

THE  
**WATER-CURE JOURNAL,**  
 AND  
**HERALD OF REFORMS.**

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**USES AND ABUSES OF AIR.**

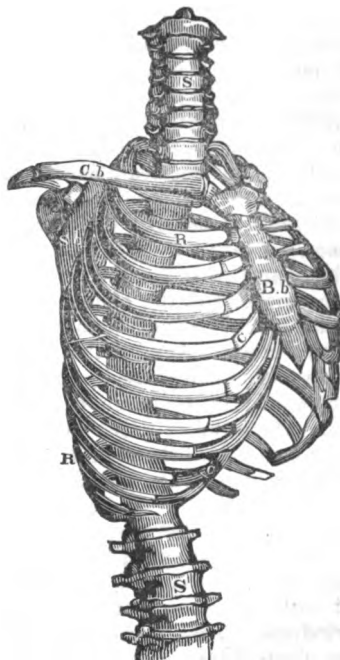
SHOWING ITS INNUENCE IN SUSTAINING LIFE, AND  
 PRODUCING DISEASE.\*

THE part of the body devoted to the purposes of respiration, is the chest, or thorax. This is composed of the ribs, twelve in number on each side. They have a semicircular shape; the posterior ends are attached by a moveable joint to the spine behind—and the anterior ends of all but the three lower, made firm by being attached to the breastbone, directly or indirectly, by strips of cartilage. The front ends of the three lower ribs are not attached to any other bone, and are only kept in their places by the muscles, which lie upon, and are attached to, them. The ribs are placed from half an inch to an inch apart, the intermediate spaces being filled by strips of muscle,† passing from one to the other, and which, by their contractions, draw the ribs closer to each other.

The chest has, consequently, a conical shape, with its base below, and apex above. The lower boundary or floor of the chest, consists of a very large broad muscle, corresponding in shape to the edge of the base of the cone, and attached to the latter, by its circumference, all around. This muscle, called the *diaphragm*, separates the cavity of the chest from the parts below it, except where a few small apertures allow the bloodvessels, nerves, &c., to pass through to connect with the

organs in the abdomen. The diaphragm, in its relaxed state, does not lie flat, but its central portion rises into the thoracic space, so that it presents a deep concavity below, and convexity above. By this arrangement, when the diaphragm contracts, its convexity is reduced, or, in other words, it is partially flattened, whereby the space above it is increased.

Fig. 1.

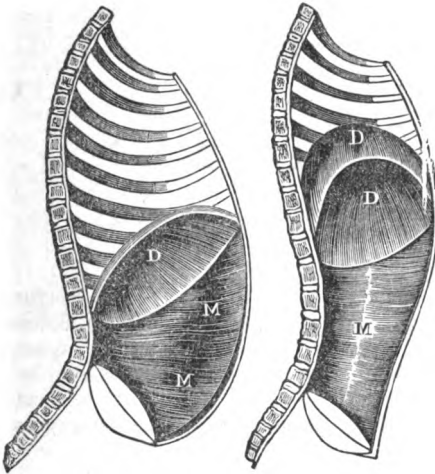


Skeleton of the chest. S, S, the spine. B, b, the breast bone. R, R, the ribs. C, C, cartilages connecting the ribs with the breast-bone. C, b, the collar-bone. S, b, the shoulder-blade. The uppermost ribs are the shortest, and most curved, and their lengths increase as they descend.

\* From a work by this title, recently published by J. S. Redfield, New York.

† As this term must be used frequently, the reader will understand it to mean that part of the body known as the *lean red flesh*; its use is to produce motion, and it is the only part of the body which causes motion.

Fig. 2.



Sections of the chest, diaphragm, and abdomen. D, D, diaphragm. M, M, M, muscles of the abdomen. 1st, the diaphragm in its relaxed condition; 2d, in its contracted state. The difference in the space above it is shown in the two conditions.

On the walls of the chest, externally, are arranged, both behind and in front, several muscles, which, together with the intercostal muscles and diaphragm, form the muscles of respiration. By the contraction of these muscles, the dimensions of the cavity of the chest are increased in three directions. 1st, by the elevation of the front ends of the ribs, the breastbone is pushed forward, whereby the antero-posterior diameter is lengthened; 2d, by the same movement, the middle portions of the ribs are raised and separated farther from each other, whereby the diameter from side to side is increased; and, 3d, by the depression of the arch of the diaphragm, which takes place when that muscle is contracted, the vertical diameter is very much increased. The chest is thus made to *expand* in every direction. By this expansion, a partial vacuum is created, which can only be supplied by air through the only opening, *the mouth*, which is connected with the interior of the chest by the windpipe. This introduction of air is denominated *inspiration*. Almost immediately after this, *expiration* is produced by the reduction of the various diameters of the chest. This is effected by the action of certain other muscles, called the antagonist

muscles of respiration. The contained air is thus compressed, and forced out at the mouth.

These operations are precisely similar in principle to those of the common bellows. When the two boards of the bellows are separated, the air rushes in at the nozzle and valve to fill the vacuum; and when the boards are pressed together again, the compressed air is forced out at the nozzle in a powerful stream.

These alternate expansions and contractions of the chest, amount, on the average, to eighteen a minute.

But the air, strictly speaking, does not enter the chest itself, but into two large bags; which are always in close contact with the interior surface of the chest, and are themselves expanded and diminished in size, as the chest enlarges and contracts. These large bags are called the *lungs*, one of which is placed on each side, having the heart between them, the three organs occupying nearly the whole of the thoracic space. The lungs are attached to the lower end of the windpipe, as it enters the chest from the neck, and all the air which passes down it, of course, can only get into the lungs.

Fig. 3.

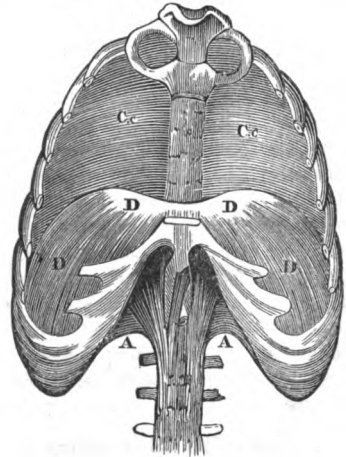
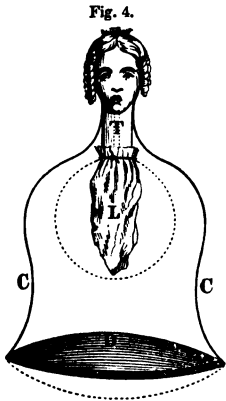


Fig. 3 is a front view of the chest and diaphragm, the latter relaxed. The front half of the ribs being cut away, the interior of the chest is exposed. C, c, C, c, the cavity of the chest, empty. D, D, D,

D, the diaphragm, rising high in the centre, and descending very low at the sides and behind. The white space at its upper part is its tenuous portion. A, A, the abdomen.

The nature of this arrangement of the windpipe, lungs, and chest, together with the means by which the diaphragm operates to enlarge the thoracic cavity, are illustrated by a model, of which the following is a figure :



C, C, fig. 4, is a bell-shaped glass, to represent the chest. In the mouth of the glass is inserted, very tightly, a cork, T, representing the trachea, having a hole lengthwise through it. To the lower end of the cork is attached a small bladder, L, representing a lung. The lower opening of the bell is closed by a piece of sheet gum-elastic, D, which fits air-tight. This answers for the *diaphragm*.

No communication can exist between the cavity of the bell and the external air, except through the hole in the cork; and any air entering through that hole can only go into the bladder. It is evident, also, that when the diaphragm is pushed into the cavity of the glass, as at D, the bladder will be flaccid and void of air; but when the diaphragm is drawn down in the situation of the dotted curve, a partial vacuum in the glass will be the consequence, which can only be supplied with air through the cork, whereby the bladder will expand to its full extent, shown by the dotted circle; and when the diaphragm

is pushed up again, the air will be forced out from the bladder.

The diaphragm in the living body does not descend near so low as in the figure; for a very extensive motion is required from it in the latter, to compensate for the want of expansion in the other parts. With this instrument, the model of only one lung can be shown; but it gives us the advantage of *seeing* its mode of action, and the same principle may be applied to both. The lungs, which are thus the direct recipients of the inhaled air, correspond exactly, in shape and size, to all those parts of the cavity of the chest not occupied by the heart, and a few smaller organs; in expanding and contracting, they follow precisely the movements of the chest, so that, at all times, they are in contact with its interior surface.

*But the lungs have no power of their own to expand, or even to aid in their own expansion.* They are, during inspiration, entirely passive agents, and follow the motions of the chest without resistance. It is supposed, however, that they possess a slight degree of *contractility*, which enables them to contract more readily during expiration, and thus facilitate the expulsion of the air. This is as if they were formed of very delicate India-rubber, which would expand freely on pressure, and contract slightly when the pressure was removed.

*The internal structure of the lungs is very peculiar, and requires attention at this time.* They are not simple bags, like a bladder, with a free space within, but are divided and sub-divided, to an almost infinite degree, into very little cells. The whole internal structure of the lungs is thus a cellular or sponge-like mass, each cell being so arranged as to connect with the orifice of the lungs, that it may receive a portion of the air which enters thereat. The wind-pipe, at its lower terminus, is divided into branches, called *bronchia*, which pass one to each side, and, as they advance, are divided and sub-divided to a great extent, like the branches and twigs of a tree, terminating finally in the pulmonary cells, in somewhat the same manner as the twigs terminate in the leaves of a tree. The lungs appear to the eye to be composed, almost wholly, of the cells; as the tree, when in

full foliage, appears to be formed almost entirely of the leaves.

The material of which the lungs and their cells are composed, is *membrane*, of exceeding delicacy, and is translucent. It is so fine as to permit the air to pass through it, yet sufficiently dense to be impervious to the blood.

*When the ear is applied to the chest of a healthy person, the sound of the air passing through the bronchiæ and air-cells may be distinctly heard.* This has given rise to the invention of the stethoscope, a small wooden trumpet-shaped instrument, which transmits the sounds of respiration with great distinctness, when one end is placed against the chest, and the other against the ear of the listener. The variations of sound, produced by the modifications of shape in the cells by disease, by the enlargement or contraction of the bronchial tubes, by the presence of various kinds of fluid in them, and other causes, are easily discovered, either through this instrument, or by the naked ear applied to the chest, and are important means of detecting diseases of the pulmonary organs.

*From the immense number of the pulmonary air-cells, it will readily be inferred, that the whole surface of the membrane of which they are composed is very great.* The air-cells have been estimated to be one-hundredth of an inch in diameter, and the extent of surface furnished by them collectively at twenty thousand square inches. By some, the extent of surface they present is supposed to be thirty times that of the external surface of the body.

The purpose of this great extent of surface, is to afford to the air sufficient opportunity to act, readily and speedily, upon the blood, which circulates incessantly through the lungs. The membrane forming the walls of the cells is the means of their communication, as the blood flows through the lungs upon one face of the membrane, while the air is applied to the other, and, by transudation through it, acts upon the fluid.

The blood and air, being by this means divided into a great number of very minute particles, and diffused over this extensive area, act upon each other, in the manner hereafter to be described, most rapidly and effectually.

Many experiments have been tried, for the purpose of ascertaining the capacity of the lungs for air; and the fact has become established, that the lungs *always* contain a large quantity of air. They are never empty. This might be very readily inferred, from the circumstance, already stated, that the external surface of the lungs is in immediate contact, at all times, with the internal surface of the chest. The chest—formed as it is, in a great measure, of unyielding bones, most of them of a semi-circular form—can never have its sides brought into contact with each other, and its cavity, therefore, cannot be obliterated, or even reduced to the capacity of its solid contents; and a vacuity must, consequently, always exist to be filled with air. The amount thus always present in the lungs, varies according to the age, shape of the body, and other circumstances.

*The average capacity of the lungs, when the chest is fully expanded, is estimated at twelve pints.* At each ordinary expiration one pint is exhaled, which is replaced by the same amount at each inspiration. There is thus left in the lungs after an ordinary expiration eleven pints of air, which keeps the air-cells continually distended.

*The greatest inspiration possible by a strong man, with a well-developed chest, is nine and one fourth pints.* Public singers, and those who habitually exercise their lungs to a greater than ordinary degree, by avocations which call for their extra use, especially in the open air, it is ascertained take in from five to seven pints at each inhalation. This enables them to produce a more prolonged expiration, whereby some very interesting effects in vocal and instrumental music can be produced.

*The capacity of the chest for inspiration depends, first, upon the strength of the muscles of respiration, and the control the individual may possess over them.* These muscles, like nearly all others under the control of the will, are capable of being invigorated and developed by a proper education of them. Well-regulated exercise of any voluntary muscle invariably results in its greater development of size and strength; the quantity of blood transmitted to it is increased by use, and decreased by non-use, increasing its size and power

in the former case, and dwindling them away in the latter. This is as true of the respiratory muscles, as of the muscles of the arm or leg. In proportion to their strength, therefore, is their capability of enlarging the chest; and consequently dependent on them, in a considerable degree, is the amount of air which the chest will receive at each inspiration. From this, and some preceding remarks, it will be inferred, and very properly, that the popular idea of pain in the *lungs* being produced by hard exercise, and consequently forcible breathing, is erroneous; the pain is not in the lungs, but in the muscles which expand the chest.

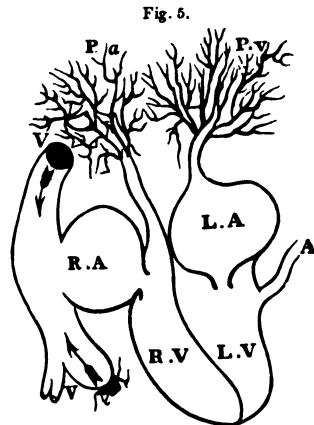
*The capacity for inspiration depends, in the second place, upon the shape and position of the chest.* If the shoulders are thrown back, the breast-bone put forward, and, especially, if the chest and abdomen are left free from all restraint by clothing or bandages, then the muscles, including the diaphragm, have the most favorable opportunity for action, and the ribs the greatest freedom of motion. But with stooping shoulders, a constrained body, and corseted waist, not only are the ribs prevented from moving freely, but the diaphragm and other muscles, being compressed and uninvigorated, cannot act with their natural freedom and strength.

*Every kind of exercise, and the habits most conducive to an expansion of the thorax and a development of its muscles, should therefore be inculcated.* To children, to whom free respiration and abundance of pure air are necessary for their growth as well as nourishment, exercise of this part of the body is especially important. Singing, by the regularity with which it brings the respiratory muscles into exercise, and causes a greater development of chest and lungs, is one of the most important exercises to which the young can be trained; and under all the circumstances of life, whether sitting, standing, or lying, asleep or awake, care should be taken by those who have guardianship over them, that no impediment, by position or other circumstances, is in the way of the expansion of their lungs to their fullest extent, and the inhalation of the purest atmosphere.

*As already briefly hinted at, one object of the inhalation of atmospheric air, is the purification of the blood.* This is proved, not merely by the fact that the blood flows in an incessant current through the lungs, and in immediate proximity to the air-cells, but also by the relative position of the lungs, and the great centre of circulation, the heart. The latter is placed near the centre of the chest, between the two lungs, occupying, with them, nearly the whole of the thoracic cavity. That their anatomical and physiological relations are very intimate, is shown by the number, character, and size of the blood-vessels which pass between them, and the great difference displayed by the blood, before and after it has been transmitted through the lungs, from and to the heart.

*The heart is a double organ, having two sides, the right and the left.* Each side contains two cavities—a right auricle and ventricle, and a left auricle and ventricle.

The following diagram shows the relative position and mode of communication between these cavities:—



There is no communication between the two sides of the heart, except through the circuit of the lungs, while the chambers of each side are connected with each other, the openings being carefully guarded by valves, which open and shut with every pulsation, admitting the blood through in one direction, but entirely preventing its passage back, like the valves of a pump.

The course taken by the blood is as follows :—

Two large veins (*fig. 5, V, V.*) one descending from the head and upper extremities, the other ascending from the lower extremities, abdomen, and other parts, receive all the impure blood from the body, and unite together near the right auricle (R, A.) They pour their joint currents into that chamber, and distend it. When filled, it contracts upon its contents, and forces the fluid into the right ventricle (R, V). This, when filled, contracts, and drives the blood into the pulmonary artery, (P, a,) which carries it all to the two lungs, dividing it between them, through appropriate branches, and distributing it, in minute particles, over the surface of the pulmonary air-cells. Its color is yet of a dark purple; but immediately, as it is distributed through the lungs and is acted upon by the air in the cells, its color changes, and becomes a bright vermilion, or scarlet. This change having been effected, it is again collected from the lungs, by means of another set of blood-vessels, called pulmonary veins, (P, V,) which convey it away from the lungs and carry it back to the heart, where, the vessels from each lung uniting, it is emptied into the *left* auricle (L, A). From this it is thrown into the left ventricle (L, V). From this cavity rises the main artery of the body, the *aorta* (A); and through this great tube the purified blood is sent, to be distributed all over the body, visiting every fibre and atom for their sustenance and growth. The final terminations of these distributing vessels are denominated, from their extreme minuteness, *capillaries*. These having performed their office with the red or arterial blood, having deposited the pure material which they conveyed to the heart, take up the old and effete matter which requires to be removed, whereby the blood is changed again to the dark purple color which it had before it entered the lungs. In this impure condition, it is taken up by the *capillary veins*, and gradually returned to the right side of the heart, at the point whence we started with this description, to be again passed through the lungs for purification, and the restoration of its vermilion color.

*The blood thus traverses two circles :—*

1st, from the right side of the heart, through the lungs, to the left side; and 2d, from the left side, through the body or system, to the right side of the heart. The first is called the *pulmonary circulation*; the second, the *systemic circulation*. In the former, its color is changed from a dark purple to a scarlet hue; in the latter, the reverse change occurs, from the scarlet to the purple. The first change is due to the influence of the atmospheric air; the last change, to the deposit of the pure matter from the blood, and its taking up the impure to be conveyed out of the system.

*The pulsations of the heart, and the movements of the chest in respiration, have a strict relation to each other.* The purpose of respiration being to introduce into the lungs the air which is to act upon the blood, sent to the same organs by the heart, a certain relation as to quantity and frequency must be maintained under all circumstances of health. Thus in a state of quiescence, when the heart beats at a certain rate, the number of respirations is exactly proportioned thereto; and when, by increased exercise of the body, the circulation is stimulated to greater frequency and force, and the blood is transmitted more rapidly through the lungs, then the number of respirations is proportionately increased; so that, under all the varied circumstances of life, there is found a direct ratio between the frequency of the pulse and the number of respirations.

*The average number of pulsations of the heart is seventy-two per minute.* In infancy, the number is much greater, rising to ninety, or even one hundred, per minute. As age advances, the number is gradually diminished, until, in old age, it will be reduced to sixty, and sometimes as low as fifty, per minute.

There is, on the average, one respiration to about every four pulsations of the heart, making the average number of respirations eighteen per minute.

There are, consequently, in one hour 4,320 pulsations; and in twenty-four hours the number is 103,680.

The number of respirations in one hour is 1,080; and in twenty-four hours, 25,920.

The amount of blood sent to the lungs at each pulsation of the heart, is calculated to be about two ounces. This, multiplied by seventy-two, (the number of pulsations per minute,) gives one hundred and forty-four ounces, or nearly nine pints of blood sent to the lungs every hour.

At each inspiration, forty cubic inches, or about one pint, of air is inhaled ; making eighteen pints of air inhaled every minute.

These sums multiplied by twenty-four, respectively, give us the following results :

*Every twenty-four hours there flows to the lungs fifty-seven hogsheads of air, and twenty-four hogsheads of blood.*

These amounts, apparently so enormous, are the results of accurate and oft-repeated experiments and calculations, and serve well to show the importance, direct and relative, of the influences of the blood and atmosphere upon each other, and upon the condition of the body.

Now, when we consider that it is upon the blood that the body depends for its existence from moment to moment, that to perform its office, the blood must be continually renewed, from a state of impurity (which, if allowed to continue unremoved, will soon prove fatal), to a condition of purity, when it possesses the highest amount of activity ; that this change is principally dependent upon the atmosphere taken in at the lungs ; the enormous quantities of blood and air which daily pass through the lungs ; and that the purer the air inhaled, the better will the blood be fitted to sustain the health and energy of the body ; we have some of the data upon which to base our estimates of the value of fresh and pure air to our health, happiness, and longevity.

#### PREVENTION AND CURE OF THE CHOLERA.

*To the Editor of the Tribune:*—There is great reason to believe that the cholera will be among us of the American cities in the course of the coming summer, if not at an earlier period. Believing that much may be done in the way of preventing and curing that terrible malady, I send you an extract from the *Water-Cure Manual*, published about two years ago:—

#### *The Cholera.*

This dire disease, it is said, is again on its way from the East. Whether this be true, or whether it may ever again reach our country or not, some remarks concerning it may prove not without value. It is a sad truth to dwell on, that so little was learned of the true nature of the cholera, or the proper modes of treating it. As in most, if not all, other maladies of a prominent character, the modes adopted by the profession were as heterogeneous and contradictory as could be. Professor Elliotson, of London, says, "We are not, in the least, more informed as to the proper remedies, than we were when the first case of cholera occurred ; we have not been the least instructed by those who have had the disease to treat. Some say that they have cured the disease by bleeding ; others, by calomel ; others, by opium ; and others, again, say, that opium does harm. No doubt many poor creatures died uncomfortably, who would have died tranquilly, if nothing had been done to them. Some were placed in hot water, or in hot air, and had opium, and calomel, and other stimulants, which, altogether, were more than their systems would bear, and more than would have been borne, if they had been so treated even in perfect health." It has indeed become a fashion with medical teachers and authors to assert, *that nothing is yet known as to the true mode of treating the cholera.*

In another place, I have cited the opinion of Professor Chapman, of the University of Pennsylvania, that he recommended the giving of ice and the coldest drinks to the full extent of the patient's thirst, the best mode he had seen adopted. The thirst in this disease is greater than in any other known. The serum, or watery part of the blood, is passing off by the bowels in the most terrible manner, and this is the cause of the great thirst.

The notions concerning the causes of the cholera, were as contradictory as the modes of treatment employed. As it first originated among the Hindoos, where rice is eaten freely, therefore rice must be a cause. Accordingly, it has had with some the name of *rice disease*. But this conclusion concerning rice is as short-sighted

and unsatisfactory as are many of the conclusions in the so-called science of healing. That was taking a very small and one-sided view of the matter. The great fact, that the Hindoos have, for centuries, been among the most ignorant, degraded, sensual, drunken, and licentious people of the globe, was lost sight of. Nor is it at all surprising that the disease should sweep off such numbers, and cause such frightful ravages among a people degraded and debased to an extent rarely equalled even upon the face of the earth. These things are not understood. It is often preached to us, that disease comes upon the human family arbitrarily, through the agency of an inscrutable Power. *Causes and effects are not sought out.*

Not less satisfactory than the modes of treatment, were the modes of prevention recommended. In London, there was much tea drank, but not so in Paris. In the latter city, there was more cholera; therefore, the drinking of tea must be a good preventive of the disease. Here is the same loose reasoning, if it may be called reasoning, as in attributing the disease to the use of rice in India.

It may appear strange that the use of alcoholic drinks was recommended as a means of prevention, when, at the same time, it was discovered that drunkards were the persons of all others, most liable to the disease. Yet, in this country, and in Europe, generally, the habitual use of alcoholic drinks was recommended as a means of prevention of the cholera.

In this country we have had two examples, most conclusive and satisfactory, as to the best modes of preventing the disease. There is in the city of Philadelphia a body little known, the Bible Christians. The members of this sect abstain religiously from all intoxicating substances and from flesh. They aim to live temperately and soberly in all things. The Rev. Mr. Metcalf, of this sect in Philadelphia, gives us the following account of their experience during those fearful epidemics, the yellow fever and the cholera:—

“When the yellow fever broke out at the foot of Market street, in the autumn of 1818, my residence was in the immediate vicinity of the infected district, namely,

in Front near Market street. There I continued with my family, while most of our neighbors fled from the site for fear of being affected with that dreaded malady: yet we all continued to enjoy excellent health. The following year our experience was similar. During the period of the cholera, I am not aware that any of our members were in the least affected by that disorder. My duty as a minister frequently led me to the bedside of the sick and dying poor, and often to perform the last obsequies over the dead; yet amidst all these painful duties, the same kind and merciful Providence which “tempers the wind to the shorn lamb,” protected and preserved me in the enjoyment of uninterrupted health. You doubtless remember there were many conflicting rumors of opinions among eminent physicians and others, about the propriety of avoiding vegetables and fruits during the continuance of the epidemic. I have no knowledge that any of our members made the least alteration in their accustomed mode of diet during that time, and yet they all escaped suffering from that fatal contagion. In my own family, vegetables and fruits were as freely used as in former seasons, without suffering any inconvenience.”

The experience of those in this city who adopted a similar course as the Bible Christians, was not less striking. It will be recollected, that Mr. Sylvester Graham was the means of inducing a considerable number to follow his peculiar modes. Mr. Graham says, in his work on the Science of Human Life: “The opinion had been imported from Europe, and generally received in our country, that a generous diet embracing a large proportion of flesh meat, flesh soups, &c., with a little good wine, and a strict abstinence from most fruits and vegetables, were the very best means to escape an attack of that terrible disease. Nearly four months before the cholera appeared in New York, I gave a public lecture on the subject in that city, in which I contended that an entire abstinence from flesh-meat and flesh-soups, and from all alcoholic and narcotic liquors and substances, and from every kind of purely stimulating substances; and the observance of a correct general regimen in regard to sleeping,



bathing, clothing, exercise, the indulgence of the natural passions, appetites, &c. &c., would constitute the surest means by which any one could rationally hope to be preserved from an attack of that disease. I repeated this lecture after the cholera had commenced its ravages in the city, and notwithstanding the powerful opposition to the opinions which I advanced, a very considerable number of citizens strictly adhered to my advice. And it is an important fact, that of all who followed my prescribed regimen uniformly and consistently, not one fell a victim to that fearful disease, and very few had the slightest symptoms of an attack."

Mr. Graham adds also in a note: "During the prevalence of the cholera in New York in 1832, it was most extensively, clamorously, and continually asserted that the 'Grahamites' were dying by scores with the epidemic, and this opinion has gone abroad through the country, and is perhaps generally believed. Yet I solemnly declare that I made the most diligent search in every part of the city where any such case was reported, and called on every physician who I heard had made such assertions—and in the newspapers of the city, publicly called for the specification and proof of such cases, yet I could not find a single instance in which an individual who had adopted and consistently observed the regimen I had prescribed, had died of the cholera or any other disease, and but two or three instances in which there had even been a slight attack; and in each of these cases there had been decided imprudence."

How is it possible to account for the fact, that such overwhelming testimony as that of the Bible Christians and the Grahamites, so called, has not yet found more favor with the world than it has? Shall it be said that the mode of life that is best to enable the system to resist those terrible diseases, the yellow fever and the cholera, is not the best for all periods and times? Most assuredly it is. And were it not for the all-pervading power of appetite over reason, such lessons as the above, so invaluable and convincing, would have been long ere this heeded. If the cholera again comes, let us see what may be brought about.

Dr. Smethurst, of England, in his very excellent work on water, gives us the following account of what the great Priessnitz accomplished in the cholera in his country:

"When the cholera raged some few years ago in Germany, Priessnitz saved a great many from death in Grafenberg; he did not lose a single case. In slight cases, tepid sitz baths of long duration, (up to two hours,) were sufficient, with constant rubbing of the abdomen and lower extremities; cold water being drank in small quantities; injections aided the cure. In more serious cases, where convulsions and paralysis had already supervened, the patient was put into a half bath, and rubbed until the body got warm and steamed. After being dried, and resting awhile, the patient was wrapped in wet sheets and sweated in them. Besides this, frequent tepid injections and sitz baths, of an hour and a half long, cold water being of course administered all the while."

Diet should be very strict; fish, (eels particularly,) fruits, salads, and fresh beer are injurious; it should be light and nutritious; cleanliness must be particularly observed, fresh air inhaled, dwellings and bed-rooms well ventilated.

Dr. Casper, in Berlin, was also very successful in curing cholera; his plan was this: the patient, if his skin be dry and withered, is placed in a dry tub; if soft, with a clammy perspiration, in a lukewarm water bath, the water reaching up to the navel. Then four to five pailsful of quite cold water are thrown over head, chest, and back, downwards; at the same time two pailsful of cold water are thrown horizontally against the chest, from the end of the bath. Everything must be done quickly, and the patient then put to bed; the bath being repeated in three or four hours. In the interval, ice-cold bandages are placed on the chest and abdomen, and renewed when warm; the head is covered similarly with ice-cold compresses, to prevent an access of nervous fever, which often succeeds an attack of cholera. Cold water for drink, by which the disposition to vomit is much diminished, but increased by warm drink. Frequent baths and frictions will diminish, if not always prevent

the extension of the ravages of this epidemic."

It is too much, we think, to expect that the cholera can always be cured. So generally do human beings live in the utter disregard of almost every law of health, especially in this our country of abundance; multitudes of people making their bodies the receptacle of all manner of unclean things, and converting the fluids and solids of the system into a mass of almost malignant corruption, even before an outbreak of disease comes upon them, that we must expect that after all that human art can do, the cholera will always be a most terrific disease to treat. The great hope is in *prevention*. It is in this that art will avail most. Mark well, however, when the cholera comes among us, the water-treatment will triumph over every other mode.

JOEL SHEW, M. D.

#### THE SINFULNESS OF INOCULATION.

When in 1718 inoculation for small-pox was adopted in this country, the greatest uproar was stirred up against it. Not only was the whole medical profession opposed to it, but farther, as Moore tells us, in his amusing work on inoculation, "some zealous churchmen, conceiving that it was repugnant to religion, thought it their duty to interfere. They wrote and preached that inoculation was a daring attempt to interrupt the eternal decrees of Providence. Lord Wharnccliffe, in his life of Lady Mary Wortly Montagu, says that "the clergy descended from their pulpits on its impiety." A Mr. Massy preached in 1722, in St. Andrew's Church, Holborn, that "all who infused the variolous ferment were hellish sorcerers, and that inoculation was the diabolical invention of Satan." And one of the Rectors of Canterbury, the Rev. Theodore de la Faye, perhaps exceeded this in a sermon preached in 1751, for he denounced with horror inoculation as the offspring of atheism, and drew a touching parallel between the virtue of resignation to the divine will, and its practice.—[Rev.

G. Sanby's Mesmerism and its Opponents.—*Gazette of the Union.*

Whether inoculation was "a daring attempt to interrupt the eternal decrees of Providence," whether it was a matter of impiety, or whether "all who infused the variolous ferment were hellish sorcerers, and that inoculation was the diabolical invention of Satan," we will not assume to determine. But one thing we will: *We would not, on any account, ourselves, be inoculated, or even vaccinated.* And why? Because it is a process of poisoning the system that is uncalled for. It is incomparably better to live so in accordance with the natural laws, that the poison of small-pox can take no hold of the system, or at most, cause no dangerous results. That such a state of health is attainable by man, facts abundantly prove. But wise men only can interpret them.

#### HYDROPATHY IN A NATURAL WAY, OR "WATER" VS. "SCIENCE."

"Murder will out," and so will a man, rather than die, as was proved the other night at Weymouth. A Mr. — was taken with a common fever, which, by the "scientific" administration of medicine, and the withholding of water, soon assumed a most alarming character, the patient becoming delirious, and was given up to die by all. His "doctor" (Dr. B.,) who, among other queer notions, imagines himself a physician, charged two watchers not to let him have any cold water, however much he might beg for it. Fortunately for the poor victim of medical distraction and empiricism, the watchers became sleepers, (one of them at least, and the other stepped out,) and the patient, or rather the *im*-patient, who was also, I may say, the only watcher, watched his opportunity, and before either of his "guardians" was aware of his intentions, he—the patient that was—stepped out likewise, but soon stepped in again, not into the house, but into a mill-pond near by, where

his almost frightened-to-death watchers found him luxuriating most beautifully and hydropathically. He remarked to his terrified pursuers, very exultingly, "You came to watch me, but I watched you closest this time, and now I am ready to go home, for I have had just as much water as I wanted, and feel first rate." He went home, and from that time forth kept improving, till he entirely got well.

This, Mr. Editor, is the story almost verbatim, as I got it from one of the most respectable men in Weymouth—or any other mouth—Mr. —, the celebrated boot-maker, and friend of true reform. But this is only one of hundreds on record of a similar character, where the promptings of nature have caused the poor, quack-ridden patient to seek relief, where only relief in such cases could be found, viz., in cold water. Oh, my God! when will people open their eyes to the absurdities of medical practice, especially in fevers? What can be more at variance with common sense than the treatment usually pursued by the faculty?

I have been called to two patients this summer, in the same predicament with the one mentioned above, one of them in Raynham, the other in the same town of Weymouth—who, by the way, was "doctored" by this same Dr. B., (may God forgive his ignorance and presumption.) Both of them were sick a week or so before I was called, and were growing sicker every hour; evidently to all, the medicine made them worse every dose. Opium in fever!—who wonders? Oh, the beauties of science! The "doctor" said in one of these cases the patient "would certainly die if he tried the cold water;" but he had fortunately more faith in cold water than in the doctor's prophecy, or medicine. The result was he got better, being "almost crazy," immediately, and out of doors in a week. The other the same.—*Utica Model Worker.*

HON. GEORGE McDUFFIE, the *Hamburg* (S. C.) *Journal* of Thursday, states, has greatly improved in health, and strong hopes are entertained by his physicians of his complete recovery. He has been under the water-cure.

## BLOOD-LETTING.

The immediate effect of profuse and repeated bleeding, is exhaustion. While this exhaustion continues, there is a diminution of action of every kind, and hence an imposing appearance of relief to the symptoms of disease; but it no sooner takes place than an instinctive effort is made by the *vis medicatrix naturæ*, to remedy the evil hereby produced, and to restore the system to its former balance of power. This balance is called a rallying or reaction of the living principle. The arteries contract to adapt themselves to the measure of blood that remains: the sensorial organ is roused to the secretion of a large portion of nervous power to supply the inordinate drain that takes place during the general commotion; all is in a state of hurry and urgency, and for the most part irregularity of action, while the instinctive effort is proceeding. And hence, no sooner is the immediate effect of prostration, exhaustion or syncope overcome, than the heart palpitates, the pulse beats forcibly with a jerking bound, the head throbs, the eyes flash fire, and the ears ring with unusual sounds. Now it often happens that these concurrent signs are mistaken for proofs of latent or increased vigor, instead of being merely proofs of increased action; and action, too, that adds as largely to the depletion that produced it; and the unhappy patient is bled a second, a third, and even a fourth time, till no reaction follows, at which time it is strangely supposed that the entona, plethora or inflammatory diathesis is subdued and lulled into a calm; because the patient has been so far and fatally drained of his living principle, that there is no rallying or reactive power remaining, and gives up the ghost, in a few hours, to the treatment, instead of the disease.—*Dr. Good's Study of Medicine.*

## HOME AGAIN.

Once more I take the editorial chair of the *Liberator*, after an absence of four months, during which period it has been filled by Mr. Quincy with great ability, industry, and fidelity. Panegyric in his case is needless. In the name of the

patrons of the paper—of the friends of the cause to which it is sacredly devoted—I thank him for the testimonies he has borne, and the labor he has performed. My only regret is, that my return will render less frequent the contributions from his pen.

My trial of the Water-Cure at Northampton, under the care of Dr. Ruggles, the Priessnitz of America, for the benefit of my health, has been very successful, and I trust will prove of permanent service. My aversion to the old allopathic mode of treating diseases has long been very great; and, more than ever, I am ready to exclaim—"Throw physic to the dogs—I'll none of it!" Most heartily do I recommend all those who are broken down in constitution to go to a Water-Cure institution, in preference to any other contrivance to find restoration. The practice is simple, yet powerful, and will be the death of all quackery.—*Editor of The Boston Liberator.*

#### VERMONT ASYLUM FOR THE INSANE.

W. H. Rockwell, M. D., of Brattleboro, has forwarded to us the Twelfth Annual Report of this excellent Institution, which we are glad to find in so flourishing a condition. The Report says:—

It is nearly twelve years since the Institution was first opened. Thirteen hundred and twenty-three patients have been admitted, ten hundred and eleven discharged, and three hundred and twelve now remain. Of those discharged, five hundred and ninety-two have recovered.

Three hundred and four were remaining at the commencement of the past year. One hundred and fifty-six have been admitted, one hundred and forty-eight discharged, and three hundred and twelve remain in the Institution.

It has been a year of great prosperity. No serious accident nor epidemic disease has occurred, and the patients have enjoyed a good degree of health.

In our opinion, nothing will be found more promotive of mental restoration, than physical exercise in the open air, together with a proper Hydropathic treatment, such

as an abstemious diet, and frequent bathing.

"For the purpose of giving more exercise in the open air, to such of our male patients as would be benefited by agricultural pursuits, forty-five acres of cultivated land has been purchased the past year. The farm connected with the Institution is yearly increasing in the richness of its soil, and in the quantity of its products. The employment that is hereby given to our male patients is of great benefit in promoting their restoration."

#### THE POWER OF ELECTRIC LIGHT.

Mr. W. R. Staitte, inventor of a patented Electric Light, has made some exceedingly interesting and valuable experiments at the Hanover Square Rooms, London, to prove the power and efficacy of his discovery. The *London Post* gives the following particulars: The results were as favorable as could be wished, and certainly surpassed the expectations of most of those assembled to witness them. The light resembles a spark of the most brilliant and vivid fire, about the size or rather less than the burner of a common argand lamp. There is no combustion, nor will it produce combustion by coming in contact with combustible substances. The power is immense, resembling day or sun light, and obscuring the light of candles in the manner that rays of daylight obscure them. The great room was illuminated by the operation. The light is generated or produced by a battery of 44 plates, of the dimensions of 11-4 square yards. It is understood to be self-regulating, and to be so cheap that any person can afford to pay for it. The application of this invention to the use of light-hoses was partly discussed, and its advantages set forth.

It is the intention of the inventor to give a series of lectures on his discovery, whereby the scientific public will be afforded an opportunity of a fuller and more complete test and explanation, and can form their own opinions accordingly.

*An Interesting Scientific Acquisition* has just been made in Europe, says "Galignani," by M. Andraud, the engineer so well

known by his works and experiments on compressed air. At the shop of a dealer in second-hand articles, he discovered and purchased the electrifying machine still, after a lapse of nearly 80 years, in an excellent state of preservation, of *Benjamin Franklin*, which is supposed to have been made at Philadelphia.

It is estimated that Tobacco costs the people of the United States \$16,000,000, annually, of which \$9,000,000 are for Spanish Cigars. What nonsense!! Money enough, to give every child an education, worse than buried in the earth. When will our people learn wisdom? \*

#### BONAPARTE'S HABITS.

His partiality for the bath he mistook for a necessity. He would usually remain in bath two hours, during which time I used to read to him extracts from the journals and pamphlets of the day, for he was anxious to hear and know all that was going on. While in the bath, he was continually turning on the warm water, to raise the temperature; so that I was sometimes enveloped in such a dense vapor that I could not see to read, and was obliged to open the door. Bonaparte was exceedingly temperate, and averse to all excess. His flatterers, probably under the idea that sleep is incompatible with greatness, have evinced an equal disregard of truth in speaking of his night watching. Bonaparte made others watch, but he himself slept, and slept well. His orders were that I should call him every morning at seven. I was, therefore, the first to enter his chamber; but very frequently, when I awoke him, he would turn himself and say, "Ah, Bourrienne, let me sleep a little longer." When there was no very pressing business, I did not disturb him again till eight o'clock. He generally slept seven hours out of the twenty-four besides taking a short nap in the afternoon.

Among the private instructions which Bonaparte gave me, one was very curious. "During the night," said he, "enter my chamber as seldom as possible. Do not

awake me when you have any good news to communicate: with that there is no hurry: but when you bring me bad news, rouse me instantly, for then there is not a moment to be lost." This was a wise regulation, and Bonaparte found his advantage in it.—*Bourrienne's Memoirs of Napoleon*.

#### YOUNG MEN.

There is no moral object so beautiful to me as a conscientious young man. I watch him as I do a star in the heavens; clouds may be before him, but we know that his light is behind them, and will beam again; the blaze of others' popularity may out-shine him, but we know that, though unseen, he illuminates his own true sphere. He resists temptation not without a struggle, for that is not virtue, but he does resist and conquer; he bears the sarcasm of the profligate, and it stings him, for that is a trait of virtue, but heals the wound with his own pure touch. He heeds not the watchword of fashion if it leads to sin; the Atheist, who says not only in his heart, but with his lips, "there is no God!" controls him not; he sees the hand of a creating God, and rejoices in it.

Woman is sheltered by fond arms and loving counsel; old age is protected by its experience; and manhood by its strength; but the young man stands amid the temptations of the world like a self-balanced tower. Happy he who seeks and gains the prop and shelter of morality.

Onward, then, conscientious youth—raise thy standard, and nerve thyself for goodness. If God has given thee intellectual power, awaken in that cause; never let it be said of thee, he helped to swell the tide of sin by pouring his influence into its channels. If thou art feeble in mental strength, throw not that drop into a polluted current. Awake, arise, young man! assume that beautiful garb of virtue! It is difficult to be pure and holy. Put on thy strength then. Let truth be the lady of thy love—defend her.—*Mrs. Caroline Gilman*.

A wise government will not be slow in fostering the agriculture interest.

From the N. E. Washingtonian.

**WATER IS BEST.**

Water is best for the man of health,  
"Twill keep his strength secure ;  
Water is best for the man of wealth,  
"Twill keep his riches sure.

Water is best for the feeble man,  
"Twill make his health improve ;  
Water is best for the poor, I ken,  
"Twill make his wants remove.

Water for those who are growing old,  
"Twill keep them hale and strong ;  
Water is best for the young and bold,  
"Twill make their moments long.

Water is best for the man of toil,  
"Twill make his labor light ;  
Water is best for "loafers," who soil  
Not a hand from morning till night.

Water is best for the man of strife,  
"Twill make his anger slow ;  
And for him who leads a peaceful life,  
"Tis the very best drink I know.

Water is best for the man of state,  
"Twill make his judgment true ;  
Water is best for those who wait  
His high commands to do.

Water, pure water's the drink for man,  
Its fountains are full and free !  
Others may drink "fire-water" who can,  
Pure water's the nectar for me !

Water is best in cold or heat,  
At morn, or noon, or night ;  
"Tis the only drink that "can't be beat,"  
Clear, healthful, sparkling, bright !

**STANDING ARMIES.**

We condense, from an oration pronounced by Charles Sumner, of Boston, on the Grandeur of Nations, the following statistics in reference to the standing armies of Europe : "The standing army of European Christendom, exclusive of the navy is, to wit : Great Britain has 300,000 men ; France, 350,000 men ; Russia, 750,000 ; Austria, 276,000 ; Prussia, 150,000. The cost of this immense unproductive mass of human beings amounts, at a moderate calculation, to the appalling sum of \$556,000,000 per annum. This is the cost of this standing army ; now what is the loss by the withdrawal of two millions of hardy, healthy men in the bloom of life, from useful, productive labor ? It costs

about \$500 on an average, to rear a soldier, and the value of his labor, if devoted to useful objects, would be \$150 a year ; so that in setting apart two millions of men to be soldiers, a loss of \$1000,000,000 is sustained on account of their training, and a loss of \$300,000,000 annually, on account of their labor."

No wonder that starvation, poverty and ignorance should continue under these outrageous, distressing and absurd systems of government. When shall education and true Christianity remove these heathen abominations, and turn their "spears into ploughshares and their swords into pruning hooks ?"

**SINCERITY.**

"We love to deal with a person we can trust—who is perfectly sincere in all that he does. He says what he means, and is always true to his word. In the company of the sincere, one feels perfectly at home. The smile on his brow is not forced. The language of his tongue springs directly from the heart. He says just what he means and no more. If he is anxious for you to remain in his society, you know it. If he thinks it is best for you to retire, he does not hesitate to say so. Such a person is worth numbering among our friends. We do love sincerity—how much God knows. There is a picture of sincerity, drawn by—we forget whom—but it is worth repeating :

"Innocence, below, enjoys  
Security and quiet sleep ; murder's not heard of,  
Treachery is a stranger there ; they enjoy  
Their friends and loves, without ravishment ;  
They are all equal, every one's a prince,  
And rules himself : they speak not with their  
eyes,  
Or brows, but with their tongue, and that too  
dwells  
In the heart."

The odor of turpentine is a deadly poison to moths and their grubs. A few pieces of paper smeared slightly with turpentine, and placed in drawers where furs and woolens are kept, will completely prevent the ravages of the above-named destructive insects.

## NEW-YORK, JANUARY, 1849.

## COLDS, COUGHS, AND THEIR CURE.

Most colds arise from persons confining themselves too much in hot rooms. Live plainly, avoiding all rich and superfine articles. Drink only cold water, or milk, and the less of this the better. Sleep in a cold room, on a hard bed and pillow; go to rest and rise early; wash the entire body daily in cold water; *avoid highly heated and ily ventilated rooms*, and thus you may, as a rule, AVOID ALL COLDS.

To CURE A COLD.—Some say you must sweat; others physic, and so on; some say STUFF a cold, and STARVE a fever. But this is poor philosophy, BECAUSE ALL COLDS ARE FEVERS, greater or less. All colds are inflammation in some part of the system, and inflammation in any part is FEVER in that part. The same general principles of treatment hold good in all fevers; therefore, if to starve a fever is true philosophy, the opposite mode would be bad in a treatment of a cold.

FASTING is one of the best possible means for curing colds. Abstain the first twenty-four hours wholly from food. Go to the table regularly, and be cheerful like other people, drinking plentifully of pure soft water the while. Even drink hard water, rather than tea or coffee; but all people can have pure soft rain water, if they will. And the second twenty-four hours, such may fast entirely who have not severe labor to perform. Otherwise they may live on water-gruel—not of superfine flour,—a pint at a meal, without sugar or salt. Follow this up day after day, if need be, until the cold is cured. It will not require long, and the general system will become greatly benefited thereby. It is surprising to what

an extent the strength may be for many days sustained by water-drinking alone; and the reason of this is, that the human body in its best condition of health, is made up of about nine parts in the one hundred of water.

GARGLING THE THROAT well and often, is excellent for cold in the throat; drawing cold water up the nostrils back to the throat, and sending it out of the mouth, an unpleasant process at first, is excellent for cold in the nose and head.

*In case of severe cold on the lungs, attended with coughing* and expectoration, Priessnitz says:

“Rub the chest and throat with cold water, holding at the same time some water in the mouth. In cold climates the wet bandage around the throat would be of service occasionally. In warm climates, washing and rubbing alone are better.”

*In cases of inflammation and soreness of throat, attended with hoarseness and difficulty in speaking*, Priessnitz says, “Practise friction, washing, and the application of wet bandages.”

*In cases of long attendance and speaking at public meetings, in hot, close, crowded rooms, and thus going out into the chilly night air*, he says, use the rubbing sheet, (see Water-Cure Manual for this,) washing and rubbing the head and throat well with cold water, drying the same, and the cold foot bath. In this country of abundance, luxurious modes of living and ill physiological habits generally, there are a great many persons of both sexes, young and old, who are troubled often with severe colds in the throat and lungs. In all such cases, a long continued, correct, and thorough course of dietetic and hygienic reform, is the only effectual means of cure of such disorders.

PHYSIOLOGY AND ANATOMY OF THE HUMAN BODY.—No. I.\*

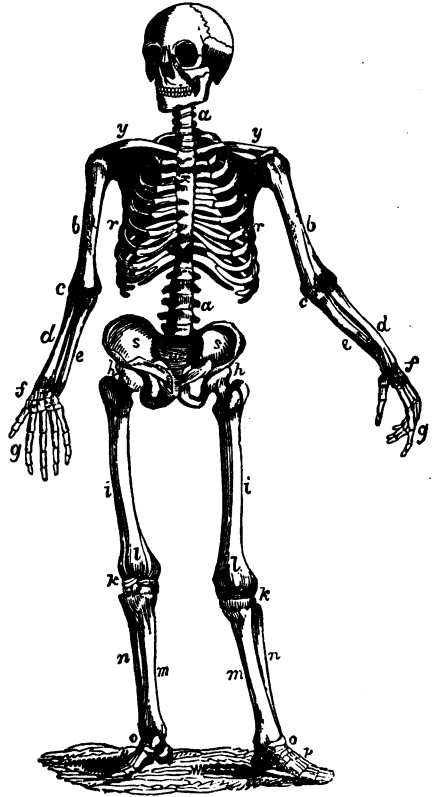
The skeleton of the human body is composed of two hundred and forty-eight bones; each of which is modelled with the utmost care for the various offices it has to perform; and so close a relation does one bone bear to another, that an anatomist can tell from seeing one, or, in some cases, even a part of one, with the utmost certainty, the general form and habits of the animal to which it belonged. A happy illustration of this fact was shown some years since in England, by Mr. Connybear, a philosopher of considerable eminence. Having found a few bones of an extinct species of animal, he set himself to work to construct the perfect skeleton. Little attention was paid to his performance at the time, but some years afterward, a complete skeleton of that singular animal, the Plesiosaurus, was discovered, and found almost exactly to correspond with Mr. Connybear's drawing!

The back bone and skull are by far the most important among the bones; they are the caskets in which are deposited the spinal marrow and brain—indeed, to protect the nervous system from injury seems, in every instance, the first intention of the formation of a skeleton.

The spine, or back bone, is composed of twenty-four smaller bones, between the most of which is a layer of gristle, so that while the indispensable condition of great strength is preserved, a degree of motion is allowed. The weight of the upper parts of the body presses down this gristle during the day, thus accounting for the

\* Under this head, we propose to give our readers a general view of the whole human structure, with appropriate illustrations, and engravings. This will be of great practical advantage to all, inasmuch as the subject will be treated in so familiar a manner, as to be easily understood by those of ordinary intelligence.

singular fact that persons are always shorter at night than in the morning soon after getting up. The loss in height in different individuals varies from half an inch to one or two inches.



BONY SKELETON.

[a a, spinal column capped by the skull; r r, ribs connected by gristle (cartilage) to the breast bone, z: y y, collar bones (clavicles); b, the arm bones (humerus); c, the elbow; d, the radius; e, the ulna; f, the wrist joint (composed of 8 small bones, in two rows); g, the finger bones (phalanges, 19 bones); s s, hips or pelvic bones, joining w, the sacrum; i, the thigh bone united to the trunk of the body by the joint k; l, the knee-pan (patella); k, the knee; m, the tibia, and n, the fibula, both small bones of the leg; o, ankle, composed of 7 bones; p, the toe bones (phalanges, 19 bones).]

I know a gentleman who habitually loses in height from one-half to three-quarters of an inch every day; and while speaking of the subject, told me an anecdote relative to the practice pursued by British recruiting sergeants, who, when they found a man willing to enlist, not



more than half an inch under the requisite height, made him lie in bed and fed him well for two or three days, by which time his gristle became well swelled out, and he was almost invariably sure to pass muster when immediately presented at the station house.

Every little protuberance and ridge we see on bones gives origin or hold to muscles, which attach themselves to them by means of strings or tendons. There are nearly five hundred distinct muscles named by anatomists in the human body. This is probably underrating the real number, for a caterpillar has over four thousand muscles, and there are one thousand in the proboscis of an elephant. Muscles are composed of layers of cellular tissue, the compression of which at the ends forms tendons; while the cells in the middle are filled with fibrin.

[From Fascination, by John B. Newman, M. D.]

BATHING IN CHILD-BIRTH BY THE ANCIENTS.

To the Editor of the Water-Cure Journal:

An account given me, the other day, of the Hydropathic treatment of lying-in women, recalled to my mind the following passage from one of the Latin poets, which shows that the use of the bath immediately after child-birth, however startling, is no new thing. The extract is from the Andrian of Terence, Act III., Scene II. The speaker is the midwife, and the person addressed, the maid-servant of the woman just delivered. I translate:—

“*Lesbia*. Hitherto, Archillis, all the usual and necessary signs of safety appear in Glycery. The first thing you are now to do, is to bathe her. Then let her drink of what I prescribed, and in the quantity I ordered. I’ll return again in a minute,” &c.

This passage, though taken from a Latin

poet, is in reality evidence of the Greek custom in such cases, since it is a translation by Terence from the Greek of Menander. Dacier remarks upon it: “*Istæc ut lavet*. It was the custom in Greece for women, after they were brought to bed, to be put into the bath. There is a remarkable passage in Callinachus, and another in Lucian to this purpose. *Istæc* is a nominative singular for *ista*. Commentators have been strangely mistaken here.”

I subjoin, for the satisfaction of scholars the original text:—

“*Lesbia*. Adhuc, Archillis, quæ adsolent, quæque oportet

*Signa esse ad salutem, omnia huic esse video. Nunc primum fac, istæc ut lavet: post deinde, Quod jussi ei dare bibere, et quantum imperavi. Date: mox ego huc revertar.*”

A READER OF THE W. C. JOURNAL.  
Union College, November, 1848.

What is the matter with the Boston Journal of Health, when one month it says in its “Literary Notices,” “These Almanacs,” (the Water-Cure, the Phrenological and Physiological, and the Tobacco and Health Almanacs,) “contain a fund of valuable and useful knowledge, which will well repay a careful perusal,” and then, in the next number, quotes the following from the Boston Medical and Surgical Journal:—

“WATER-CURE ALMANAC.—The tricks of trade are ingeniously multiplied, and extensively practised in our day. One would suppose that if one-half was true that is asserted by the water-curers, a resort to a miserable back-door advertising sheet, under the unoffending title of Almanac, would be unnecessary. But a perpetual blast of the trumpet must be kept up, or customers will fall off. All sorts of interests are quacked into notoriety through almanacs expressly designed to creep, snail-like, into all kinds of dwellings, in so humble a form as not to have the object suspected. However, the cloven

foot cannot be concealed. Joel Shew, M. D., the hero of this Almanac, cannot feel much flattered with the coarse wood-cut on the title-page. [Does the writer suppose it to be that of Joel Shew, M.D. ? if so, let him read again.] Those large, fierce eyes have none of the mildness of the moon-beams in them. 'Wash and be clean,' a quotation staring one in the face from the top of the title-page, is imperative, and should be universally obeyed. But there is no command from the same unquestioned authority, which says: '*Go to a professed water-curer, be douched, and pay a tremendous fee for it.*'

"Knowing very well that it is impossible to convince people, and being satisfied that there is an indescribable kind of happiness in the delusion of being cured by new methods, we shall not quarrel with, but laugh at, the folly which we see exhibited by hydropathists."

And when we see an orthodox Medical Journal venting its spleen in this manner, we may judge safely that hydropathy is on the gain.

—

A FACT.—A very enterprising and successful wholesale dealer in DRUGS AND MEDICINES, whose sales amounted to upwards of \$90,000 a year, was recently taken ill, and immediately proceeded to a WATER-CURE ESTABLISHMENT to be treated according to the HYDROPATHIC SYSTEM.

Does not this show which way the wind blows ?

—

DEATH OF AN AGED LADY.—The Montreal papers chronicle the death of Susanah Laurent, at the advanced age of 105 years and 5 days. She was unmarried, and retained her faculties to the last. She died of no particular disease—nature seemed gradually to give way. She is represented to have been extremely fond of children, and was emphatically an "old maid."

#### NEW CONVERTS COMING OVER.

The Boston Evening Gazette of recent date says :

The new-fangled doctrines of quacks are not apt to take very strong hold of us, though we are not so conservative as to hold that all that is old is well, and cannot be improved upon, but we are inclined to believe there is more in this cold water cure, which people talk so much about, than one is apt to imagine. We do not go the whole length, and think that cold water is the only restorative to health for those who are suffering, but we agree with those who think that cold water, if employed a little more, and a little more copiously, would tend to preserve the health of those who are suffering. The recent introduction of water into the city will render the excuse that it is not convenient no longer available, and if thousands who merely dip the end of a towel and slightly varnish over their faces, would put a little on to their neck, a little on to their heads, both at morning and night, they would thank us for intimating how easy it is to feel glorious every morning, instead of dull and stupid. Try it.

You could not have made a better beginning. We repeat, "Try it, try it."

—

FOR THE HICCOUGH.—Hold up high above your head, two fingers of your hand, lean back in your seat, open your mouth and throat, so as to give a full passage to your lungs ; breathe very long and softly, and look very steadily at your fingers. This is said to be a remedy.—*Selected.*

—

"DYSENTERY.—A sea-captain says that West India molasses is a cure for dysentery, he having often seen it tried at sea, and never having known it to fail. The dose is a teacupful for a grown person, reducing the quantity in proportion to age."

This may be good, but water, properly applied, is better.

From the Glasgow Christian Citizen.

**HYDROPATHY IN GLASGOW, SCOTLAND.**

*Hydropathy; or, the treatment of Disease by Water, the most Efficacious Remedy for Fever of every kind.* Proved by the results of numerous cases of Hydropathic treatment of Fever patients, by some of the most eminent practitioners in the country. Presented to the public, by a COMMITTEE OF THE GLASGOW HYDROPATHIC ASSOCIATION. Glasgow: G. Gallie, 99 Buchanan Street.

We have already laid before our readers some of the proceedings of the Glasgow Hydropathic Association. This tract chiefly consists of extracts from letters received from various medical gentlemen, containing their testimony to the remarkable success of Water treatment as employed by them, particularly in cases of Fever. These letters were in answer to communications addressed to the writers by the committee of the above association. The object of the committee, as carried out in the tract before us, was to present to the public explicit testimony in favor of Hydropathy, *emanating from unquestionably high medical authorities.* They deserve our most hearty thanks. Thousands will listen to such testimony who would, in the meantime, give little attention to any other; and the publication of this tract furnishes those who have already studied the subject for themselves, and who, consequently, feel interested in the promotion of a knowledge of the Water-Cure in proportion to the extent of their compassion for suffering humanity, with an opportunity of extensive usefulness.

One striking result brought out by the inquiries of the committee is, that while out of eighty-eight cases of fever treated by the usual practice there are fourteen deaths, as shown in the report of the Glasgow Royal Infirmary,—out of a simi-

lar number of cases treated by Hydropathy, there were only two deaths. What is of perhaps more importance still—the speedy restoration to health and strength, after the feverish state is over, is, in the case of patients treated Hydropathically, far beyond what prevails generally amongst those treated by the usual medical practice. The committee state that “In five weeks, when others are scarcely able to move about, and utterly unfit to do anything for their maintenance, the Hydropathic patient is restored to full health and strength, fitted for his usual employment, and in no danger of those attacks of consumption, dropsy, and other diseases, which carry off so many of those reduced by fever.” To the wealthy, speedy restoration to strength may be a matter of comparatively little moment, but any one knows it is of immense importance to the working man. As yet, the blessings of Hydropathy have been enjoyed chiefly by the rich, who can afford to attend Hydropathic establishments. The laudable, ultimate aim of the Glasgow Hydropathic Association is to bring the blessings of the system within the reach of all, so far as this city is concerned. The object must be gained, whether by the erection of buildings and the employment of well-qualified practitioners for the express purpose, or by the adoption of the system in some of the wards of the existing fever hospital. We trust the friends of this system in every other town in the empire will speedily move in this matter. We are glad to perceive signs of life in various quarters. The *success* which attends Hydropathic treatment, wherever skilfully practised, must speedily bring it into universal favor. We have no sympathy with those who are never contented save when they get astride of some hobby. We favor not indiscriminate declamation against

the usual drug practice; we desire the promotion of all that is true and good as respects homœopathy, chloroform, and mesmerism, but, as professed philanthropists, we feel constrained to do what in us lies for the promotion of a thorough knowledge of Hydropathy. The progress the system has already made is most cheering. Prejudice is sinking fast after having passed through the feverish stage, and no stimulant can secure permanent revival; a new era in reference to health opens upon us.

#### THE WATER-CURE JOURNAL.

The December number of this useful publication, comes to us laden with all manner of wholesome admonitions and advice, and abundant testimony of the blessings of cold water. The publishers, Fowlers & Wells, of New York, are afflicted with a severe swelling, which we do not think they are taking any efficient measures to assuage—the swelling of their subscription list.—*Lowell Gazette.*

Why charge it to us? We are not to blame. We take a cold bath daily, and yet the swelling continues to increase. We must abandon Hydropathy, and adopt —

LONGEVITY.—Mrs. Mowbray, a writer in the Parlor Annual, says, more women live to be old than men, but more men live to be *very* old than women. GALEN, one of the ancient physicians, lived one hundred and forty years, and composed between seven and eight hundred essays on medical and philosophical subjects. SAINT ANTHONY lived one hundred and five years; JAMES, the hermit, one hundred and four; JEROME, one hundred; SIMON STYLITES, one hundred and nine; GRIPHANIUS, one hundred and fifteen; ARSENIUS, one hundred and twenty. OLD PARR, who died at the age of one hundred and fifty, was an English farmer of very abstemious

habits, living solely on cheese and coarse bread. A man named KESTEGEM, another Englishman, a field laborer, died at the age of one hundred and eighty-five. Of all employments those of philosophy and agriculture appear to be the most friendly to a long life.

For the Water-Cure Journal.

#### HOME TREATMENT IN FEVER AND AGUE.

Two weeks ago one of our children, a little girl three and a half years of age, was taken sick with an intermittent fever, which, after a day or two, we thought was conquered; still she did not look well, but we thought her daily baths would restore her, instead of which, last Saturday fever again appeared accompanied with chills; next day, Sunday, taken with chills about half past 12; shook very much; placed her in a tepid bath, kept her there an hour, using at the same time much friction; said she felt comfortable there; was unwilling to come out; an hour after fever appeared to be coming on; washed her well with cold water, and no fever appeared; bathed her again in two hours; seemed much better. Monday.—Chills came on at half-past 10; placed her in a tepid bath, using as before much friction; harder to manage; *shook very much*; kept her there an hour; got over it; an hour after placed her in a wet sheet; kept her there an hour perfectly comfortable; took her out, skin feeling natural, gave a cold bath, (a quick one,) dressed, took her out to walk; bathed again in the afternoon. Mr. H— now directed that we should proceed more vigorously in the morning, which we did, as follows: Tuesday—at 7 o'clock, A. M., gave a tepid bath nearly cold, after which took as much exercise as patient could bear; at 8 A. M., placed her in a wet sheet; kept her there an hour;

quick cold bath afterwards; at 12 o'clock chills again, but lighter; put her in a tepid bath, friction as before; bath of but half an hour's duration; chills much lighter; feels encouraged; 3 o'clock, P. M., another wet sheet, fever appearing; taken out in half an hour, bathed quickly, taken out to walk.

Wednesday, August 2d.—Bath at 7 A. M., out to walk; wet sheet at 8; kept her in two hours; taken up; cold bath; sent out to walk. Should observe we don't allow her to sweat in the wet sheet, and also that she has worn the wet girdle from the commencement. Chills again at 12 M., but *very* light indeed, this time; proceed as before; 2 P. M., rather heated but not fever; wet sheet again half an hour; perspiration appearing, taken out; bathed, taken out to walk; is very lively, plays cheerfully, says she loves the wet sheet; don't think she will have chills to-morrow.

Thursday, 3d.—Bath at 7 A. M., wet sheet at 9; in two hours, skin moist; taken out, bathed, and is now playing out of doors with the other children; should have observed that from the first has taken but a small piece of light corn-bread twice a day; a *very* small piece. Four o'clock.—No chills to-day; at 2 A. M. gave her a wet sheet for half an hour; afterwards bathed, and is now playing with her sisters, and laughing as loud as any of them.

Friday, 4th.—Treatment same as on former days; neither chills nor fever to-day.

Saturday, 5th.—Morning bath; wet sheet after bath; treatment ceased, as she is quite recovered, and am sure it will not return. Should have observed we administered clysters night and morning through the course. I have been thus particular in stating the case, in hopes it

may be of use to some tyro in Hydro-pathy.

We endeavor to spread the good cause to our utmost, by the loan of all our works on the subject, and our advice and assistance without fee or reward, other than the reward of benefiting suffering humanity. Yet it is astonishing how blindly bigoted people are in their doctors and drugs. It really is not the doctors, but the people themselves, who are to blame in the matter. "Doctor," asked a friend of mine lately of an allopathic physician, "if you were taken with a fever, what would you do?" "I would take an emetic, and, perhaps, a purge, and use plenty of cold water, both to drink and bathe, and I think I should need nothing more," was his reply. "Then," pursued my friend, "why do you not practise thus?" "My dear Madam," replied he, "I should be drummed out of the county, if I did, in a month." And thus it is; parents have used drugs, and their children have thought there could be healing in nothing else; and the doctors are not candid enough to tell them there is no virtue in drugs.

I expect you will have a number of subscribers from Felicity, a town three miles from here; at least so they promise me. If you have any odd numbers direct them to J. Hunt, Chilo, and I will distribute them carefully. Yours, &c.,

T. J. H.

P. S. August 9th.—Our child continues quite well.

STREET SMOKING.

"I knew by the smoke that so lazily curled  
From his lips 'twas a loafer I happened to meet,  
And I said, 'If a nuisance there be in the world,  
'Tis smoking a cigar in a frequented street.'  
'Twas night, and the ladies were gliding around,  
And in many an eye shone the glittering tear,  
But the loafer puffed on, and I heard not a sound,  
Save the short hacking cough of each smoke-smitten dear."

## ACCOUCHMENT WITH THE WATER-CURE.

MR. EDITOR—DEAR SIR: I feel that I am under obligations to you, and a duty I owe the public, if you think best, to make known the happy effects I received from following your directions, previous to, during and after my accouchment last August. On Wednesday the 23d August, at half-past 12, noon, I presented my husband with a fine boy, with comparatively no suffering. I had one of the best physicians with me, and although Allopathy in practice, did not interfere with your advice. After the birth of the child I had wet towels applied around my hips, &c.; at two P. M. I partook of peaches and milk, with Graham bread; remained comfortable till six o'clock, P. M., when, with the assistance of my husband, being very weak, I got into a tub of water, and after being well bathed and rubbed, I found, on leaving my bath and investing myself with a wet girdle, that I could have walked across the room without assistance, but I merely walked to the bed, and soon sank into a sweet sleep, in which I remained until morning. The babe also slept all night without waking. The next morning, Thursday, the 24th, at six, I got up, took a bath, walked across the room to the rocking-chair, took my babe, and made him comfortable, for I thought I would not disturb him by dressing him. At twelve, twenty-four hours from the birth, I took another bath, and sat up till six, when I repeated the bath, and went to bed, and as I had eaten a very hearty dinner, I thought it best to deprive myself of supper. Friday morning, the 25th, I again took my bath early, had the windows of my rooms thrown open, and walked several times through them, and felt as well as ever, excepting a soreness across me, and weakness—had my bath at twelve, after dinner had some severe after-pains, but by constantly wearing the wet girdle,

they were much alleviated, and soon ceased entirely.

Saturday morning, the 26th, I again took the bath early, and exercised about the room, and after breakfast, which consisted of tomatoes, boiled corn, and potatoes, I washed and dressed my infant without feeling the least fatigue. I sat up most of this day—ate beans and corn for dinner. Sunday, 27th, I was so well that all the family went to church, leaving me with the babe and my little boy, five years old.

When the babe was a week old, I could go about the house, walk in the yard, and had read several volumes. I continued to take my baths and wear the wet girdle for six weeks, when I left them off on account of a journey I made to visit my parents in a distant city. I have delayed writing you to this time to see if we (the babe and myself,) should continue in our favored state, and I have the pleasure of informing you that my health still remains good, and our babe is as well and fine as the fondest mother could wish.

Now, when we take into consideration that I had no nurse, nor had I to call on my girl for assistance during the whole of my confinement, I think we may well ask ourselves the question, how has it happened that what has been heretofore considered a serious, and even dangerous event in the mother's life, should have all its terrors, pains, sickness, often attended with fatal fevers, taken away, and reduced to a comparatively trifling affair? I answer, and my experience warrants me in answering, (for I have had children before,) THE USE OF COLD WATER, applied in your judicious manner; a remedy equally accessible to the poor as to the rich—simple, vivifying, and effectual; and I hope and trust you will succeed in your very useful undertaking, and have the happiness of conferring the same benefit on thousands

of trembling, anxious mothers, that you have on your greatly obliged friend,

SARAH B.

#### WATER-CURE AND SIMPLE DIET.

HYDROPATHY has much to contend with. One difficulty is, that of procuring proper baths and attendants. This is, indeed, set at rest by entering a water-cure establishment. Another difficulty occurs in the case of the man of pleasure, who, having been emaciated by an irregular or luxurious life, would, in the majority of cases, reap great advantages from the course; but then he is unwilling to enter upon a new mode of life, and to submit to the restrictions which are indispensable to a cure. Such a man is likely to remain in the trammels of the old system, and he may be patched up without making any great deviation from his habitual mode of life. If he swallows a commensurate amount of physic, he need not be urged to take very violent exercise, and may continue to indulge in his snug little dinner and pint of wine to match. The time demanded for the cure of chronic complaints, by hydropathic treatment, forms a still more formidable objection; one which, to the man of business, is almost insurmountable. Another is, that it claims from all a degree of faith which is not generally accorded, especially when it implies the abandonment of comforts to which the patient has been long accustomed. The patient would, indeed, find that the system recommended is full of enjoyment, and that the simple diet of the water-cure patient is relished with a gusto unknown to the pampered slave of calipash and calipee—to those comfortable *gourmets*, who begin dinner with soup, fish, and *paté*, washed down with two or three glasses of sherry, whilst he would acknowledge that his post-prandiary lightness of spirits far more than compensated for any degree of

abstinence, and his unbroken slumber send<sup>d</sup> him forth to his day's work like a giant refreshed; yet I scarcely hope to persuade any one. I am not aware that I have ever been able to induce any one to change his opinion on any subject, much less to adopt a new system. I can scarcely expect that I am now to commence a successful era in persuasion; but I do hope that I may succeed in inducing some few to turn their attention to the subject, and to consult the works of those authors who have written scientifically upon it.—*Passages in the Life of a Hydropathist.*

### PUBLISHERS' NOTICES.

#### OUR JANUARY NUMBER.

We send this number to all old subscribers, as a sample of what we design to furnish through the year 1849. Those, therefore, who wish to continue, will please indicate the same. Our terms being payable in advance, we shall send no more, until ordered. It is desirable, however, that all who wish to continue, will make their remittances soon.

#### THE WATER-CURE JOURNAL IN N. CAROLINA.

A FRIEND, writing to us from Hanover, North Carolina, says: "I think the WATER-CURE JOURNAL has improved materially since it changed publishers. In my opinion it is worth four times what it was formerly. THE VARIETY is good, and will please subscribers, but let any subject, however interesting, be ALL that is contained in any publication, very few, except those who are particularly interested, will dare to commence reading it. They unconsciously, as it were, absorb the Water-Cure information, and become converts to the system, before they are aware of it."

The New York Christian Messenger says of the WATER-CURE JOURNAL:—"To the friends of Hydropathy, a very numerous and increasing class in the community at the present time, this is a work of rare interest and value. \$1 a year. Joel Shew, M. D., Editor. Published by Fowlers & Wells, 131 Nassau street, New York."

#### THAT PREMIUM.

The offer which we made in the December number of the Journal, has been accepted by quite a number of our enterprising friends, and we now repeat it.

All who send us \$10, will receive twenty copies of this Journal for one year, and one hundred copies of the WATER-CURE ALMANAC FOR 1849.

### A WORD OF ENCOURAGEMENT TO OUR SUBSCRIBERS.

It is a source of great pleasure to us, to inform the patrons of the WATER-CURE JOURNAL, that it is in a very prosperous condition; our circulation having more than doubled within the last six months.

The friends of Reform have nobly labored to give this journal a degree of permanence and character commensurate with its importance. Already have many valuable lives been saved, and others prolonged, by its teachings. We are daily receiving abundant testimony in corroboration of these facts.

To still further enlarge its sphere of usefulness, is our earnest desire. We have all the facilities for rendering it valuable to every one, as well to those in health as the invalid. In view of this, we feel privileged to urge all who have been benefited by it, or who feel interested in it, to use their influence in adding new subscribers to its present rapidly swelling list. TERMS, \$1 a year.

### RAPID ADVANCEMENT OF THE WATER-CURE.

In our own country, as well as all over Europe, the Water-Cure is gaining converts with unbounded rapidity, and whoever attempts to retard its progress will be left far "behind the times."

It is truly astonishing to observe with what avidity this system is adopted by the more intelligent portions of society. No longer will they allow themselves to be drugged, after becoming acquainted with the WATER-CURE.

Almost without exception, the Water-Cure prescriptions, when properly applied, prove effectual. Hence its universal adoption by all unprejudiced minds.

We can now name among its advocates some of the most distinguished men of the age, and those, too, who have practised the old system of medicine for years. Why do they drop that and adopt Hydropathy? Simply because Hydropathy is in HARMONY with NATURE, and is the most simple and efficacious. These are facts, and "facts are stubborn things." We predict that in less than ten years, there will scarcely be found an intelligent man or woman unacquainted with Hydropathy.

### TO POSTMASTERS.

From this very responsible class of citizens we have received many words of encouragement, and long lists of NEW SUBSCRIBERS. CLUBS are formed in many towns and villages by POSTMASTERS. In this way they both enrich the government and do a vast amount of good, by placing the WATER-CURE JOURNAL into the hands of those who would not otherwise be made acquainted with its superior teachings. To facilitate the formation of CLUBS,

we always send SAMPLE NUMBERS, GRATIS, to all who desire them.

### TO CLERGYMEN.

We are happy to number among our most zealous and efficient co-workers a very large number of CLERGYMEN, many of whom find it in their province to obtain subscribers for the WATER-CURE JOURNAL, as a means of improving the physical condition of the people; thus fulfilling the "Divine command" of "HEALING THE SICK," as well as "Preaching the Gospel." Nor will their good efforts soon be forgotten by those whom they thus benefit. The saving of human life is considered by them a duty as well as the saving of souls. Among others, the family of Rev. DOCTOR BEECHER are warm friends of Hydropathy; they not only apply it themselves, but recommend it to others. Who will not "GO AND DO LIKEWISE?"

### TO TEACHERS.

The peculiar advantages which TEACHERS possess, for disseminating PHYSIOLOGICAL as well as intellectual knowledge, is really great. Think of it. When a teacher has closed his labors for the day, he mingles in the society of the inhabitants of the entire district over which he presides; first spending a few evenings in one family, then in another, until he becomes acquainted with all. How easy for him then to speak of the virtues of Hydropathy, and to induce every family to subscribe for this Journal. By doing which many heavy doctor's bills would be saved to the family, and the teacher be made no poorer. Each number of the Journal will contain a choice VARIETY, which will interest the YOUNG as well as the old.

Teachers, male and female, may we not hear from you?

### TO ALL MEN AND WOMEN.

There is not a man or woman in this community, who is not capable of exerting an influence, either for good or evil; and can it be believed that ANY are so predisposed to evil that they would not change their course, when convinced that a change would add to their own happiness? The editor of this Journal proposes to show in a clear light wherein almost every one may better their condition, by a change of habit, without any pecuniary sacrifice. Sickness and premature death may to a great extent be diminished. He proposes to show how. With this truly philanthropic object in view we call upon all, yes, EVERY MAN AND WOMAN, to aid us in this cause. You ask how? We answer, by circulating this Journal, and obtaining new subscribers.

See Prospectus on the last page.

PUBLISHERS.



## VARIETY.

Under this head we propose to publish *News-Items, Facts, Anecdotes, and Miscellaneous Matter*, interesting to all, for which the publishers only are responsible.

**BRADY'S LEAP.**—Much has been said and written about McCullough's leap, when pursued by the Indians near Wheeling, Va.; but, says the *Detroit Bulletin*, in temerity it does not exceed that of Capt. Brady—a brother of the general—who was celebrated in his day for his gallant feats upon the hostile savages along the frontier of Pennsylvania. The *Bulletin* relates the story as follows:—

"Approaching one of the forts occupied by the Americans one day, Capt. Brady discovered, when too late to avoid it, that the savages had laid an ambushade for him. In front, near the left, large numbers of armed warriors lay concealed watching for their prey.

"As Brady approached and got within the ambushade, the Indians in the rear closed in behind him. He was surrounded on three sides, and on the fourth ran a river, the bank of which was eighty feet, of nearly perpendicular descent. The savages felt sure of their prey, and rushed furiously on.

"Brady saw at once the extent of his danger, but being mounted on a high mettled horse, he resolved not to be taken alive. He reined his horse toward the bank and gave him the spur and rein; the gallant charger went off like an arrow and approached the bank with such tremendous speed that he could not stop on the margin, but, with a furious bound sprang off, rider and all, into the air. Fortunately there grew a large crab apple tree at the foot of the bluff, on the border of the river. The bushy top was thickly interlaced with a wild grape vine; into the top of the tree fell the horse and its rider. The fall was completely broken. The captain toppled into the stream, reached the opposite shore amid a shower of bullets, and regained the land in safety."

**THE LION'S STRENGTH.**—Of this noble animal two varieties (the yellow and the brown or black) exist in South Africa, both, however, retreating before the progress of European colonization. The dark colored are the strongest and fiercest; their strength is prodigious. Well authenticated accounts prove that a lion will carry off an ox or a horse, with nearly as great ease as a fox would a goose. A young lion has been known to carry a good sized horse a mile from the spot where he killed it; and an instance occurred in Senburgh where a lion carried off a two-year old heifer, and when his track or *spoor* was followed by the hunter for five hours on horseback, throughout the whole distance the carcass only once or twice was discovered to have touched the ground. Sparman says, he saw a lion

at the Cape take a heifer in his mouth, and though the legs trailed on the ground, he carried it off as a cat would a rat, and leaped a broad dike without the least difficulty. Like all the feline tribe, the lion lies in wait for its prey, crouching among the grass and reeds near pools and fountains, or narrow ravines; he will spring from nine to twelve yards at a bound, and can repeat these springs for a short time. Denied, however, the fleetness of the hound or wolf, the lion, by a few quick bounds, can seize even the tall giraffe, or camelopard, by springing on the haunches of the latter. Instances have been known of the giraffe thus carrying the lion twenty miles before sinking under the attacks of the destroyer.

**EFFECT OF THE IMAGINATION ON THE PHYSICAL FRAME.**—Many years ago a celebrated physician, author of an excellent work on the effects of imagination, wished to combine theory with practice, in order to confirm the truth of his propositions. To this end he begged the Minister of Justice to allow him to try an experiment on a criminal condemned to death. The minister consented, and delivered to him an assassin of distinguished rank. Our *savant* sought the culprit, and thus addressed him: "Sir, several persons who are interested in your family, have prevailed on the Judge not to require you to mount the scaffold, and expose yourself to the gaze of the populace; he has therefore commuted your sentence, and sanctions your being bled to death within the precincts of your prison. Your dissolution will be gradual and free from pain." The criminal submitted to his fate—thought his family would be less disgraced, and considered it a favor not to be compelled to walk to the place of public execution. He was conducted to the appointed room, where every preparation was made beforehand—his eyes were bandaged—he was strapped to a table—and at a preconcerted signal, four of his veins were gently pricked with the point of a pin. At each corner of the table was a small fountain of water, so contrived as to flow gently into basins placed to receive it. The patient believing that it was his blood he heard flowing, gradually became weak, and the conversation of the doctor in an under tone, confirmed him in his opinion. "What fine blood!" said one. "What a pity this man should be condemned to die; he would have lived a long time." "Hush!" said the other, and then approaching the first, he asked in a low voice, but so as to be heard by the criminal, "How many pounds of blood are there in the human body?" "Twenty-four. You see already ten pounds extracted. The man is now in a hopeless state." The physicians then receded by degrees, and continued to lower their voices. The stillness which reigned in the apartment, broken only by the dripping fountains, the sound of which

was gradually lessened, so affected the brain of the poor patient, that, although a man of very strong constitution, he fainted and died *without having lost a drop of blood!*

**CIRCUMSTANTIAL EVIDENCE AND CAPITAL PUNISHMENT.**—A writer in the Boston Whig relates the following:—

“In reading the narrative of circumstantial evidences in your paper, I was forcibly reminded of a case which came under my personal notice many years since. A schooner sailed from New York for Charleston, S. C., with some eighteen or twenty passengers. On the voyage some hashed meat was served for dinner, and while eating it, several of the passengers became sick, and it was suspected that poison was the cause. The cook, a black man, was suspected, and after charging him with the deed, which he denied, the Captain asked him to eat of the meat, which he declined. Some one or two of the passengers died. When the vessel arrived at Charleston, the cook was arrested and held for trial.

“The mate of the vessel was not to be found, and no one knew him or where he had gone. The cook was brought to trial. A New England lawyer defended him. I was present at the trial, and the only evidence against him was the fact that he refused to eat the poisoned meat. All the eloquence of his young attorney could not save him. He was found guilty and sentenced to be hung. I visited him in prison, and heard him many times assert his innocence. He was allowed a minister of the Gospel to visit him, to whom he asserted his innocence in language so convincing, that on the scaffold he stated his firm belief that he was innocent. I saw him hanged, and the last words he uttered I shall never forget.

“‘I die an innocent man,’ said he in a solemn and convincing tone, that seemed to carry conviction through the spectators of his innocence, but nothing could save him. Many years passed, and this scene buried in the thoughts of those who witnessed it; but I could never forget it. We all remember the pirates who were hung in this city some years ago. One of them was Gibbs, who confessed that he was mate of that schooner, put the arsenic in that mince-meat, and fled on the arrival of that vessel at Charleston. This is no fiction, but a melancholy fact—and witnessed by the writer; and this is one of the many instances of legal murder—the result of circumstantial evidence.”

A punctual man is rarely a poor man, and never a man of doubtful credit.

“Is Miss S. at home?” asked a gentleman of a servant, who answered the call of the knocker.

“I think not, sir; I’ll go and ask her,” was the reply.

We are well aware that *two* constitute a *pair*—therefore, two apples make a pair—now why don’t two pears make an apple?

“Pat,” says a Yankee to an Irishman, as they passed a tree near Harlem, with a rope hanging from one of its branches, “where do you suppose you would be now, if that rope had its deserts?”

“Faith, and I’d be a walking here alone to New York!”

The following notice was lately stuck up on the end of a country meeting-house:—

“Any person sticking bills against this church, will be prosecuted according to law, or any other nuisance.”

We heard recently a good story of an Irishman who had never seen any of the birds of America.

“The first feathered fowl,” said he, “that I ever see when I kem to Ameriky, was a forkintine (porcupine.) I tread him under a hay stack, and shot him with a barnshovel. The first time I shot him I missed him; the second time I shot him I hit him in the same place where I missed him before!”

Why is the squalling of a child like one of the western States? Because it is so Ill-a-noise.

To make potatoes very mealy, put them into an old meal bag.

A young physician asking permission of a lady to kiss her, she replied: “No, sir; I never like to have a doctor’s bill thrust in my face!”

Several friends were conversing a few evenings since, when the clock struck 11. “It is time,” said one, “that honest men were a-bed.” “That may be,” said another, “but *you* need not be in a hurry on *that* account.”

An Irishman who had blistered his fingers by endeavoring to draw on a new pair of boots, exclaimed—

“By St. Patrick! I believe I shall never get thim on until I wear thim a day or two.”

**MANY HANDS MAKE LIGHT WORK.**—That may be in a needle factory—but in an anchor shop, many hands make “heavy work.”

An old toper being questioned as to his knowledge of a cotton gin, replied that it was very good, but not equal, in his estimation, to the pure Holland gin.

Catherine Mooney is reported to have stolen “three yards of calico 26 years of age, 5 feet four inches high, stout make and sallow complexion, with dark brown hair and a gray eye!!!”

Use not evasions when called upon to do a good action, nor excuses when you are reproached for doing a bad one.

No manner of speaking is so offensive as giving praise and closing it with an exception.

Meat is almost unknown to German workmen in their own country.

It is a common absurdity, to drink rum when water is so much cheaper and more healthy.

A word spoken pleasantly is a large spot of sunshine on a sad heart.

Plato often inculcates this great precept—"Do thine own work and know thyself."

**SPEED OF MEN**—Men who are accustomed to running will outstrip horses, as they can hold their breath longer. The King's messengers walked to Ispahan in fourteen hours—a distance of 108 miles. A man properly trained, will also walk down a horse, and a Hottentot will run down a lion.

"Sir, I intend to raise your rent," said a landlord to a tenant, to whom the latter replied, "I am much obliged to you, for I cannot raise it myself."

The city of Boston has recently expended two hundred thousand dollars, in erecting school-houses for the benefit of the public.

Look for great things, expect great things, and work for great things, and great things will surely be accomplished.

**PUNCTUALITY IN BUSINESS.**—Method is the very hinge of business. There can be no method without punctuality. It is also important because it subserves the peace and good temper of a family; the want of it not only infringes on necessary duty, but sometimes excludes this duty. The calmness of mind which it produces is another advantage of punctuality. A disorderly man is always in a hurry; he has no time to speak to you, because he was going elsewhere. And when he gets there, he was too late for his business, or he must hurry away before he finishes it.

Punctuality gives weight to character. "Such a man has made an appointment; then I know he will keep it." And this generates punctuality in you; for like other virtues, it propagates itself. Servants and children must be punctual where their leader is so. Appointments, indeed, become debts. I owe you punctuality, if I have made an appointment with you; and I have no right to throw away your time if I do my own.

*Hunt's Merchant's Magazine.*

A miser gets rich by seeming poor; an extravagant man gets poor by seeming rich.

**REFUSING TO BE BURIED.**—Some time in or about the summer of '33, when the Cholera was raging in the city of New York, and the authorities, through fear that the contagion would increase if the victims were not buried with great promptness, sent the hearses to take away the bodies as they were supposed to be dead.

A burly citizen living in one of the infected districts was aroused one day by the ringing of his door bell. The waiter soon came in with a face the color of Lowell sheeting, yet with a look of great embarrassment and sheepishness. "Who is it?" said the master. "It's one of the city dead carriages, sir." "And what on earth is one of the city dead carriages here for, at dinner time, too? Who's dead? You look the nearest to it of anybody here." "Why sir, the man says he was told to drive to No. — street, to bring the body of the gentleman of the house, who was dead, and bury it." "Get out, you sir, and go and tell that man at the door to be off, and go and get somebody else to bury. Tell him I am just sitting down to a good dinner, and that I won't be buried if I die for it; certainly not till I have dined. Tell him to give my compliments to the health officers, and tell them that they have waked up the wrong passenger. Tell them not to call me away from the dinner-table again to be buried; and that when I need their service I will send them word." So saying, he slammed the door in the servant's face, utterly refusing to leave a good dinner to figure at his own funeral.—*Post.*

**SMOKING**—The editor of the Chronotype utters the following opinion on smoking and smokers:

"A man who smokes is a fool—because he parts with his money for mere smoke—because he is made no fatter, richer, or wiser by it—because for every ounce of pleasure derived from it, he has pay an ounce of pain, with interest!—because he cannot stop the practice when he is sick of it—because he makes himself a nuisance to persons of cleanliness and taste."

**MAN'S ABILITY.**—No man knows what he can do till he has fully resolved to do what he can. When men have thought themselves obligated to set about any business in good earnest, they have done that which their indolence made them suppose impossible.

An Englishman while hunting, saw one of the party who had been thrown from his horse, struggling for life in a horse-pond; on being asked why he had not helped him out? the precise formalist replied, "that he did not like to take the liberty, for he had never been regularly introduced to him."

**FABLE.**—The sword of the warrior was taken down to brighten ; it had not been long out of use. The rust was soon rubbed off, but there were spots that would not go, they were of blood: It was on the table near his Secretary. The pen took advantage of the first breath of air to move a little further off.

“Thou art right,” said the sword, “I am a bad neighbor.”

“I fear thee not,” said the pen, “I am more powerful than thou art; but I love not thy society.”

“I exterminate,” said the sword.

“And I perpetuate,” answered the pen: “where were thy victores if I recorded them not? Even where thou thyself shalt be one day—in oblivion.”

Two men making love to the daughter of Themistocles, he preferred the virtuous man, before the rich one, saying: “I would rather have a man without riches, than riches without a man.”

A wag told us the other day, that half of the lawyers live without a *cause* and die without *effects*.

An Irish Judge said, when addressing a prisoner convicted of murder—“You are to be hanged, and I hope ’twill be a warning to you.”

“Mother,” said a little boy the other day, “why are orphans the happiest children on earth?” “They are not—why do you ask?” “Because they have no mothers to spank them.”

“Tom,” said a girl to her sweetheart, “you have paid yer distresses to me long enough ; it is time you were making known your contentions, so as not to keep me in expense any longer.”

“My son,” said an affectionate mother to her hopeful son, who was in a short time to be married, “you are getting thin.” “Yes, mother,” he replied, “I am, and I expect shortly you will see my RIB.”

**GUILTY OR NOT GUILTY.**—“Guilty or not guilty?” asked the Dutch Justice. “Not guilty.” “Den vat you do here? Go apout your piziness.”

An Irishman on being told to grease the wagon, returned in about an hour afterwards and said, “I’ve greased every part of the wagon but them sticks where the wheels hang on.”

**YANKEE REASONING.**—A schoolmaster, who had an inveterate habit of talking to himself when alone, was asked by a neighbor what motive he could have in talking to himself. Jonathan replied, he had two good and substantial reasons: in the first place, he liked to talk to a sensible man ; and in the next place, he liked to hear a man of sense talk.

Musketoes are like allopathic doctors, they never let blood without running up a bill.

**LIFE-LIKE.**—The Philadelphia Galaxy says an artist of that city painted a cow and cabbage so natural that he was obliged to separate them before they were finished, because the *cow commenced eating the cabbage!*

“Mother,” said a lad, “is it wrong to break egg shells?” “Certainly not, my dear,” replied the mother; “but what do you ask such silly questions for?” “Because I have just dropped the basket with all the eggs in it,” replied the promising chip.

“What’s the matter, my dear?” said a wife to her husband, who had sat for half an hour with his face buried in his hands, and apparently in great tribulation. “Oh, I don’t know,” said he, “I have felt like a fool all day.” “Well,” returned his wife, consolingly, “I’m afraid you’ll never feel any better ; you look the very picture of what you feel.”

**RECEIPTS.**—To have Music at Dinner.—Tell your wife she is not as handsome as the lady across the way.

To save Butter.—Make it so salt that nobody can eat it.

To lighten your Worldly Troubles.—Punish your child when it is naughty, and caress it again if it cries.

To make Superior Bread.—Make it of flour in which mice have played.

Sam, why am de hogs de most intelligent folks in de world? Because dey *noze* ebery ting.

“Union is not always strength,” as Sir Charles Napier observed, when he saw the Purser mixing his rum with water.

“This is a world of business and bustle,” said a minister in a sermon. “Yes, but more bustle than business,” whispered a pretty girl. She knows.

A man who had a long score at his grocer’s, complained of suffering from the “tick-dollar-owe”

“John, what is a nailer?”

“A man who makes nails.”

“Very good. What is a tailor?”

“One who makes tails.”

“Oh, you stupid fellow,” said the dominie, biting his lips, “a man who makes tails!”

“Yes, sir,” returned John; “if the tailor didn’t put tails to the coats he made, they would all be jackets.”

“Sit down, John, you’re an honor to your maternal parent.”