

THE
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AND
HERALD OF REFORMS.

DR. SHEW'S LECTURES ON CHOLERA.*

[In the absence of the editor, we copy the following sketch of the first of Dr. Shew's Lectures on Cholera, from the New York Tribune.—PUBLISHERS.]

Dr. Shew of this city—well known as the pioneer of Hydropathy in this country, delivered the first of his lectures on *The Water Treatment as a means of Prevention, and Cure of Cholera*, last Saturday evening in Clinton Hall. The assembly on the occasion was highly respectable and intelligent. The lecture was richly stored with interesting and instructive facts in relation to the causes of Cholera, as well as strongly supported arguments closely bearing on its effectual prevention, and admirably exemplifying the truth of the old maxim, "An ounce of prevention is worth a pound of cure." The time occupied in its delivery was nearly an hour and a half, during which period the lecturer secured and retained the close attention of his hearers from first to last—and this, notwithstanding he spoke extemporaneously, and to some extent in a colloquial manner—carefully refraining from technical terms and abstruse points of professional learning.

We present our readers with as full and clear an abstract of Dr. Shew's lecture as our space will admit; still it is imperfect, and such, by-the-by, is our consciousness of the value of the materials elaborated in

* A few weeks since Dr. Shew gave a course of Lectures in Clinton Hall, New York, on "THE WATER TREATMENT AS A MEANS OF CURE AND PREVENTION OF CHOLERA, which are now published in book form at the Journal Office. The work may be obtained of the publishers, by mail or otherwise. Price 25 cents. Mailable.

this lecture—to which we can here only barely advert—that we trust its author will consent to prepare the whole of his course for speedy and complete publication. The following, as nearly as we could catch it, was the course of his argument on Saturday evening.

Suppose, (said the lecturer,) that this great city of New York was spread over ten times its present area—or say, for instance, over the whole of Manhattan Island; and that every house has a definite amount of area about it for gardens, walks, etc., so that good air circulates everywhere. There is no "Five Points" here; no slaughter-houses, with their unclean and pestilential emanations; no drinking saloons of either high or low degree; no dens of infamy, the most hellish curses of Christendom, whether of ancient or modern date. The people are "temperate in all things," industrious and virtuous. Wealth does not ride rough-shod over poverty; but all perform some kind of honest toil. The poor are not overtaken; the rich labor to insure health. The people do not turn day into night, or night into day—for such a practice can never be consistent with health. Cleanliness is considered next to godliness—not less in a physical than moral sense. Now I have drawn this picture to show you something of what would be the condition of a people living according to the rules of the "Water-Cure," so called, and to show you that the system is not "a one remedy," as many suppose. The Germans have a name for everything. In the new method water is the great medicinal agent, but yet the system includes the particu-

lars of Air, Exercise, Clothing, Ventilation, Cleanliness, Bathing in all its forms, Food. Drink—in short, all the natural means of preserving, fortifying and invigorating the general health.

Now, in regard to the Cholera, I lay down this axiom: *whatever tends in any way to deteriorate the general health must necessarily render the system more liable to an attack*; and growing out of this is another axiom: *whatever tends to establish the general health is a sure and natural means of prevention*. These are self-evident principles, and cannot be too well remembered or acted upon—not only with reference to Cholera, but every possible malady. This being premised, I will now proceed briefly to explain some of the more prominent causes of epidemic disease.

FEAR is one of the greatest of all causes in epidemic diseases. It is an old saying, that fear kills more than the plague. When a pestilence, like the Cholera, or the Yellow Fever, comes among any people, the utmost consternation prevails. Exaggerations are multiplied on every hand. The laws of health, not being by the many at all studied or understood, and there being, moreover, a general belief that disease is a thing of God's own sending, and that it has no reference to the voluntary habits of mankind, fear, and fear only, can be the legitimate result. I am acquainted with an intelligent clergyman, who in 1832 was upon a steamboat passing from Quebec to Montreal, when the first case of Cholera happened as they came near the latter city. The alarm was given forth that *the Cholera had come!* The death took place in the night-time, and in the morning and throughout the day numbers of cases occurred; and soon none but *the Sisters of Charity* could be found willing to fulfill the divine command of healing the sick. No doubt now in this city the Cholera might be caused any day, provided the people could be made to believe that the disease was actually raging with all its terribleness in our very midst. In the spotted fever or cold plague, that spread itself over a considerable part of New England about forty years ago, it was found that robust men, and even physicians, as well as delicate females, often

fell prostrate with what appeared to be a genuine attack of the disease; and yet, afterward, such persons confessed that the symptoms arose wholly from fear. And what adds greatly to the mischief in such cases, people resort to a great variety of destructive compounds in the way of specifics, elixirs, etc., put forth as speculations by the villainous quacks. Such things are every where taken by the multitude in the old and foolish belief that disease is a fixed *something* within the body which a medicine may be taken to KILL! I repeat; *one of the most prolific of all causes of epidemic disease is FEAR*. A fable should teach us wisdom in this matter: A pilgrim meeting the plague going into Smyrna, asked, "What are you going for?" "To kill three thousand people," answered the Plague. Some time after they met again. "But you killed thirty thousand people," said the Pilgrim. "No," answered the Plague; "I killed but three thousand; it was FEAR killed the rest!" Were it right ever in this world to falsify, it would be, when the Cholera makes its appearance in a city, for physicians to deny positively in every case its existence.

ANGER is, doubtless, sufficient, in some cases, to cause epidemic disease. Anger, we know, causes most violent fits of the spasmodic colic, and sometimes apoplexy. In all raging diseases individuals cannot be too careful in maintaining equableness of temper, feelings, and disposition, in all respects.

EXCESSIVE GRIEF has often a powerful effect in causing disease. Every one who has lost a wife, husband, parent, child or bosom friend by death, well knows the depressing effect which grief has had upon them at the time. Especially when the disease is of a sudden, dangerous and terrific character, grief is found to do its most fearful work. A man goes to rest at night cheerfully with his family, all apparently in good health; long before the sun shines out upon him in the morning, in the dark night, his wife, with all the agonies of Cholera, becomes a corpse in his arms; and in a few hours more his only child! Is it any wonder that under such circumstances *he*, too, should be struck down with the same disease? From all the facts

that can be gathered on the subject, it is very evident that grief acted, in many instances, powerfully as a proximate cause of the Cholera.

MENTAL DISTRESS, arising from destitution and want, is very unfavorable in regard to health. There are many poor people, even in our American cities,—the best and happiest in the world. A husband and father, poor and penniless, has buried the mother of his children; a widow, with her children about her, toiling with anxious solicitude by day and by night, that she may keep them under her own parental roof, rather than leave them to be provided for by the cold charities of the world; anxious, as by pawning her articles of dress, she pays her last cent for an exorbitant rent, being not able to imagine what merciful dispensation of Providence can provide her for the next quarter-day, or even with the bread which she is to eat:—such things, I need not repeat, occur every day in our American cities; nor need it be said that mental distress, arising from such destitution and want, causing depression of spirits, anxiousness for the future,—yes! for the bare bread one is to eat!—will act in many a case as a powerful cause of the Cholera, should that dread pestilence again appear on our shores.

What may be called SYMPATHY in the human constitution should throw light on the causes of Cholera, and other epidemic diseases. At the venerable Cathedral of *Notre Dame* in Paris, it was found necessary to allow no person to go upon its towers alone; every one must have a companion because it became generally understood that nervous people were very apt to throw themselves off. So, too, over the top of the Fire Monument in London there was put an iron rack-work, so that people could not precipitate themselves from that height. In some hospitals hysteric fits have caused the same symptoms in others. Indeed we see this thing often exemplified. You have heard of the account of the Poor-House for children at Haarlem, Holland, where a girl from some cause fell into convulsions, or a kind of convulsive disease, and which, being witnessed by the other children, communicated itself to nearly all

of them. And the learned Boerhaave could find no other mode of putting a stop to the disease except by preparing red-hot irons in the presence of the patients, at the same time declaring most solemnly that any one who should manifest the least symptom of the disease, should be forthwith burnt to the bone. Other nervous diseases, as the St. Vitus's Dance, have been known to become epidemic by sympathy.

The religious epidemics, as they may not inaptly be termed, should be mentioned in this connection. In one part of the country persons are struck down, as it were, dead, by the inscrutable power of God, as is believed. Every one has seen these things among that worthy denomination who do more to spread the Gospel everywhere than any other—the Methodists. Among the colored people we see, under a state of excitement, the audiences become affected often with violent spasmodic motions of the head, limbs, and other parts of the body. Years ago, in the South-western States, there was a prevailing religious excitement in which the subjects were affected with what was termed "the jerks." People would gather themselves together in large circles for prayer, when one after another would become affected, until all experienced those particular symptoms which were regarded as the most positive and indubitable evidence of the operation of the Holy Spirit in the soul. Even wicked young men, scoffers of religion, who entered these circles in a spirit of derision, intending to practise a deception upon the religious, were astonished and confounded to find themselves affected in the same way. Such persons became often powerfully impressed, and, in many instances, went away converted, as they believed. The eccentric Lorenzo Dow saw in some of the Southern States, one of the Carolinas, I think, people become affected with what he called "the kicks." Where the meetings were held, saplings were cut off breast-high for the people to hold upon when they were affected with "the kicks:" and their motions were so energetic, that the ground about these saplings looked as if horses had been there, stamping at flies.

The really pious, he says, were not affected by the symptoms; it was the very lukewarm professor who was most subject; and those who wanted to get "the kicks" to philosophize upon, were not affected at all. How much the principle in question had to do in the causation of the Salem Witchcraft, I will not assume to determine. I mention all these things in no spirit of irreverence, but merely because they are calculated to throw light upon the subject of the causes of epidemic disease.

The lecturer next proceeded to speak of the *physical causes* of the disease, such as *Foul Air, illy-regulated Temperature and Clothing*, and particularly of *Uncleanliness*. He said that there should be in New-York and every American city, as in London, *free baths and wash-houses* for promoting cleanliness among the poor. I saw, said he, last winter, in London, one of these establishments, used also for lodging poor persons, in Rosemary Lane. This is not far from Spitalfields, the great "Five Points" of London—a district covering the space of a square mile: St. Giles, the former "Five Points" having been renovated by the authorities, its streets widened, and the poor scattered about. It would be difficult for an American to conceive of the utter squalidness and misery of the people of some parts of London, without visiting them; and yet there is a much better state of things now than there was before the temperance reformation began. The Health-of-Towns Associations are also doing much to better the condition of the poor. In the bathing establishment I have mentioned, a large number of poor people congregated every night. Four hundred and fifty could be accommodated at a time, and great numbers had to go away besides. There were people of the very lowest class, beggars, thieves, the lowest prostitutes, and such as had no home but the streets. The name and age of every one were registered in a large book, together with other particulars as to where they were from, their occupation, where they had lodged the night before, etc. Those only who declared that they had no money were received. Every one was required at first to perform a thorough

ablution with soap and tepid water, so that for once they might have a clean skin, for it was, in many instances, doubtless, the first time in their life. Then, after the bath, a half-pound of the very best London bread was given to each person; and the bread in London is BREAD, and not such stuff as the people require our bakers to get up in New-York. England, with all her misery, has Science, and she applies it to everything—even to that small matter, as people regard it, making bread. But there was one great mistake in this matter: the bread was superfine, which is always bad—bad, because it is so rich that neither man nor animal can long subsist upon it; whereas the bread from unbolted flour, containing in itself a proper proportion of innutritious with the nutritious matter, will sustain life any desirable time. I said to the Superintendent, "Why do you not give these people *brown* bread, which would be so much better for them?" He said he knew it was so, but they would not eat it; many would curse them for it, and cast it into the street. After this bread-and-water repast, these people were lodged—not exactly upon a bed, but in rows on the soft side of a hard floor. Each one had a little box by himself, and the whole floor was covered with these divisions, with the exception of the narrowest aisles to walk among them. There was a little angular elevation of plank for the head to rest upon—and even that served as a pillow for which many a poor man was thankful enough. One thin coverlet served as a covering for each. The rooms were large and airy, warmed and well ventilated, and each sex had its own apartment. Men, women, boys and girls, were not here huddled together half-naked, as in multitudes of penny and two-penny lodging-houses in certain parts of London, or as in the steerages of our world-renowned American ships. In these bath and washing establishments—and there are a number of them in London—religious meetings are held on the Sabbath; a clergyman comes and preaches, and they are able to have singing as well as elsewhere. Such, at least, was the case in the one I visited. The meeting is held in the largest lodging-room, but there are

no seats except those little divisions spoken of, five or six inches high, the edge of the board forming a seat. On Sundays the people have half a pound of bread at noon as well as night and morning, and an ounce or two of cheese extra.

The ragged schools, in Great Britain, he said, are doing much toward bettering the condition of the poor.

The lecturer then spoke at length on the subject of TEMPERANCE as bearing on the Cholera. In the old country, he said, temperance had gone mostly among the poor. When Father Mathew first went to London, with but one clergyman there to stand by him, he went among the poor—he did not obtain pledges of the rich, for he could not if he had tried—only among the poor. The cholera does not rage in Great Britain now as it did before, and this, we have reason to believe, is caused, in part, by what the Temperance reformation has already accomplished. If the cholera should visit this country, I do not believe it would commit anything like the ravages it did in 1832, for two reasons: the people are far more temperate now than formerly; and they do not fear the disease as they then did.

INTEMPERANCE and PROSTITUTION go hand in hand. All of this unfortunate and much neglected class of women are habitually intemperate. They, of all other persons, are most subject to this dread epidemic. In a certain street of Paris, where resided 1,400 lewd women, in a very short time 1,300 perished with the cholera! And in a house of sixty of these miserable creatures, *every one died!* When this disease rages in a great city, and comes upon persons of this class, it is sad to think how soon, often, the husky, hollow, unearthly voice of the prostitute becomes stilled in death!

The lecturer here brought his address to a close, and announced that he would deliver a second on this (Monday) evening at the same time and place, when he would enter into a consideration of the different modes of treatment which had been adopted in the cholera, and particularly the application of WATER as a remedy in the disease. On this latter point, Dr. Shew, as we understand him, has taken this po-

sition: *Prevention* is incomparably better than cure; but still, the first stage of cholera is often probably curable. Not so that of *collapse*: it will be a hard enough thing to cure cholera in this stage by any means whatsoever. PRIESSNITZ cured upward of twenty cases—being all that he tried—by the Water treatment; but every one was taken in the very beginning of the disease.

DEATH FROM MORPHINE.

Yesterday morning a man died suddenly at the City Hotel, (Millard's.) The favorite bar-keeper, a hale, stout man, was slightly ill—asked Dr. Thomas to prescribe for him—went to the apothecary's for the medicine—took it—was found dead in his bed a few hours after. The apothecary was called up, explained, and finally produced the doctor's written direction, for 15 grains of *morphine* instead of *quinine*—a dose, it is said, sufficient to kill thirty men. An accident, this is called, sad enough, and most fatal certainly. The bottom line of this matter is just this—no more and no less. The doctor is an incorrigible drunkard, and in the afternoon does not know one medicine from another. Thus he wrote morphine for quinine. What a result! He had received from the hand of this very bar-keeper, in his daily routine, whole glasses of slow poison, and in time administered to him that which executes its work almost instantly.—*Washington correspondent of the N. Y. Globe.*

We do not, of course, insert the above as an argument proper against drug-taking. The papers often contain accounts of accidents like the one quoted; and all we say here is, when you use morphine, laudanum, belladonna, strychnine, &c. &c., all of which articles are worse than two-edged swords when improperly handled, BE CAREFUL—KNOW WHAT YOU ARE ABOUT IN TAKING POISONS.

Many people drop tears at the sight of distress, who would do much better to drop sixpences.

MRS. GOVE'S EXPERIENCE IN WATER-CURE.

DR. SHEW:—I send you some pages of my Water-Cure Experience. As I am a woman, and have not a diploma, it seems proper and necessary that some account of my medical education should precede the history of my labors in Water-Cure.

In future numbers I will give an account of my practice.

Very truly, your friend,

MARY S. GOVE NICHOLS.

I do not know that I shall make any apology for being one of the first to step out of the old and prescribed path for women, and become a physician. I took my place in the great field of labor which I now occupy, from a necessity of my being. I first received benefit from the practice of water-cure in my own case, and then I sought to benefit others.

Years since I had a sister. I remember when the red deepened on her cheek, when she began to press her hand upon her side, and to cough—a hollow, boding cough; and then came physicians, and all the effort was made to save her, that could be made with the knowledge they had. But she faded away and died. I saw her in her coffin, so beautiful that she seemed not dead but sleeping. The hectic red was still upon her cold, dead cheek, when they laid her in the grave. And then my brother, who had studied medicine, and was just beginning the world, sank with this disease. He was attacked with violent bleeding at the lungs, and a hard cough, but such was his strength of constitution, that it was four years before he could die, though he was subjected to all the poisonous medication of the allopathic profession in which he was educated. But he sank at last, and not long after his death I was attacked with cough and bleeding at the lungs. At the first attack I felt that I was doomed; that I must speedily go down to the grave as my brother and sister had gone. I remember well, though some ten years have since elapsed, laden with many joys and many sorrows—I remember my feelings when my lungs were first ruptured.

The blood rushed rapidly into the trachea, and as I threw it off by violent coughing, the thought of my work, my great work for woman, rushed through my mind. The darkness that then shrouded the land on the subjects of health and disease was palpable, and I felt the importance of my mission to be in proportion to the evils I sought to remove. The thought of leaving my mission unfulfilled, of leaving woman to suffer and die under the black pall of ignorance that enveloped her then, was more than I could bear. I fainted and fell as if dead. It was at a lecture. The people gathered about me, and carried me into the air; and after a time I revived. With life came hope, or more properly speaking, trust. It was only for a moment that my faith had failed, or my trust been disturbed. God knows best, was then, as it has ever been, the watchword of my soul. After this bleeding, I had a severe cough, and all the symptoms of consumption. By constant bathing, exercise in the open air, and very simple and careful living, and ceasing entirely from my labors, I became rapidly better. My cough disappeared. I regained my strength, and my lungs seemed able to bear exertion. I again commenced speaking in public, and all the arduous duties connected with my profession. Various causes combined to make me labor far beyond my strength, and afflictions came upon me with a crushing weight. Under the joint pressure of labor and sorrow my lungs again became ruptured, and this time the very fountains of my life seemed to be poured forth. In about four days I bled almost three quarts from my lungs. I was reduced to infantile weakness. In this state I sent for a German water-cure and homœopathic physician, who attended me with great care and kindness till the bleeding ceased. As soon as I was able, I commenced a regular course of water-cure treatment, which I kept up with the most untiring zeal, until my lungs seemed fully restored. It is now four years since I have been able to sustain the full burden of the labors of my profession. Three years I have labored in this city, and I am willing to compare my work with that of the strongest man.

I have now good health, but I have a strong tendency to pulmonary difficulty. Great mental suffering will induce congestion of my lungs, and exposure to the bad air of an unventilated and crowded lecture or concert room, will inevitably make me cough next morning. But by proper care in my general habits, and the necessary applications of water-cure, I maintain comfortable health all the time, and a power of endurance surprising to those who know me best.

It is not my wish to speak of my own course any further than is needful, in order that others may be benefitted by my experience. It would be wrong for me to withhold facts that might be of use, from fear that I should incur the charge of egotism.

When a young girl, at school, an incident occurred, which, though slight in itself, and apparently worthy of no particular notice, probably determined my position in life. I was away from home. The gentleman where I boarded had some medical works in his library. I read them from curiosity, and was much interested; so much that I was constantly thinking how I could procure more books. I read what I found in my friend's library secretly, and after some months I returned home. I found my eldest brother engaged in the study of medicine. He had Bell's Anatomy at home with him occasionally, and sometimes left it for some days at a time. Without his knowledge, and unknown, indeed, to any of the family, I commenced studying these books. Time passed, and I became deeply interested in the subject. One day my brother was explaining the circulation of the blood, and fœtal circulation was incidentally mentioned. He was not master of his subject. He made some mistakes which I corrected, and finished his explanation for him. He stared at me with much astonishment, and asked me if I had been reading his books. I was obliged to confess the truth. My brother was much dissatisfied with my unwomanly conduct, and was determined that I should read no more. He ridiculed me, as the most effectual means of influencing a timid young girl. He told me mockingly, that he would bring me a book

on obstetrics. I blushed scarlet and could not talk with him; but nothing broke my habit of reading his books till he hid them. Finding no opportunity to gratify my love for medical study, I turned my attention to the study of French and Latin, the best preliminary studies for me, though I was not aware of the fact.

(To be continued.)

THE CHOLERA.

The Asiatic Cholera proves, by dissection, (says the Medical Examiner,) to be the inflammation and ulceration of the various membranes of the bowels. The contents of the stomach and intestines ferment and putrify; vomiting and swelling of the abdomen quickly follow, and the patient sinks. Dr. Maxwell, of Calcutta, says he cured himself by copious draughts of effervescent soda powders in cold water; that he afterwards saved many a life by the same treatment. He says that no remedy will avail except relieving the bowels of the fermenting contents, and if this be not done gently it will be fatal.

Mass. Cataract.

"Copious draughts" of cold water are better, decidedly better, without the effervescent soda powders, as experience proves, in the treatment of cholera.—*Ed. Jour.*

CAKE AND BREAD.

C A K E .

"I am the cake that tastes so nice;
Come, dearest child, and take a slice.
That thing there, so square and black,
Is only bread; don't look at that."

B R E A D .

"I do not fear; go eat the cake,
You'll come again some bread to take."

A long time ran the child about,
Till all his money for cake was spent;
Then, as he suffered much from want,
Home to the bread he quickly went.
Ah, how good is bread, indeed,
When one feels real hunger—need!—

Lessons for Children, from the German.

PROCESSES OF WATER-CURE.*

THE LEINTUCH, OR WET SHEET.

The first morning after I took up my residence at Graefenberg, I commenced the water-cure by being packed up in the wet sheet; which very curious process was effected in the following manner. At five o'clock, on the morning of the 12th of January—kind and sympathizing reader, keep these particulars in mind—at five o'clock on the morning of the 12th of January, the snow on the ground, the thermometer twenty degrees below the freezing point—Lorenz, my badediener, came to my bedside with a lantern in his hand, awoke me *nolens volens*, and made me get up. Whilst I stood shivering in the icy atmosphere, Lorenz stripped the sheets and blankets off my bed, adjusted the pillows and mattress, spread a large and amazingly thick blanket over them, and over the blanket he spread a wet sheet, which had just been dipped in the dead cold water, and wrung out thoroughly. Then, oh then—s-s-s-s—I shiver as I remember my sensations—with nothing to protect me from the contact, I spread myself on the sheet, which was wrapped tightly about my body, and drawn closely around my neck, under my chin, leaving only my head and face exposed; over the wet sheet the blanket was also tightly folded and tucked, so as to leave no part of the sheet exposed to the air. A light feather bed, such as is used in Germany for a coverlet, was thrown over all, and there I lay for an hour, bound hand and foot, in a state of utter helplessness.

The shock of the sudden change from a warm bed to a cold wet sheet, which had lain on the snow all night, was of course very great. I could scarcely refrain from screaming out; indeed, it is quite probable I did scream. However, the sheet was soon warmed by the heat of my body, and in ten minutes it began to produce the most soothing sensations. When I first lay down, I apprehended that nothing less than a severe cold and an increase of my cough must ensue; but before I had lain half an hour, all such apprehensions van-

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

ished. The patient lies in the wet sheet till he becomes thoroughly warm, which, in ordinary cases, takes about one hour. In cases of fever the time is much shorter; say ten, twenty, or thirty minutes, according to the intensity of the fever. The rule is, that as soon as the patient becomes thoroughly warm he should be taken out of the wet sheet.

THE ABGESCHRECKTEBAD.

This terrible combination of cowering vowels and grim consonants, is the German term for the tepid shallow bath. It is certainly shallow, being only four or five inches deep—the most uncomfortable of all depths—good for neither ducking nor swimming; but it is called tepid only by the violent exercise of poetic license, for the intense cold which prevails at Graefenberg is but slightly moderated. In this comfortable *abgeschrecktebad*, the patient,—"I thank thee, Jew, for teaching me that word"—sits for one or two minutes, stretching out his legs, splashing the water over his head and body, and rubbing himself; in all which pleasing recreations he is, or ought to be, assisted by his Lorenz, as I was by mine.

This bath is generally administered after coming out of the wet sheet, to those who are not strong enough to bear the cold plunge bath, to which it is meant as a merciful preparation or introduction. As such, I took it for about a week at the commencement of my stay at Graefenberg; but I found the cold bath much preferable. It is more honest and more comfortable.

THE VANNE.

The word Vanne (pronounced as two syllables) is Teutonic for *tub*, and signifies the cold plunge bath. There are two of these in the saloon building, one for men and the other for women; they are large, round tubs, eight or ten feet in diameter, and about four feet in depth. Pure, cold spring water, brought down from the mountain through wooden pipes, constantly flows into these baths and keeps them full. All the baths at Graefenberg are supplied in this manner.

Every house at Graefenberg is furnished with one of these Brobdinagian tubs.

With the exception of the first week, as before expected, I always took the plunge bath on coming out of the wet sheet, and never at any other time. When I had lain for an hour in the wet sheet, and had become thoroughly warm, Lorenz removed the superincumbent feather-bed, tied a dry sheet about my waist, to keep the blanket and hot wet sheet firmly about me, and put my straw slippers on my feet. In this costume I then descended two flights of stairs, threaded a dark passage, crossed a damp cellar, and entered my bath room in state, Lorenz accompanying me with a lantern. The floor of this apartment was often covered with ice and snow, and the temperature of the spring water in my tub, after its journey from the hoary mountain top, was of course tremendous. I threw off the smoking hot sheet and blanket, and resolutely took the plunge—feeling all the time very like a Spartan or a Russian. And well I might, for the shock was great, and the sudden change from the most genial heat to excessive cold by no means agreeable. At first I used to stand up and rub myself in the bath after the first plunge; but I found by experience that it was better to keep the body entirely under water for nearly a minute. Then the blood, which had been repelled from the surface by the first shock, soon returned, the painful sensation of intense cold disappeared, and I felt no inclination to hurry out of the bath. But as it is dangerous to remain in the water until the chilling sensation returns, I step out of the bath, Lorenz throws a dry sheet around me, and follows me to my room, where he rubs me till I am perfectly dry. I then dress, and go out to walk—whatever be the state of the weather; yea, verily, whatever be the state of the weather, be it hail, rain, or snow, sunshine or storm, plashing in the wet, battered by the tempest, or floundering in the snow-drift. Rough medicine no doubt, and yet much more bracing, hearty, and wholesome, than a close, dark bed-chamber, and an army of pill-boxes, draughts, electuaries, boluses, bottles, embrocations, plasters, blisters, and other nauseous instruments of exhaustion, relieved only by a few slices of sugared lemon, and enlivened by the dismal

drone of a snoring nurse-tender. Nevertheless, I will honestly confess that I always thought the plunge bath, as administered at Graefenberg, a somewhat nervous operation. While lying warm and snug in the wet sheet, it was fearful to anticipate that cold, cold bath, surrounded by ice and snow; and the sound of my badieniener's approaching footstep made me shiver. But the effect of the plunge bath after the wet sheet is wonderfully invigorating; and the pleasing excitement and glow which it produces fully compensate for the previous suffering. The wet sheet, followed according to circumstances by the cold plunge bath, or the shallow tepid bath, is the great instrumentality employed by Priessnitz in reducing and removing measles, small-pox, and all diseases attended with fever.

The Montrose Review mentions that a believer in the cold-water cure has been committed for trial, on a charge of having occasioned the death of a laborer named Smith, by causing him to be wrapped in cold wet sheets, as a remedy for a rheumatic fever under which he labored.—*N. Y. Paper.*

Suppose that now and then a person should be killed by an injudicious use of cold water, does that prove anything against the new method we advocate? Are there not every now and then persons killed by tobacco injections, tobacco ointments, bleeding, calomel, opium, &c., and unwarrantable surgical operations, physicians themselves being the witnesses?

There is one great difference, however, between water and drugs as remedial agents. It is this: Drugs always necessarily cause in the human system *a certain amount of harm*. Even in their most favorable action such is always inevitably the result. But water, composing as it does about nine-tenths of the living body in its best health, judiciously administered, *can cause no harm*. It leaves no sting behind.

TESTIMONY OF THE SHAKERS OF NEW
LEBANON, NEW-YORK.

SCROFULA, CATARRH, FEVERS, DYSPEPSIA,
CONSUMPTION, &c.

New Lebanon, March 5th, 1847.

RESPECTED FRIEND:—Agreeably to your request I herewith transmit to you a brief sketch of the most prominent cases of *Water-Cure* that we have experienced in our Society.

We do not wish to have it understood that we have as yet given it more than a partial and limited trial, although we can safely say it has gradually been gaining in the estimation of the Society from the first of its application amongst us.

The first case treated amongst us was of an obstinate scrofulous nature, which had for nearly twenty years resisted all medical remedies that could be applied in the old allopathic manner of practice.

The patient was a man of a very scrofulous habit from his infancy, had many sores upon the neck when about the age of fifteen or sixteen, was treated by the most skilful physicians, but with no other effect than giving temporary relief. Thus the patient continued with the disease shifting from place to place in the system, until about the age of twenty-eight years, at which the disease seemed mostly to concentrate in the head, and soon assumed the type of a most rigid catarrh, causing most powerful fetid discharges from the glands of the head, with almost continued sneezing at times, for hours together.

The bowels were constipated and wholly unnatural in their operation, being regulated only by means of medicines. Spirits greatly depressed, and life many times burdensome. Continued in this condition till June 23d, 1848, when, by mere accident, Claridge's work on *Water-Cure* fell into our hands, at which time the patient formed the resolution (as all other means for twenty years or more had failed) to try thoroughly this novel manner of removing disease, according to the best of his knowledge, with the aid of the above work on the practice of *Water-Cure*.

Commenced by drinking freely, and taking repeated head baths, and one mild douche a day, with thorough friction and

brisk exercise in the open air, and continued this mild application for about seven days; then commenced the lein-tuch, or wet sheet at night—continued in it till morning, keeping only comfortably warm through the night; at all times wearing a wet bandage upon the forehead while in the wet sheet. Now commenced showering and drinking freely when first rising from the wet sheet in the morning, with brisk exercise until breakfast time. At 10 or 11 o'clock, A. M., took a good strong douche, and generally one hip or sitz bath, and at the same time a foot bath, with bandage upon the head each day. Drank from twelve to fifteen glasses of water per day, mostly in the fore part. Continued this course without much deviation for a week, feeling quite improved. Took about four or five wet sheets per week, not always, however, remaining in them through the whole night. In the course of three or four weeks had two crises, though not very severe; several sores appeared upon the surface of the body. Continued this treatment with unabated perseverance, though the wet sheet was mostly omitted after the first fortnight, more for want of time and place to attend regularly to it, than for the reason that its powerful agency was not needed in the system.

But after four months' steady and persevering practice, there seemed to come one universal struggle in the system, between health and disease, which should have the pre-eminence; and by the steady use of the water, without any additional means whatever, health gained the ascendancy, and has to the present day been fully able to hold its conquest, supported only by the pure crystal stream when needed, without any of the collateral aid of drugs or medicines in any form, for which great thankfulness is, and ever will be, due on the part of the patient.

There have also been many cases amongst us where persons seemed violently attacked with fevers, which have invariably been thrown off by a seasonable and judicious application of water treatment, and in some cases the fever has been raging for several days, unimpeded by any medicine that could be given, and a few hours'

practice of simple water on the patient would entirely subdue the fever, and restore the patient to a comfortable condition.

Also many dyspeptic habits have been entirely removed after a short application of the water practice, when all other medical aid had failed. In short, there has been no case to our knowledge where the water practice has been judiciously applied, and the patient has been willing to persevere in the same, but what has been greatly benefited, if not entirely cured by this simple and natural mode of treatment.

In some families of our Society, where both males and females have mostly adopted the water treatment for all medical purposes, in the short space of two years, such families have made great advancement on the side of health, and almost a universal omission of the use of drugs or medicines of any kind, other than pure soft water.

There has been also one case where a female, as some thought, was far gone in a seated consumption, and by the simple application of water was in less than one year restored to perfect health. Also various kinds of kidney complaints have been entirely cured or greatly benefited, when all other means had failed, and the patient had given up all hope of recovery. — *Water-Cure in America.*

DIALOGUE ON SMOKING.

“No, my dear Mr. Smashpipes, I am sure you are ruining your health, smoking and smoking, as you do all the time. I never saw anything like it in my life.”

“Bless me, my love! What’s the matter now? You talk as if you never saw a segar before!”

“No, I don’t mean that; but I really think you do carry it to excess.”

“Really, Mrs. S., you don’t mean to insinuate I puff too much?”

“Indeed I do—you are getting to be nothing but a perambulating old smoke-house.”

“Well, madam?”

“And you’ll certainly kill yourself the way you’re—”

“Now, my dear, don’t go off into a whine; you’re mistaken; bless your jolly old heart, I don’t think I’m unreasonable about it.”

“Well, I do, and every one else does. It’s nothing but smoke, smoke, smoke, from morning till night and from night till morning, and if you don’t call that excess I don’t know what is.”

“N-o-w—m-y—d-e-a-r! don’t take on so. I tell you I don’t smoke to excess.”

“And I—say—you—do!”

“Why, I only smoke twenty-five or thirty a day.”

“Twenty-five or thirty!”

“That’s all.”

“My stars and ga—iters! And you don’t call that smoking to excess?”

“No.”

“Well, Mr. Smashpipes, perhaps you’ll tell me what you do consider smoking to excess?”

“Certainly, my love.”

“I’m listening.”

“Well, I think a man may be said to smoke too much when—”

“Well, what?”

“Why, when he smokes two segars at once!”—*Buffalo Courier.*

PUBLIC WASH-HOUSES.

There is a plan on foot for introducing into this city a class of establishments which have proved of singular benefit in Liverpool, where they are called wash-houses for the poor. At those places a poor woman, for an English penny, about two cents of our money, is allowed to wash and dry the clothes of her family. The apartments are sufficiently spacious and airy for this purpose, and every accommodation is provided. The importance of such establishments can hardly be estimated. The apartments of the laboring class are far more comfortable and healthy in consequence, to say nothing of the saving of their means; the laborer comes home at night to a dry chamber instead of a close and wet room reeking with vapor.

Connected with these wash-houses are baths, where for a trifle, the poorest are admitted; large baths are also provided for the pupils of the public schools, of such size as to allow of the healthful

exercise of swimming. In all these establishments something is paid, and the resort to them is so great that the receipts suffice for the expenditures.

There is no city in the world where greater facilities exist for founding such establishments at a moderate expense than in ours, and no greater service can be done to persons in necessitous circumstances than to give them the opportunity of preserving perfect cleanliness in their persons and clothing. Those who feel an interest in the undertaking to which we have referred, and who are inclined to take part in setting it in motion, are requested to leave their names at the office of this paper, in order that notices may be sent them of a meeting to make arrangements for the purpose.—*New York Evening Post*.

ENGLISH BEAUTY.

With a strong prepossession in favor of English beauty, and a notion that such an occasion as that of the drawing-room would afford a fine field for the display of it, we must confess to have been disappointed in our search. Very few of the ladies we saw were more than comely; a large proportion fell behind even that. One beautiful woman there was, whom we were led to suppose to be the Marchioness of Duro, though we could not ascertain it. We were told that that lady, daughter-in-law of the Duke of Wellington, and the Duchess of Argyle, daughter of the Duchess of Sutherland, were the only conspicuously beautiful women at court. Neither among the common people in the streets of London, nor in the country towns, did we observe the fresh complexion and buxom air which we had been taught to expect. Low-life beauty seems to have been spoiled by factories; and if there was rural beauty we did not see it. Pretty children one sees in abundance everywhere—and so nicely kept! It seems to us that nobody knows so well how to care for the physique of children as the English. They feed them with the simplest possible food, and are astonished when they hear that our young folks share the rich, heavy, high-seasoned dishes of their parents. Oatmeal porridge is considered a suitable breakfast for infant

royalty itself; and a simple dinner at one o'clock, the proper thing for children whose parents dine sumptuously at seven. Exercise is considered one of the necessities of life; and a daily walk or ride (not drive) in the fresh air the proper form of it. It might be superfluous to notice anything so obvious, if it were not that so many people in good circumstances with us neglect this, and keep their children immured in nurseries, or cooped up in school-rooms, with no thought of exercise in the open air, as a daily requisite. We wish nothing so much for these benighted parents, as that they should once become acquainted with the habits and principles of a well-ordered English nursery. A reform in that quarter is much needed among us, and we know of no people so well able to be our instructors as the English, who have certainly brought the nursery system to great perfection, both as respects the comfort and advantage of the parents and children.—*Mrs. Kirkland's Union Magazine*.

ISOPATHY—NEW METHOD OF CURING DISEASES.

If the art of healing has made little progress since Hippocrates, who lived twenty-three centuries since, it must be attributed to the obstinacy of nature, but it is not at all the fault of the doctors, who in all times have accomplished prodigies of imagination in opening new paths by which to reach the end of knowledge. Our epoch, more than any other, has been fruitful in original systems in the medical domain. Germany has sent us a new one, which is called Isopathy.

Isopathy consists in applying to the diseased organ the same organ borrowed from an animal in full health. Examples will render the definition more clear. If the disease is on the lungs, the lungs of a sheep are placed on the breast of the patient; if it is the liver or heart which suffers, they place on the diseased part a heart or liver of an ox; if the hearing is affected, Isopathy makes you a night-cap trimmed with the ears of a calf!

This may at first seem singular, and yet nothing is more real than this system! It has been much talked about—fame has

seized upon it, the learned discuss it, the academies examine it, numerous experiments of it have been made in Germany, and there is always found at Paris, in all professions, a crowd of ambitious men who hold themselves upon the watch for discoveries, with the hope of making, by the aid of new systems, a fortune which they have not been able to realize by the old methods. We number already several Paris doctors who have hastened to proclaim themselves Isopathists.—*Courier des Etats Unis.*

HYDROPATHY.

Peruville, Tompkins Co., N. Y.

MESSRS. FOWLERS & WELLS :—I am a regular built M.D.—a graduate of the Berkshire Medical School—a pupil of Professor Willard Parker, of your city, and of the Hon. H. H. Childs, M.D., of Pittsfield, Mass.—educated, of course, according to the strictest sect of Allopathy, and for sixteen years a practitioner of that school. But a change has come over the spirit of my dreams. I have been guilty of independent thought. In my investigations I have ventured to step out of the circle marked out by high medical authority, and have become a convert to HYDROPATHY. An acquaintance with the treatment pursued at the Glen Haven Water-Cure and its success, with a careful perusal of several works on the Hydropathic treatment of diseases, has done the business for me; and I now have as much zeal in the promotion of the WATER-CURE SYSTEM of practice as I formerly had in advocating the peculiar merits of phlebotomy, calomel, antimony, and other means of human butchery; and I believe it to be a zeal altogether more in accordance with KNOWLEDGE.

I have not had an opportunity of becoming acquainted with the Water-Cure Journal, but have seen favorable notices of it. Will you send me a few numbers as specimens? If it is what I suppose it to be, I will become a subscriber for the next volume, (I suppose the volume commences the first of January,) and if you will give me permission I will endeavor to procure you other subscribers, as I pro-

pose to spend some time during the winter in lecturing on the laws of health and the Hydropathic treatment of disease.

Yours truly,

J. H. STEDMAN, M. D.

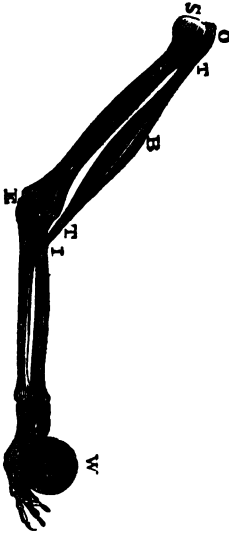
MOST ASSUREDLY, friend Stedman—glad to take you by the hand. We always find, where “INDEPENDENT THOUGHT” prevails, that “KNOWLEDGE” triumphs. This Hydropathic system is destined to become one of the great reformatory measures of the nineteenth century. Your labors cannot fail to be productive of great good to man. Let us hear from you frequently.—*American Phrenological Journal.*

PHYSIOLOGY AND ANATOMY OF THE HUMAN BODY. NO. II.

THE MUSCLES—THEIR NECESSITY, STRUCTURE, FORMATION AND EXERCISE.

THIS beautiful structure of bones and joints, every way so perfectly adapted to serve as a foundation for the motive apparatus, would be as inert as so many sticks but for something like ropes and pulleys to put them in motion. These means are supplied by muscles. They lie beneath the skin, upon and around the bones, and constitute the red meat of animals and man. Every human being is endowed with some 527, of all required shapes and sizes, exactly adapted to produce those innumerable and most powerful motions of which man is capable. They overlap, underlay, and interweave each other in all conceivable ways, and are inclosed in a smooth peritoneal membrane, which allows them to slide upon each other without friction, else their powerful contraction would soon wear them into shreds. They are composed of innumerable strings or fibres bound together into one common bundle, the contracting or shortening of which results in motion. Indeed, this contractile power constitutes their sole function, and is effected by an expenditure of vital force. And as one end of these several muscles is attached to one bone, and the other to another, across a joint, this contraction moves one or the other of these bones, and of course pro-

duces motion. This is illustrated more fully in the accompanying engraving and description.



THE MUSCLES OF THE ARM.

The figure represents the bones of the arm and hand, having all the soft parts dissected off, except one muscle, O B I, of which the function is to bend the arm. O, the origin of the muscle. B, the belly. I, the insertion. T T, the tendons. S, the shoulder-joint. E, the elbow. When the belly contracts, the lower extremity of the muscle I is brought nearer to the origin or fixed point O, and by thus bending the arm at the elbow-joint, raises up the weight W, placed in the hand.

These muscles are largest in the middle—the part which contracts and tapers off into tendons—those strong cords seen in the wrists, back of the hands, insteps, and above the heels, so that many muscles may be attached to a single bone, else the size of the bones must have been bunglingly large. The strength of these cords is tested by hanging slaughtered animals up on sticks thrust under these tendons, and also by the tenacity with which they adhere to the bones, as well as by our ability to stand on one foot and toss the body about by one of these tendons—that of Achilles at the heel. Their attachment is formed on processes or ridges in the bones, or on their heads near joints, which processes are the larger the more powerful the muscles.

Single motions are generally effected by the contraction of individual muscles. But most of our motions are compounds of

several, effected by many bones, joints, and muscles, acting in concert. Thus the simple lifting of the hand to the head is effected by the combined motions of the wrist, elbow, and shoulder; and in walking, apparently so easy, nearly all the muscles and bones of the body are brought into requisition; so much so that even the tying of the hands greatly impedes it.

Many of the motions of the body, as climbing, leaping, lifting, etc., require the concerted as well as powerful action of every muscle of the body.

Some of these muscles, and their manner of producing their respective motions, are seen in the accompanying engraving and description copied from Combe's Physiology.



MUSCULAR SKELETON.

“To understand the uses of the various muscles, the reader has only to bear in mind that the object of muscular construction is simply to bring the two ends of the

muscle and the parts to which they are attached nearer to each other, the more moveable being always carried towards the more fixed point. Thus, when the sternomastoid muscle *f g* contracts, its extremities approximate, and the head, being the moveable point, is pulled down and turned to one side. This may be easily seen in the living subject, the muscle being not less conspicuous, than beautiful in its outline. Again, when the powerful rectus or straight muscle *b* on the front of the thigh contracts with force, as in the act of kicking, its lower end, attached to the knee-pan and leg, tends to approximate to the upper or more fixed point, and pulls the leg strongly forwards. This occurs also in walking. But when the sartorius, or tailor's muscle, *c*, is put in action, its course being oblique, the movement of the leg is in a cross direction, like that in which tailors sit; and hence the name sartorius.

"Another variety of effect occurs, when, as in the rectus or straight muscle of the belly *i i*, sometimes one end and sometimes both are the fixed points. When the lower end is fixed, the muscle bends the body forward, and pulls down the bones of the chest. When, as more rarely happens, the lower end is the moveable point, the effect is to bring forward and raise the pelvis and inferior extremities; and, when both ends are immovable, the contraction of the muscle tends to compress and diminish the size of the cavity of the belly, and thus not only assists the natural evacuations, but co-operates in the function of respiration.

"In contemplating this arrangement it is impossible not to be struck with the consummate skill with which every act of every organ is turned to account. When the chest is expanded by a full inspiration, the bowels are pushed downwards and forwards to make way for the lungs; when the air is again expelled, and the cavity of the chest diminished, the very muscles *i i*, which effect this by pulling down the ribs, contract upon the bowels also, pushing them upwards and inwards, as can be plainly perceived by any one who attends to his own breathing. By this contrivance, a gentle and constant impulse is given to

the stomach and bowels, which is of great importance to them in contributing to digestion, and in propelling their contents; and one cause of the costiveness with which sedentary people are so habitually annoyed, is the diminution of this natural motion in consequence of bodily inactivity."

THE POWER OF THE MUSCULAR SYSTEM.

The number, variety, and power of the motions capable of being produced by these muscles are indeed most wonderful, as all have seen and experienced. They enable us to climb the lofty tree, and even the smooth pole of liberty; to mount the towering mast, and not only support ourselves in the rigging of the ship, but to put forth great muscular exertion while she is tossing and rolling, and that in the midst of the hurricane. Standing upon our feet, we can toss our bodies, weighing from 100 to 200 pounds, several feet upwards and forwards, and in all directions for many hours in succession, as in dancing and the circus. Or we can transport it fifty or sixty miles between sun and sun, and even carry many pounds' weight upon our backs. Or we can chase down the fleetest animal that runs. Or we can labor briskly every day, for scores of years. Or we can lift and carry several times our own weight. Or we can accomplish a multiplicity of powerful and protracted bodily exertions, and do a variety and amount of things almost without end.

NEW-YORK, FEBRUARY, 1849.

WHAT A WATER ESTABLISHMENT SHOULD BE.

There cannot, we think, be the best water establishments, until they are made very different from what they now are. A place for water treatment should be, we hold, *pre-eminently one of work*. *Work*, that is, actual labor with the body which God has given us, is one of the most essential parts of the water treatment, so called.

A water establishment, then, should be situated in a healthy location, (not necessarily among the mountains, and Pries-

nitz himself does not say, as he has been quoted, "man must have mountains,") and there should be a farm connected with it, and also shops in which various branches of industry could be practised. But, says one, we have now in the establishments opportunities enough for exercise, as by walking, rolling ten-pins, &c., &c. But we ask, are these things satisfying to the mind? Does not every one who exercises, *merely for the exercise*, feel often that it is a lazy kind of life, and as if in such practices they were doing for humanity nothing? Do such persons persevere? Certainly not, and for the reasons that these modes of exercise becomes dull by their sameness, and are in their very nature unsatisfying to the mind.

It is natural for human beings to have pay for their labor. There is wood to saw, and other matters of labor about our establishments to do, by which patients could often benefit themselves; but the thought comes into the mind, "I am paying for my board and treatment; why then should I work for nothing?" This is human nature, and so the work is not done. But suppose there was connected with the place a farm, work-shops, &c., and that for every hour's labor which the patient chose, or was able to perform, he was credited the full and fair value of that labor? How different would the thing then be. The man would say to himself, "Now I know what I am working for;" and there would be, too, the satisfaction of the mind that the day was not spent in idleness, but to some good end. Especially, if it were made fashionable and honorable to labor, as it should be, how much better and faster would patients become cured; so powerful is actual labor with the hands for good.

Ladies, be it remembered, also should have equal opportunities for labor, and that in the open air. They should not, it

is true, be made to endure the heat and burden of the day, as is the case in parts of Germany, and some other countries. But, under proper regulations, for females to have an opportunity of out-door labor, would be one of the best possible means in the restoration and preservation of health.

Another advantage would be gained in establishments of this kind. As the prices are now necessarily high, very few persons can enter water establishments. Many, too, who do go for a time, have not, and cannot possibly obtain, the means of keeping on long enough in the cure to obtain much benefit. Every practitioner will often find this a great hindrance to his patients. But in a well organized establishment of the kind we have described, many could in part pay their way, others wholly so. There is no mistake about this matter, if a sufficient amount of capital could be brought to bear, and if everything were properly managed. Were there good institutions of this kind in our country, how many could go to them who now cannot.

It is always true that all reforms are at first hard, up-hill work. Wealthy men care not for reforms, and look only to immediate speculation in the use of their money.

So it is with us workers in water reform; we must work with such means as God gives us. We must do under the circumstances what we *can*, and not what we *would*, and so get on as we best can. If we labor faithfully, honestly, our work will not die.

FEMALE PHYSICIANS.—A school has been recently established in Boston in which females are educated for the medical profession. This new move in the medical world meets our decided approval. Success to it.—*Providence Transcript*.

MASTURBATION—ITS CONSEQUENCES.

Below I give extracts from the letter of a young gentleman whose health was nearly ruined by that terrible vice, masturbation; and, at the request of Dr. Shew, my answer in full.

I apprehend there are thousands, yes, tens of thousands, at this moment who are groaning under diseases of various kinds, which originated in this solitary vice, and yet remain ignorant of the true cause. For the benefit of the miserable ones who have thus departed from the path of virtue and health, I should be glad to publish the whole letter; but, regarding the feelings of the writer, refrain from doing so.

After telling of the many bleedings, blisters, emetics, pills, setons, and sweats he had, without much benefit, received at the hands of the doctors for the relief of a constant pain in the head, he says: "I obtained a little work published by Messrs. Fowlers & Wells, the title of which is 'Amativeness;' in which I learned that masturbation was the true cause of all my suffering. I abandoned the vile practice at once, and have not indulged in it since; but the effect of my former bad habits was involuntary nocturnal emissions, which occur about once a week. * * * * My stomach is very weak; and food distresses me much. In health my weight is about 140 pounds, but now it is but 112 pounds. I have a great deal of pain in the small of my back, hips, and limbs. If you think you can help me, please write immediately, and if I can find a friend who will help me to the means, as I am poor, and have used up my hard-earned wages in doctoring to no good effect, I will visit your institution immediately, and place myself under your care."

FRIEND — :—Dr. Shew being very busily engaged at present, handed me thy

letter to answer. Having studied with him some time, and witnessed his treatment in many cases similar to thine, I am rendered more competent to tell his course of treatment.

Thy disease is one that requires immediate attention, and *unfaltering perseverance*. Never give up,—be *determined to conquer*, and I am almost sure thou wilt succeed. It would be better for thee, on many accounts, to come to the establishment. Here thou wouldst be more free from care, and away from temptation. I can, however, advise a treatment, which, if *conscientiously* followed at home, will result in great benefit.

Treatment.—Arise early—at least two hours before breakfast; from a pail of soft water, which should stand by thy bedside, wring a sheet just so much that it will not drip—envelope thyself, and rub very thoroughly, especially the loins and hips, about three minutes, (it would be better for an assistant to rub *over* the sheet, not *with* it,) then use a dry sheet in the same manner, till the surface is dry. After this drink a tumbler of water, and exercise out of doors till breakfast if thy strength will admit.

Two hours before dinner go through with the same treatment as in the morning, with the addition of a sitting bath of five minutes' duration. A small wash-tub with sufficient water to reach within two inches of the umbilicus, answers very well.

The same treatment two hours before supper as in the forenoon. Just before retiring for the night another sitting bath should be taken.

Retire at nine P. M., or before. If the bathing water should be so cold as to cause shivering that brisk exercise will not overcome, moderate the temperature a little—not without.

Probably the best times for thy food to be taken are six, twelve, and six. The


government of thy appetite is a very important point in thy treatment. I have known young men to falter from a strict course of diet. I would recommend thee to abstain entirely from sugar, salt, and all kinds of spices; in a word, anything which creates inward feverishness should not be taken into the stomach. Abstain from animal food, except a half tumbler of milk at a meal, if desired. If this seems too much of a "cross," perhaps an egg in the morning, slightly boiled, may do no harm.

Let thy food be mostly composed of unbolted wheat bread, rye and wheat mush, cracked wheat, vegetables, and ripe fruit. Corn meal may be used in various forms, if thoroughly cooked. Do not think this diet is so plain that there will be no danger of eating too much. Many have learned, by experience, that they were mistaken in this matter; also that several kinds of food might with impunity be taken at a meal. The fewer kinds at one time the better.

Let thy clothing be thin as possible, and yet be comfortable. Refrain from wearing woolen next the skin. Sleep upon a straw mattress and straw pillow; and see that the apartment is well ventilated. Avoid very warm rooms as thou wouldst a pestilence.

If thy feet should incline to be cold, plunge them in cold water at any time when they are quite warm, rub them thoroughly three or four minutes, then wipe them dry, and walk. This may be done several times during the day, providing they soon become warm after it.

Thine, truly,
S. ROGERS.

 The board of education, in Syracuse, New York, have adopted a resolution, that no man who uses tobacco, or alcoholic drinks, shall be employed as a teacher, and the common council have formally ratified it.

A DISEASE WITHOUT A NAME.

Miss H—S—, aged 35, of Buffalo, N. Y., was brought to my establishment in September, 1847. She had been an invalid for more than twelve years, most of the time confined to her room; and for the last seven years she had been obliged to keep the bed, unable even to sit up to have her bed made, without assistance. It would be impossible to give her complaint a name according to any known system of nosology; for, in truth, she had all the symptoms which form the diagnosis of half-a-dozen diseases. Her condition, however, was as follows: an enlarged liver; indigestion, with all its train of nervous feelings and morbid secretions; constipation, acid stomach, heart-burn, acrid eructations, flatulence, constant sensation of "goneness" at the pit of the stomach, and incessant craving for food. There was extreme relaxation of the whole muscular system, and a general bloating, or puffiness of the entire body. Consequent on this muscular debility was a bad retroversion of the uterus; the lower bowel was also affected with a severe *prolapsus*, the result of drastic cathartics, which had been administered with much more potency than discretion. Spinal irritation—some doctors called it "the spinal complaint," was among her many maladies; the circulation was feeble; the brain constantly liable to congestion, "rush of blood," &c., while the extremities were inclined to coldness. Indeed, the patient, though the weather was warm, complained of continual coldness over the whole body; to obviate which she had long been in the habit of bundling up in feathers and flannels, and excluding the fresh air as much as possible. Her complication of ills had been experimented upon by all kinds of regular and irregular doctors, from which she had "suffered some," and she had, unadvised-

ly, tried a pretty extensive list of the advertised cure-alls. To all appearance she was as unpromising a case as I ever undertook to manage.

The treatment, at first, consisted of rubbing the body with a cold wet cloth, followed by gentle dry friction in the morning; at 11 A. M. a gentle douche for a minute or two; part of the time preceded by the wet sheet packing for about one hour; and usually two sitz baths and a foot bath in the afternoon and evening. Her diet was mainly brown bread, and crackers of unbolted flour, cracked wheat, and a moderate allowance of vegetables and ripe fruits—chiefly potatoes and apples: she was allowed a small quantity of lean flesh-meat once a day. At the end of one month she was able to walk about the house, and sit up, without support, one or two hours. The muscular system had become more contractile; yet the distressing dyspeptic symptoms were not materially relieved.

She was then put on a stricter regimen. Animal food of every kind was dispensed with; the diet being principally cracked wheat, brown bread, or crackers, and unleavened wheat-meal cakes, with a little fruit. She seldom used but one of these articles of food at a meal. The general treatment thenceforward, was the rubbing wet sheet in the morning; packing in the forenoon; the douche on the spine occasionally, when she felt the greatest ability to endure it, with sitz and foot bath, one, two, or three daily. This plan was pursued, with slight modifications, occasionally omitting treatment a day or two, for several months. No distinct crisis ever occurred, but the improvement, though slow, was manifest. Occasionally the patient would have desponding moods, and appear to doubt whether she was really getting better or worse; sometimes even declaring

to her physician and others, that she was "going down hill." These desponding and complaining moods are, according to my experience, common enough in every severe case of chronic disease treated and cured at water establishments. Yet the patient persevered, as much probably, half the time, from utter despair of every other system as absolute hope in this.

The final result was that she left my establishment for home, in June last, well. Her appetite was natural, digestion good, and her strength sufficient for a walk of several miles, without fatigue. I learned, a few days since, that her health still continues good.

R. T. TRALL, M.D.

New-York, 15 Laight st., Nov., 1848.

NOTICES OF WATER-CURE ESTABLISHMENTS.

GREENWOOD SPRINGS, at Cuba, }
Alleghany Co., N. Y. }

P. H. HAYES, M.D., (a genuine not assumed M.D.) is established permanently at this place. Our old friend, Dr. Gleason, who was two years at Cuba, tells us the water is abundant and good—the scenery beautiful, and the climate healthful. Tea, coffee, and tobacco have no place in this establishment; and, what is not always the case with water-cure practitioners and their wives, Doctor and Mrs. Hayes carry out in practice the precepts they hold forth. Think of a water-doctor drinking strong tea and coffee, (by the way, nobody drinks these things *strong*—so they say,) and then tells his patients these things are not good for them; and think too of a water-doctor smoking continually his segars, and becoming so *wheezy* that he can scarcely get up hill. To say the least, such practitioners dare not follow the example of the great Priessnitz, leader of us all.

Doctor Hayes and lady, we are assured,

are, in all respects, good and faithful workers in the water cause. This concern is open at all seasons of the year.

GLEN-HAVEN, *Scott,* }
Cayuga Co., N. Y. }

We have before spoken in commendation of this retreat. It is beautifully located at the head of Skanateles lake; is of easy access from Syracuse, Auburn, Skanateles, etc.; and being sheltered from the north and west winds, it is well calculated for winter treatment. Large portions of interior and western New-York have always been subject to fevers of various types, especially the intermittent. The region around this lake, however, being very uneven and hilly, mountainous almost, and well watered, has been always free from prevailing attacks of this kind—so we are told. This concern is well patronized; and, under the faithful and unremitting care of DOCTOR GLEASON and lady, it cannot but prosper well.

MRS. PAULINA S. WRIGHT'S LECTURES TO LADIES.—We often hear good reports concerning the lectures of this lady in the New-England towns. We therefore again take the liberty of bespeaking the attention of ladies generally, who may have the opportunity of receiving instruction from our friend, Mrs. Wright. She is well qualified, as regards both experience and knowledge, to instruct in the various matters pertaining to health. She is assisted by MRS. OLIVER JOHNSON, who has also given much attention to the subjects of which Mrs. Wright treats.

A SENSIBLE GIRL.

Millard Fillmore, Comptroller of the State of New York, and Vice President elect, has a daughter, a scholar at the State Normal School, Albany, who is qualifying herself to be a teacher of Common Schools.

REVIEWS.

GUIDE TO HEALTH AND LONG LIFE: OR WHAT TO EAT, DRINK, AND AVOID; *what Exercise to take, how to control and regulate the Passions and appetites; and on the General Conduct of Life, whereby Health may be secured, and a happy and comfortable old age attained; that at last, when our career is concluded, we may,*

"Like ripe fruit, drop
 Into our Mother's lap, or be with ease
 Gathered, not harshly plucked"—MILTON.

To which is added, a Popular Exposition of Liebig's Theory of Life, Health and Disease.
 BY ROBERT JAMES CULVERWELL, M.D. Re-
 published by J. S. Redfield, New York.*

Surely there is no need of people's becoming sick now-a-days, if NUMBERS of health books could prevent such an occurrence. The above is a very cheap work, at least so far as amount of matter and manufacture are concerned. But there is a manifest injustice in publishing it as if it were an original American work, whereas it is a reprint from an English edition. This kind of dishonesty is practised on both sides the Atlantic; but two wrongs never make a right. Moreover, this book, like thousands of others, has been stolen; for an author's literary labor is as much his own, as the corn and potatoes of the farmer are his; and the taking of the former without a remuneration is as unjust, as to take the latter in like way. When American law-makers learn better what is for their real interest in literary matters, booksellers will be under the necessity of paying for the copy-rights of the works they publish. Pay American genius, and then she will work—not without.

The above "Guide" contains many hints that are good. It opposes the common notion, *that the whiter bread is the better,* and states correctly, *that a man cannot long subsist on superfine bread alone; and that bread containing the bran of the grain is in reality the most nutritious.*

* For sale by Fowlers & Wells, 131 Nassau st. N. Y. Mailable, price 25 cents.

Its recommendation of tea and coffee, in moderation, we could not of course agree with; and the assertion that "*we see every day, individuals to whom water alone is a provocative to numerous uncomfortable, and indeed insupportable sensations,*" certainly cannot hold good, except where "water, the best thing," is abused. Thus if in a feeble, debilitated stomach, which has been scalded and irritated every day for half a century with hot tea, coffee, and the like, cold water be introduced, it is no wonder that a commotion ensues. A child gets many a knock before it can walk. So people who are not accustomed to drinking cold water must begin gradually at first; and if it be, as it should always be, *pure and soft*, they will soon find that

"Nothing like the simple element dilutes
The food, or gives chyle so soon to flow."

But to close this hasty criticism—we like, very much, this author's strong disapprobation of smoking and chewing tobacco, and a great many other abominable habits that are practised generally. Notwithstanding its errors, the work is a very interesting one, and will well repay a perusal. We quote the following article on "Cold Bathing," which closes the work:—

This work being professedly "A Guide to Health," it would be very incomplete, having introduced the subject of warm bathing, did I not say a word or two on its friendly antagonist, cold bathing; for, strange to say, although apparently of such a dissimilar nature, its tendency and usefulness are the same. "The Cold-Water Cure" has made a great stir in the world; and it is ridiculous to suppose, notwithstanding the prejudices against it among certain medical men and others who know nothing about it, that it is a mere chimera, when thousands of people recover and live to tell of the immense service it has rendered them. No matter whether the cure has been effected by temperate living and by country exercise, certain it is, invalids who have employed cold bathing in conjunction, as far as they can judge

by their own feelings, and as far as observers can declare from personal knowledge—certain that it is cold bathing, either local or general, is a highly important remedy, and that by its means the parties in question have got well. Physic, without the observance of careful living, exercise, and fresh air, and other such adjuncts, would do very little alone; but the credit is usually given to the medicine, and why should not the bath be as fairly treated? *The cold shower bath, the douche bath*, where a large stream of cold water is forcibly directed to particular parts of the body, have severally their patrons. *The sitz bath*, similar to the common hip bath, but not so deep, is really a great agent in diseases of the pelvic viscera, or organs contained in the lower part of the abdomen, and in nervous affections, pains, and debility of the neighboring structures, female complaints, &c. *The cold plunge bath*, although taken, perhaps, more for pastime than health, yields both. Mark the color and glow of the bather after a jump-in, a short swim, and a quick dressing;—consult his feelings the remainder of the day, and he will tell you the bath strengthens him, cheers his spirits, gives him a freshness of feeling unattainable by any other means; that, in fact, he longs for the next morning to give him his next immersion. Why do people congregate by the sea-side and there venture among the sportive waves, allowing the foaming sea to engulf them, were they not convinced they derived benefit from the practice? Young and old, after a sojourn, even though it be brief, at the coast, return home renovated and replenished with healthful and happy looks, and the majority will speak with rapture of the benefits of sea-bathing. Indeed, the fact is incontrovertible. Of course, cold bathing, in all its forms, requires some little prudence in its indulgence. It is not wise to remain in too long, nor can it be done with impunity any more than in the warm bath, (two errors of frequent happening,) and therefore certain rules should be observed as a guidance; for instance, except an immediate reaction follows the immersion, the shock of the bath leaves behind a chill which may end in a severe cold, or establish rheumatism, or set up fever or general irritability, and it may thereby weaken instead of strengthening the bather. It is therefore prudent to jump in, move about for a couple of minutes, come out and dress, and then walk about to keep up the excitement. The best time for bathing is the morning, either before or after breakfast—before, if strong enough, or an hour after breakfast, if the former time prove not so salutary. Cold bathing tells its effects very speedily; if it disagree, the sensations will bespeak as much; if on the contrary, the desire to repeat it will predominate. The bath should never be taken on a

full stomach; and it is unwise to compel young people to bathe against their inclinations. Diffidence may be overcome, but dread, if defied, may produce illness. Bathers must in all instances be guided by their own feelings when and how often they may take the baths; but they may safely venture every or every other morning. The cold shower bath may be taken every morning all the year round, and some people take the same evenings also, and with benefit. The sitz and douche had better be taken under medical guidance. The temperature (for that varies, owing to weather, situation, &c.) must be studied. Some weak systems cannot command a wholesome and prompt reaction from a very cold bath, and therefore the bath should be changed for a tepid; but the ordinary cold bath in the summer season, as at the sea, is about the most agreeable and safe. In conclusion, cold water, whether in tub, stream, or sea, is one of those beneficent gifts Nature has bestowed on man for his own use, and, if employed with careful consideration, affords the end in view—universal good,—and cannot but elicit from every thankful mind the homage and gratitude due to the great and benevolent Author of its source.

Errors of Physicians and others in the Practice of the Water-Cure, as a remedial agent in the Prevention and Cure of Diseases; with instructions for its proper application. By J. H. RAUSSE. Translated from the German by Dr. C. H. MEEKER. Fowlers & Wells, 131 Nassau street, New-York. Mailable, price 25 cents.

We have not had time to read this book thoroughly,—scarcely more, in fact, than merely to glance at its index and a few of its pages. Dr. Rausse's works stand high in Germany, and this one, we may safely say, contains much information that is valuable and interesting. But it is proper to mention that one or more of this author's works have been interdicted by the Austrian government, that is, no one is allowed to take them at all into the said dominions. The reason of this, we were told at Graefenberg, was that Dr. Rausse had made some unjust criticisms on Priessnitz's practice. We notice in the work the assertion, that even the most celebrated water-doctor (referring to Priessnitz) cures this class of

diseases (dysentery and the like) less successfully and radically, than all the other water-physicians. That is an assertion which we should not like to make. In fact, it has no truth at all in it—so we believe; and we have been at Graefenberg long enough, we think, to know something about the matter.

We give from Dr. Rausse's work the following specimen concerning the use of clysters:—

“Clysters find, with the different water-doctors, a very different application. Some practitioners prescribe clysters only during the period of constipation, and of acute diarrhœa; others again also in many other states of disease.

A. We need here say but little upon the employment of clysters in constipation, inasmuch as ALL water physicians agree upon this point, and because the expediency of them cannot but be evident to the non-professional also.

B. The beneficial effect of clysters, in acute and critical diarrhœa, appears not to be obvious to many of the non-professional upon the first glance. The clysters promote the evacuations; how then can it be salutary to administer clysters in diarrhœas, where there is already too much evacuation without them? This objection has oftentimes been started, even by the mediciners; it is very easy to answer. In every acute and critical diarrhœa, the organism labors to remove from the bowels heterogeneous matters, (matters of disease,) which are frequently of acrid and corrosive, frequently of putrid nature. To this purpose, the bowels secrete from their glands and other vessels an abnormal quantity of fluidity, in order by means thereof to carry off the matters of disease, and cleanse themselves from them. It is very evident that it must be salutary and curative to sustain, through the aid of water, this health-restoring endeavor of the body. The water that is drank, is absorbed partly in the stomach, and still more in the small bowels, and does not at all arrive in the rectum, the last of the large bowels; thither the water can be brought only by means of the clyster. The truth of my theory is strikingly supported by the corporeal perceptions and instinct of the man. In the critical diarrhœas of the water-cure, as well as also in many acute diarrhœas, a violent burning and pain announces itself in the rectum. These tormenting sensations are produced by the secreted acrid matters of disease; somewhat of these matters remains behind in the

folds of the rectum. The water-clysters mitigate these pains immediately in the first moment of their application, and by repetition remove them entirely. They are an indescribable refreshment in these diseases; they attenuate and qualify the acrid matters, under which the organism, without help of water, oftentimes sinks, and they promote their excretion; if once used, they are demanded in the most decided manner by the instinct. When, for instance, a dysentery-patient, who has not yet through medicinal treatment been brought into the last torpid condition of the disease, and who consequently still has copious evacuations, has taken a clyster, he most earnestly desires more. I have had experience of this with dysentery-patients, of every age and sex. In other acute diarrhœas, in the cholera, and most particularly in the critical diarrhœas in the water-cure, it is likewise the same; especially in the latter, one frequently experiences a kind of intense thirst for clysters in the rectum, which sometimes demand more than twelve lavements in twenty four hours. There are many water-cure establishments, in which vomiting and evacuating-crises are something very rare, because the directing physicians do not understand the right administration of the water in stomach and abdominal diseases. This is quite decidedly the weakest side of most establishments. Notwithstanding this, the effect of the water-cure in dyspeptic complaints, even in badly advised establishments, is without any comparison more salutary than that of all medicinal means and remedies taken together.

A Sober and Temperate Life. Discourses and Letters of LOUIS CORNARO, with Notes and an Appendix. By JOHN BURDELL, Dentist. New York: Fowlers & Wells, 131 Nassau street. Mailable, price 25 cents.

Some of our readers will recollect our making copious extracts from this highly valuable work. It is estimated that over THREE HUNDRED THOUSAND copies of CORNARO have been sold. Any health book which sells at that rate, we may safely judge must possess merit.

We fear the translator has made an error on one point in the above work. We doubt very much whether the twelve ounces of food per day taken by Cornaro, is correctly stated. Indeed we are confident it cannot be. Most persons eat

more than that quantity at a single meal. The Italian ounces, if there are such, are doubtless quite different from the English.

There is one rule of Cornaro which is of the greatest importance, viz: NEVER OPRESS THE SYSTEM WITH FOOD.

This work shows how vastly more effectual than medicines, diet may be made as a means of curing chronic disease.


The Physiology of Woman and her Diseases from Infancy to Old Age. By C. MORRILL, M. D.

From a cursory glance at this work we can speak well of it, in some respects at least. The descriptions of the various diseases alluded to are good. The remedial means recommended we should often disagree with. The work, however, contains many excellent suggestions concerning health. It is closely printed, and contains a large amount of matter. The work may be obtained of Bela Marsh, 25 Cornhill, Boston, or of Fowlers & Wells, 131 Nassau street, New York, at \$1.25. It may also be obtained through mail.

RUM AND THE CHOLERA

Are twin brothers, and most amicably do they agree in the destruction of the human race. After the cholera had ceased in Albany, in 1832, an inquiry was instituted into the habits of every person swept away by the disease. The following, which we find in the National Era, is the result. Rum drinkers, cider guzzlers, and tipplers of all classes, read and reflect.

Intemperate, 140; free drinkers, 55; moderate drinkers, (mostly habitual,) 131; strictly temperate, (all but one committed some excess in eating, that one was neglected by an intemperate husband,) 5; members of temperance societies, 2; idiot, 1; unknown, 2. Total, 336.

 In Cork, the crier of the court, anxious to disperse the crowd around the bar, exclaimed—"All ye blackguards that isn't lawyers, quit the court!"

PUBLISHERS' NOTICES.

THE WATER-CURE JOURNAL and HERALD OF REFORMS is subject to Newspaper Postage ONLY, viz.: in the State where published, one cent; out of the State, and in the United States, one cent and a half. Those Postmasters who charge more are referred to the Post Office law. This matter has been laid before the Postmaster-General, and we make this declaration on his decision.

GOLD, in \$2.50 or \$5 pieces, may be inclosed in a letter and remitted in payment for Journals or other publications. A quarter of a dollar may also be sent in a letter to the Publishers without increasing the postage.

All Newspapers, Magazines, Periodicals, or Books published in the United States, may be ordered from the Publishing House of Fowlers & Wells, 131 Nassau street, New York. English, French, and German works will also be imported to order.

We extract the following from a private letter just received from a subscriber:

"For five successive years previous to my subscribing for the WATER-CURE JOURNAL, I paid ONE HUNDRED DOLLARS A YEAR TO DOCTORS, but since which I have not paid Five Dollars a year."

In view of this, is it at all surprising that old-fashioned doctors should oppose Hydropathy?

SAMPLE NUMBERS of this Journal will be sent gratis to the friends of our subscribers residing in other places. By this means hundreds may be induced to subscribe who would otherwise not see the Journal. Send on the names and Post Office address of your friends, and we will at once send them a sample number for examination.

The IOWA FARMER'S ADVOCATE says:—"The various publications of Fowlers & Wells are doing more for the real good of mankind, than all the political weeklies of the country put together."

Thank you, Mr. Farmer; we entertain the same opinion, and from various other indications we are led to believe that our people generally are beginning to take the same view of the matter. See list of books on the last page of this Journal.

NEW SUBSCRIBERS are pouring in upon us daily, in good round numbers. Should they continue through the year at the present rate, we shall reach not less than FORTY THOUSAND. The friends of Hydropathy are doing nobly. EDITORS, POSTMASTERS, CLERGYMEN, TEACHERS, and many others, are exerting themselves to spread the good cause. Sample numbers sent gratis to all who desire them.

TO CORRESPONDENTS.

W. C.—You will find the particular mode of treatment to which you allude in the WATER-CURE MANUAL, new edition, for 1849, pages 245 to 250.

H. F.—It will be perfectly safe to inclose the amount (a quarter of a dollar) in a letter, and direct to the publishers, for the work you desire. Post Office stamps, which may be obtained of most Postmasters, may also be sent in payment for either Books or Journals. Post Office stamps are received at par by the Publishers.

E. B.—Indeed, your success has been equalled by only a single individual, who has taken it upon himself to obtain FIVE HUNDRED new subscribers to the present volume of our Journal. His name is A. C., and from present appearances there is no doubt of his success.

S. P., M. D.—EVERY CASE OF CHOLERA treated by Priessnitz in 1832-3, was attended with the most triumphant success. Out of some twenty or more cases treated by him, NOT ONE was lost, which is more than can be said of any other system ever practised. The Cholera is regarded by Hydropathic physicians ONLY as a manageable disease.

VARIETY.

CANINE "FRATERNITY."—Dogs sometimes set an example which humanity would do well to imitate. A little house-dog, belonging to Mr. Waite, an Expressman of Cambridgeport, strayed away last Monday, and was shot at and wounded in Austin street, about a quarter of a mile from home. Nothing was seen of him until some hours afterward, when a large dog belonging to Eliphalet Davis, Esq., was found tenderly bringing back the unfortunate little wanderer by his teeth. Reaching the fence before Mr. Waite's house, he found the gate closed, and the palings of the fence too narrow to admit him with his charge; whereupon he commenced digging under the stringer, with the view of effecting a passage into the house. Few better Samaritans than this dog could be found even in these days of philanthropy.—*Boston Transcript*.

SMITH O'BRIEN.—*An Incident*.—During the progress of the trial of this distinguished Irish patriot a gentleman applied to him for his autograph, when he handed him the following lines, betokening no drooping or faltering on the part of Mr. O'Brien:

"Whether on the gallows high,
Or in the battle's van,
The fittest place for Man to die
Is where he dies for Man.

"WILLIAM SMITH O'BRIEN."

Mr Swinsen says he has no taste for the water-cure since he fell into Dr. Shew's medicine chest, (the Ocean.)

Again, Mr. Swinsen says that no amount of religious excitement would induce so many to go to California as are now going in pursuit of "dust."

The Hutchinsons lately gave a concert at Covington, Ky., and sang several of their anti-slavery songs, which were greeted and cheered enthusiastically throughout.

The Shakers of Alfred, Me., have had a revelation, in which they are commanded to refrain from the use of swine, and they obey it with scrupulous exactness

DIED OF OLD AGE.—The coroner held an inquest on Monday, at 91 Seventh Avenue, on the body of an old squaw, a native of Mamaroneck, a short distance from New Rochelle. Her name was Rachel Gedney, aged 105 years. Her mother died at the advanced age of 107; her daughter, who is still living, is 77 years, and her grand-daughter 35. About two years ago, the old woman went alone to New Haven to visit her daughter. She enjoyed good health up to her death. The jury rendered a verdict that she came to her death by old age.

ANECDOTE OF A CAT.—In 1821, a shoemaker in the south side of Edinburgh, while engaged in cleaning a cage in which he kept a lark, left the door of the cage open, of which the bird took advantage, and flew away by a window at which its owner was then standing. The lark being a favorite, its loss was much lamented. But it may be imagined what was the surprise of the house, when about an hour after, a cat belonging to the same person made its appearance with the lark in its mouth, which it held by the wings over the back, in such a manner that the bird had not received the least injury. The cat, after dropping it on the floor, looked up to those who were observing her, and mewed, as if to attract attention to the captive. The lark now occupies its wiry prison, with the same noisy cheerfulness as before its singular adventure.

SCIENTIFIC AND MECHANICAL.

An invention for cutting stone is in operation in New Haven, which dresses down stone at the rate of a square foot in from one to two minutes, and with two attendants only, and a limited amount of steam power, doing the labor of more than a hundred men. There is said to be no mistake in the thing; and if so, it promises to make stone super-sede brick, and revolutionize entirely our modes of building.

At Hoboken, on Mr. Stevens' property, there are rocks containing a very large per centage of magnesia in various forms; in some cases there is pure carbonate, and it is thought to be the only place in the world where the hydrate of magnesia is found. This magnesia, after mixing with water, forms a solid stone.

SUSPENSION BRIDGE OVER THE MISSISSIPPI RIVER.—The St. Louis Union says that Mr. Charles Ellet has addressed a letter to the Mayor of that city upon the subject of procuring liberal charters from the States of Illinois and Missouri, for the construction of a wire suspension bridge from St. Louis to the Illinois shore. Mr. Ellet estimates the expense of such a work at \$250,000. With such a bridge the terminus of the Great Western Railroad, between Cincinnati and St. Louis, would be at the latter city instead of Illinoistown, where it will terminate in the event of its crossing the Mississippi.

EFFECT OF DOMESTICATION ON BIRDS.—Professor Low, in speaking of the effect of domestication on birds, says: "They lose the power of flight by the increase of size of their abdomen, and the diminished power of their pectoral muscles, and other parts of their body are altered to suit this conformation. All their habits change; they lose the caution and sense of danger which, in their native state, they possessed. The male no longer retires with a single female to breed, but becomes polygamous, and his progeny lose the power and the will to regain the freedom of their race."

BUILDING SOCIETIES appear to be quite popular in Canada. A loan meeting of the Upper Canada Building Society was held at Toronto last week, when shares of the stock were sold at an average bonus of 58 1-4 per cent. The shares of the Niagara District Society sold on Monday last at an average bonus of 45 per cent. These Building Societies are calculated to effect much good in affording aid to those who are otherwise unable to procure the means for the construction of dwellings, and the purchase of homesteads, while they present a profitable investment to the capitalist.—*Buffalo Commercial*, 14th.

MORAL SAYINGS.

We never knew a scolding person that was able to govern a family. What makes people scold? Because they cannot govern themselves. How, then, can they govern others? Those who are generally calm are prompt and resolute, but steady and mild.

Industry is the soul of life—the corner-stone upon which is based the prosperity of all our institutions.

Man doubles all the evils of his fate by pondering over them. A scratch becomes a wound, a slight an injury, a jest an insult, a small peril a great danger, and a slight sickness often ends in death, by the brooding apprehensions of the sick. We should always look on the bright side of life's picture.

CONTENTMENT.—Whoever is contented with his lot is rich. Not he who hath little, but he who desires more, is the poor man.

Somebody says very neatly that critical remarks may be made by anybody. A donkey may bray at Bunker Hill Monument, but cannot build one.

He who declares all men knaves, convicts at least *one*.

TRY IT.—The more a man works, the less time he will have to grumble about hard times.

THE MOTHER.—A writer beautifully remarks that a man's mother is the representative of his Maker. Misfortune, and even crime, set up no barriers between her and her son. While his mother lives he has one friend on earth who will not listen when he is slandered, who will not desert him when he suffers, who will soothe him in his sorrows, and speak to him of hope when he is ready to despair. Her affections know no ebbing tide. They flow on from a pure fountain, and speak happiness through his vale of tears, and cease only at the ocean of eternity.

"Tell your father," said John Randolph to a young friend, "that I recommend abstinence from novel reading and whiskey punch. Depend upon it, sir, they are both equally injurious to the brain."

A cultivated mind and a humane disposition never fail to render their possessor truly polite.

As water which flows from a spring does not congeal in the winter, so those sentiments of friendship which flow from the heart cannot be frozen by adversity.

To practise sincerity is to speak as we think, to do as we profess, to perform what we promise, and really to be what we would seem to be.

There is nothing purer than honesty; nothing sweeter than charity; nothing warmer than love; nothing brighter than virtue; and nothing more steadfast than faith. These, united in one mind, form the purest, the sweetest, the richest, the brightest and most steadfast happiness.

The success of individuals in life is greatly owing to their learning early to depend upon their own resources. Money, or the expectation of it by inheritance, has ruined more men than the want of it ever did. Teach the young men to rely upon their own efforts, to be frugal and industrious, and you have furnished them with a productive capital which no man can ever wrest from them, and one which they themselves will not feel disposed to alienate.

Temperance puts wood on the fire, flour in the barrel, meat in the tub, vigor in the body, intelligence in the brain, and spirit in the whole composition of man.

"If you can be well without health," says Burke, "you can be happy without virtue."

Never stop to wish a thing done, but go and do it.

What is a fool who has made his fortune? A pig embarrassed by his fat.

Would you prosper in the world? If so, have ambition enough to attend to your business; there are always fools enough to attend to other people's. But do not have ambition to work for the public good to the neglect of baking your own bread, for then, ten chances to one, you will find yourself placed in a condition very unenviable. It has been truly remarked, that a dog with a tin kettle tied to his tail is a fit emblem of a man who has appended to him a tin kettle of ambition, to chase him on faster and faster through the world.

A skeptical young man, one day, conversing with the celebrated Dr. Parr, observed, that he would believe nothing which he could not understand. "Then, young man, your creed will be the shortest of any man's I know."

"There is no harm," says the Rev. Mr. Montgomery, "in smoking tobacco, except that it leads to drinking—drinking to intoxication—intoxication to bile—bile to indigestion—indigestion to consumption—consumption to death. That is all."

A modern writer says that the dog has been the companion of man for more than five thousand years, and has learned but one of his vices, and that is to worry his species when in distress.

There are no faults truly fatal but those we neither acknowledge nor repair.

THE LAUGHING CURE.

"LAUGH AND GROW FAT," is an old and true proverb, and "A LITTLE NONSENSE NOW AND THEN IS RELISHED BY THE WISEST MEN."

QUITE A DIFFERENCE—A poor man who had been ill, on being asked by a gentleman whether he had taken a remedy, replied—"No, I aint taken any remedy, but I have taken lots of physic."

"Sally, how do you like your new place? Is it a religious family?" "Well, I rather guess it is—they always have beans on Sunday."

"These are the fall fashions," said the drunken toper, when he tumbled into the gutter.

"I got some *boot* in the bargain," as the fellow said when he was kicked out of the museum the other night.

QUEER PEOPLE.—A newspaper, in speaking of some new railroad cars, says—"The cars are quite long, and capable of holding sixty passengers with *doors at both ends*." What queer sort of passengers they must be, to be sure.

The latest specimen of absent-mindedness was a man seen running with all his might, in a shower of rain, with an umbrella under his arm.

FORGETTING HER—"John, you are forgetting me," said a bright-eyed girl to her lover. "Yes, Sue, I've been for *getting* you these two years."

Woman's "Empire State" is matrimony. Here she is always in the majority—always reigns, and sometimes storms.

An Irishman once said he was born at a very early period of his life, and if he lived until he died—and the Lord only knew whether he would or not—his soul would see swate Ireland before it left Ameriky.

AN ODD COMPARISON.—A pious but odd clergyman in New Hampshire, while endeavoring to impress on his hearers a sense of the all-seeing power of God, said—"God is like a striped squirrel in a stone wall—he can see you, but you can't see him."

The editor of a newspaper at Perth being challenged, coolly replied that any fool might give a challenge, but that two fools were needed for a fight.

A wag the other day said to his friend, "How many knaves do you suppose live in this street beside yourself?" "Beside myself?" replied the other in a heat, "do you intend to insult me?" "Well, then," said the first, "how many including?"

Scolding is the pepper of matrimony; the ladies are the pepper-boxes.

"A little scolding now and then, is relished by the best of men."

"I had rather not take a horn with you," said the loafer to the mad bull; but he insisted upon treating him to two, and the loafer got quite high.

"I hate to hear people talk behind one's back," as the pickpocket said when the constable called, "Stop thief!"

An Albany paper says: "We once saw a lady laced so tight, that while stooping to pick up a pin, her stays gave way, and she turned three somersets in consequence!"

A TOUGH CUSTOMER.—A Canadian of this city who bought a patriarch of a turkey that had frightened every other purchaser from the idea of making a *jauful* feast off him, said afterwards: "I took him home, my wife bile him tree hours, and den he crow. My wife put him in de pot, wid de taters, and he kick' em all out."—*North. Trib.*

An Irishman received a challenge to fight a duel but declined. On being asked the reason, "Och," said Pat, "would you have me lave his mother an orphan?"

A Quakeress, preaching at Nantucket, said: "Every tub must stand upon its own bottom." A sailor jumped up and said: "But, madam, suppose it has no bottom?" "Then it is no tub," returned she quietly, and went on with the sermon.

"Sonny, dear, you've a dirty face," said a fond mother. "Well, mother," he replied, "I belong to the *free sile* party."

What Lock is designed to secure the highest benefits to mankind? Wedlock.

"What is the chief use of bread?" asked an examiner at a recent school examination. "The chief use of bread," answered the urchin, apparently astonished at the simplicity of the inquiry, "the chief use of bread is to spread butter and molasses on."

Men are frequently like tea—the real strength and goodness is not properly drawn out of them until they have been for a short time in hot water.

What tables are most used throughout the world?
Vege-tables, ea-tables, and cons-tables.

Who are the greatest forgers?
Blacksmiths.

"Pray," said Mr. — to a gentleman he overtook on the road, "will you have the complaisance to take my great coat in your carriage to town?"

"With pleasure, sir; but how will you get it again?"

"Oh, very easy," replied the modest applicant, "I shall remain in it."

"Pay me that six and eightpence you owe me, Mr. Mulrooney," said a village attorney.

"For what?"

"For that opinion you had of me."

"Faith, I never had any opinion of you in all my life."

Did you ever sit down to tea where skim milk was on the table, without being asked, "Do you take cream, sir?"

"Can you tell me, sir, what time the railroad comes in?" inquired an old lady with a bandbox in her arms of a lounger about the depot.

"About ten minutes after the depot goes out, ma'am," promptly responded the wag.

"Tim, have you a coat of arms?" No, I've nothing but a jacket. But talking of coats o' arms, do you know what the postmaster-general has for his'n?" "No." "It's a tortoise going it slow, with a letter on his back marked 'despatch.'"

"Mary, I'm glad your heel has got well."

"Why?" said Mary, opening wide her large blue eyes with astonishment.

"Oh, nothing," said Mag, "only I see it's *able to be out*."

"Hallo, there," said a farmer to an Irishman busily engaged at one of his cherry trees, "by what right do you take those cherries?" "I' faith, my friend," said he, "by my right hand, sure."

A magistrate cautioned the people not to smoke in the public square in the following words: "Smoking is strictly forbidden in this square, under the penalty of ten dollars or twenty lashes, of which the informer shall receive one-half."

"What have you got there, Joe?" "I got a ham." "That ain't a ham, it's nothing but a shoulder." "It's a ham, I tell you, but not an *ultra* ham."

A Yankee boy and a Dutch boy went to school to a Yankee schoolmaster, who, according to custom, inquired, "What is your name?" "My name is Aaron." "Spell it." "Big A, little a, r-o-n." "That's a man; take your seat." Next came the Dutch boy. "What is your name?" "My name is Hans." "Spell it." "Big Hans, little Hans, r-o-n." "That's a man; sit down."

An honest old farmer attempting to drive home a bull, got suddenly hoisted over the fence. Recovering himself, he saw the animal on the other side of the rails sawing the air with his head and neck, and pawing the ground. The good old man looked steadily at him a moment, and then shaking his fist at him, exclaimed: "D—n your apologies—you needn't stand there, you tarnal critter, a bowin' and scrapin'—you did it a purpose, darn you."

Isn't it rather an odd fact in natural history that the *softest* water is caught when it rains the *hardest*?

Whoever borrows to build, builds to sell.

An odd sort of a genius having stepped into a mill, was looking with apparent astonishment at the movements of the machinery, when the miller, thinking to quiz him, asked if he had heard the news?

"Not's I know on," said he, "what is it?"

"Why," replied the miller, "they say the devil is dead."

"By jingo!" said Jonathan, "is he? Who tends the mill, then?"

"Stranger, which is the way to — village?" "There are two roads," responded the fellow. "Well, which is the best?" "Aint much difference; both on 'em very bad. Take which you will, afore you've got half way you'll wish you'd tuck t'other."

It is said that the women of Peru, while angry, never nurse their children, for fear of choleric temperament. Do not the women of Peru understand one principle in life's philosophy?

(Dialogue between a child and its mother, the former looking out of the window, and observing a Sangrado passing.)

"Ma, somebody's going to die!"

"Why?"

"The doctor's just gone by."