. Parents of another stamp may be found demanding a discount, because they have three or four to pay for; and they quietly hint that if the teacher will not give education to *four* for *three* fees, he shall have none. Would these parties admit such a practice in their own trades or professions? Would a banker lend *four* hundred pounds for the interest of

three? Would a landlord let *four* houses for the rent of *three?* Again a fourth class will advance many pleas to the same purpose :—such as "The boy joined the class a week after the quarter day; now there are twelve weeks in a quarter, and the fee is six shillings ; tpn herefore sixec must be deducted!" These pesepe would be astonished, were they informed that the teacher, instead of granting a deduction, would be justified in charging a *double* fee, as a trifling compensation for the extra trouble caused by his urging the tardy pupil on to overtake the class. They will also plead, "The boy was unwell for *three days and a half!*" In short, each economical father, or managing mother, believes that every shilling kept from the teacher is a shilling justifiably gained.

Besides these attempts at reduction, which every independent teacher should resist, there are others to which the benevolent must yield. A widow struggling to give her child a good education—a professional brother having a family to bring up on limited means—a merchant, suddenly unfortunate, whose children may have been with the teacher for years—all have claims upon his gratuitous services. Thus, if even those who are the most successful and hold the most lucrative situation, realize far less than calculators suppose, how great must be the privation to men of very limited incomes, thus cruelly diminished!

In one word, let parents *economize* every where, that they may be generous, or, at least, *just*, to the most laborious and worst remunerated of all professions—that of teaching.—*Chambers.*

TOBACCO IN LITERARY INSTITUTIONS.

The use of the abominable weed in the literary institutions of our country is very common. We clip the following regulation from a catalogue issued by the *Flushing Institute*, Long Island, near New Yerk, a school of high repute. We are glad to see anything that even *looks* towards the tobacco reform.

"Though many men of the highest respectability are addicted to either 'smoking' or 'chewing,' or both, it is believed that few, *very few*, have ever formed the habit by commencing the practice after the *maturity of their reason.*

"It is also believed that few men desire their sons to become the consumers of tobacco, in any form whatever. Youth, therefore, who deem either of these practices an accomplishment, should bring with them to the school a *written permission* from their parents. They must also pledge themselves to use the privilege only under certain restrictions. A violation of the pledge will at any time be deemed a sufficient cause for leave to withdraw. The restrictions are offensive to those *only* who would smoke for the mere purpose of 'showing off.'

"Though the use of tobacco in this institution has not in *every* case been unconditionally forbidden, it is confidently believed that of all the students who have come and gone, there cannot be found one who formed the habit of 'using the weed' during his membership."

We trust that other schools will, ere long, follow the example of the above institute; or, rather, we trust that many will, ere long, require their pupils *to do away with tobacco altogether.* There need be no fear of losing pupils. Not one parent in a thousand, however much he may use the weed himself, would wish to have a son follow his example. Teachers, remember this.

SMOKING "SMALL POTATOES."

When I see a man—i. e. "a biped without feathers"—smoking a pipe or cigar in the presence of others, without *knowing* that *every one* of those who have to breathe the nauseous atmosphere is as fond of it as himself, I think, *to myself*, of course, for you know it will not do to think *aloud* in the presence of *such*—that he has yet to learn the first elements of genuine politeness. He is very "small potatoes;" and the time is not far distant when every one will so consider him.—*Son of Temperance.*

☞ What appears desirable to-day, may be held with aversion to-morrow.

THE CASE OF A YOUNG GENTLEMAN, FROM THE INJURIES OF TOBACCO AND STRONG DRINK, RECOVERED BY DRINING OF WATER, &c.—*From Dr. Edward Baynard on Water*, 1706. *London.*

About six years since, being sent for to a young gentleman, who, from a vivid and florid state of health, became pale and wan, and had strange cold sweats; also, a tremor; and was as much dispirited as if he lived under fear and dread of some impending evil to him; his stomach quite lost and gone, and had a great loathing when he saw food; I inquired into his cause of this sudden change in his health, and found it proceeded from his much smoking tobacco, which made him always giddy, and ready to vomit; also, to spit and flux abominably. All this he endured, resolving to be master of the black art, until it brought him to the brink of the grave. I told him the danger of proceeding in it, since it was so inimical to his constitution, and advised him to forbear strong drink, and to drink spring-water, night and morning, and eat a raw apple or two, and take the air in a coach or on horseback; all of which he punctually observed, and was as well in a month as ever he was in his life.

YOUNG MEN, READ!—One of the best editors of the Westminster Review was a cooper in Aberdeen; one of the greatest philanthropists of his day was an apprentice to a surgeon in Fraserburg; one of the editors of a London daily paper was a baker in Elgin; the editor of the Witness was a stone mason in Cromarty; one of the ablest London ministers was a watchmaker in Banff; the late Dr. Milne of China was a herd-boy in Aberdeenshire; the Principal of the London Missionary Society's College at Hong Kong was a saddler in Huntly; one of the best Indian missionaries was a tailor in Reith; the richest iron-founder in England was a working man in Morayshire; Sir J. Clark, Queen's physician, was a druggist in Banff; one of the members for Glasgow was a poor Ross-shire boy; and Joseph Hume was a sailor boy in Montrose.—Young men, go ahead!

WATER, PURE, CLEAR COLD WATER.

'Of drinks, I know but one which nature owns
As wholly suited to her several wants;—
And this is WATER. Cold and unconcoct
With heat or other mixture, I would give
It fresh and sparkling from its crystal font
To quench the thirst of everything that lives.

* * * * * * *

All other forms of liquid aliment,
So called absurdly, can be good for man
No further than the water they contain.
Why mix it then with drugs of foreign growth,
Coffee and tea, and other stimnlants?
Why roam the world for base ingredients
To mix with that which God has made so good;
Unless to give the stomach harder toil
And labor of digestion,—or unless
To plant the germs of malady and death?

The drinks called tea, coffee, and cocoa, are water with some solid vegetable matter put into it. Soda-water and ginger-pop are water, with different solid roots and salts put into it. Soups and broths are water, with some animal and vegetable substances suspended in it, and so of the rest; disguise it how you will, you are, or you ought to be, a water-drinker! Even the juice of fruits has no liquid but water; there may be, and in the grape, apple, pear, pine, orange, lemon, and others, are some rich, nourishing, vegetable *substances*; but these are for meat—it is the water they contain that affords the drink.

In hot weather we want more moisture than we can get from fruits; we want water to be constantly going through our system; and God has made it for us; there it is, to be had for fetching, clear, cool, pure, fresh, *sparkliug* from the spring!

Mark, we say *sparkling:* yes, God has mixed with it some fresh air to be carried into our bodies along with it, where fresh air is wanted, as well as fresh water.

Now *don't spoil your water.* You will if you boil it for tea, or coffee, or any such things: boiling drives off the air; and your drink is *flat.* You will spoil it, if you mix it with alcohol, as it is in beer, cider, wine, spirits, or any other intoxicating drink. If alcohol go along with the water, that spirit will vex and irritate and heat every atom it touches; and kindle up a fire in your veins, which you

will be drinking more and more, to quench as you think, while all the time you are adding fuel, and making the fire burn more fiercely. Remember the weather is hot, and you want to be *cooled*.

There is fire (so to speak) within and without you, animal heat within and solar heat without. Keep the fire within proper limits by means of water: as well might you quench a house on fire by means of spirituous liquor, as cool the temple of your body with intoxicating beverages. Do not put sugar in your water in hot weather; forego the use of sugar then, for mixing with the blood, it will afford fuel (carbon) for burning, and will make you hotter and more thirsty.—*Kentucky Golden Rule.*

WATER-CURE TRIUMPHANT.

The *Dover Gazette* gives the following account of a most singular and desperate encounter between a frog and a rat, at a brook near a slaughter-house, in that town, a few days since: "It appears that a rat came down to the brook to drink, and discovering a frog, 'with force and arms,' made an attack upon him, by making a firm grasp with his teeth; no sooner did the rat make his hold, than the frog dove into the water, dragging his antagonist with him, where he remained until the rat was compelled to let go, and make for dry land, closely pursued by the frog. As soon as the frog appeared above water he was again attacked by the rat, and a second time became the subject of cold water bathing. This feat was several times performed, until the rat, from exhaustion and drowning, fell a prey to his antagonist. After the frog became fully assured that his combatant was dead, he seated himself upon his dead carcass with all the complaisance imaginable, where he remained nearly half an hour, exulting as it were over his hard-won victory. Several persons were present and witnessed the fight."

A fellow in jail wishes he had the small pox so he could break out. He has tried everything else, he says, but he can't come it.

The WATER-CURE.—The water-cure establishments in Northampton, Mass., are thronged with invalids. The Gazette says, the Round Hill Retreat is full at times; Dr. Dennison has as many as he can accommodate at Springdale, and Dr. Ruggles, at Bensonville, has a full complement of patients.

Water-Cure Almanac for 1849. By JOEL SHEW, M. D., editor of the Water-Cure Journal. Published by Fowlers & Wells, No. 131 Nassau Street, New York. Price six cents.

We copy the following from the Table of Contents of this excellent Almanac:—

Modes of using water to prevent and cure disease—Bathing, Quality of water for drinking and culinary purposes, Wet Sheet, Wet Bandages, Warming or Stimulating Bandages, Sweating, Injections or Clysters, Rubbing Wet Sheet, Shallow or Half Bath, Hip, Sitz or Sitting Bath, Head Bath, Foot Bath, Eye Bath, Douche Bath, Crisis of Water Treatment, Diarrhœa, Dysentery, and Cholera Morbus, Constipation, Tea, Coffee, Tobacco, and Salt.

Observations—Hydropathic, Hygenic, Physiological, &c., Testimonies of Faust, Parr, Dr. Jackson, Zimmerman, Boerhaave, Hoffman, Dr. Cheyne, Hufeland, St. Paul, Dr. Lambe, Prof. Lawrence, Rev. A. Grant, Dr. J. Burdell, Dr. Ellitson on Treatment of Inflammation, Pluto, Dr. Lambe, Dr. J. Bell, Rev. C. G. Finney, S. Graham.

Testimony of Rev. John Wesley, Howard, the Philantropist, wash and be healed, A POEM ON THE WATER-CURE, Chronic Rheumatism, Water in Childbirth, Effects of Tobacco on the Nerves, Health and Hardihood of Indian Women, Injury from Bathing, Cold Water Song, Water on the Drunkard, Accidental Cure of Bronchitis by Water, Effects of Music, Martin Luther, Benefit of Baths, Constipation, &c., &c.—48 pages of valuable matter.

This almanac will be furnished at a liberal discount to agents. Price, single copy, 6 cents, 50 cents per dozen, or 25 for a dollar.