

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

JOEL SHEW, M.D., EDITOR.

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

DISEASE OF THE LUNGS.

CASE OF HENRY C. WRIGHT, OF PHILADELPHIA.*

My lungs, I was assured by my medical advisers, were ulcerated, and my organs of speech and respiration diseased; my chest, which was formerly very full and prominent, had fallen in. My breathing, once deep and strong, was difficult and painful; my sleep, never very sound, much more disturbed than usual. I had a dry and sometimes painful cough for more than a year; a short walk made me perspire, and I was subject to night perspiration. I was conscious of great weakness compared with my former strength; and my constitution, originally exceedingly vigorous, had received a shock from which I never expected to recover. I am forty-six years of age, and such has been the soundness of my constitution and my general health, that I was never confined to the house by sickness one day in my life. I had never been bled or blistered, had never swallowed an emetic or a particle of calomel, nor indeed ten shillings worth of medicine of any kind. Cold water had been my only drink for fifteen years; no alcoholic liquors, fer-

mented or distilled, no tea, no chocolate, no warm drink of any kind had passed my lips during that time; and I had been exposed to the extremes of heat and cold, from 100° above to 10° below zero, (Fahr.) by night and by day, by land and by sea.

But continued public speaking during the last twelve years, in the United States, and in England and Scotland, in connection with Sabbath schools, and for the promotion of Teetotalism, Anti-Slavery, and peace,—had at length affected my lungs, and caused a general prostration of my physical nature. For three years past I had worn warm flannel next my skin in summer and winter, thinking that I could not live without it. I had usually worn cotton, worsted, silk, or fur mufflers round my neck, to keep as far as possible all cold, fresh air from my throat, chest and lungs. I had used every precaution to keep the pure air from the surface of my body, supposing that health and comfort are promoted by keeping the skin as much as possible from the direct action of the air. As I had for years been accustomed to bathe and wash myself in cold water every morning, both winter and summer, I had no fear of its effects when applied as soon as I left my bed in the morning; yet I was afraid to let the cold air circulate freely about me, not reflecting that if my body could with

* From Six Months at Graefenberg, by Henry C. Wright. London, 1845.

benefit receive cold water on its surface, cold air could not injure it.

I commenced the water-cure at Graefenberg, under the direction of Priessnitz, on the 12th of last January. The weather was exceedingly cold, the thermometer, (Fahr.) nearly at zero. All my flannels were laid aside; my silk, cotton, worsted, and fur mufflers were thrown off. I was ordered two leintucks (wet sheets) daily, one at five in the morning, the other at five in the evening, with a cold bath after each. At first, for about a week, I took the abgeshreckebad (tepid shallow bath) instead of the cold bath, after the leintuck. At eleven A. M., I had a sitz bath (sitting bath) for fifteen minutes. I wore the umschlag, (a damp bandage covered by a dry one,) round my body, and changed it four times a day. Every morning before breakfast, be the weather ever so inclement, I walked four, six, or sometimes eight miles, having previously drunk six or eight tumblers of cold water. I also took a walk after the sitz-bath and evening leintuck, to excite re-action. This treatment lasted for three months. I afterwards took the douche or water-fall bath once a day, and instead of the evening leintuck and cold bath, two abreibungs (wet sheet baths) at intervals of an hour.

From the first I found the cure exceedingly stimulating. The various external and internal applications of cold water, the out-door exercise and pure air, which in my walks I allowed to circulate about my neck, throat, and chest as much as possible, had, during the first three months, a most invigorating effect. A rash appeared upon my neck, chest, and shoulders, and around my body under the umschlag, and was rather annoying from the burning and itching which it occasioned. My cough ceased; I had a voracious appetite; I found that my breathing grew deeper, stronger, and easier, and that I could climb the mountains more rapidly, and with less panting.

But a painful change was at hand. About the 1st of April all my joints, and especially my knees, began to grow stiff, sore, and weak; walking became pain-

ful, and after sitting for a few moments I found it difficult to straighten my knees. I became gloomy and disheartened; but was assured by those about me that these were favorable symptoms, being evidences that the cure was taking effect. The whole surface of my body, even my hands and face, became very sensitive to the touch of cold water. It seemed as if my nerves were laid bare. I had a perfect horror of cold water, a kind of hydrophobia. As the spring advanced, and the weather grew milder but damper, the cure became more intolerable. I found the damp weather of April and May far worse than the cold of January and February. I became afflicted with acute and throbbing pain in my teeth, jaws and face, for which I was directed to rub the back of my head, and my neck and face with my hands, wet in cold water. I was also ordered to rub my knees frequently in the same way. This was the crisis, and for some weeks I was as miserable as the most enthusiastic admirer of the water-cure could desire. Indeed I was often congratulated on my misery, which was regarded as the prelude to a speedy cure. At the close of April, I had boils on my arms, hands, fingers, and chin, and nearly all over my body. They suppurated and discharged; and during the month of May they all healed, and none have since appeared. I have continued the application of cold water externally and internally, with free exercise in the open air. Since I left off the water as a cure, I take it as a luxury. I feel that all disease is removed from my lungs; my chest has recovered its natural fullness, and my breathing its usual ease and freedom; my cough is entirely gone, and my voice is as strong and deep-toned as ever it was. I think great violence must be done to my lungs before disease can again fasten upon them. What I may yet enjoy of health and physical comfort, I owe, under Providence, to the water-cure, and to the kind friends who, against my will, almost compelled me to go there. During my experience of the cure, nothing surprised me more than the perfect safety with which I cast away my comfortable warm flannels and mufflers. A

terrible cold upon my lungs and an increase of cough were the least that I expected ; but I was agreeably disappointed. In my walks, for three months, I had no hat or cap on my head, no handkerchief around my neck, not even my shirt collar buttoned. My clothes have often been completely drenched with snow and rain, and my hair filled with snow ; but I have not had the slightest cold upon my lungs, nor any which a leintuck or one night's rest has not cured. My only remedy has been to take an abreibung and put on dry clothes on returning to my room to take off my wet clothes. This simple process has not only saved me from taking cold, but also from the effects of over exertion.

After my experience at Graefenberg, I shall never again have any fear of colds, influenza, or fevers, however violent, if I have but the means of applying the water-cure. It is impossible to fear these diseases, after seeing the most malignant fevers so easily and speedily subdued by a remedy that leaves no sting behind. I went to Graefenberg resolved to submit implicitly to Priessnitz's directions. I did so, and was restored to health. I am certain that my long abstinence from all alcoholic and warm drinks, and my disuse of tobacco in all its modes, and of medical drugs, have been powerful aids to my recovery. If any one will make cold water his only beverage, and abstain entirely from the use of medicine, he will find the water-cure sufficient to cure any disease that may assail him ; if it be not absolutely incurable, and if he be determined to persevere in whatever process may be requisite for his recovery. But whoever expects to find health by the water-cure while wrapped up in flannels, and lounging on easy chairs and on sofas, in a warm, air-tight room, without personal exertion and activity, will certainly be disappointed ; for perseverance and exercise in the pure fresh air is an essential element of the cure.

—

A young lady of Newburyport, Mass., died the other day from chewing large quantities of cloves.

DEATHS BY COLD WATER—CAUSES.

It is very common, during the summer months, for papers to publish deaths caused by drinking cold water. Such notices, given unaccompanied by any explanation or reason why cold water is injurious, lead people to believe that tea, coffee, soda, cider, beer, spirits and other slops so pernicious to health, are safer and better than water, the natural drink. But is it so ? Was nature so imperfect in her designs, or in the execution of her plans, that the very things she provided for the support of animal life must destroy life ? No, surely not. It is man's abuses of his own system, and of the gifts and blessings of bounteous nature, that destroy him.

None of the brute creation ever were known to be injured by the use of water unless they had first been abused by cruel man, by being overloaded, overdriven, heated and kept too long from drink ; and I will venture to say that none of the human race were ever injured by the use of water as a drink unless there had been some previous abuse of the system.

It is acknowledged on all hands that those whose systems are inflamed with strong drink are most liable to be injured by water. This admission is sufficient proof that the evil does not exist in the laws of nature, but in man's abuses of those laws. Next to the drinkers of spirits come the drinkers of hot tea and coffee, and the eaters of hot stimulating food ; and when we consider how monstrously nature is thus outraged, we are surprised that so few are killed by their natural drink, rather than so many.

Look at that company of men and women. The men have been toiling and sweating in the hot sun from morning until noon, while the females have been almost broiling over a hot fire to prepare a dinner. They come around the table heated and almost exhausted, their blood almost simmering in their veins, and instead of partaking temperately of the cool and refreshing food and drink that nature has provided, they cram themselves hastily and immoderately with hot

meats, gravies, salt, spices and other heating condiments, with puddings nearly scalding hot, pouring upon the heterogeneous mass, two, three, or four cups of poisonous tea or coffee, hot enough to raise a blister if poured upon a brute! Is it surprising that the frail vessel sometimes breaks when water enough is suddenly poured upon this boiling, foaming mass, to cool it, and the body it has inflamed? Rather, is it not surprising that thousands instead of dozens are not thus destroyed?

If I were out of debt and had \$100 or \$1000 of my own, I would be willing to offer it all as a reward to any one who would furnish the name of a single individual who was ever injured by drinking cold water, who used no other drink and partook of no food warmer than the blood. Such a thing never was heard of and never will be. Nature has placed before man as well as other animals, such food as is necessary for the support of life and health; and this properly used never did and never will do injury, but will answer perfectly the end for which it was designed.

We hear much about temperance and intemperance in our day, but very few seem to have learned the first rudiments. The prevailing idea appears to be that if people refrain from the use of distilled liquors they are temperate, though they stuff themselves three times a day with hot, unnatural, unwholesome food, and pour upon it such a quantity of scalding drink as would kill any animal unaccustomed to it, in one hour. I close with a word of my own experience. While living as others generally live, I was several times sensibly injured by drinking cold water. One time in particular, after pitching hay in a hot barn, I drank too much at a well, which nearly proved fatal.—I had partaken of a hot stimulating dinner, and this created an unnatural thirst for water. But during the last three years in which I have used hardly anything but cold water and cold vegetable food, every draught of water has proved refreshing, and yet it has been colder than I ever used before.

In the warmest weather and when most

heated, I have drunk without fear, as much as nature required, which I have obtained on my rounds, from pitchers or fountains containing ice, and have never been sensible of injury.

If men kill themselves with strong drink, the physician calls it suicide, and the priest consigns the body of the sinner to a drunkard's grave, and his soul to a burning hell; but if hundreds kill themselves by over-eating, or by the use of unnatural food, the physician calls it a mysterious disorder or the visitation of God, and the priests pray over the "*visitation*," while the hearers are left in ignorance to destroy themselves. If men so far transgress the laws of nature, and so far injure their systems by unnatural food and drink, that a draught of cold water, their natural beverage, destroys them, editors notice the fact more coolly than they do the birth of a great calf or the death of an overgrown hog, and the people remain as ignorant of the cause as they were before.—*Portland Pleasure Boat*.

ABSTEMIOUSNESS OF THE ARABS.—The provision of my companions consisted only of flour; besides flour, I carried some butter and dried leben, (a kind of cheese,) which when dissolved in water, forms not only a refreshing beverage, but is much recommended as a preservative of visions. During the journey we did not sup till after sunset, and we breakfasted in the morning upon a piece of dry bread, which we baked in the ashes the preceding evening, without either salt or leaven. The frugality of these Bedouins (Arabs of the desert) is indeed without example. My companions, who walked at least five hours every day, supported themselves for four-and-twenty hours with a piece of dry black bread, of about a pound and a half in weight, without any other kind of nourishment. I endeavored, as much as possible, to imitate this abstemiousness, being already convinced, from experience, that it is the best preservative against the effects of such a journey.—*Burkhard's Travels*.

BAD AIR.

The phrase "bad air" is not quite so euphonious as the now fashionable Italian one of malaria, of which it is a literal translation; it is, however, tolerably expressive, and will very well convey our meaning.

The lungs have not the same omnigestive power over the different kinds of air, which the stomach has over the immense variety of animal and vegetable matters presented to it. There is oxygen which enters, in a fixed and definite proportion, into the composition of atmospheric air, and which we habitually take in at every breath. Whenever, therefore, the proportion of oxygen is diminished for the time being, or its due supply withheld, the lungs must suffer, and with them the heart and circulation also. Let a large number of persons, for example, be crowded together in a close, small apartment, and excluded from, or even imperfectly supplied by the external air, consequences of the most alarming and fatal nature will result. The memorable history of the English prisoners in Calcutta who were crowded into a room eighteen feet square, partially under ground, and having only one small opening to the light and air of day, is familiar to most of our readers. Very soon after they entered, a profuse perspiration commenced, followed by high fever, and raging delirium, with cries of *air, air! water, water!* Of the whole number, one hundred and forty-six, who entered the prison, since called the Black Hole, at eight o'clock in the evening, but twenty-three had any vestiges of life at six in the morning. In general, however, the bad air does not so much consist in a deprivation of oxygen, as in the addition of other noxious gases, or airs. Even in the instance just cited, the sufferings and deaths proceeded more from the heat, and the carbonic acid gas, or fixed air, given out by the crowd in breathing, than from the loss of oxygen.

Bad air, or malaria, is supposed to most abound in marshy districts; what is its precise nature we cannot say: it is moisture, and often charged with gases,

the result of vegetable decomposition and decay; the difference in temperature between the day and night, is also great in such places, during the autumnal months. Bad air here not only disorders the lungs, but acts unfavorably on the skin, and through these two organs on the stomach. We must always take into account the deleterious effects of bad water in marshy districts and low alluvial soils.

Bad air, of concentrated virulency, is sometimes given out from the holds of ships, after opening hatches which have been closed down; from cellars, in which offals and water have been allowed to accumulate; from the mud of river banks, at low tide, and of ponds; and from the made earth of wharves. In some of these cases it acts on the persons who inhale it with all the virulence of a poison, little short in its intensity of that disengaged from common sewers laid open, or mephitic air at the bottom of old wells.

It is important for us to distinctly understand, that in all the above varieties of bad air, whether as in the instance first given, or that in confined rooms, producing fainting, partial suffocation, apoplexy, or more protracted febrile disorder—or in the second, from marshes, giving rise to intermittent and remittent fever—or in the third example, causing yellow and malignant fevers, the effects are confined to the persons who are compelled to breathe it; the disease in these latter is not transferable to healthy persons who have not undergone such exposure. The first step for cure, is change of air, and removal to another place, where nothing but excessive ignorance, or inhumanity, can prevent the patient receiving every attention from physicians, friends, and attendants, without these latter incurring the slightest risk of catching the malady.—*Selected.*

LONGEVITY OF TREES.—The elm is calculated to live about 336 years; the cyprus, 350; the churos-lemon, 400; the ivy, 450; the larch, 575; the orange, 630; the olive, 700; the ornamental plane tree, 720; the cedar, 800; the lime, 1,147; the oak, 1,500; the yew, 2,835; the boa-bah, 5,150; the taxodium, 6,000.

WATER.

Water is the natural and proper drink of man. Indeed it is the grand beverage of organized nature. It enters largely into the composition of the blood and juices of animals and plants, forms an important ingredient in their organized structures, and bears a fixed and unalterable relation to their whole vital economy. It was the only beverage of the human family in their primeval state.

In that garden where grew "every tree pleasant to the sight and good for food," producing all the richness and variety of "fruit and flower," which an omnipotent and all-bountiful Creator could adapt to the relish of his senses, and the exigencies of his entire organization; it cannot for a moment be doubted that man was in a condition the best suited to secure to him the uninterrupted, as well as the highest and best exercise and enjoyment of his physical, mental, and moral powers. His drink was water. A river flowed from Paradise. From the moment that river began to "water the garden," till the present, no human invention has equalled this simple beverage; and all the attempts to improve it by the admixture of other substances, whether alcoholic, narcotic, or aromatic, have not only failed, but have served to deteriorate or poison it, and render it less healthful and safe.

Water is as well adapted to man's natural appetite, as to the physical wants of his organs. A natural thirst, and the pleasures derived from its gratification, were given us to secure to the vital machinery the supply of liquid necessary to its healthy movements. When this natural thirst occurs, no drink tastes so good and in truth none is so good as water; none possesses adaptations so exact to the vital necessities of the organs. So long as a fresh supply of liquid is not needed, so long there is not the least relish for water; it offers no temptation, while its addition to the circulating fluids would be useless, or hurtful.—*Dr. Muzzy's Prize Essay.*

If seven days make one WEEK, how many will make one STRONG?

HOWARD'S PERSONAL EXPERIENCE.

His medical attendants considering his constitution much inclined to consumption, put him upon a very rigorous regimen, which is said by one of his biographers to have laid the foundation of that extraordinary abstemiousness and indifference to the gratification of his palate, which ever after so much distinguished him. We wish much that parents who have the health of their children at heart, (and we are sorry to say that many seem to have no thought on the subject,) would meditate well on this passage. Similar experience can, we know, be furnished in the cases of other invalids, and also of children who, by long pursuing a simple regimen, lost all relish for stimulating food, made dishes, condiments, &c.

About the thirty-third or thirty-fourth year of his age, Howard was attacked by a fit of the gout, so severe as to confine him to his room for six months. Many persons in his situation, even at the present day, would think this a necessary evil, to which they could only oppose patience and flannel, with certain cordials and a little generous to keep the enemy from the stomach. It is by absurdities of this kind, sanctioned, on occasions, by physicians, that gout becomes so formidable a disease. Under a suitable treatment, at first medical and afterwards dietetic, it is as readily cured and kept away as many other maladies, the approach of which excites but little fear for their progress or result. Howard adopted the only plan by which he could promise himself, with any prospect of success, immunity from future attacks. He made a resolution never again to drink wine or spirituous liquors of any kind; a resolution that he most scrupulously kept to the day of his death.

A temperate man requires less sleep and can bear more fatigue than one who indulges his appetite by eating much animal food, with rich sauces, and drinking distilled and fermented liquors. One, among the many illustrations of this fact, is in the mode of living pursued by Howard, while he was preparing his work (in

1777) on the prisons which he had visited during the preceding three years :

“ For the purpose of being near the scene of his labors in superintending the progress of his work, he took lodgings in a house close to his printer’s shop, and so indefatigable was he in his attention to the business which had fixed his temporary abode there, that, during a severe winter, he was always called up by two in the morning, though he did not retire to rest until ten, and sometimes half after ten at night. His reason for this early rising was, that he found the morning the stillest part of the day, and in which he was the least disturbed in his work of revising the sheets as they came from the press. At seven he regularly dressed for the day, and had his breakfast ; when, punctually at eight, he repaired to the printing office, and remained there until the workmen went to dinner, at one, when he returned to his lodgings, and putting some bread and raisins, or other dried fruit, in his pocket, generally took a walk in the outskirts of the town, during their absence, eating, as he walked along, his hermit fare ; which, with a glass of water on his return, was the only dinner he ever took. After his walk, when he had returned to the printing office, he generally remained there until the men left work ; and then, I am informed, repaired to Mr. Ackin’s house, to go through with him any sheets which might have been composed during the day, or if there were nothing upon which he wished to consult him, would either spend an hour with some other friend, or return to his own lodgings, where he took his tea or coffee in lieu of supper, and at his usual hour retired to bed.”

He adhered when on his tours of inspection and inquiry to the same simple regimen :

“ In his earlier tours through England, Scotland, and Ireland, he was usually attended by his faithful domestic, John Prole, who still occasionally acted as his groom. They travelled on horseback about forty miles a day. ‘ He was never,’ says a gentleman of Dublin, who had much free conversation with him on this subject, ‘ at a loss for an inn. When in

Ireland, or the Highlands of Scotland, he used to stop at one of the poor cabins that stuck up a rag by way of a sign, and get a little milk. When he came to a town he was to sleep at, he bespoke a supper, with wine and beer, like another traveller, but made his man attend him, and take it away, whilst he was preparing his bread and milk. He always paid the waiters, postillions, &c., liberally because he would have no discontent or dispute, nor suffer his spirits to be agitated for such a matter ; saying, that in a journey which might cost three or four hundred pounds, fifteen or twenty pounds addition was not worth thinking about.’ ”

In another part of the volume, “ The Memoirs of John Howard,” Boston, 1830, 18mo. pp. 352, from which we derive our information, we find the following additional particulars :

“ In the various tours in the course of the years 1778–9, he adopted the same mode of travelling as he had done upon his former tours, still ordering his meals and wines as any other traveller would do at the inns where he stopped, but directing his servant to take them away as soon as they were brought in, and to give what he himself did not eat or drink to the waiter. But on the continent he performed the greater part of his journeys in a German chaise, which he had purchased for the purpose, never stopping on the road but to change horses, until he came to the town he meant to visit ; travelling, if necessary to effect his purpose, the whole of the day ; and sleeping, from habit, as well in his vehicle as in bed. He always carried with him a small brass tea-kettle, a teapot, some cups and saucers, a supply of green tea, a pot of sweetmeats, and a few of the best loaves of bread the country through which he passed could furnish. At the post-house he would get some boiling water, and where it was to be procured, some milk, and make his humble repast, while his man went to supply himself with more substantial food at the auberge.”

The experience of Mr. Howard as to the best means of avoiding pestilential fevers is coincident with that of all sensible observers and writers on the subject.

His preventives are as applicable to the cholera at this day, as they were to typhus or jail-fevers of England, and the plague of Turkey and Egypt.

"I have frequently been asked," says this distinguished philanthropist, "what precautions I used to preserve myself from infection in the prisons and hospitals which I visit. I here answer once for all, that next to the free goodness and mercy of the Author of my being, temperance and cleanliness are my preservatives. Trusting in Divine Providence and believing myself in the way of my duty, I visit the most noxious cells, and while thus employed, I fear no evil. I never enter a hospital or prison before breakfast, and in an infected room I seldom draw my breath deeply."—*Jour. of Health.*

THE QUEEN AND HER SWEETMEATS.—The total royal expense for making sugar plums, cakes, and tarts, independent of the cost of materials, is £1,200 per annum. The royal "babies" must be remarkably sweet-toothed.

LINES ON WATER.

Here's water, pure drops, from the clear diamond rill,

Which sparkles so bright at the foot of yon hill;
From nature's deep chalice, the beverage bland
I'll bear to my friends, on the Temperance strand.

The water—its virtues I dearly do love—
I'll drink of the old mossy fount in the grove,
While o'er me the pine boughs are waving in air

Their emerald mantles, so verdant and fair.

The water! the water! that gushes and gleams
From nature's glad bosom and ripples in streams,

Is precious in worth—yea, a costlier gift
Than corals, or golden dust, wane-spirits do
sif.

From nature's deep chalice it freely doth gush,
To bathe every brow, giving beauty's soft flush;
Refreshing, when weary, restoring your health,
Of value, surpassing all orient wealth.

The water, that chimes to the notes of the shells,

And plays with the pebbles, and murmurs and swells,

And leaps o'er the cascade, in beauty so grand,
Gives life to all creatures, and health to the land.
Primitive Expounder.

NOVELS AND INSANITY.

The works of fiction with which the press has deluged the country in the last few years not only vitiate the taste and corrupt the morals of the young, but an undue indulgence in their perusal is productive of insanity. Dr. Stokes, of Mount Hope Institution for the Insane, says that they have several cases of moral insanity for which no other cause can be assigned than excessive novel reading. And nothing is more likely to induce this disease than the education which fosters sentiment instead of cherishing real feelings—such as result from the performance of active benevolence, sacred duty of ordinary life, and of religious obligations—which awakens and strengthens the imagination without warming the heart; and to borrow the language of an ancient divine, places the individual "upon a romance theatre—not upon the dust of mortal life."—*Ledger.*

If nine-tenths of all that is now published in our country were committed to the flames as soon as it comes from the press, society would be in a vastly better state. What multitudes upon multitudes of young men and young women, (and sometimes older ones,) who read nothing but novels. They cannot go to bed at night without a light at the bedside and a novel to read. And there are *mothers*, strange to tell! who do the same. Think of a child's being brought up by a novel-reading mother. Is it any wonder that such mothers are as fond of making 'conquests,' as the veriest belle that walks Broadway? What, too, shall we say of those publishers, and there are not a few of them in our country—rich men, men too who make long prayers—not exactly at the street corners, because that is not now the world's fashion of doing things—nights and mornings, and are very particular in a variety of pious observances, who will, for their love of Mammon, publish any vile novel

they dare for their reputation's sake ; something indeed so vile that they dare not attach their own names as publishers ? What, alas ! are we to expect in a state of things like this ?

A GOOD MOTHER.

She is a good mother who brings up her children to work—to work in the kitchen if you please. We shall never have good puddings and pies, chowders and fricassees, whilst the ladies are taught that it is a disgrace to learn to cook. The time may not come when the daughters of wealth shall be obliged to take their stand in the kitchen, but should they not know how to bake and to wash ? What is a young woman fit for, to a mechanic especially, whose mother allows her to lie in bed till ten o'clock, and who, when she rises, sings a song or two and sits down to the last new novel ? She may answer for the wife of a wealthy fop ; and a miserable life—miserable indeed, will she live. Far better for her, no matter what her condition may be, if she is brought up to work.—*Wright's Casket.*

Yes ; all young ladies should be taught to do all manner of needful household work ; to make bread, clothing of various kinds ; and also music and the other sciences should not be neglected. But the less they have to do with puddings and pies, (unless they are made much simpler, and more in accordance with physiological principles than is generally the case,) the better. And as for chowders, fricassees, mince pies and sausages, why, they and the like articles ought to have no place in the young housekeeper's vocabulary. Nature's wants are few.

CAN THIS BE TRUE ?—Rev. Theodore Parker stated in his sermon on Sunday, that there was a court in Boston which contained sixteen tenements, each of which contained several families ; and that of the children born in this court, *one-half* were born blind, and the eyes of the other half were more or less defective !—*N. Y. Tribune.*

STARCH, A CURE FOR SCURVY.

Dr. J. Porter, in an interesting article in the American Journal of Medical Science, adduces much proof in favor of starch being an excellent anti-scorbutant. He says, "Experience has long since shown that a diet consisting solely of potatoes is capable of affording nourishment, and of preserving the body in perfect health." Certain nations, it is well known, subsist almost entirely on rice, arrow root, and similar kinds of vegetable food. These are all of the starch class, and it may be that therein, as well as the potato, resides their chief value. These articles—rice, arrow root, sago, tapioca and starch—may be made into excellent puddings with lemon juice, &c., and make a luxurious article of diet at sea. Arrow root may be purchased in any quantity in the islands of the Pacific and elsewhere, and often as low as two or three cents a pound.

Conversing, a few days since, with one of our oldest shipmasters in the whaling fleet, I mentioned to him the theory in relation to starch, as being the chief ingredient in the potato. His crew had suffered most severely from scurvy in his last voyage. I inquired if he had any arrow root on board. "No," was his reply, "for I was disappointed in obtaining it at the island, as it is my custom to do for pudding, &c." On my informing him that arrow root was almost entirely a form of starch, after some reflection, he said, "I cannot but think that there is truth in the theory you have named, for, on looking back, I find that during those voyages when I took most arrow root on board, I had the least scurvy. Besides," he added, "I was perfectly well during this last voyage, while all were sick around me, and two men died ; and I know not what to attribute it to, unless it be a practice which I have followed for years, of having, while at sea, a bowl of arrow root gruel at my breakfast."

There is much truth in the above view. Starch is excellent for the purposes set forth, applied both outwardly and as an article of diet—this we know from the testimony of individuals who have used it.—*Selected.*

EVILS OF TIGHT-LACING.

As our bills of mortality for the last few years show a decided increase in the number of sudden deaths, denominated *diseases or affections of the heart, apoplexy, &c.*, we thought the following extract from a work published some years since in Philadelphia, would not, at the present time, be inappropriate. The author, Dr. Godman, speaks in decided terms of reprobation of this, now as then, *fashionable*, but, as it proves to many, deadly practice. The following is the extract from Dr. G.'s work:—

“The secondary injuries following from this absurd fashion, are neither few nor trifling, although they are generally suffered in silence, and even attributed to various other causes. The habitual check which is given to the free passage of the blood from the lower extremities to the heart; the diminution of the quantity of air indispensable to the adequate purification of the blood; and the irritation produced by the unnatural fixing of the chest, dispose the heart itself, at length, to fall into disease. The first signs of this condition are frequently obvious in delicate females who are tight-lacers. If they ascend a flight of stairs, attempt to run, or quicken their pace beyond a mincing walk, they are scarcely able to get breath; the lips become bluish, and the heart palpitates, or rather thumps violently. A long continuance in this preposterous mode of trying to improve the figure, is sure to produce change in the structure of the heart, whence necessarily follow disorders in the circulation, and all vital processes dependent thereon. If ladies consider this an exaggeration, we know no better method to convince them, than that of quoting an observation made in a Polish hospital, by Dr. Granville, in his travels to St. Petersburg. He says, ‘I must not omit a curious fact, with which I was already acquainted, but for the confirmation of which I was indebted to Dr. Florio, namely, the *frequent* occurrence of affections of the heart among soldiers of the guard, brought on by the tightness of their uniforms about their waist.’ If the

habit of wearing the Russian belt, remarks Dr. Godman, produces such frequent instances of disease of the heart among robust and hardy soldiers, our fragile and delicate fair can hardly suppose that they shall enjoy an immunity from like suffering, if they subject their persons to similar tortures by corset, whalebone and busk.”

We do not think the above-named evil custom as prevalent now as it was a few years since; but it is still *too* general, and deserves notice in a Journal of Health.—*Boston Jour. of Health.*

LATE HOURS.

[The following is a good extract, but we do not know its source:]

All animals, except those that prowl at night, retire to rest soon after the sun goes down; from which we may conclude that Nature intended that the human species should follow their example. It is from the early hours of sleep, which are the most sweet and refreshing, that the re-accumulation of muscular energy and bodily strength takes place, as well as that due excitability in the brain indispensable to the operation of our waking hours. Sleep has been called the ‘chief nourisher in life’s feast,’ but how few find it such! In order that sleep may be refreshing, it is necessary to take sufficient exercise in the open air during the day, to take a light supper, or none at all, avoiding tea or coffee late in the evening, to sleep on a hair mattress, with a light covering of bed-clothes, in a room freely ventilated. It is well known that the Duke of Wellington, now a hale old man, is accustomed to sleep on a narrow, hard pallet, and we believe the couch of Queen Victoria is also of the simplest possible construction. It is reported that the Duke justifies the narrowness of his resting place, that when a man wishes to turn, it is then high time to get up. We seldom hear the laborious peasant complain of restless nights. The indolent, pampered epicure, or the man who overtasks his brain, or denies himself bodily exercise, is very liable to *sleeplessness*.

"I DO NOT LABOR."

"I do not labor," exclaimed a haughty aristocrat, as he turned his eyes from a borrowed newspaper, and rested them upon a poor laborer who passed opposite his mansion. But that man forgot that his own father had labored long and wearily, to accumulate the fortune that had descended to so ungrateful a son.

"I do not labor," said a gay young belle, as she laid down the 'latest novel,' and scornfully viewed some industrious girls who were then returning from their daily toil. But that thoughtless belle forgot that the very leaves of the book that had so interested her, were carefully folded by those self-same girls, whose daily, but illy rewarded work it was.

"I do not labor," mused a drone, as it beheld the never-idle bee winging its way about the garden, culling sweets from every flower. But sharply was that drone stung, until it was compelled to leave the hive where its example was despised.

And all, *all* who scornfully view the activity of their fellows, and exclaim with contempt, "I do not labor!" are, as they have often been termed, "drones in the hive of nature." And though cruel it might be considered to utterly cast them out of society, yet that their *idleness* should be a source of pride, and command the respect of others, "'tis strange, 'tis passing strange." Far more natural, if not more rational, would it be, to dispense with their presence among men who have to toil, and sense to appreciate it.

From the very insects that sweep past him, man may learn a lesson of wisdom. As, in the animal kingdom, no one honors the drone more than the bee, so in contemplating the human species, who will not honor the working man more than the aristocrat—nature's supernumerary.—*Mechanic's Advocate.*

HOW TO LIVE TO AN HUNDRED YEARS.—Retire and rise early; bathe regularly every day; eat moderately; avoid stimulants, such as liquor, tobacco, hot tea and coffee; be cheerful; never magnify difficulties; keep cool; be persevering, and *get twenty new subscribers for* THE WATER-CURE JOURNAL.—*Publishers.*

HEAT OF THE HUMAN BODY.

When we remember that people can live, very comfortably, in climates like those of Labrador, Greenland, Norway, Lapland and Siberia, where everything around them—air, water, earth, stones, &c.—is cooled down to less than half the heat of the human body for almost all the year, and to many degrees below the freezing point a part of the time, is it not a great wonder that all our bones and flesh and blood can keep at a temperature of 98°, or nearly that, not only for an hour or a day, but throughout the whole of a long life?

It is, indeed, almost a miracle, or would be thought so, if we thought anything about it. It shows, at least, how wonderful a thing life is. For not only man, but all living animals have this same power to preserve their heat. Birds have even a higher degree of heat than man. The blood of some of them rises to a temperature of about 108°. If it were not so, they would often freeze to death in the cold season.

Living trees, shrubs, plants and seeds, have this same power of resisting cold; though in a less degree than animals. Trees do not often freeze very hard. Were it not for this provision of the great Creator, everything would perish in winter—as the seeds and roots left in the ground would never germinate. We should never, then, have any beautiful trees and green fields at the approach of spring. Besides, if the spring, with its verdure, were to return, there would be no men or other animals alive to enjoy it.

We not only possess this power of resisting cold, but we are also equally able to resist extreme heat. By long practice men have become able to remain in ovens and other places, heated to 220° and even 270° of Fahrenheit, for ten or twelve minutes at a time. The only serious inconvenience which arises, in such cases, is a profuse perspiration. A piece of flesh, without life, would, in ten minutes, in such a heat, be thoroughly baked.—*Dr. Alcott's House I Live in.*

Water is nature's tonic—necessary for health

ABSTINENCE A BEAUTIFIER.

On entering the cottage of the Hermano Mayor, he came to the door to receive me, signed the cross over me, and pressed my hand in token of a welcome reception. Like other hermits, the Hermano Mayor wore a large garment of coarse cloth, girded round the middle with a rope, and having a hood for the head. The only covering of his feet consisted of a coarse shoe of half-tanned leather. Yet there was something in his appearance, which would have enabled one to single him out at once from a whole fraternity. He had a lofty and towering form, and features of the very noblest mould. I cannot tell the curious reader how long his beard was; for after descending a reasonable distance along the chest, it returned to expand itself in the bosom of his habit. This man was such a one as, in any dress or situation, a person would have turned to look at a second time; but as he now stood before me, in addition to the effect of his apostolic garment, his complexion and his eye had a clearness that no one can conceive who is not familiar with the aspect of those who have practised a long and rigid abstinence from animal food and every exciting aliment. It gives a lustre, a spiritual intelligence to the countenance, that has something saint-like and divine.—*A Year in Spain.*

TO CONSUMPTION.

Gently, most gently on thy victim's head,
Consumption, lay thy hand!—let me decay,
Like the expiring lamp, unseen, away,
And softly go to slumber with the dead,
And if 'tis true, what holy men have said,
That strains angelic oft foretell the day
Of death, to those good men who fall they prey,
O let the aerial music round my bed,
Dissolving sad in dying symphony,
Whisper the solemn warning in mine ear:
That I may bid my weeping friends good bye
Ere I depart upon my journey drear,
And smiling faintly on the painful past,
Compose my decent head, and breathe my last.

KIRKE WHITE.

TIGHT-LACING.—Willis describes a girl whom he met as "a tall figure, like a woman in two syllables, connected by a hyphen at the waist."

BEAUTY—CLOTHING OF CHILDREN.—When we observe the extreme anxiety of mothers to improve the beauty and impart grace to the forms of their daughters, we cannot but pity the ignorance and infatuation which induce them, in too many instances, to resort to means calculated much more effectually to defeat the object so ardently desired, than to promote it. A very slight knowledge of the human frame, and of the manner in which it is influenced by external agents, would teach them the absurdity of all attempts to supply, by artificial means, what can result only from the unassisted efforts of nature. In infancy as well as in adult life, the first and most important object of consideration should be to preserve and promote the health and vigor of the body—since with its health we necessarily maintain its symmetry and improve its beauty. Bodily deformity, in particular, unless congenital, or the effect of unavoidable disease or accident, is in the great majority of cases produced by nursery mismanagement, and the employment of the very means which are resorted to in order to prevent it. The fact cannot be too often repeated, nor can it be too seriously urged upon parents, that the foundation of a graceful and just proportion in the various parts of the body must be laid in infancy. A light dress, which gives freedom to the functions of life and action, is the only one adapted to permit perfect, unobstructed growth—the young fibres, unconstrained by obstacles imposed by art, will shoot forth harmoniously into the form which nature intended. The garments of children should be in every respect perfectly easy, so as not to impede the freedom of their movements by bands or ligatures upon the chest, the loins, the legs or arms. With such liberty, the muscles of the trunk and limbs will gradually assume the fine swell and development, which nothing short of unconstrained exercise can ever produce. The body will turn easily and gracefully upon its firmly poised base—the chest will rise in noble and healthy expanse, and the whole figure will assume that perfectness of form, with which beauty, usefulness and health are so intimately connected.

A HINT TO SNUFF-TAKERS.—I once attended a gentleman who had been for some time troubled with pains in his stomach, accompanied with a loss of appetite and considerable emaciation. Observing that he frequently practised the taking of snuff, to which I attributed his complaints, I advised him to suspend the use of it. This he accordingly did, and soon began to mend very fast. I was informed by him a few weeks after, that he had gained thirty pounds in flesh, and was at that period in the enjoyment of perfect health.—Rus's MS. Lectures.

THE DUNGEON.

And this place our forefathers made for man!
 This is the process of our love and wisdom,
 To each poor brother who offends against us—
 Most innocent, perhaps. And what if guilty?
 Is this the only cure? Merciful God!
 Each pore and natural outlet shrivell'd up
 By ignorance and parching poverty,
 His energies roll back upon his heart,
 And stagnate and corrupt; till changed to
 poison,

They break out on him, like a loathsome plague
 spot;

Then we call in our pamper'd mountebanks—
 And this is their best cure! uncomforted
 And friendless solitude, groaning and tears,
 And savage faces, at the clanking hour,
 Seen through the steams and vapors of his
 dungeon,

By the lamp's dismal twilight! So he lies
 Circled with evil, till his very soul
 Unmoulds its essence, hopelessly deformed
 By sighs of ever more deformity!
 With other ministrations thou, O nature!
 Healest thy wandering and distemper'd child:
 Thou pourest on him thy soft influence,
 Thy sunny hues, fair forms, and breathing
 sweets,

The melodies of woods, and winds, and waters,
 Till he relent, and can no more endure
 To be a jarring and dissonant thing,
 Amid this general dance and minstrelsy;
 But, bursting into tears, wins back his way,
 His angry spirit healed and harmonized
 By the benignant touch of love and beauty.

WORDSWORTH.

EAT ONE DISH AT A TIME.—As to the quality
 of food, although whatever is easy of diges-
 tion, singly considered, deserves the preference,
 yet regard must be had to the palate and to the
 appetite; because it is frequently found, that
 what the stomach earnestly covets, though of
 difficult digestion, does not injure the health.
 I am of opinion, however, each person ought
 to eat only of one dish at a meal.—*Sydenham*.

Every animal, but man, keeps to one dish.
 Herbs are the food of this species—fish of that—
 and flesh of a third.—*Arbutnot*.

Be content, adds, also, the same writer, with
 one dish at a meal—in the choice of that con-
 sult your palate.

The stomach of an invalid requires occa-
 sionally a little humoring; but what may be
 termed, simple diet, is to dine off the first
 course, which, for the most part, in what is
 termed a homely way, consists of a joint or
 rib, and the necessary vegetables. Persons
 who confine themselves to this, are by far the
 most healthy, as well as the most hearty
 eaters.—*Forsyth*.

THE CONFESSION.

There's something on my breast, father,
 There's something on my breast!
 The live-long day I sigh, father,
 I cannot take my rest.
 I cannot take my rest, father,
 Though I fain would do so;
 A weary weight oppresseth me—
 This weary weight of wo!

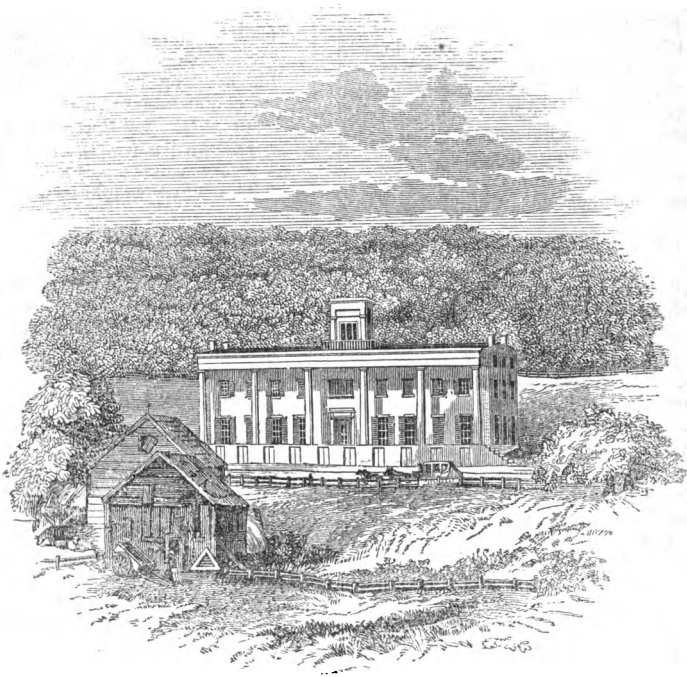
'Tis not the lack of gold, father, •
 Nor lack of worldly gear;
 My lands are broad and fair to see,
 My friends are kind and dear;
 My kin are real and true, father,
 They mourn to see my grief;
 But oh! 'tis not a kinsman's hand
 Can give my heart relief!

'Tis not Janet is false, father,
 'Tis not that she's unkind;
 Though busy flatterers swarm around,
 I know her constant mind;
 'Tis not her coldness, father,
 That chills my laboring breast—
 It's this confounded cucumber
 I've ate and can't digest!

Blackwood's Magazine.

INSANITY, MANIA AND IDIOCY.—Von Feuch-
 tersleben remarks that, except perhaps in Tur-
 key and Egypt, insanity is more rare in other
 parts of the globe than in Europe; but, accord-
 ing to Brigham, it is more frequent in civilized
 America than in Europe; among savages it is
 almost as rare as among children. In Russia
 it is very frequent, particularly in the form of
 mania; whereas the Finlanders are more sub-
 ject to idiocy. In France it increased very
 much after the revolution, but since 1830 it has
 again decreased. In Great Britain, where origi-
 nality has been carried even to eccentricity,
 the number of lunatics in 1826 amounted to
 8000; in France, to 3,000; in Holland, to a
 proportionably greater number; in Prussia, the
 proportion is given as 1:666; in Norway, as
 1:551. Italy gives a particularly favorable pro-
 portion. A difference is likewise to be observ-
 ed in the occurrence of several forms. In the
 South, mania is most common; in the North,
 melancholy; in the valleys, idiocy, &c. In
 England, fixed delusion predominates; in
 France, fatuity; in the East, idiocy; Germany
 presents a more happy medium.—*Medical
 Times*.

“He who forgets the fountain from which
 he drank, and the tree under whose shade he
 gambolled in the day of his youth, is a *stranger*
 to the *sweetest impressions* of the human heart.”



THE NEW JERSEY WATER-CURE ESTABLISHMENT,

Situated in the Orange Mountains, at South Orange, New Jersey, fifteen miles from New York, on the line of the Morris and Essex Railroad.

The cars stop within a quarter of a mile of the establishment, leaving the foot of Cortlandt street, N. Y., at 8 o'clock, A. M., and 4 o'clock, P. M., of each day, arriving in South Orange in about one hour.

Dr. Meeker announces to the public that he has just finished his arrangements for one of the most complete Water-Cure Establishments now in the country.

Dr. M. returned from Europe in the winter of 1846, where he had been nearly three years, more than one-third of which time was spent at Graefenberg, and the other Water Establishments of Germany, and has been since that time engaged in selecting a location and erecting an establishment suited to his views on the subject.

The establishment is planned particularly with a view to the comfort and con-

venience of the patient, and is built upon the English plan of Water-Cure establishments, having a private bath-room attached to each patient's room, shut off from the room by folding doors, where the patient can have every bath except the large douche and swimming bath, which are beautifully situated about ten rods from the house, in the glen of the mountain. There are also three large plunge baths in the house. On the grounds are also two wave baths, one of them from the natural falls of the brook in the ravine, and swimming bath 50 feet square. Dr. M. opened his establishment for the reception of patients on the 1st of July, 1848.

Persons coming from New York may, if they prefer, drive out to the establishment in two hours, passing through Newark; or when coming out in the cars, if they mention it to the conductor as he takes the ticket, he stops the cars at the Water-Cure station, immediately in front of the establishment.

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

NEW-YORK, DECEMBER, 1848.

WATER-CURE IN CHILD-BIRTH.

A lady writes of a patient as follows :

“An anodyne was given her yesterday to alleviate her pains—and the consequence of all was that she had a restless night. This morning I have heard that she is better, still I am very anxious about her, as she has an old-fashioned doctor, and what is worse, a still older fashioned nurse, who will not let a breath of air in, and thinks she was killed by being washed on Monday. Prof. P. and his wife would gladly follow your directions if anybody here could take the responsibility, and she intends to take the air and a walk very soon. When you write, please tell me what to advise her.”

Answer.

Have in a wash tub about two buckets of water, first at 80° F. Put a folded blanket in the tub. Let her be aided to sit down in this water—feet outside, with a sheet over the body. Let two assistants aid in giving the body a good washing for five minutes at least. In two or three days let the water be 70° F. If she has been lying much with the heating bandage about her, she may feel a little giddy on sitting up at first; but by the bath she will soon become refreshed. Wash the hands and face with cold water at the same time. Wash the feet and lower limbs after she gets out, with the same water as in the tub. Then if ignorant doctors, or stupid women say the bandage must be kept on, it must, but OUGHT not to be. Who would think of

swathing a brute animal in this way? Let this washing be practised early in the morning, towards noon, and on going to rest. Wash the nipples and breast six or eight times a day with water quite cold, but not the coldest. This will tend to prevent soreness, cracking, swelling, abscess, &c. Let the patient also have a hard bed and pillow. Let her remain in the largest and best room, and have fresh air in proper quantity, at all times, both night and day, admitted. If she is made to lie on a feather bed and well bolstered up with feather pillows, as the foolish are wont to do, she will bid fair to have a “nine days” siege of it at least. Such treatment would make any strong man weak, nervous, and peevish, and almost sleepless.

Keep all gossips and idlers away until the patient is well and strong. Let her see only a few choice friends, such as she desires to see, the visits of whom will tend to soothe, sustain, and encourage—and not task the mind. If ever on this earth woman is to be carefully, tenderly, and affectionately dealt with, let it be at such a time as this.

With such management as we have described, including frugality in diet and the use of water injections, (moderately cool,) daily if need be, the morning being the best time, the patient will recover *with most astonishing rapidity*, unless an Allwise Providence should otherwise direct.

We ought not omit to mention that patients should sit up often each and every day after confinement. This is the rule; the exceptions are very few. Immediately after all the pains and agony of child-birth, the patient is weak. From this point onward she should become more and more strong. Thus she would if nature were allowed to act. As

things are, who does not know that patients grow weaker and weaker under such circumstances, for days and often weeks.

Sometimes strangers write us from far off parts of the country, that they have followed directions we have published, similar to the above, and that they are very thankful for the benefit they have received. And this is a reward we love—one that pays for hard writing, even late at night.

HOW TO CURE THE TOOTH-ACHE.

A few months since, passing of a night down the Hudson River in one of the large steamboats, an acquaintance from Vermont came to us and said, "Doctor, have you your instruments with you; I have a most terrible tooth-ache, and want to get the tooth extracted." We told him we thought he could cure it in an easier way. He said it was a very bad one, and he would rather part with it. We were lying as well as might be on some cane-bottom chairs for a bed, every berth, bunk and what not, was taken up, so that money even would not obtain us a place where to lay the head. Our patient said, "Come, take my berth; I know I shall not sleep a wink to-night. This old tooth, I know how it acts of old." We told him we should not take up with his kind offer, for he would need his berth himself.

To cure the tooth-ache, we said: "Go to the barber's room; make the whole neck and chest bare; hold water moderately tepid in the mouth and change it pretty often. At the same time wash the head, face, neck and chest briskly with cold water and the hand; rub the face especially much; follow this course perseveringly for half an hour or until the pain ceases."

We ourself went to sleep on the chairs. The next morning, passing along Nassau street, we saw the patient with a smiling countenance. "How has been the tooth-ache?" "No trouble at all," he answered; "I slept first rate all night." This was a good cure; and there was one obstacle in the way which we expected at the time would prove an obstinate one. The patient had foolishly eaten a very hearty supper on the steamboat, and too late at night.

The tooth-ache can, as a general fact, be relieved very soon by the water treatment. It goes hardest with persons of nervous temperament and those who use tea and coffee. Entire fasting, with water drinking, is one of the best possible means in this painful and most patience-trying affection. No tooth-ache can long withstand entire abstinence from all food. A majority of cases, according to our experience, will be cured in this way in twenty-four hours. And it is better to go for three or four days without food than be troubled with aching teeth. But in many cases at least, the tooth-ache can be cured in less than half an hour in the manner as above.

The following remarks are from the Water-Cure Manual, on Tooth-ache and the Preservation of the Teeth:

"Cold water, taken in the mouth, every one knows, sometimes causes the tooth-ache; especially with those who are in the habit of using hot and stimulating food and drinks. So, likewise, it is known that holding very cold water in the mouth for a continuance, changing it frequently, will often arrest the tooth-ache, for the time at least.

"Priessnitz's usual mode is as follows: Tepid water is held in the mouth until it begins to grow warm, when it is changed; at the same time the face,

cheeks, neck, and parts behind the ears are rubbed violently with the hands, which are dipped frequently in very cold water. It is well also to rub the gums till they bleed smartly. Sometimes it is necessary to add cold shallow foot baths. Captain Claridge, of London, who was long at Graefenberg, says that, while there, he never saw tooth-ache resist this treatment. Those who are accustomed to cold water, will find that a powerful douche, or any very cold general bath, will be serviceable. Walking thinly clad in cold air is likewise a good means.

"In these times of depraved health and bad teeth, people should consult the dentist at least quarterly. I am sorry to be under the necessity of saying that there are in our cities, and the country generally, numbers of ignorant and unprincipled quacks in this much needed and invaluable profession. On the other hand, it is acknowledged throughout all Europe, that the skill of American dentists is unequalled in the world. Still a great amount of mischief is done among us, leaving out of account the pecuniary part of the matter.

"There has been much controversy among the professors of this art, as to whether it is allowable, in any case, for the plugging or stopping of decayed teeth, to use an amalgam containing, as one of its ingredients, a portion of quick-silver. I have known a number of instances in which it appeared to me there could be no doubt of the mischief thus caused. On no consideration whatever, would I allow of its use in my own family, or in any case under my medical care.

"As a general rule, teeth that are troublesome, and cannot be remedied by the skill of the dentist, should be carefully extracted. Those in pregnancy

must be careful respecting operations upon the teeth at this time.

"The teeth should always, if possible, be thoroughly cleaned by means of pure soft water and a stiff brush, immediately after each meal. If persons must persist in taking food prepared with lard, animal oil, broths, &c., it will be necessary, at times, to make use of soap. Tooth-powders of a very fine and mechanical nature only are allowable. There is no danger of brushing the teeth too hard or too much. Quill tooth-picks are the only ones that should be used. Tea and coffee blacken the teeth by their color; and all hot substances injure these useful and naturally beautiful parts of our frame. Cows that are fed upon hot still slop about our cities, like human beings who use hot food, lose their teeth. It is not so, as every one knows, with those that are fed upon natural food.

"Everything that deteriorates the general health, injures the teeth.

"The water-cure is destined to do great good in the preservation and improvement of the teeth."

MRS. P. S. WRIGHT, of whom we have before spoken, proposes to spend this winter in lecturing to ladies in the New England States. Her subjects are Anatomy, Physiology and Health. She has had much experience as a lecturer, and will doubtless, hereafter as hitherto, meet with good success. We commend her lectures to all ladies who may have the opportunity of hearing them.

HEALTH OF NEW YORK AND BOSTON.—The Newburyport Herald remarks, that the mortality in Boston during the past summer has been much greater than in New York. In Boston the deaths have been about 100 a week, and in New York about 250. The population of Boston is about 125,000; of New York about 425,000.

ANOTHER NEW FEATURE IN THE WATER-CURE JOURNAL.—We have made arrangements to publish for the benefit of our numerous subscribers to the Water-Cure Journal, PHYSIOLOGICAL AND ANATOMICAL ENGRAVINGS in each number, commencing in *January*, 1849. We shall therefore be enabled to furnish our readers something truly scientific, by way of representing the entire man in all his parts, describing, in a familiar manner, all the organs of the body, so that the non-professional reader may understand. This will of course enhance the value of the Journal, as well as increase the expense of publishing. We are satisfied, however, that these ADDITIONAL ATTRACTIVECTIONS will be appreciated, and we confidently believe, that all our present subscribers will use their influence to obtain others, so that we shall receive our remuneration by an additional accession to our list.

F. & W.

WATER-CURE IN ADRIAN, MICHIGAN.

Our excellent friends, IRA BIDWELL, and GEORGE W. CARPENTER, have already sent us upwards of FIFTY new subscribers for the present volume of this journal. Our circulation is now large, and our resources ample, to enable us to furnish a work, that shall prove a blessing to every family who avail themselves of it. Already have the good effects of our system, the Water-Cure, been felt by thousands, and we confidently hope, ere long, by the aid of our co-workers, to establish the fact, throughout our land, that the efficacy of Water may be relied on as THE remedy, in curing disease as well as preventing it. We intend to record the names of our self constituted agents, and HUMAN BENEFACTORS.

F. & W.

Readiness to take offence is the sign of a narrow mind or bad temper.

SAMPLE NUMBERS.—It is not generally understood, that we send sample numbers of this journal, GRATIS, whenever they are desired. Our friends, who wish to extend the circulation of the WATER-CURE JOURNAL, will therefore no longer hesitate to order SAMPLE NUMBERS, for this purpose. CLUBS are now being formed throughout the country for volume seven, for 1849. Present subscribers who have friends residing in other places, may have specimen numbers of the Journal sent to them, by forwarding their names and post office address to the publishers. These names, however, should be plainly written on a separate sheet, to avoid confusion. We print a few extra copies of each number, of the Journal to supply deficiencies and for gratuitous distribution. F. & W.

OUR CANADA SUBSCRIBERS will, when convenient, please address their orders to L. D. Pomeroy, Ogdensburgh, St. Lawrence Co., New York, who will furnish the Journal promptly, at the publishers' prices, either to single subscribers or to clubs, without the pre-payment of the United States postage.

Mr. Pomeroy will also furnish, at wholesale and retail, all works published by FOWLERS & WELLS.

ABOLITION OF FLOGGING IN THE NAVY.—Mr. Watson G. Haynes, an old sailor, is now circulating a petition, to which he has, by his own efforts, obtained nearly a thousand names, for the abolishment of corporeal punishment in the Army and Navy of the United States, and also to prevent the introduction of spirituous liquors into the service. We are not without hopes that he will so far succeed as to induce Congress to take some energetic action on the subject.—*The Papers*.

"D'd your fall hurt you?" said one Patlander to another, who had fallen from the top of a two story house. "Not in the laste, honey, 'twas stoppin' so quick that hurt me."

EXTRACTS FROM PATIENTS, SUBSCRIBERS,
&c.

Mr. H. G. Davis, P. M., of Rock Run, Stephenson co., Ill., writes :

"I wish to subscribe for the Water-Cure Journal. I have strong faith in the water treatment, for I have been trying it, to a certain extent, upon one of my arms, in which there was rheumatism, below the shoulder, of five years' standing. After trying everything I could hear of, including the various quack medicines, I put a wet cloth around my arm in the evening, covered with flannel sufficient to create a warmth. The application was made six successive nights, left at each time till morning. The pain left for about one year, and now, after excessive exertion in pitching grain in the sheaf, it has returned. I would be glad to receive some advice in the case."

Editor's Remarks.

This would by some have been reckoned a cure ; but, in fact, it was no cure. There was, we may imagine, rheumatic matter lodged in the arm where the pain was located. The stimulating bandage, as it is called, drove the sickness matter to some other part, which however did not become affected with pain ; for some parts of the body are much more subject to pain than others. Then by a new exciting cause the difficulty was again brought out at the original place. Or we may theorize thus : The wet application abstracted, poultice like, a portion of the sickness matter, enough to relieve the part of pain. Then by a new exciting cause, more of the matter accumulated in the part and the pain returned. But whatever may be the true theory in these cases of local rheumatism, one thing is certain, after the pain has been removed, the disease cured as we say, there

is, in all cases, a remaining tendency for the disease to return, and at the same place as before.

Treatment. In all such cases the treatment should be *general* as well as *local*. People are by far too much in the habit of making *local* applications without the *general*, and thus harm is sometimes done. Have nothing to do in dabbling with water unless you practise it over the *whole* surface as well as upon *parts* ; this is the best and safest rule.

A good treatment in such a case would be as follows : On rising in the morning the packing wet sheet for 15 to 20 minutes, and then a thorough ablution by some means, (the wash-tub or rubbing wet sheet will answer well, particularly the former.) At about 11 o'clock, the rubbing sheet and sitz bath after it for ten to fifteen minutes ; then exercise before dinner. Afternoon, the same treatment as in the morning may be practised. If the person is very feeble, the water should be moderated in temperature accordingly. Nervous persons, such as have used tea and coffee, either or both to excess, and such as have been injured by powerful medicines, and all such as are very weak in bodily strength, from whatever cause, should not use water *very cold*. Even *tepid* water, as from 70° to 80° F. is cooling—cold water in effect, and is yet very mild, is safe for the most feeble, and is, moreover, certain in all cases of doing some good.

In cases like the above, the more of the time the wet bandage is kept upon the affected part the better ; but it should be changed often, so as to refresh the surface on which it acts. It is well to wear it nights only—better if the habits will allow during the day also.

One good and thorough bath per day, in the morning on rising, together with

the wet bandage, and suitable diet and exercise persevered in, would suffice in time to cure permanently a case like the above. The potato or the brown-bread diet alone, with sufficient out-door exercise, habitually and regularly practised, with ablutions enough barely for cleanliness, would also be sufficient in the end for such a case. However, a thorough water treatment hastens the cure much. But there is a question whether the more *gradual* way is not on the whole the best for the system.

—
Another subscriber writes :

“My wife has been for the last four years in a state of general nervous debility, constant leucorrhœa, great weakness of the loins, pain in the back, falling of the womb, piles, &c., and that is enough for any one woman.”

So we think; and it will be well for this man, the patient also, to think seriously as to the *causes* of all this complication of ailment and suffering. People are ever ready to harp upon the *difficulties* in question; not so concerning the *causes*.

We may guess—and that pretty safely—that this woman has, like most other women, drank excessively of tea and coffee. Perhaps this was done ignorantly, for light has not been spread abroad to any very great extent on these subjects hitherto. We may imagine, too, that there has been a good share of drugging in the case; for according to the Yankee maxim, you keep trying, trying everything that comes along; and so people go on in misery and suffering down to their graves.

We may infer, also, that the patient has had to labor by far *too much* for the good of health, as is generally the case with the good mothers of our country. First

they get married, and then all the paraphernalia of cooking ten thousand useless and worse than useless *nicknacks* which the husband surely must have. What slaves are the married women of our country! It has not yet *begun* to be understood THAT NATURE'S WANTS ARE ONLY FEW.

But worst of all in the generality of cases like the above, *connubial excesses* have been the greatest of all the multi-form causes of disease. When will the world learn wisdom in these things? The young girl all blooming and beautiful in health marries. How soon, alas! does marriage blight that fairness, beauty, and health. In a few years a weak, irresolute, diseased and faded object is all that remains. Depend upon it, the Author of all good, who loves ever his earthly children, does not design this. *It is the work of man and not God.*

The treatment in this case must be, for a long time, a mild one. A course, such as was recommended in the Journal for a young woman, a mulatto, three or four months ago, would be a good one to follow. One of the most important things if not the most important, is for those parties married to remain as if they were single, a *full twelve-month*. Let them remember this. By this means, and the aforementioned course, it may be possible for the patient to become better.

—
[Friend J. A. Spear, of Braintree, Vt., has our best wishes for his success in undertaking the practice and promulgation of the Water-Cure. We here insert from him the following :]

A Case of Typhus Fever.

A young lady had been teaching school in our neighborhood this season, and as we are situated near the school-house, she

made our house a kind of home. And as there was some sickness in the neighborhood while she was here, she became somewhat acquainted with, and very much in favor of water treatment. During a few weeks' vacation, she went home to stay with her mother, where she was taken sick. She took an emetic, and not finding satisfactory relief from that, her friends were for calling an apothecary doctor. But she objected, saying that she would not get well if they did. She told them to use water and take care of her themselves. But in spite of all her arguments, the doctor was called, and she was so alarmed at his approach that she was almost distracted when he came into the room where she was. He gave her a potion of calomel, though he said she was not very sick. But the calomel affected her very much the wrong way, and she was soon sick enough, and full of cancer. Her life was soon despaired of, and in a few days a friend called to see her, and she told him that they did not take good care of her. He called again the next day and found her worse. She was raving, and begged of her friends to kill her. This friend then went and engaged a careful and experienced nurse at his own expense, and requested me to go and examine her case, and if there was any chance to try and save her life. As soon as she saw me she smiled, (they said for the first time since she had been sick,) and told her sister to tell me how she had been. She had severe congestion of the brain, a feeble pulse, was nervous, a burning fever, a sore mouth, was considerably bloated, and was running down with dysentery. I told her mother that I thought she might be helped, though the doctors had said she could not get well. Her mother told me that if I thought I could help her, to take the

charge of her. I did so, and the water treatment was not only a luxury to her, but it removed her nervousness, cooled down the fever, abated the pain in her head, and she said she felt better every way. She expressed much gratitude and many thanks for my going there, as she thought, just in time to save her. Her dysentery was checked, and the pulse had doubled in strength and softened materially. In the morning she sweat free and natural, and was quite sleepy. I felt sure that I should save her. Her mother was cheerful and thought she would get well. Seeing no difficulty, I told the nurse how to manage with her during the day, and at the earnest request of her mother and brother, I agreed to attend her again the next evening, and not being prepared to leave home any longer then, I left the patient and went home. But unknown to me, her brother-in-law and two of her sisters had been away and told the doctors what was going on, and making all the complaint that they could that night and the next morning about me. Soon after I left they returned full of noise and tumult. Though they said they could not tell whether she was better or worse by the pulse, yet that brother-in-law abused the nurse that I left, so that she would not stay, and though a feeble woman, walked home, a distance of about four miles, and sent word to me to go immediately and take care of that girl. I was there in a few minutes, but that brother-in-law lavished his abuses upon me without measure, and being a stranger, and seeing no chance to reason with him, I left. This was the greatest blunder that I ever made in my life. I left a friend to die, when I knew that she ardently wanted me to attend her. Oh, that I could recall that step! But I could not bear to be called an intruder. She

lived almost forty-eight hours after I left her, and died of mortification, which I could and should have prevented without much difficulty.

The doctors influenced that brother-in-law against me, saying that they could save her, &c., when they had told others that they could not save her. Thus they have been the destruction of one of the best of young women, and an affectionate friend. How long must we be tortured by such treatment? J. A. SPEAR.

—
All the energy of the hero, and all the science of the philosopher, may find scope in the cultivation of one farm.

—
If you separate science from agriculture, you rob a nation of its principal jewels.

—
HABITS OF THE JEWS.

A subscriber writes: "Major Noah, in his lecture on the Jews, says, 'that whatever may be the faults of the Jews, (and they have their faults,) such is the fact, that among all of this class in the city of New York, no Jewess has ever been known to become a prostitute.' Now as every effect has its cause, if Major Noah's statement is true, that fact must have its cause with the rest. That it does not depend on moral instruction, I think is evident. If it is not asking too much, I would be glad if you would give me some information as to their habits of life; whether they differ from the rest of the citizens."

Answer.

We are by no means certain of Major Noah's fact. But we will not dispute his word, for we know nothing at all about the matter. If it be a fact that there are in New York no Jewish prostitutes, this people are much better than the ancient Jews were.

The Jews are far more particular in

some of their dietetic habits than others are. They eat only of the flesh of clean animals; they follow, or at least profess to follow, to the very letter, the ancient dietetic regulation, as laid down in the Levitical law. This system of diet is incomparably better than that adopted by Christians, and the world generally. And yet it is too much to expect from it the absence of the evil in question, which Major Noah claims.

—
WATER-CURE IN SEVERE BRUISES.

Near Chilo, Ohio, *August 1st, 1848.*

DR. SHEW—Dear Sir:—I acknowledge the receipt of your favor of May the 10th, for which many thanks, and will now give you an interesting case of water-cure in severe bruises, which, if you think fit, you may give for the benefit and encouragement of your numerous readers.

Since our removal here last fall, we have striven to obtain subscribers to the Water-cure and Phrenological works, and in the spring succeeded in obtaining some; previous to that it was unknown here, since then, two of those subscribers (and one of them, Mr. Carley, particularly,) have become zealous propagandists.

On the 15th ult., Mr. and Mrs. Hunt and sister, of Chilo, Ohio, started in a buggy for a ride, but had not proceeded far, when in ascending a steep hill, the horse after halting, gave a sudden plunge forward, and threw Mrs. Hunt and sister over the seat behind, on the rough stones. Mrs. Hunt was taken up insensible; her sister, having been somewhat prepared for the accident I believe, rather jumped; certain it is, she was very little hurt. Mrs. H. was taken home, and a doctor sent for to ascertain if any bones were broken. When he arrived he gave her some hartshorn to *revive* her, he said,

(how much quicker and pleasanter would cold water have done it;) he next proceeded to bleed her, but nature, more sensible than he, would part with but very little blood, they obtained but two or three tea-spoonfuls; he then ordered a dose of salts to be administered, to *keep down the fever*, examined the patient, pronounced the ribs adjoining the breast bone to be broken or dislocated, and folded large towels and placed at the shoulders behind and over the chest, and then, with several yards of muslin about four inches wide, bandaged and tightened her so she could hardly breathe, to enable the bones, forsooth, to resume their proper position.

In this state I found her, when at her urgent request I had been sent for; my husband accompanied me. The friends of the patient all expected it to terminate in death; her husband almost distracted. She was, indeed, most dreadfully bruised, internally as well as externally, and was besides, in a delicate situation, which of course made it worse. Knowing that Mr. H. and I used the water-cure means in our family with perfect success, she wished me to take her in my charge, asserting her utter want of confidence in drugs. I consented to, and commenced immediately, but had scarcely begun when the doctor came in, and threw off my cold water cloths which I had placed to her throat; for I should have told you, her mouth and throat were most fearfully inflamed and swollen, through drinking the hartshorn, so much so that she could not swallow water, but with extreme pain. The doctor ordered liniment for the throat, as a counter irritant, and asked had the salts been taken. Upon being answered in the negative, he assured them he could not answer for her life if she did not. I said, "Then I will, doctor;

pray what do you expect the salts to perform?" He answered, "To produce an operation and keep down the fever." "I will do both without them," said I, "and without irritating the bowels either." No, I could not, he said, and turning to her husband, he said, "Mr. Hunt, I do not mean to say that if Mrs. Hunt does not follow my prescription that it is *impossible* for her to recover, but I do assure you, I do not believe she will." Mr. Hunt was alarmed, and begged his wife to consider. "I have," replied she, "and allow me to say, doctor, I have all confidence in you, but none in your medicine; we sent for you to see if there were any bones broken, but I never intended taking your medicine, for I don't believe in it." "Very well, madam," said he, "I wish you good day." We then re-commenced; applied wet cloths to the throat, washed her mouth very frequently, wet cloths continually to the head, administered an enema, cut the bandages away from the chest, by which she was immediately relieved, and breathed more freely, kept cold wet cloths across the breast and chest to keep down inflammation, and as often as fever appeared, washed off the body with cold water, and administered water freely to drink, although it was with a teaspoon, for you must bear in mind the patient could not be moved in the *slightest* manner. In this way we proceeded for three days, varying treatment as the symptoms presented themselves, but always administering cold water plentifully to drink, which was likewise the only food taken, for that time; two or three enemas daily, and plentiful ablutions. The fourth day patient sat up at intervals for four hours; the sixth day up entirely, and going around; the eighth day working in her kitchen, as usual, and well ever since.

BLESSED! THRICE BLESSED COLD WATER! with all honor to our immortal Priessnitz, the great discoverer of its various healing powers; and oh, may you, his worthy disciple and co-worker in this country, be encouraged to persevere in the good work, until, through your invaluable Manual and Journal, all that read may be converted to the truth. And here let me say, I never saw so much firmness exhibited in my life, by a person so sick, and apparently so near to death, as Mrs. Hunt evinced; every one was opposed to her using cold water, and all worked on her husband's fears, and persuaded him we should kill her for certain, until he was nearly distracted, and urged his entreaties to theirs to have the doctor; but she never faltered, and invariably replied, she knew she should recover if they would leave her alone, and that any way, she was much easier than if she took drugs, even if she did die. Then the good neighbors were all so alarmed lest we should starve her to death, they would bring her chicken, and chicken soup, &c., &c., &c., but she kept to the water only. Of course, after all I have told you, it is superfluous to add, that Mrs. H. is a strong-minded, sensible woman, and one of your subscribers; in fact, I find it is such only that are willing to look into the merits of, and become converts to, the WATER-CURE. There was one family only that sustained us in our course, and they did with all their might; that family was Mr. Carley's, likewise subscribers of yours, and zealous disciples in the good cause. And now believe us yours for this great reform.

S. J. HOLBROOK.

P. S. I should observe that the physician alluded to, is an estimable, worthy man, and I have no doubt proceeded conscientiously in the case, and did as he would have done had his own wife,

sister, or mother, been similarly situated. But why won't they learn better?

CHOLERA IN GREAT BRITAIN.

The cholera, as most of our readers know, has already reached Great Britain, and the pestilence will, in all probability, come upon us in this country. In our next number we shall give a somewhat lengthy article on the subject, and perhaps in each succeeding number for some months to come. Meanwhile we advise all persons to do their utmost to establish a firm and vigorous health, and peace and contentment of mind, as the best means of warding off the attacks of this most formidable disease. The following is from a New York paper:

"It appears that this disorder has been imported by various vessels, into England, from Hamburg. There have been 5 cases in Chelsea; Rothorhithe 3; city of London 10; Bermondsey 2; Horsley-down 2; Woolwich 5; &c., &c. In Edinburgh it has made its appearance, where 25 cases have occurred, 20 of which have proved fatal. At Hamburg, from the 1st to the 26th of September, there were 1339 cases, of which number 650 died, 302 recovered, and 387 under treatment, and the disease still on the increase. At Berlin there have been 1704 cases and 1012 deaths. At St. Petersburg there have been 19 new cases, and 7 or 8 deaths daily.

The ravages of the pestilence at Aleppo and Damascus are said to have been frightful, particularly at Damascus, where not fewer than 10,000 persons are supposed to have died within the twenty days preceding the 26th of August."

HOME TREATMENT OF FEVER AND AGUE, by S. J. H., is received, and will appear in our next.

A skilful agriculturist will constitute one of the mightiest bulwarks of which civil liberty can boast.

A PREMIUM FOR 1849.

We have but little confidence in the usual extravagant offers so frequently made, under the very exciting head of "A Splendid Prize." We feel inclined, however, to be as liberal with our patrons as circumstances will admit. Without taxing their credulity, or making large "proposals," we shall gladly award the following PREMIUMS to all who avail themselves of our offer, namely :

FOR TEN DOLLARS we will send TWENTY Copies of the WATER-CURE JOURNAL, and One Hundred Copies of the WATER-CURE ALMANAC FOR 1849. This Almanac sells at six cents (or 6 $\frac{1}{4}$) each, and should be placed into the hands of every family in the land.

FOR SEVEN DOLLARS we will send Ten Copies of the WATER-CURE JOURNAL, and Fifty Copies of the Almanac.

Our friends can hardly adopt a more effectual method for disseminating the principles of HYDROPATHY, than by circulating this Almanac, in connection with the Journal. A profit may be realized, and much good be done, by engaging in this enterprise.

All letters and orders should be POST-PAID, and directed to

FOWLERS & WELLS,

Clinton Hall, 131 Nassau street, New York.

✂ N. B. It will be convenient for us to direct the Journals for subscribers to as many different Post Offices as may be desired.

A NEW VOLUME FOR 1849.

For the convenience of NEW SUBSCRIBERS, we shall commence a new volume, with the beginning of the year, January, 1849.: thus making two half yearly volumes. Those who commenced in July, 1848, will continue until July, 1849. And those who commence with our next

number, (January, 1849,) will continue until January, 1850, which in either case will make the volumes complete. Besides, inasmuch as we do not stereotype this Journal, a limited number only can be obtained. Hence the necessity of subscribing as early as possible. We now receive subscribers to commence in January, 1849.

WATER-CURE.—The following testimony is from Eld. I. N. Walter, of Va., a former preacher in the city of New York :

My health is now better than it has been for several years. "Hydropathy" has done more for me than all the remedies of Allopathy, Homeopathy, and all other pathies put together, and I praise God this day for cold water properly applied.

OUR ENGLISH AGENCY.

We have succeeded in establishing an agency in both LONDON and LIVERPOOL, for this Journal. Great interest is now taken on the other side of the water in this unsurpassed curative agent, HYDROPATHY. Our patrons will now be served more promptly, as we have a weekly communication to Liverpool by steamships.

F. & W.

CHEAP POSTAGE.

The universal demand of "THE PEOPLE" is "CHEAP POSTAGE." Then why not let them have it? Is there a press in this nation, that has not demanded "cheap postage?" Why is it that our legislators do not act on this important question? "REFORM" in this department is greatly needed. Give them a TWO CENT letter postage, and newspapers FREE, and we will guarantee that the "majority" of "the people" will not complain.

W.

VARIETY.

YOUNG CHANNING.—Thanks to my stars, I can say I have never killed a bird. I would not crush the meanest insect which crawls upon the ground. They have the same right to live that I have, they received it from the same Father, and I will not mar the works of God by wanton cruelty.

I can remember an incident in my childhood which has given a turn to my whole life and character. I found a nest of birds in my father's field, which held four young ones. They had no down when I first discovered them. They opened their little mouths as if they were hungry, and I gave them some crumbs which were in my pocket. Every day I returned to feed them. As soon as school was done, I would run home for some bread, and sit by the nest to see them eat, for an hour at a time. They were now feathered and almost ready to fly. When I came one morning, I found them all cut up into quarters. The grass round the nest was red with blood. Their little limbs were raw and bloody. The mother was on a tree, and the father on the wall, mourning for their young. I cried, myself, for I was a child. I thought, too, that the parents looked on me as the author of their miseries, and this made me still more unhappy. I wanted to undeceive them. I wanted to sympathize with and comfort them. When I left the field, they followed me with their eyes and with mournful reproaches. I was too young and too sincere in my grief to make any apostrophes. But I can never forget my feelings. The impression will never be worn away, nor can I ever cease to abhor every species of inhumanity toward inferior animals.—*Dr. Channing.*

DOCTORS DISAGREE.—Why is it? It is so, and proverbially so. Is it because their vocation causes their individual interests to clash, or because they are of a different temperament from others? The interests of handicraftsmen and merchants clash, but they do not often quarrel or fight. But it is not long since it was of newspaper notoriety, that two physicians of this city, happening to meet at the

house of a patient, came to blows. Such conduct would be highly reprehensible in any class of men—it is much more so in a liberal and learned profession. But it is one of the “offences which must needs come,” so long as men are the selfish creatures they now are. The various *isms* and *pathies* of the day would make but little progress if internal dissensions did not strangle the medical profession. Professional courtesy is too noble a virtue to be disregarded with impunity.—*Boston Jour. of Health.*

PECULIAR ABERRATION OF INSTINCT.—About ten days since, a litter of nine spaniel pups were born at the Layfayette Hotel at Franconia, N. H., which in four days were removed to a loft in the stables, where a hen had been sitting upon a nest of eggs some fifteen days. As soon as she heard the noise of the pups she left her nest, and driving away the mother of the pups, installed herself as their guardian—where she has remained about a week devoting herself to them as fondly as to her brood of chickens. The hen and the mother of the pups have become reconciled, and the singular spectacle is presented of the one cooing and brooding over the pups, and the other lying quietly near them.

A PROMISE.—A promise should be given with caution and kept with care. A promise should be made by the heart, and remembered by the head. A promise is the offspring of intention, and should be nurtured by recollection. A promise should be the result of reflection. A promise and its performances should, like the scales of a true balance, always present a mutual adjustment. A promise delayed, is justice deferred. A promise neglected, is an untruth. A promise attended to, is a debt settled.

A young man is stated to have died recently in Springfield, Mass., from swallowing a large quid of tobacco in his sleep.

Great eaters never live long. A voracious appetite is a sign of disease, or of a strong tendency to disease, and not of health as is generally supposed.—*Prof. Hitchcock.*

STRINGY CABBAGES.—The Boston Post has the following good joke of a “hard case” who was accustomed to coming home late at night in a “corned” state, and taking a cold bite, which was usually set out for him by his kind and forgiving wife.

One night, beside the usual dish of cabbage and pork she left a wash-bowl filled with caps and starch. The lamp had long been extinguished, when the staggering sot returned home, and by mistake when proceeding to satisfy his hunger, he stuck his fork into the wrong dish. He worked away at his mouthful of caps for some time, but being unable to masticate them, he sung out to his wife—

“Old woman, where did you get your cabbages? *they are so stringy I can't chew them!*”

“My gracious,” replied the good lady, “If the stupid fellow ain't *eating all my caps that I put in starch over night!*”

FEMALE MEDICAL INSTRUCTION.—It will be seen by advertisement, that arrangements have been made for supplying qualified female practitioners. We learn from Mr. Gregory, that for the services of such there exists an extensive demand, and unless persons are qualified, harm may result from the employment of those who are incompetent. In various towns and cities where he has presented the subject, money has been raised, and committees appointed to select suitable females to come here to receive instruction. Among those who subscribed for this object in Bangor, were Rev. Drs. Pomroy and Shepard; in Belfast, Judge Crosby, and Wm. G. Crosby, Esq., Secretary of the Board of Education of the State of Maine.—*Boston Daily Evening Traveller.*

For further particulars, we would refer to SAMUEL GREGORY, M. D., 25 Cornhill, Boston.

GOOD EFFECTS OF LABOR ON THE SOIL.—The good effects of labor in tilling the earth are made apparent in the following extract of a letter written by the late Governor Wright. See Jenkins's life of Silas Wright, p. 239.

“I cannot make my visit to you this year, I have become a farmer in earnest though upon a very humble scale, and I find little leisure for recreation. I labor steadily, and enjoy my

food and sleep as no politician can. My land is new and hard to work, so that I have not the pleasure of show and appearance, but a call for the more work. Even if my business would permit, I should not dare to travel this year, as I should be suspected of doing it for sinister purposes, which would destroy to me all the pleasures of journeying, and cause me to be received and treated as a moving beggar, not for bread, which might be excused, but for favors I do not ask. After this year I shall be relieved from this embarrassment; and then I hope the time may come when I can visit your State, and yourself and family, and have the pleasure of fishing with you for cod, without the suspicion of being a fisher of men.”

CHEERFULNESS IN WANT.—There is much variety ever in creatures of the same kind. See two snails; one hath a house, the other wants it; yet both are snails, and it is a question which is the better: that which hath a house hath more shelter, but that which wants it hath more freedom; the privilege of that cover is but a burden;—you see, if it has but a stone to climb over, with what stress it draws up that beneficial load; and if the passage proves strait, finds no entrance;—whereas the empty snail makes no difference of way. Surely it is always an ease, and sometimes a happiness, to have nothing; no man is so worthy of envy as he that can be cheerful in want.—*Bishop Hall.*

WATER-CURE JOURNAL AND HERALD OF REFORMS—a monthly of 32 pages at \$1 a year. This serial is not confined merely to an exposition of the principles and benefits of Hydrotherapy, but enters largely upon all those practices of life which relate to health and longevity. It contains some directions unquestionable enough, but we are afraid the world is too “civilized” or “fashionable” to give up entirely to the simplicity of nature.—*St. Catherine's Jour.*

A large number, perhaps a majority, of the standard works of literature, were composed by men whose circumstances compelled them to adopt a very spare diet, and probably this is one cause of their superiority.—*Prof. Hitchcock.*

In 1806, there was a question raised in Congress as to the propriety of opening a War Office in our republican Government. Dr. Benjamin Rush, of Philadelphia, wrote the following inscription which he proposed should be painted over its door:—

“1. An office for butchering the human species.

2. A widow and orphan-making office.

3. A broken-bone-making office.

4. A wooden-leg-making office.

5. An office for creating public and private vices.

6. An office for creating a public debt.

7. An office for creating speculators, stock jobbers and bankrupts.

8. An office for creating famine.

9. An office for creating pestilential diseases.

10. An office for creating poverty, and the destruction of liberty and national happiness.

“In the lobby of this office let there be painted representations of all the common military instruments of death; also, human skulls, broken bones, unburied and putrefying dead bodies; hospitals crowded with sick and wounded soldiers; villages on fire; mothers in besieged towns eating the flesh of their children; ships sinking in the ocean; rivers dyed with blood, and extensive plains without a tree, a fence, or any other object but the ruins of desolated farm-houses.

“Above these groups of woful figures let the following words be inscribed,—NATIONAL GLORY.”

LAWS OF MAINE IN REGARD TO SMOKING.

The following excellent law has been recently enacted by the Legislature of Maine, for the protection of property against those loafers, who locomote about,—some in broadcloth and fine linen, and some in rags and no linen at all,—with tobacco torches in their mouths, befouling the atmosphere, and occasionally setting fire to the buildings, in which their fumigating and incendiary performances are exhibited, viz.:—

Sect. 1. No person shall enter any Mill, Factory, Machine-shop, Ship-yard, covered Bridge, Stable or other building, having with him lighted pipe or cigar, or shall light or smoke

any pipe or cigar therein, under penalty of five dollars for each offence.

Provided the owners or tenants of such Mill, Factory, Machine-shop, Ship-yard, covered Bridge, Stable or other building, shall cause a notice, in plain and legible characters, to be affixed and kept up in a conspicuous place over or near every principal entrance into such Mill, Factory, Machine-shop, Ship-yard, covered Bridge, Stable or other building, that no smoking is allowed in the same.

Sect. 2. If any person shall deface, remove or destroy any such notice without permission of the tenant or owner of said Mill, Factory, Machine shop, Ship yard, covered Bridge, Stable or other building, he shall be liable to a fine of ten dollars for each offence.

Sect. 3. Prosecution for an offence against this act shall be commenced by complaint, before any Justice of the Peace or Municipal Court, in the county where the same is committed.

Approved by the Governor, 21st June, 1848.

More nourishment and strength are imparted by six ounces of well digested food, than sixteen imperfectly concocted.—*Southern Review*

Dr. Johnson, it is said, dined with a Scotch lady who had a hotch potch for dinner. “Is it good, Doctor?” asked the hostess. “Yes,” said the Doctor, sharply, “it is good for hogs, madam!” “Then pray,” said the old lady, “let me help you to a little more of it.”

There is nothing more ridiculous than to see tender, hysterical, and vaporish people complaining, and yet perpetually cramming, crying out they are ready to sink in the ground, and faint away, and yet gobbling down the richest and strongest food and highest cordials, to oppress and overlay them quite.—*Dr. Cheyne*.

Let every farmer who has a son to educate, believe and remember, that science lays the foundation of every thing valuable in agriculture

Agriculture, aided by science will make a little nation a great one.