

THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

JOEL SHEW, M.D., EDITOR.

FOWLERS & WELLS, PUBLISHERS, CLINTON HALL, 181 NASSAU St., N. YORK.

SANITARY REGULATIONS ON BOARD EMIGRANT SHIPS.*

BY DR. ANDREW COMBE.

2. Another very active cause of ship fevers is the impure and noxious atmosphere which the emigrants are compelled to breathe between decks. Of all known poisons, that produced by the concentrated effluvia from a crowd of human beings, confined within a small space, and neglectful of cleanliness, is one of the worst: and in ships where ventilation is not enforced—especially if the passengers are dirty in their habits, and much kept below by bad weather—it frequently operates with an intensity which no constitution can long resist. In the ship in which I went to America, even with the utmost vigilance and care on the part of the captain to insure cleanliness and ventilation, and force the emigrants on deck, the air below was so foul and offensive as to be almost intolerable to any one unaccustomed to it. Even in the cabin, it proved a source of serious discomfort and annoyance; for as the steerage extended the whole length of the ship and so was partly under the cabin, the foul air from below penetrated through crevices in the lower deck, and at the sides, in

sufficient quantity to contaminate our atmosphere. This latter evil, however, was accidental, and may easily be guarded against by making the floor and partitions of the cabin airtight. But the great impurity of the air in the steerage is, I may say, of universal occurrence, and it has acted more injuriously than usual this season, partly from the debilitating effect of the circumstances under which emigration has been carried on, and partly from the fact, that in a lowered state of the system, the exhalations from the body are more poisonous than during health and vigor. By the combined influence, too, of deficient food and vitiated air, a moral apathy is induced, which renders many of the sufferers indifferent to ordinary comforts, and indisposes them to make the slightest effort for their own well-being. On board of some ships this has been the case to such an extent, that many even preferred lying amid their own ordure to taking the trouble of rising to obey the calls of nature. The degradingly filthy habits exhibited in similar circumstances must be witnessed to be credited; but the influence of such habits in predisposing to fever will be doubted by none.

There are two ways in which the purity of the air may be promoted in emigrant ships. The first is to limit still more the number of passengers allowed to a given

* From the Edinburgh Phrenological Journal.
New York: Fowler & Wells.

space, so that less air may be consumed, and a smaller quantity of impurities be given out. The proportion of passengers to tonnage allowed by the existing law (namely, sixty for every one hundred tons, deducting the crew*) may not be too great for most voyages, or for persons in sound health; but when the system is enfeebled, atmospheric purity becomes more and more indispensable for the preservation of health; and hence, when, as is now the case, most of the emigrants are impaired in constitution and prone to disease, a larger space ought to be assigned to each than would be sufficient in better circumstances. But as some ships are much better constructed and more easily ventilated than others, a discretionary power on this point might safely be intrusted to a well-constituted board of health, provided certain limits were laid down, which must in no instance be transgressed. Even under favorable circumstances, however, the number of passengers now allowed by law might with great advantage be reduced.

Having provided against over-crowding between decks, let the government next enforce the use of means for expelling the foul air, and supplying its place with pure air from without. This is an object which has of late attracted much attention and many contrivances have been proposed to effect it. The simplest, and, I believe, the most efficient of all, is Dr. Neal Arnott's ventilating pump, which draws off the foul air, and substitutes pure air in its place, and is, moreover, easily worked. A description of the apparatus need not be given here; but I submit that either this or

some similar means should be rendered compulsory in emigrant ships. Even with the ordinary wind-sails used on board, much good may be effected, where the captain is fully alive to the importance of thorough ventilation, and to the necessity of having the passengers on deck as much as possible during fine weather. If the voyage prove tedious, these precautions become doubly imperative, because, in proportion as confinement is protracted, the system becomes less and less able to resist the injurious influences by which it may be surrounded. In the vessel in which I was a passenger, but one man died of fever, (and he was ill when he came on board,) and the only other death was that of an old woman of eighty-five, from sheer exhaustion. That the rest escaped so well, notwithstanding the inadequate supply of food, was owing very much to our good fortune in having a short voyage and favorable weather, and also, in no small degree, to the humane and unceasing exertions of the captain, in enforcing cleanliness, ventilation, and the taking of exercise on deck, and to his having a surgeon on board. In almost every instance, the sickness and mortality have been observed to bear a direct relation to the length of the voyage, the badness of the weather, and the greater or less care with which the above conditions were fulfilled. A few weeks ago, the ship *Loostbark*, of Liverpool, put into *Miramichi* in distress, having been forty-nine days at sea, and having lost one hundred and seventeen out of three hundred and fifty passengers. The *Ceylon*, also already mentioned as having suffered severely, is stated to have had a tedious voyage. Other ships were in a still worse condition; but in all, the sickness and mortality were apparent almost in direct proportion to the intensity and duration of their causes. On the other hand, the protective power of intelligent arrangements is forcibly shown, not only by the good health enjoyed in other ships, but still more by the lately published instance of the *Glasgow* prison, which has had hardly a single instance of fever among its six hundred inmates, although the disease has

* The law counts two children under fourteen years of age as one adult; and children under one year are not counted at all. Whatever its burden, no ship is allowed to carry more passengers than can be accommodated with ten clear superficial feet appropriated to the use of each, free of all stores, except personal luggage; and every ship must have a space of six feet between one deck and another. I am informed that the American government requires that each person shall have fourteen feet of space, and that the number of souls on board shall in no case exceed two-fifths of the tonnage. English vessels are, consequently much more crowded than the superior regulations of the Americans would allow.

been very prevalent among that class of the population from which most criminals are derived.

3. Another removable cause of the liability to ship fever, is the gross personal uncleanness of which I have already spoken; but comment on this is as needless as its influence is notorious, and its prevalence among the poorer Irish is also, unfortunately, too palpable to be doubted. On shipboard, however, the habit appears in a most disgusting form, and nothing but a firm hand, directed by much benevolence and sound sense, can enable the master of an emigrant ship to keep the nuisance within bounds. Like all other exciting causes, it has acted with more than usual force this season, from the reduced and apathetic condition of the emigrants.

4. A fourth, and far from inactive cause, also in a great measure removable, is the moral depression and want of elasticity of intellect and feeling, almost inseparable from long-continued physical deterioration, and which renders it difficult to withstand the inroads of disease. The Irishman may not become gloomy or despondent, but he loses his bounding hilarity; the spring of life is weakened, and he falls a victim to disease, where, in happier circumstances, he would have escaped uninjured. To restore him, he must be fed; and to allow him to go to sea with food only sufficient to keep soul and body together, under favorable circumstances, is to leave him exposed to the inroads of disease, whenever bad weather, crowding, or neglect, may chance to add its adverse influence to the many other evils under which he is already suffering. In the navy all this is well understood, and it only requires the vigorous application of the same principles to the protection of emigrants, to insure for them the same safety which is enjoyed in her majesty's ships.

Since, then, the prevalence of ship fever depends so directly on the operation of ascertained causes, most of which are within our control, can any reasonable doubt be entertained of the possibility of vastly diminishing its ravages, by the adoption of suitable precautionary

means? Some practical difficulties may indeed stand in the way; but the more distinctly the facts are brought out, the more easily may those difficulties be overcome. I hardly need observe, that the success of precautionary measures is always likely to be greatest, if they be resorted to under the direction of a well-qualified medical man. Strange to say, however, so far from emigrant ships being compelled to carry a surgeon, the former law to that effect has lately been repealed, as if on purpose to give free scope to the sources of disease; and ships now sail with, perhaps, five hundred and eighty passengers on board, and without any professional assistance, except that derived from a medicine chest, and the manual of directions accompanying it! By many shipmasters, the responsibility thus thrown upon them is very painfully felt; so much so, that some of them have voluntarily provided surgeons at the ship's expense. This was the case in the packet-ship in which I sailed. But, as Mr. Hawes has already pledged himself to make inquiry into the practicability of obtaining medical aid for all emigrant ships, I need not add a word more to enforce its propriety.

Although most unwilling to trespass further on your space, I cannot refrain from observing, that the records of the naval and transport service afford ample evidence that hundreds of human beings may be carried through long voyages, in every variety of climate, with little or no injury to health, provided the requisite conditions be fulfilled. Several remarkable examples of this are given in the fifteenth chapter of my work, entitled, "THE PRINCIPLES OF PHYSIOLOGY APPLIED TO THE PRESERVATION OF HEALTH," etc.* Now, surely, the same principles and conditions apply to emigrant ships as to the others. If it be objected here, that a greater expense must be incurred than it is possible to afford, I reply that, in practice, the cost will be found much less formidable than is supposed; and even if it were considerable, would it not be both cheaper and better to charge a

* Published by Fowlers & Wells, New York.

higher fare, and land the emigrant in health and strength, than to charge a low fare, and allow him to encounter all the risks and miseries of disease, or, perhaps to die on the voyage, and leave his family destitute in a foreign land? At present, the passage money to New York is from forty to one hundred per cent. above what it was formerly; and if emigrants are ready to pay more when the price of food is high, surely they will not begrudge a trifle for additional security to health and life. Supposing them to be unable to meet the extra expense, still it would be as economical for the government to give a little temporary aid in preventing the disease, as to reserve the Canadian grant of ten thousand pounds entirely for the treatment of the sick. Both in an economical and benevolent point of view, the gain would evidently be very great, if the fever were prevented, and the colonial expenditure for curing it rendered unnecessary. Let us shut the stable door, without waiting till the steed be stolen.

I am, sir, your most obedient servant,
 ANDREW COMBE, M. D.
 Edinburgh, August, 1847.

OPIMUM SMOKING IN CHINA.

During my stay at Amoy, I made many inquiries respecting the prevalence and effects of opium smoking, and often visited with a missionary friend, some of the shops in which opium was sold.

The first opium-house which we entered was situated close to the entrance to the taou-tai's palace. Four or five rooms, in different parts of a square court, were occupied by men stretched out on a rude kind of a couch, on which lay a head-pillow, with lamps, pipes, and other apparatus for smoking opium. In one part of the principal room the proprietor stood, with delicate steel-yards, weighing out the prepared drug, which was of a dark, thick, semi-fluid consistency. A little company of opium-smokers, who had come hither to indulge in the expensive fumes, or to feast their eyes with a sight of that which increas-

ing poverty had placed beyond their reach, soon gathered around us, and entered into conversation. Lim-pai, who accompanied us, himself a reclaimed opium-smoker, earnestly took part in the conversation with his countrymen. They formed a motley group of sallow, sunken cheeks, the glassy watery eyes, as, with idiotic look and vacant laugh, they readily volunteered items of information, and described the process of their own degradation. There was to be seen the youth, who just emerging from boyhood, had only commenced the practice a little time before, and was now hastening to a premature old age.

There was the man of middle age, who, for half his life a victim of this pernicious indulgence, was bearing with him to an early grave the wreck of his worn-out constitution. There was again the more elderly man, whose iron strength of frame could better ward off the slow but certain advances of decrepitude, but whose bloated cheek and vacant stare told of the struggle that was raging within. There was again the rarely-seen spectacle of the old age; and the man of sixty lived yet to tell of forty years consumed in the seductions of this vice. They all complained of loss of appetite, of the agonizing cravings of the early morning, of prostration of strength, and of increasing feebleness, but said that they could not gain firmness of resolution to overcome the habit. They all stated its intoxicating effects to be worse than those of drunkenness, and described the extreme dizziness and vomiting which ensued, so as to incapacitate them for exertion. The oldest man among their number, with a strange inconsistency and candor, expatiated on the misery of his course. For three years he said he had abandoned the indulgence, at the period of Commissioner Lin's menacing edicts, and compulsory prohibition of opium. At the conclusion of the British war, the opium ships came unmolested to Amoy; he had opened an opium shop for gain, and soon he himself fell a victim. He enlarged on the evils of opium smoking, which he asserted to be six:—1. Loss of appetite; 2. Loss of strength; 3.

Loss of money; 4. Loss of time; 5. Loss of longevity; 6. Loss of virtue, leading to profligacy and gambling. He then spoke of the insidious approaches of temptation, similar to those of the drunkard's career. At first he would refuse to join in smoking; by degrees, however, his friends became cheerful—their society was pleasant—his scruples were derided—his objections speedily vanished—he partook of the luxury—it soon became essential to his daily life, and he found himself at length unable to overcome its allurements.

Some of the Chinese present requested us to give them medicine, to cure them of the habit; but my companion told them that the only medicine necessary, was a firm heart which God could give them; and pointed them to Lim-pai, as an instance of the power of a virtuous resolution. The latter again entered on the subject, earnestly testifying his increased happiness and comfort since he abandoned the vice half a year ago. The oldest opium smoker replied by excusing himself of all moral guilt in the matter, and said that "It was heaven's decree" that he should be overcome by the vice, which he therefore could not escape. We left this establishment amid many inquiries for medicine, in which the proprietor of the house joined. He appeared to be not in the least degree displeased at the freedom of our remarks on an indulgence which brought him his means of livelihood. On hearing that I was an English missionary, they exposed the inconsistency of my rebuking their habit of smoking opium, while my countrymen brought them the means of indulging it. Most of them seemed to labor under the delusion that the missionaries were all Americans, and the opium smugglers were Englishmen—a mistake of which we, of course, took every means of disabusing their minds.

I subsequently visited about thirty other opium shops, in different parts of the city. One of the opium dens was a narrow, dark and filthy hole, almost unfit for a human being to enter, and appropriately joining a coffin-maker's shop. From the people we gained various particulars, as to

the nature and extent of the opium traffic. The large native wholesale dealers were in the habit of strongly manning and arming a boat, in which they proceeded outside the boundaries of the port to the Six Islands. There the foreign opium vessels lying at anchor were similarly armed and prepared for resistance, in the event of the Chinese authorities attempting to capture them.

The native boats returned with the chests of opium to Amoy, and might be seen with some European flag flying aloft, passing swiftly through the harbor with sails set, and all the crew plying their oars. They always formed too strong a force to encourage the hope of successful pursuit, either by the pirates or the mandarins. The wholesale native smugglers then retail the opium balls separately to the retail dealers and proprietors of opium shops. No secrecy is observed respecting this universal traffic. I have seen three consecutive houses kept by opium vendors. The people say that there are nearly a thousand such establishments in Amoy. Public notices on the corners of the streets frequently invited the attention of passers by to opium "three winters old," sold in the opposite house. To the better class of these shops the servants of the men might be seen resorting, in order to purchase the prepared drug, and to carry it in little boxes, or if the quantity be moderate, on little bamboo leaves, to their master, for smoking at his own house. They all asserted they paid bribes to the mandarins, saying that these smoked opium, and therefore were prevented by the same from interfering with the people. They assented to the probability of bribes being paid to the native authorities by the large wholesale purchasers, who go outside the harbor to buy opium from the foreign ships. Among the cognizance of the local authorities, as well as of the very general prevalence of opium smoking may be mentioned the fact of persons being met with almost every street, who gain their entire livelihood by manufacturing the bowls of opium pipes, which they publicly expose for sale in every direction.—*Smith's Visit to China.*

HOUSE OF INDUSTRY AND HOME OF THE FRIENDLESS.

We gave, a few months since, some account of the truly noble and philanthropic institution bearing the above name. It is for the present located at No. 35 First Avenue, city of New York. We are happy to state, that a large and commodious building is in process of erection, where the objects of the society can be more fully carried out. We promised to give the "Rules" of the Institution, which are as follows:

1st. Adult females, of good moral character, destitute of funds, friends or home, shall be received into this institution by order of any two of the managers, until their cases can be examined, after which, if approved as worthy applicants, they shall be boarded and employed till suitable places can be found for them; with the understanding, that in all cases they shall conform strictly to the Rules of the House, accept cheerfully such situations or service-places as may be deemed suitable, and endeavor to acquit themselves creditably.

2d. All inmates of the Institution, of sufficient age, shall be expected—after putting their own clothes in order—to appropriate a suitable portion of their time to manual labor while they may remain, and to be under the control and direction of the Matron. They must at no time leave the house without her permission, till regularly dismissed. They will be expected to rise and retire at the hours specified, keep their rooms well arranged, be neat and tidy in dress and person, *industrious* during working hours, and to listen attentively to such advice as may be given them by the Managers, Matron, or Visitors. They will also be expected to endeavor, here and elsewhere, to learn and perform faithfully the duties belonging to their several spheres in life; that they may thus become a blessing to themselves and others.

3d. Friendless or destitute girls under the age of sixteen, and over two years of age, and boys under six and over two

years old, either orphans, half orphans or abandoned by their parents, may be received and provided for, until permanent homes in Christian families can be secured for them by adoption or otherwise. *Invalids* may not be admitted.

4th. Children for whom admission to the Home is desired, should have a permit signed by a member of the Committee or Board. They may then be placed in charge of the Matron, until their cases shall have been considered and acted on officially.

5th. The Matron shall conduct family worship morning and evening, have a blessing asked at table, preserve order and silence, and require the children to repeat a text, previously committed, at breakfast. Adults will be desired to join in the same exercise.

6th. The Matron shall have charge of all groceries and provisions; keep all articles under lock and key, and give out the proper quantities to be used; keep a regular account of moneys expended by her, and exhibit the same at the meetings of the Board and Committee.

7th. She shall have the supervision of the house, see that the family have their meals at proper hours, well cooked and decently served; and that the domestic work of the institution is all done seasonably, and in a proper manner.

8th. She shall observe the strictest economy in preparing the food of the family, and particularly in saving fuel.

9th. There shall be a Bill of Fare, approved by the board, subject to occasional alterations, at the discretion of the Matron.

10th. No visitor shall be admitted on the Sabbath, except by permission of the Board.

11th. Hours of rising and retiring for adults shall be at 5 o'clock, A. M., and at 10 o'clock, P. M., in Summer, and at 6 o'clock, A. M., and 9 P. M., in Winter. The children shall retire soon after supper, and rise in season for bathing and dressing before breakfast. The Matron shall pass through the dormitories after the hour of retiring, and see that the lights are extinguished and the lamps removed.

12th. A Committee of two or more shall be duly appointed, whose duty it shall be to visit the institution as often as practicable, see that the Rules are properly observed, advise, caution, encourage, and suggest improvements when necessary.

13th. The discipline of the institution shall be strictly *parental* in its character. Unquestioning obedience shall be required of the children, and the order and decorum of a well-regulated Christian family shall be carefully observed.

14th. Those applying for children or adults must in all cases furnish satisfactory reference.

15th. In the cases of children where adoption or apprenticeship is proposed, final action on the application must be referred to the Executive Committee, or a Sub-Committee, duly appointed.

16th. A stated correspondence shall be held with all persons to whom the children may be given or apprenticed. The Managers of the institution shall act as the *Guardians* of such children as may be committed to their care, not only while under their direct supervision, but also in case of the death of foster-parents, or the unfaithfulness of any who may have them in their charge.

↪ Applications may be made at the Home.

AFFECTING INCIDENT AT SEA.

"The following story," says one of the Boston papers, "we heard a short time since from a young lady in humble life—an immigrant from Ireland." It is an affecting one, and the reading of it must bring to mind vividly, scenes which nearly all who have been upon the ocean must have witnessed :

"The steerage of our ship was crowded with passengers of all ages, and before we had been long at sea, a malignant disease broke out among the children on board. One after another sickened and died; and each was, in its turn, wrapped in its narrow shroud, and committed to the deep, with no requiem but the bursting sigh of a fond mother, and no obse-

quies but the tears of fathers and brothers, and strangers. As they suddenly plunged into the sea, and the blue waves rolled over them, I clasped my own babe more strongly to my bosom, and prayed that Heaven might spare my only child. But this was not to be. It sickened, and day after day I saw that its life was ebbing, and the work of death begun. On Friday night it died; and to avoid the necessity of seeing what was once so beautiful, and still so dear, given to gorge the monster of the deep, I concealed its death from all around me. To lull suspicion, I gave evasive answers to those who inquired after it, and folded it in my arms, and sung to it as if my babe was only sleeping for an hour, when the cold long sleep of death was on it. A weary day and night had passed away, and the Sabbath came. Like others, I wore my neatest dress, and put on a smiling face; but no! it was a heavy task, for I felt my heart was breaking. On Monday the death of the child could no longer be concealed; but, from regard for my feelings, the captain had it inclosed in a rude coffin, and promised to keep it two days for burial, if in that time we should make land. The coffin was placed in a boat which floated at the ship's stern, and through the long hours of night I watched it—a dark speck on the waves, which might shut it from my sight forever. It was then I thought of my dear cottage home, and my native land, and of the kind friends I had left behind me, and longed to mingle my tears with theirs. By night I watched the coffin of my babe, and by day looked out for land, raising my heart, in prayer, to Him who holds the winds in his hand, that they might waft us swiftly onward. On the third morning, just as the sun had risen, the fog lifted and showed us the green shores of New Brunswick. The ship was laid to, and then the captain went on shore with them—I was not permitted to go; but from the deck of the vessel I could see them as they dug the grave, under the thick shade of the forest trees, on the edge of a sweet glade which sloped down to the water; and in my heart I blessed them, and prayed that God would reward

their kindness to the living and dead. When they returned on board the captain came to me and said, 'My good woman, the place where your son is buried is Greenville, on the coast of New Brunswick. I will write it on a piece of paper that you may know where his remains lie.' I thanked him for his care, and told him the record was already written on my heart, and would remain there till I should meet my blessed boy in a brighter and happier world."

GOOD ADVICE.—A DIALOGUE

P. Doctor, I called to see you about my health.

D. Well, what is the trouble ?

P. I can't say, doctor, I've been unwell a long time.

D. How long ?

P. I should think five or six years.

D. How were you taken ?

P. I don't now exactly remember, but I should think I felt weak all over.

D. What did you take ?

P. Not very much for some time.

D. About *how* much ?

P. Several boxes of Brandreth's pills.

D. What more ?

P. A number of Indian Vegetable.

D. What next ?

P. A few bottles of Swaim's Panacea.

D. Have you followed up this catalogue, and taken all the patent nostrums that can be named ?

P. Nearly all, I think.

D. Do you think you have been benefited by any of them ?

P. No, I fear not, doctor.

D. How long since you left off these medicines ?

P. A number of weeks, except one kind.

D. What is your diet ?

P. I eat almost everything, and drink freely of tea, coffee, cocoa, ale, cider, and some spirits.

D. Do you use tobacco ?

P. A little.

D. How much, and in what way ?

P. I smoke cigars and chew—sometimes smoke a dozen a day..

D. Upon what kind of a bed do you sleep ?

P. A feather bed, summer and winter.

D. How often do you bathe, or wash the whole body ?

P. I have usually bathed *once a year*.

D. At what time do you retire at night and rise in the morning ?

P. I retire at all hours, from nine to twelve o'clock, and rise usually late in the morning.

D. Is your appetite good ?

P. It is variable—sometimes have none, and then again I am very voracious, eating all before me.

D. You have now given me some account of your habits and manner of life, and now what do you expect me to do ?

P. I meant you to give me some *medicine* that will *cure* me.

D. My dear sir, I will put you upon a course of life that will benefit you.

P. I want some *medicine*.

D. The first thing for you to do, is to let medicine alone. You have taken quite too much already. It is marvellous that you have not dosed and drugged yourself out of the world. Your stomach was never made to be a receptacle of all kinds of filth, like the valley of Hinnom. This abominable course which you acknowledge you have pursued for years, is of itself enough to have ruined the best constitution. Besides, you are guilty of excess in almost every other respect, according to your own confession. *Medicine* will never remedy *bad habits*. It is utterly futile to think of living in gluttony, intemperance, and every excess, and keeping the body in health by medicine. Indulgence of the appetites, and indiscriminate dosing and drugging, have ruined the health and destroyed the life of more persons than famine, sword, and pestilence. If you will take my advice, you will become regular in your habits, eat and drink only wholesome things, sleep on a mattress, and retire and rise regularly. Make a free use of water to purify the skin ; and when sick, take counsel of the best physician you know, and follow nature.—*Note Book of a Physician*.

HYDROPATHY.

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

THE MALADY IN CHENANGO CO., N. Y. The Norwich Telegraph says, the disease which has recently swept off so many of the citizens of Greene, is the “bloody flux,” proving fatal in many instances in a few hours—and always fatal to children. The deaths average some ten per week. The cause is attributed to “a poisoned atmosphere from the decay of vegetable matter, the level of the canal at that place having been not long since drawn off and large quantities of earth and filth thrown out.”—*Troy Whig*.

OPEN THE WINDOWS.—Open them, and the doors ; let in the pure, fresh air. God gives it in mercy ; let us have it. Some rooms are *steamed* ! Breathe ? Much as ever. No wonder so many people die, and nobody knows *how* they die. No mystery about it ; they are smothered to death, suffocated, choked up fairly ; can’t breathe ; then they are dead, stone dead ; no mistake. Some churches are kept in this same steaming condition, very little better than the hold of a

slaver ! The sexton ought to know all about this, and every man of common sense, and keep his eyes open.—*Golden Rule*.

BATHING AS A PREVENTIVE OF DYS-ENTERY.—The dysentery has been making fearful ravages in the towns around Boston, during the past season. It is said to be a fact, and if so it is worth stating, that while death has visited nearly every family besides, few, if any, have been thus afflicted who have used the bathing and regimen observed by the believers in the water-cure. If the cholera should visit us, it will be curious to observe whether such persons will be blessed with a similar immunity from disease and death. In Philadelphia, among a considerable number of believers in the water treatment, two or three had slight attacks, no one of which was fatal.

Thus speaks the New York Sunday Dispatch. Bathing, water drinking, cleanliness, exercise, contentment, regularity in everything, and all good habits tend to prevent the dysentery, as well as all other diseases. But those who, from necessity or otherwise, reside during the hot summer in a large city like New York, breathing the foul and pestilential air that must necessarily exist under such circumstances, will always be more or less in danger of dysentery, cholera morbus, and the like diseases. It was well said, “Man made the city ; God the country.”

✍ The human heart is so constituted, that it cannot resist the influence of kindness.

✍ Uniformity of temper is an important trait in the character of an individual.

✍ Form not expectations that cannot be realized.

✍ We are strongly inclined to go with the multitude whether right or wrong

BATHING.

A paper published at Cohoes, N. Y., thus expatiates on the glories of bathing :

Citizens of manufacturing towns, who dwell in an atmosphere of copperas and cotton-fuzz, coal-smoke, and unsavory zephyrs from the 'raging canawl,' ought to bathe often. Instead of this, half of them encase their dirty pelts in 'creeshy' flannel, from January to June, and June to January, and dodge the water as if they had the hydrophobia. The other half take a duck about once a year, and then run home as if frightened at their own cleanliness. Hence, we hear of dyspepsia, ague, and the like, in spite of the tons of 'infallible remedies' which are annually swallowed at a vast expense of grimaces and cash.

Don't tell us about the inconvenience of the thing. Cohoes possesses one of the oldest and best bathing establishments in the world—formerly patronized by the Mohawk royal family and nobility, and recommended by the copper colored hydropathists of a dozen centuries. Though their names do figure somewhat largely on the labels of physic bottles, the Indians did know a thing or two about preserving health, that's certain. True, the Mohawk baths have 'run down' some, since the days of tomahawks and bear's meat, but there's water enough yet to furnish a douche, plunge, swim, or shower bath, to thousands of men or catfish.

Blackstone water is as good as that of the Mohawk, and there is no need that any one living in its vicinity should go unwashed.—*Blackstone (Mass.) Chronicle*.

A HINT RESPECTING THE CHOLERA AND OTHER INFECTIOUS DISEASES.—A pilgrim, says the fable, met the plague going into Smyrna. "What are you going for?" "To kill 3000 people," answered the plague. Some time after, they met again. "But you killed 30,000," said the pilgrim. "No!" answered the plague; "I killed but 3000—it was fear killed the rest."—*Boston paper*.

LIVING ON WATER.

In the fourth, or June number of the "Transactions of the Albany Institute," for the present year, (1830) we meet with an interesting account, by Dr. McNaughton, of a man who lived on water alone for fifty-three days.

"Reuben Kelsey, the individual referred to, was, until three years ago, considered a young man of great promise; remarkable for the correctness of his conduct, and his diligence in the prosecution of his studies. After having received the ordinary advantages of the academy at Fairfield, he entered on the study of medicine, and read in the office of Dr. Johnson. In the year 1825 he attended the lectures at the College of Physicians and Surgeons of the Western District.

"Although, among so many, it is not always possible to know what proficiency each makes; yet, from all I can gather, (says Dr. McN.) he must have at least equalled his companions in the progress he made in his studies. His health seemed good, and there was nothing very peculiar in the operations of his mind. But in the course of the summer, after the close of the session of the College, his health began to decline, and his mind seemed to have undergone a change. His spirits, which were never very buoyant, became more sedate, and his thoughts seemed habitually to dwell on the subject of religion. He quitted Dr. Johnson's office and went home. From that time until his death, he never left his father's house, even for a day. For the three years immediately preceding his death, he almost constantly kept his room, apparently engaged in meditation. His only companion was his Bible; he read nothing else, and his whole thoughts seemed fixed upon another world. He shunned society, even that of the pious; but he seemed happy and full of hopes. To his family he was kind and attached; and, with the exception of the deep cast of his devotional feelings, the equilibrium of his intellect did not seem, to his friends at least, to be materially disturbed.

"Considering the little exercise he took, his general health, during the pe-

riod, was as good as could have been expected. He came to the table at every meal, when called; and seemed not deficient in appetite. The only sickness of any consequence he experienced during his seclusion was an attack of cholera morbus, in the summer of 1828, from which he soon recovered, and seemed to enjoy his wonted health until the latter end of May, 1829. At this time his friends began to notice that his appetite was failing. It continued to decline more and more, until about the beginning of July, when it seemed entirely to have disappeared. For some weeks he had eaten very little; but on the 2d of July he declined eating altogether—assigning as a reason, that when it was the will of the Almighty that he should eat, he would be furnished with an appetite.

“For the first six weeks he went regularly to the well, in the morning, and washed his head and face, and took a bowlful of water with him into the house. With this he used occasionally to wash his mouth; he also used it for drink. His parents think that the quantity of water he took in twenty-four hours, did not exceed, if it equalled, a pint. When he had fasted about a week, his parents became alarmed and sent for medical aid. Compulsory means to make him take food were found unavailing. On one occasion he went three days without taking even water; but this was probably more than he could persist in, as on the fourth morning, he was observed to go to the well and to drink copiously and greedily.

“On the 11th day of his fast, he replied to the expostulations of his friends, that he had not felt so well nor so strong in two years, as at that moment, and consequently denied the necessity of taking food. For the first six weeks he walked out every day, and sometimes spent a great part of the day in the woods. His walk was steady and firm, and his friends even remarked that his step had an unusual elasticity. He shaved himself until about a week before his death, and was able to sit up in bed to the last day. His mental faculties did not seem to become impaired as his general strength declined; but on the contrary, his mind

was calm and collected to the end. His voice, as might have been expected, towards the last, became feeble and low, but continued, nevertheless, distinct. Towards the close of his life he did not go into the fields, nor during the last week even to the well; but still he was able to sit up and go about the room. During the first three weeks of his abstinence he fell away very fast, but afterwards he did not seem to waste so sensibly. His color was blue, and towards the last, blackish. His skin was cold, and he complained of chilliness. His general appearance was so ghostly that children were frightened at the sight of him. Of this he seemed himself to be aware; for it was not uncommon to observe him covering his face when strangers were passing by.” At the time of his death Mr. Kelsey was 27 years of age.

Dr. McNaughton very plausibly supposes that the system here, as in the cases of hybernating animals, lived on its own resources. When the body is emaciated, the fatty part is taken up by the absorbents and conveyed into the blood—the chief condition for which state of things, to be carried on without causing delirium, raging fever, and death, is a supply of water to dissolve and dilute the saline and alkaline fluids. No other drink would answer the same intention in cases of abstinence from all solid food; strong drinks would consume the vital powers, inflame the digestive canal, and prevent absorption taking place. The nutritive, so called, as porter, beer, and the like, would oppress the brain, cause fever and stupefaction, and dropsy. Hence we still repeat, that water is the only fitting drink. By what other single liquid, the result of distillation, or fermentation, or combination of liquids, could life be sustained, for a fifth part of the above time, without intolerable torment?

✂ Don't believe that a lawyer is any keener because he wears a pair of spectacles, or that a man is a fool because he can't make a speech.

GREEN TEA AND BLACK TEA.

The following notice of a trip to the Tea Plantations near Ningpo, will furnish useful hints to tea drinkers.

There are two or three opinions common in the United States about green tea, which are great mistakes. One is that the Chinese themselves do not use green tea. But I know this is a mistake, for I have often seen them use it, and have often had it given to me in visiting at their houses. But they don't use such green tea as is used in England and America. They most commonly pick out the fine and dried parts, and separate them, calling one gunpowder, and another hyson, and another hyson skin. Nor do they use green tea which has any coloring matter in it, of which more just below.

The second mistake is that the green tea is made by roasting it on copper plates, which turn it green, and give it its sharp, astringent qualities. I think this is an entire mistake. All the green tea made about Zeetung (a good many thousand pounds) is fried in iron pans. I saw and handled a number of these pans, and do not suppose that a copper pan is used in the whole region.

But if the Chinese don't make green tea on copper pans, they do what is a great deal worse. They mix prussian blue with what is sold to foreigners, which gives it the greenish blue color it so often has, and something of its astringent qualities. Prussian blue is poison; and the only reason why green tea does those who use it at home so little harm is, that it requires but a small quantity to color a large amount of the tea. But still small as the quantity is, it does harm; and the people not accustomed to the use of green tea, can hardly sleep after drinking it. I have been kept awake nearly all night by drinking a cup or two of strong green tea. You may always tell whether there is any prussian blue in the tea, by drawing off the infusion, and placing it in a white cup. If the infusion is *perfectly clear*, and of a slightly saffron green color, it is all right; but if it has a dirty appearance, as if there was some color-

ing matter suspended in it, then there is some of the prussian blue, or something else, there. But to make the comparison properly, you ought to have some unadulterated green tea, such as the Chinese use, to compare with it, and in most cases you would see the difference very easily.

You may ask, Why do the Chinese put the prussian blue, and such stuffs, in the tea? It is because the foreigners have taken a notion that green tea is not green unless it is very green. People in England and America don't like the green tea such as the Chinese use, and won't buy it. Well, the Chinese are very accommodating people, and they laugh in their big sleeves, and say, "Since the foreigners want very green tea, we'll give it to them: but they must pay a little more for making it so green." I have been told that little green tea goes to the United States, that has not more or less of prussian blue, or some other drug, added to give it a higher color. The foreigners who live in China very seldom drink green tea; and I would advise you to use none but the black. It is very much better, and has not the same stimulating effect on the nerves that many people suffer from when they drink the green. If you were here, you might drink as much green tea as you like, for the Chinese are far too wise to put drugs into their own tea. And yet even here, where so much green tea is raised, black tea is more used by the people, though the greater part of what is used by the mass of the people is very coarse indeed, and not half so good as our sassafras tea.

The efficacy of copious pouring of cold water upon the head, neck and breast, and afterwards rubbing dry with a rough towel, has been tested with complete success in several cases of delirium tremens in a hospital in England.

The few who drink spirituous liquors with comparative impunity for several years are the devil's decoy.

Bishop Berkley.

HEALTH PROMOTED BY RAILROADS.

With a rapidly increasing population, it is worthy of observation, that Boston has not been scourged by an epidemic for many years; nor is there as much sickness in it, in proportion to its population, as when the number was far below the present census. And it is believed to be true, also, that the annual mortality of the capital of Massachusetts is lower than it has ever been before. Among other gratifying circumstances conducing to this happy result, railroads, we are inclined to think, have contributed more than physicians or others seem to have suspected. The people of Boston, and we presume also of other cities, avail themselves of a pleasant and rapid conveyance in cars, on their way to transact an immense amount of business. Thousands of active, enterprising men, who are identified with the mercantile and mechanical thrift characteristic of Boston, reside from two to twenty-five, and sometimes forty miles off, in the beautiful surrounding towns and villages, which are always accessible by numerous railroads at various hours of the day and evening. After the fatigues of the day, and the exit of customers, they hie themselves to the magnificent scenery which farms and gardens, hills and dales, render incalculably inviting through the warm season, to pass the night in an untainted atmosphere, and in clean, well-ventilated houses. The following morning they are again brought, by an early train, to the city, both physically and mentally prepared for the pursuits of the day. This class thus secure a remarkable degree of health; and longevity, in degrees varying according to the healthful or unhealthful nature of other habits, will follow as a necessary consequence. Then, again, the different members of families are constantly making excursions, here and there from the city, in consequence of the facility, rapidity, and economy in moving about. All the various influences operating on the play of the muscles of the body, on the nerves, on the mind, and on the circulation of the blood, by rushing through the atmosphere

with the momentum of a bird on the wing, are each of them bettering the condition of the body, and brace it up firmly to resist the ordinary sources of indisposition, and secure the individual that measure of health on which much of his happiness and usefulness in society depend. Railroads, therefore, aside from their pecuniary enriching influences, and the resources they furnish for trade and extended intercourse, are improving the condition of humanity more particularly, in the way of promoting and sustaining the health of cities.

We have felt an unusual degree of gratification in the success of Mr. Spear, a gentleman of unbounded philanthropy, who secures to the poor children of Boston, annually, a pleasant trip to some sweet grove beyond the everlasting din of our crowded streets, where their lungs can be expanded by unvitiated air, and their senses regaled by the magnificence of the Creator's works in the green fields, the wild flowers, the waving forests, and the balmy breezes of the country.

The sickly and feeble are also benefited by railroads. Dyspeptics, those with irritable lungs, and debilitated children are improved in health by frequent transits in the cars; and it would be the very spirit of benevolence to furnish poor and sickly females, a numerous body of silent, patient sufferers in all large cities, the means for riding from ten to twenty miles on a railroad, at least twice a week during the summer months. While some have treated of the moral influences of railroads, and all are familiar with their commercial importance in developing the resources of a country, it is our agreeable province to herald another property singularly overlooked in a community exceedingly blessed by their construction—viz., the stability they are calculated to give to the public health.—*Boston Medical and Surgical Journal*.

Build good school-houses, employ competent teachers, and anon, we may inscribe on our prison doors, "For rent."



LOWELL WATER-CURE ESTABLISHMENT.

A YEAR has scarcely elapsed since the establishment of the Hydropathic Institution of Lowell, and yet the most sanguine expectations in regard to its success have already been realized. This is not surprising, however, when the peculiar advantages of its locality are taken into consideration.

Occupying a commanding site on the banks of the Merrimack, amid a landscape of varied beauty, including the adjacent city with its extended boundary of water, the surrounding country, with here and there the summit of a distant mountain, it presents to the lover of the picturesque no ordinary attractions; while its facility of access to a large manufacturing city,—being only three-fourths of a mile from Lowell, renders it a most desirable retreat for those whose recovery from disease demands, perhaps, the healthful repose and pure air of a country residence, and who are yet unwilling to retire from the stirring scenes of a business community.

The establishment is sufficiently large to accommodate from thirty to forty patients, and is fitted up in a very superior style, the proprietor having spared neither expense nor exertion, in connecting with it every facility requisite for Hydropathic treatment, and in throwing around it all those domestic attractions, the absence of which is often so painfully felt by the invalid, when separated from the many endearing associations of home. It may therefore be expected that no additional effort will be wanting, which may be necessary to promote the comfort of the patients.

Its elevated and airy location, the arrangements of the baths, and conveniences for the treatment generally, including an abundant supply of pure water, cannot fail to render the establishment one of the most attractive resorts of the kind in the country.

The Bathing House is constructed with two entire sets of Baths, each consisting of Plunge, Shower, Douche, Hose, Foun-

tain, Eye, Spray, Flowing, Cold, and Warm; and is inviting and easy of access by invalids, at all times, from each wing of the building, one of which is occupied by gentlemen, the other by ladies. The house is so warmed as to be perfectly comfortable to the most feeble valetudinarian even in the coldest weather.

The medical department is still filled by Dr. H. FOSTER, whose practice both in medicine and Hydropathy, has been sufficiently extensive to justify the hope, that he will be favored with the confidence of those who may commit themselves to his care. Especial pains is taken to provide the most experienced nurses and attendants.

More than one hundred cases have already been treated in this establishment, in many of the most difficult of which the superiority of Hydropathy to medical systems has been satisfactorily proved.

The water treatment has been particularly successful in Rheumatism, acute or chronic; Gout; incipient stages of Consumption; Nervous Diseases; Dyspepsia, or Indigestion, with its train of symptoms, as Headache, Constipation, Liver Complaint, Jaundice, etc. It acts like a charm in all Eruptive Diseases—Measles, Scarlet Fever, etc.; Scrofulous and Spinal Complaints; diseases peculiar to females; Fevers of various forms; and affections arising from impurities of the blood, as Tumors, Ulcers, Fever Sores, etc., *are more successfully treated by water than by any system of medicine.*

Terms for board and treatment, in this establishment, vary from six to eight dollars per week, according to the rooms occupied,—payable weekly. Washing extra. Invalids so feeble as to require *extra attention*, will procure their own nurses, or pay an additional price.

On account of the peculiarity of treatment, each patient will be required to furnish one linen, and two coarse cotton sheets, two thick woollen blankets, and three comfortables.

* * All communications addressed (post paid) to H. FOSTER, M. D., Lowell, Mass., will receive prompt attention.

DR. R. DARRAH, *Proprietor.*
H. FOSTER, M. D., *Physician.*

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

NEW-YORK, NOVEMBER, 1848.

PATIENTS OF THE WATER-CURE JOURNAL.

It sometimes affords us a degree of satisfaction to learn that there are numbers of persons in different parts of this widely extended country, who are following the instructions given in the Water-Cure Journal. Here we have an immense country, dotted all over with the humble habitations of people in moderate circumstances, and who are striving honestly and independently to gain a comfortable livelihood. Thanks to a kind Providence, America, in spite of her great national sins, affords ever a home for the poor.

We sometimes think what numbers of persons are there in the United States who are already converted to the new system? How many are there who would gladly avail themselves of the best advice on the subject, and who would follow it to the strictest letter, could they but have it? May we not hope now to do something through our columns to meet this want? If we can be the means of teaching people how, in most cases, to be their own physicians "without money and without price," we shall feel that our labor has not been in vain.

Five years ago we commenced publishing articles, giving lectures in the city of New York and elsewhere, on the new system of water. The mass of persons, even of those who are now converts, either ridiculed or neglected the proposed improvement. Then few persons in the city of the noble Croton practised general ablations at all. Now all respectable houses have the bathing-room, and thousands of

people of all ages and sexes make it their daily habit to "wash and be clean." Thus we see that with effort, a little time is sufficient to bring about a great change.

We have reason to believe that the Water-Cure Journal has more patients than any five water establishments in the world; that is, there are more invalids following its directions with profit, and at their own homes. This is probably by far too low an estimate.

Here is an extract from one of the Journal's patients, a laboring man, a subscriber in the West:

"I was born in Scotland, the land, as it is called, of the mountain and the flood, and emigrated to this country three years ago, in the hopes of finding a quiet home, and by industry and perseverance, place myself, in a few years, above the fear of want. But much of my life has been spent in fruitless endeavors. My brightest hopes have been blasted by that much-dreaded enemy of the western settler, ague and fever. I was under its clutches for about two years; but these last twelve months I have enjoyed first rate health. Thanks, a thousand times thanks—to the contents of the doctors' finely labelled vials and nicely folded packages, for which I have paid so freely?—no! no! but to the water-treatment which I have practised as much as lay in my power."

We repeat, it often affords us satisfaction to learn that numbers of persons in these United States and Territories who are not pecuniarily able, or who, for other reasons, cannot leave their families and homes, do, through the advice given in our humble Journal, treat themselves, and successfully, *at home*. This is as it should be, and if renewed effort on our part will enable us to make the Journal a constantly improving and better one for this end, it shall be done.

ESSAY ON TOBACCO.—No. 2.

OPPOSITION TO THE INTRODUCTION OF TOBACCO IN EUROPE.—While on the one hand, kings, queens, divines and physicians, learned soon greatly to relish tobacco, there were on the other, persons of like dignity and influence, who as strongly denounced it. By priests to use it was declared sinful. Pope Urban VII. published a bull, excommunicating all persons found guilty of snuffing or smoking during divine service. In the earlier times of New England, when, by law, men were fined for kissing their wives on Sunday, (they were to kiss them enough on week days to last over Sunday, we suppose, was meant to be inculcated,) laws were enacted against the using of tobacco on the Sabbath day. In some parts of Switzerland, as the canton of Berne, in 1661, it is said the public authorities placed the sin of smoking among the ten commandments, and immediately opposite that against adultery. Pope Innocent, in 1690, renewed the bull of Pope Urban, and thirty years after this, the Sultan Amurath IV., it is said, made the use of tobacco a capital offence, on the ground of its causing infertility. At one time smoking was forbidden in Russia, on penalty of having the nose cut off, and at a subsequent period, the punishment was mitigated to the offender being conveyed through the streets with a pipe bored through the nose. This last mode of punishment reminds us of the awfully barbarous persecutions which were inflicted on the Quakers and Baptists at an early period of the Puritanic sway in New England, when holes were bored through men's ears for the crime of being a Quaker, and when both Quakers and Baptists were put to death for persisting

in worshipping God according to the dictates of their own conscience.

Of all the enemies tobacco has had to encounter, King James I. stands pre-eminent. All who are acquainted with the history of the plant, have read of his famous *Counterblaste of Tobacco*. "Tobacco," says King James, "is the lively image and pattern of hell; for it hath, by allusion, in it, all the parts and vices of the world, whereby hell may be gained; to wit, first it is a smoke—so are all the vanities of this world; secondly, it delighteth them that take it—so do all the pleasures of the world delight the men of the world; thirdly, it maketh men drunken and light in the head—so do all the vanities of the world, men are drunken therewith; fourthly, he that taketh tobacco cannot leave it, it doth bewitch him—even so the pleasures of the world make men loth to leave them, they are for the most part enchanted with them. And, further, besides all this, it is like hell in the very substance of it; for it is a stinking loathesome thing, and so is hell. And finally, were I to invite the devil to a dinner, he should have three dishes: first, a pig; second, a poll and ling of mustard, and third, a pipe of tobacco for digestion. Have you not reason to forbear this filthy novelty, so basely grounded, so foolishly received, and so grossly mistaken in the right use thereof? In your abuse thereof, sinning against God, harming yourselves both in person and goods, and raking also thereby the marks and vanities upon you; by the custom thereof, making yourselves to be wondered at by all foreign nations, and by all strangers that come amongst you, to be scorned and contemned!" And King James closes his *Counterblaste* with the following remarkable passage:—"It is a custom loathesome to the eye, hateful to

the nose, harmful to the brain, dangerous to the lungs, and, in the black stinking fumes thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless."

Camden, the historian, speaking of the introduction of tobacco into England, says, "Some through wantonness, with inexpressible greediness sucked in, through an earthen pipe, its excessively stinking smoke, which they afterwards blew out of their nostrils; insomuch that tobacco shops are not less frequent in towns than ale-houses and taverns, so that Englishmen's bodies, which are so delighted with this plant, seem, as it were, to be degenerated into the nature of barbarians."

Sylvester, a poet of the times, wrote against the new plant, his "*Tobacco Battered, or, at leastwise over love, so loathsome a vanitie, by a volley of hot shot, thundered from Mount Helicon.*" This author considered tobacco a provocation to drinking, and in the following lines alludes to the name of tobacco as coming from Bacchus:

"Which of their weapons hath the conquest got,
Over their wits; the pipe or else the pot?
For even the derivation of the name
Seems to allude to and include the same:
Tobacco, as to Backho, one would say,
To cup-god Bacchus dedicated aye."

There was one rather amusing occurrence which every one will recollect, of the times in which tobacco was introduced into England. In the beginning of the seventeenth century, the early planters of Virginia were nearly or quite all single men. They considered themselves as merely transient residents of the colony, and their habits became dissolute. As a remedy for this evil, the company in London determined to transport a number of young ladies to supply the planters with wives, the very best means certainly that could possibly be devised. But it was singular enough that these

young ladies should be made things of merchandise. "A cargo of these fair creatures," we are told, "was accordingly dispatched, and was received with the greatest delight and enthusiasm by the planters; but the wary merchants at home had taken care to make their consignment a mere mercantile transaction, and each young lady was obliged to find a lover who would give an hundred and twenty pounds of tobacco in exchange for her fair self, to pay the expenses of the voyage." Such a speculation as this would, as a matter of course, prove abundantly successful.

Notwithstanding all that King James and others of his time wrote against the use of tobacco, and the immense duty that he caused to be levied upon the article, it yet grew rapidly in public favor, as it has done in all countries where it has been introduced, and in what country has it not? Certainly in all that are civilized.

NORTHAMPTON WATER-CURE ESTABLISHMENTS.—Among the Northampton Water-Cure establishments (three we believe in all) there is one which we had intended to speak of more particularly before this. We refer to that of Mr. David Ruggles, or Doctor Ruggles, as his friends are pleased to call him. He is a man of color, faithful, honest, intelligent, and persevering; one of the earliest practitioners of water, and always had so far as we can learn, remarkably good success.

We may mention without disparagement, that in the beginning, Dr. Ruggles's friends, those who knew him best, subscribed and erected his establishment for him. It is situated about two miles from the town of Northampton, which might by some be considered to be an objec-

tion. It however is not, because to be that distance from a village, encourages that always necessary adjunct of the water treatment, exercise in the open air.

We shall always be glad to hear of the good success of our friend David Ruggles.

ILLUSTRATIONS OF WATER-CURE ESTABLISHMENTS.—Our subscribers can hardly fail to appreciate the new feature of our Journal, namely, the beautiful illustrations, which each number is designed to contain, until every respectable WATER-CURE ESTABLISHMENT in the United States, shall be represented, thus forming a complete directory, with all the necessary statistics connected therewith.

OYSTERS.

Wright's Casket, an interesting paper of Philadelphia, gives a somewhat lengthy article in favor of oysters. It speaks of them as being "an important article of food." So is rat-meat, we may answer, to some of the Eastern nations, swine's flesh to the Americans, snails to the French, and carrion game and fat goose-liver pie to European epicureans generally. But all of these things are alike "unclean," according to the Jewish code, and *unhealthful*, as is proved by the experience of ages. Think of a man's attempting to live on rat-meat, swine's flesh, snails, carrion game, or fat goose-liver pie exclusively, what think you would be the state of his blood after a month's practice? Let those try the experiment who dare. Live upon brown bread, or even potatoes with water, and you do well, far better than the generality of persons in civilized life; but in the former case the experiment would prove at the best a very hazardous one.

A BOY'S EXPERIENCE IN WATER-TREATMENT, DIET, &c.

At the request of Dr. Shew I give the following particulars of my case :

I am a colored boy, and will be four-teen years old, if I live to see December 28th, 1848. My father was for years troubl'd with a cough. He died of what I suppose was consumption. My mother, who is yet living, has also a cough, that often makes her sick.

I commenced going to sea February 10th, 1845, in the London packet ship *Switzerland*, Captain E. KNIGHT. I was always called a sickly boy. At the age of eight or nine years I had the scarlet fever, and was sick for five months—i. e. confined to the house. I was vaccinated when six years old. I had also the whoóping cough before this. My bowels were often relaxed—often took colds—had stiff neck and coughed. I was, in short, sick every year, and had to take a great deal of "doctor stuff," pills, &c., all of which nauseating doses I hope I am forever done with now. Being so feeble and good for nothing at home, my father took me with him on the ship.

I have been eight times across the Atlantic. Going to sea appeared to benefit my health very much. I commenced living with Dr. Shew, January 3d, 1847. Since being with him I have practised bathing daily, and lived mostly upon vegetable diet. The 6th of March, 1848, I started again for Europe. During the passage I was obliged to omit bathing, and lived upon the mixed diet usually given to sailors. About a week after our arrival at Liverpool I was attacked with a fever which lasted two weeks. The fever left me weak, and was followed by the bowel complaint, which lasted until after I returned to Dr. Shew, which was some

time in the latter part of June. Since then I have had one or two slight attacks, but by bathing regularly, and eating sparingly, the disease soon left me. My health seems better now than it ever did before. I do not now feel any of that stiffness of the joints, nor but very little of the weakness across the chest which used to trouble me so much.

As I before said, when I went to sea I became better. But now, since I have been with Dr. Shew a number of months at two different times, and in different seasons of the year, I am better even than at sea. This I think must be owing to greater care in diet and bathing. And now I seldom take colds, and when I do they are slight; but before living with Dr. Shew I took colds often, and they were also then more severe.

GEORGE W. A. MURRAY.

Oyster Bay, Oct. 7, 1848.

THE REV. DR. NOTT.—There have been statements going the rounds of the papers that Dr. NOTT, of Union College, Schenectady, has entirely recovered his health. The facts are, that he was severely attacked with rheumatism in the summer of 1847. In October of the same year, we prescribed for and visited him a number of times previous to our going to Europe in November. Various other means had been resorted to without any permanent benefit. Dr. Nott has been, to a greater or less degree, under the water treatment ever since our first visiting him; and he has, on the whole, gained each and every month. He spent some six or seven weeks at Oyster Bay, with us, during the latter part of the past summer. While there he became much better. With his iron determination and perseverance, he will yet become entirely cured—so we firmly believe.

REMARKABLE CASES IN THE HOME PRACTICE OF WATER-CURE.

DR. SHEW—Dear Sir:—I have the pleasure of writing to you again from this beautiful village, the scene of my first efforts in water-cure. As you frequently inquired respecting the health of Maria—whose case was published in the 1st vol. of the “Water-Cure Journal,” for 1845, 2d No., page 30th—I have only to repeat the first account, that “she is perfectly well,” and has been so from the first month of using the water. She continues to be the astonishment of all the country round, and I conversed only yesterday with one of her neighbors, who informed me that she had been bed-ridden for years, and frequently, for weeks together, her life was not expected from day to day.

I have now the happiness to recount to you another case, equally remarkable, which has excited much attention in this village, showing the power and efficacy of water, blessed in its application by Him who said, “wash and be healed.” A poor young man having heard of the recovery of Maria, sent a request to me to visit him; as I did not see the messenger, I could not for some days discover his place of residence, it being a little out of the village, and when I did discover it, I was told it was not a fit place for a lady to go to. I went, however, and found it even worse than it had been represented. A young man, about eighteen years of age, lay upon some straw, with rags only to cover him, his face having the hue of death, and his body entirely emaciated, his arms at the shoulders being about the size of my wrist. Upon seeing me, he said in a feeble voice, “Oh, ma’am, the doctors say I can’t get well; that I can never get any

better; if you can help me, do.” A wretched intoxicated woman was his only attendant at this time. He had been scrofulous from his birth, but had enjoyed tolerable health, till a deep wound in the foot, caused by being trodden upon by a cow, confined him to his bed, producing a lameness in the hip and severe suffering. All efforts to heal this proved unavailing, till recourse was had to caustic and the wound cicatrized. He then fell sick, and terrible sores appeared upon various parts of his body; caustic was also applied to these, but to no good result. It was pronounced to be scrofula in its worst form, and by two medical attendants, *incurable*. In this state he had been abandoned, almost entirely, for a year, when I first saw him, and considered an object too loathsome to behold. On the right arm-pit was a sore *five inches* or more in diameter; the middle, a *red and white fungus* quite dry, an inch or more in height, and there were four others similar upon other parts of his body. He had no words to express his agony; tears only flowed from his eyes. He had not one comfort upon earth; not even so much as Lazarus, for he breathed the pure air of heaven as he lay at the rich man’s gate, while here was an atmosphere horrible to breathe for a moment, so that on my first visit, my whole attention was directed to the *possibility* of having his room cleansed, and himself made like a human being. After much effort this was completely effected in two days, and then began the water-cure.

Wet cloths from cold spring water, were applied to those terrible sores, and changed every half hour. The first night it caused such agony that he continually entreated to have them removed, but his attendant persisted in following my di-

rections, and renewed them constantly. In the morning they all discharged freely, (which had never occurred before,) and he was relieved and slept. I kept him upon three soda biscuits a day, and a peach or apple, drinking great quantities of water. He was wrapped in wet sheets during the night, had two thorough washings in cold water every day, and after two weeks, pieces of carious bone, half an inch in length, came from his various sores. The physicians and neighbors, now, more than ever, mocked at my efforts for the poor sufferer, declaring he *could not* get well; but I was not yet quite discouraged, though as one sore diminished a new one would appear, and he began himself to get impatient of being "starved to death;" but it was worth an effort, and I determined to persevere. I visited him daily, and my courage gave him resolution. In two months he began to sit up, and soon after could get across the room with a crutch. I now gave him vegetables, fruit and bread a little more freely, but bread sparingly, and as he *felt* that he was recovering, he became reconciled to "starving" and drinking water all the time. He grew fleshy and strong, and *slept well*, a luxury he had not enjoyed for *one moment* for twelve months before I saw him. He continued this course very rigidly for a year, and improved daily. His sores all healed by slow degrees, and at the end of the second year he was entirely free from them, and in good health and spirits. It is now three years since I first saw him; *he is perfectly well*. His complexion is clear and ruddy with health; his spirits are fresh; he has the vitality and vigor of a young man of two and twenty, and is beginning to contribute to his own support, rejoicing in the possession of a boat, with which he obtains shell fish.

I find my patients in the water-cure all well, and exclaiming, "We have not had a doctor in the house since we first saw you;" and the poor add, "And what a difference it makes in one's circumstances!" Their healthy looks and clean comfortable houses bear testimony to this. Maria has so renewed her age, that all exclaim, "Her cure, as well as David's, are miracles."

I could detail a great many cures which I have been the happy instrument of effecting through cold water, but I know I can present you nothing new on this subject, since no one has been more successful than yourself in its application.

I am myself perfectly convinced that no greater good can be done to mankind, than to educate women in the knowledge and practice of the water-cure.

If a family grows up with sound minds in sound bodies, they have to thank the mother for it, and cleanliness and temperance and self-denial are the first and most powerful means which she will make use of to obtain this object.

I expect to remain here till the 26th, and shall be happy to hear from you, and hope to hear you have quite recovered your health, and are successful in all your undertakings.

My own health is quite good.

With my best wishes, I am, dear sir,
Your friend,

SARAH M. JARVIS.

FAIRFIELD, Oct. 2d, 1848.

Remarks.

Those who have read the Journal from its beginning, and have perused the communications before sent by the above writer, will be glad to hear again from the same source. What an amount of good could be done were there in every village and neighborhood one good, thor-

ough, efficient and philanthropic woman like the above. Heaven prosper her ever in those praiseworthy and benevolent efforts.

The allusion to our own health is from the fact, that about twelve months ago, all careworn and fatigued, there came upon us what might be termed a severe nervous cough. We were fully aware that what we most needed was *rest*; consequently we set out at once upon a second trip to Graefenberg, but as we predicted, long before we had reached that place, yes, even before passing half way across the ocean, the cough was every whit gone. However, had we kept on toiling and constantly overworking as usual, amid the poisonous air of the city, the cough might have gone on to actual ulceration of the lungs, as in our brother's case, although we are, as a family, as free from any tendency to lung complaints as perhaps any can be.

✍ Those persons who write us for "Water-Cure for Women," (which, we are sorry to say, we have not yet been able to publish,) will be supplied as soon as the work is out. This we hope will be before the end of the year. Meantime, those individuals may order other books to the amount of the money they have sent.

A WORD TO PERSONS WRITING US FOR ADVICE.—Our desire is to make the Journal as *practical* a one as possible. We mean to deal much more in *facts* than *theories*. But with the best that can be done in a matter of this kind, it is absolutely indispensable in the treatment of certain cases that there should be more specific advice than our columns can afford. Hence the necessity of some to

write us, describing minutely their particular case. But in such instances a fee must be sent us in advance. Experience teaches us, that if we write to people *without the fee* the laborer, as a general fact, does not get his hire. Poor persons, as far as we are able, we shall be glad to advise gratuitously.

EAR-ACHE.

While I was at Graefenberg the past winter, (1847-8,) a little fellow, about four years of age, undergoing the treatment, was attacked severely with the ear-ache. For this Priessnitz ordered the head bath, to be taken on the side affected, the water to be slightly tepid, that is, to have the extreme chili taken off, it being very cold. This was to be taken as long and often as necessary. It very soon arrested the pain. The treatment was commenced near evening. Patient had no supper. He had for the night a wet bandage over the ear and side of the head, covered with a dry one; also a little wet lint within the ear. The little fellow slept well, and in the morning the ear broke and the matter exuded. In the afternoon again, the other ear commenced aching, and the same treatment was practised, and with like success as before.—*Editor's Notes at Graefenberg.*

PHYSIC AND INFANCY.—"Ah! poor thing; it's gone at last," said a fond mother to a friend, alluding to the death of a baby two months old; "but we did all we could for it, and there's no use repining. It was only ill a week, and during that time we had four doctors, who gave it eight calomel powders, applied one leech to the chest, one blister to the chest, six mustard plasters, and gave it antimony wine, and other medicines in abundance! Yet the poor thing died!" The friend, in amazement, replied: "Died! it would have been a miracle if it had lived."—*Genesee Olio.*

VARIETY.

SERMON ON DRINKING.—By Dow, Jr.—To keep continually dry, always wear an oil-cloth dress, carry a good umbrella and practise rum-drinking. The first two articles, however, are only essential in protecting the outside from the super-abundant moisture, but the latter keeps the inside as dry as a stove pipe. I never knew a drinker but who was eternally dry—dry in all kinds of weather. He goes to bed dry and gets up dry, keeps himself dry through the day. It's not to be wondered at; for how can he be otherwise than dry when he keeps the blue blazes constantly burning in his bosom, by pouring double distilled destruction down his throat forever. In fact, my friends, the more he drinks the dryer he grows; on his death-bed he cries for more drink, for the last time, and then he goes out of the world as thirsty as if he had lived on cod-fish all the days of his life.

TOBACCO.—Paul, in one of the most solemn chapters he ever wrote, alludes to the value of good manners. A good-mannered man, or a gentleman, is one who never allows himself in any indulgence that can possibly be an annoyance to others. The use of tobacco is offensive to all persons save those who are accustomed to it. Can a man be a gentleman who chews or smokes tobacco in the presence of ladies, and breathes his pestiferous breath into their very faces?

There are men who travel in the cars every day, whose mouths are bulged out with tobacco, and from the juice of which a constant spitting is kept up,—not only to the injury of clothing and nerves, but to the injury of carpets, mats and seats. These chewers are men who pass for gentlemen. We wish every chewer and smoker of this most nasty (we cannot use a more expressive word) weed, could know how disgusting he renders himself to all who are about him. He never can have an entire consciousness of the utter filthiness of this habit, until he leaves it off.

At any rate, a man that fouls his own mouth, should be compelled to keep himself to himself.

If he wishes to travel, let him understand that there are second-class cars, provided especially for his use. Smokers are not allowed to puff in the best cars. Why should chewers? Ask a lady which she would prefer to have seated by her, a smoker or a chewer, and she will say unhesitatingly, the former. It is too bad to have one of these foul-mouthed men seated by you in a railroad car. If his breath was purely *tobaccoish* it might be borne; but it is an awful compound of fetid vapors. Wo to the man or woman of delicate nasal fibres, who shall be caught by the side of such a sink. Time and again we have been so caught, but have uniformly changed our place or stood up.
—*Christian World*.

PUMPKIN BUTTER.—To one barrel of sweet cider boiled down about one-third, take two bushels of pumpkins cut in pieces like apples, they being peeled and cored, and add them to the cider gradually, stirring all the time, until the whole is boiled down to about 12 gallons, and just before taking them off add half a pint of ground cinnamon and spice it to taste. This makes an excellent table dish, one fit for either king or countryman, only the latter deserves it most.—*Ex. Paper*.

We have never tried the above compound; but leave out the cinnamon and spice, and it would answer very well, no doubt.

BURCHARD AND TOBACCO.—A casual correspondent in Watertown, (N.Y.), sends us the following extract from a temperance lecture by Burchard, the eccentric "revivalist," lately delivered in that village. We mentioned in a recent anecdote the manner in which the speaker once obtained a quid of tobacco in church; and it seems but fair that we should set forth his subsequent trials in es-chewing the weed: "I was once," said he, "an inveterate lover of tobacco, and I know how difficult it is to break off the habit of using it; still it can be done. I indulged in the use of the weed to a great excess; I loved it; but knowing that its effects were bad, and especially ill-becoming a man of the gospel, I made one almighty resolve to quit it. With that resolution I took a tremendous 'cud,' which was to be

my final wind-off. I chewed it and chewed it, and 'rolled it as a sweet morsel under my tongue,' and from one cheek to the other, for three weeks. 'Pears to me tobacco never tasted so good before; and I almost shed tears when I recollected that it was to be my last indulgence. When its strength was all gone I threw it away. 'There, Burchard,' said I, 'there goes your last—your omega of quids.' Well, for a while it was very hard doing without it, and I was often sorely tempted to try it again. Old tobacco-chewers would pull out their rusty steel-boxes, give them a scientific snap, and say, 'Burchard, have a chew?'—and for a long time, whenever I heard the clink of a tobacco-box, I involuntarily put my hand in my trousers to get hold of the pig-tail. In fact I am afraid I sometimes blundered dreadfully in my sermons, my thoughts being more perhaps upon the tobacco than upon the Lord. But I stuck to my resolution; and neither 'cavendish,' nor 'pig-tail' has ever been between my teeth from that day to this!"

A CAT AND A MOUSE.—A cat belonging to Mr. Smith, agent of the Earl of Lucan at Lalehan, is in the constant habit of taking her place on the rug before the parlor fire. She had been deprived of all her litter of kittens but one, and her milk probably incommoded her. I mention this in order to account in some degree for the following circumstance:—One evening, as the family were seated around the fire, they observed a mouse make its way from a cupboard which was near the fire-place, and lay itself down on the stomach of the cat, as a kitten would do when she is going to suck. Surprised at what they saw, and afraid of disturbing the mouse, which appeared to be full grown, they did not immediately ascertain whether it was sucking or not. After remaining with the cat a considerable length of time it returned to the cupboard. These visits were repeated on several other occasions, and were witnessed by many persons. The cat not only appeared to expect the mouse, but uttered that sort of greeting purr which the animal is so well known to make use of when she is visited by her kitten. The mouse had every appearance of being in the act of sucking the

cat; but such was its vigilance that it retreated as soon as a hand was put out to take it up. When the cat, after being absent, returned to the room, her greeting call was made, and the mouse came to her. The attachment which existed between these incongruous animals could not be mistaken, and it lasted most time. The fate of the mouse, like that of most pets, was a melancholy one. During the absence of its nurse, a strange cat came into the room; the poor mouse, mistaking her for his old friend and protectress, ran out to meet her, and was immediately seized and slain before it could be rescued from her clutches. The grief of the foster-mother was extreme. On returning to the parlor she made her usual call; but no mouse came to meet her. She was restless and uneasy, went mewing about the house, and showed her distress in the most marked manner. What rendered the anecdote I have been relating the more extraordinary, is the fact of the cat being an excellent mouser, and that, during the time she was showing so much fondness for the mouse, she was preying upon others with the utmost avidity. She is still alive.—*Jesse's Gleanings.*

DON'T SHOOT.—As Professor J. W. Hatch was last summer lecturing upon astronomy, to a class in Courtland county, he brought out his large telescope one evening when the moon was at its full, and just rising, for the class to view the luminary through his splendid instrument. The telescope is about the size of a six-pounder; and just as they got it levelled and ready for use, a long Yankee, and wife, and wife's mother, in company came round the corner, in an old-fashioned "boat-bodied" wagon. Seeing the cannon, as they supposed it to be, just ready to be fired, he stopped the horse, jumped out and taking the old steed by the bits, held on to him with all his caution. Out leaped the wife and old woman, and stood waiting the explosion with trembling anxiety, the ladies having their fingers in their ears. The Professor, who loves a joke, told the boys to keep perfectly quiet, and await the result, while he kept levelling the instrument as if about to discharge it. After waiting some ten or fifteen

minutes, Jonathan became impatient, and sung out—

“Hallo, there, Mister, if you’re going to fire your pesky gun, I wish you would be after doing it; we’re tired of standin’ here, and the mare won’t stand fire—we want to be going.”

An uncontrollable roar of laughter from the whole class followed this speech, when the Professor stepped out to the road and informed the stranger that he could not get it exactly right; they might get in, and he would not fire until they got past.

PATRICK’S COLT.—A gentleman who favors us with some reminiscences respecting the early settlements of this palce—formerly old Derryfield—relates the following anecdote.

When my grandfather resided at Goffstown and Derryfield, then settled by the Irish, he hired a wild sort of an Irishman to work on his farm. One day, soon after his arrival, he told him to take a bridle and go out into the field, and catch the black colt. “Don’t come home without him,” said the old gentleman. Patrick started and was gone some time, but at last returned minus the bridle, with his face and hands badly scratched, as though he had received rough treatment. “Why, Patrick, what is the matter—what in the name of wonder ails you?” “An’ faith, isn’t it me, yer honor, that never’ll catch the ould black coult again! bad luck to him! An’ didn’t he all but scratch me eyes out o’ me head? An’ faith, as thrue as me shoule’s me own, I had to climb up a tree after the coult!” “Climb a tree after him! Nonsense! Where is the beast?” “An’ it’s tied to the tree, he is, to be shure, yer honor.” We all followed Patrick to the spot to get a solution of the difficulty, and on reaching the field we found, to our no small amusement, that he had been chasing a *young black bear*, which he had succeeded in catching after a great deal of rough usage on both sides, and actually tied it with the bridle to an old tree. Bruin was kept for a long while, and was ever after known as “Patrick’s colt.”—*Manchester American*.

A QUAKER’S LETTER TO HIS WATCHMAKER.
—I herewith send thee my pocket clock, which

greatly standeth in need of thy friendly correction; the last time he was at thy friendly school, he was no way reformed, nor even in the least benefited thereby; for I perceive by the index of his mind that he is a liar, and the truth is not in him, that his motions are wavering and irregular; that his pulse is sometimes quick, which betokeneth not an even temper; at other times it waxeth sluggish, notwithstanding I frequently urge him; when he should be on his duty, as thou knowest his usual name denoteth, I find him slumbering and sleeping—or, as the vanity of human reason phrases it, I catch him napping. Here I am induced to believe he is not right in the inward man. Examine him, therefore, and prove him, I beseech thee, thoroughly, that thou mayest, by being well acquainted with his inward frame and disposition, draw him from the error of his ways, and show him the path wherein he should go. It grieves me to think, and when I ponder thereon, I am verily of the opinion that his body is foul, the whole mass is corrupted. Cleanse him, therefore, with thy charming physic from all pollution, that it may vibrate and circulate according to the truth. I will place him a few days under thy care, and pay for his board as thou requirest it. I entreat thee, friend John, to demean thyself on this occasion with a right judgment according to the gift that is in thee, and prove thyself a workman, that need not be ashamed. And when thou layest thy correcting hand on him, let it be without passion, lest thou drive him to distraction. Do thou regulate his motions for the time to come, by the motion of the light that ruleth the day, and when thou findest him converted from the error of his ways, and more conformable to the above mentioned rules, then do thou send him home, with a just bill of charges, drawn out by the spirit of moderation, and it shall be sent in the root of all evil to thee.

LIBRARIES.—Libraries are as the shrines where all the relics of the ancient saints, full of true virtue, and that without delusion or imposture, are preserved and reposed.—*Lord Bacon*.

Agriculture is the nursery of patriotism.

PURE AIR.

Throw open your window and fasten it there !
 Fling the curtain aside and the blind,
 And give a free entrance to Heaven's pure air ;
 'Tis the life and the health of mankind.

Are you fond of coughs, colds, dyspepsia and
 rheums ?

Of headaches, and fevers, and chills ?
 Of bitters, hot drops, and fumes ?
 And bleeding, and blisters, and pills ?

Then shut yourselves up like a monk in his
 cave,

Till nature grows weary and sad,
 And imagine yourself on the brink of the grave,
 Where nothing is cheerful and glad.

Be sure when you sleep that all air is shut
 out ;

Place, too, a warm brick at your feet—
 Wrap a bandage of flannel your neck quick
 about,
 And cover your head with the sheet.

But would you avoid the dark gloom of dis-
 ease ?

Then haste to the fresh open air,
 Where your cheek may kindly be fanned by
 its breeze ;
 'Twill make you well, happy and fair.

Oh, prize not this lightly, so precious a thing
 'Tis laden with gladness and wealth—
 The richest of blessings that Heaven can bring,
 The bright panacea of health.

Then open the window and fasten it there !
 Fling the curtain aside, and the blind,
 And give a free entrance to Heaven's pure air,
 'Tis the light, life, and joy of mankind.

[Selected.]

MAN'S DOUBLE DUTY.—As I am a compound
 of soul and body, I consider myself as obliged
 to a double scheme of duties ; and think I have
 not fulfilled the business of the day, when I
 do not thus employ the one in labor and ex-
 ercise, as well as the other in study and con-
 templation.—ADDISON.

NOTICES OF PUBLICATIONS.

The Water-Cure Era.—Nos. 1, 2 and 3, of
 this monthly, (16 pages octavo,) by DRs. AL-
 BERTSON and TALBERT, have been sent us. It
 is published at *New London*, but in what State
 we are not able to find, as there are a number
 of places in the United States bearing that
 name. It appears to be from the West. If the
 publishers or editors wish to save themselves
 from loss, they must inform their readers
 where they are. They should also give credit
 to all borrowed articles, whether from our own
 or other sources. The more Water papers the
 better, we say, provided they are good ones and
 can be sustained without loss. Next time we
 hope to be able to tell our readers where this
 paper dates its birth.

Tobacco and Health Almanac, for 1849. By
 JOHN BURDELL, Dentist, of New York. Pub-
 lished by Fowlers & Wells, 131 Nassau
 street, New York. Price only 6½ cents.

We do not expect that much can be done to
 induce the lovers of snuffing, the pipe and the
 quid, to leave their filthy, disgusting and
 health-destroying habits. Now and then an
 old offender may be reclaimed, and yet it will
 be but seldom. Something may possibly be
 done in the way of inducing the young to shun
 the vile weed. This *American* habit—for the
 Americans go to greater excess in it than any
 other nation of the globe—what shall we do to
 stay it ?

We welcome every means that has for its
 object the spreading of light concerning the
 great evils of tobacco. And to give some
 idea of the character and worth of Mr. Bur-
 dell's little work, we make hastily the follow-
 ing extracts :

"Tobacco destroys the exquisite flavor of
 taste and smell, pulls down the guide-board,
 and gives loose to the passions which lead into
 the company of the blind ; both are liable to
 'fall into the ditch.' If the glands of the
 mouth are treated in an unlawful manner, the
 stomach and other parts will crave the same in
 order to vie with its rivals."

"We see that the horse, after eating grass
 mixed with lobelia and other unwholesome sub-

stances of this nature, will slobber or dreul from the mouth, whenever the salivary glands are unduly stimulated, or relaxed, together with idiots, infants, and all animal creation which have not judgment enough to spit.

Tobacco chewers, in old age (or what is called second childhood) let the secretions flow down on their beards and dress, as many can bring to recollection.

Then in every case where spitting or dreuling is found to exist, there exists, also, an unnatural state of the creature. If we see a dog dreuling or frothing at the mouth, it strikes us with terror. Why so? Because we fear it is mad or rabid. Some may attempt to stop the discharge, without removing the cause, (let such remember that the stomach is merely trying to relieve itself from that which can do it no good;) if successful, death in many cases is the result. Counterfeit money is better out of the pocket than in it."

"I have found much more difficulty in fitting artificial teeth in the mouths of tobacco chewers than others, owing to the irritable and tender state of the gums. Tobacco causes the gums to recede from the teeth, consequently loosening them."

"Whatever will preserve food from decomposition out of the stomach, will in the same proportion hinder it from being digested while in the stomach.

"For this reason, it will be seen that salt provisions call for water, in order to wash out the salt, before digestion can go on.

"If the saliva is impregnated with smoke, and swallowed, it will only have a tendency to preserve from digestion whatever food it comes in contact with; so that persons who wish to make this receptacle a preserving pot, cannot do better than to send faithful and tried agents there for that purpose."

"Our observing Yankee soldiers on the Mexican field of battle will tell you, that of those who fell, and were left on the ground to be devoured by the wolves, those who were saturated with tobacco, garlic, etc., were left until the more pure were consumed. If their instincts had been partially destroyed, would they have been so particular? Why are signs put up in our steamboats, hotels, and public resorts—'No smoking allowed in the cabin?' If human instincts had not been perverted, we should not have seen such signs to guard the smellers against contraband goods from going into port."

Thus, it will appear, friend Burdell, that you are an oddity and an eccentric genius, to say the least. We will leave our readers to buy the Almanac and read for themselves; and every one, we think, must acknowledge that

there is in it a good share of common sense. But all the almanacs in the world can't wean old tobacco-chewers from this abominable habit. Ministers, lawyers, schoolmasters, doctors, farmers, it is the same with all.

American Phrenological Journal.

The October number of this monthly, contains "Phrenological Character of Professor George Bush, illustrated with a likeness;" "Amativeness, its Location, Analysis, Influence and proper regulation, illustrated with engravings;" "Republicanism the true form of Government—its Destined Influence;" "The Organism of Temperaments as indicating character;" "Phrenological Tract Society's Proposal;" "Patriarcal Longevity," together with a variety of interesting Miscellany on Chronology, Physiology and Health.

The *American Phrenological Journal* has now a greater circulation than any monthly of this country and probably of the world. The "Organization and Character of some distinguished personage, accompanied with a likeness," given in each number of this publication, alone renders it worth incomparably more than its cost; and yet this feature constitutes but a small part of its value. We are sorry to learn that the editor, Mr. O. S. FOWLER, is failing in health. He has done already literary labor enough for two great men; and this, together with his other arduous labors in reforms, has well nigh destroyed his physical frame. Many people imagine that it is the manual laborer only who suffers from toil. But the truth is, mental labor is of all the most exhausting to the powers of life. Will not our friend Fowler heed our monition, and cease one year from his mental toil—not entirely, but nearly so—and engage himself daily for some hours in the open air upon his beautiful farm? Thus he may reasonably expect to get better—not without.

The wisest man may occasionally do a weak thing; the most honest man a wrong thing; the proudest man a mean thing; and the worst of men will sometimes do a good thing.

Science must combine with practice to make a good farmer.

HECKERS' FARINA,

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

HECKER & BROTHER, 201 Cherry st.

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

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

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

WHEATEN GRITS.

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

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New York, July 26, 1846.