

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

INFLUENCE OF THE WEATHER UPON THE
MENTAL FACULTIES.*

EVERY one, we suppose, has noticed that the weather has some effect upon the feelings and disposition; that wet, cold, and unpleasant days induce moody and often irritable feelings, while a warm day, with a serene sky and dry atmosphere, gives cheerfulness to every one. Physicians often notice that their patients are better when the weather is pleasant.

But upon the minds of some, unpleasant weather, with damp wind, has very serious effects, often changing the entire moral character. We apprehend it often leads to quarrels and crimes, and influences the disposition of jurors and legislators, teachers and scholars, clergymen and their hearers, etc.

Hence it is of vast importance that legislative halls, court-rooms, school-houses and churches, be well ventilated and well warmed. Yet the fact is notorious, that these places are among the worst ventilated and worst warmed buildings in the country.

A distinguished advocate informed the writer of this, that he had often noticed the bad effect of a cold, unpleasant atmosphere upon the temper of both court and jury; and seen an immediate change, in this respect, on the improvement of the temperature and atmosphere.

The Parliament House in London is now admirably ventilated, lighted and warmed; and it would be well if the arrangements adopted there for these purposes, were in-

troduced into the public buildings of this country.

That the inhabitants of warm countries are more passionate and of quicker temper than those of cooler regions, is well known.

“The cold in clime are cold in blood.

Afric is all the sun's, and as her earth,
Her human clay is kindled.”

Dr. Sealy, late resident physician at Florence, Messina, etc., states in a recent number of the Dublin Journal of Medical Science, that the climate of Sicily and Southern Italy often affects residents after they have been there two or three years, and induces a peculiar nervous affection. The following condensed account of the disease we take from the last July number (1844) of the Medico-Chirurgical Review:

“It is characterized by an excessive irritability, attended with extraordinary mental and muscular activity, and seldom attacks the new comer, but more frequently those who have been resident between two or three years, and just beginning to suffer from nostalgia. There exists in it an inexpressible consciousness of disease: the mind is disturbed by visions; the imagination is morbidly awakened, yet the judgment still possesses its control over the mind, with scarce a capability of obeying its dictates.

“Dr. Sealy is satisfied that it is a disease of climate. The modifications of it are great, and its grades are various, from slight excitability to serious and formidable disease, affecting mind and body. According to the Doctor, ‘It seems a hyperelimination of the nervous principle, a peculiar elastic evaporation of a spiritual conscious-

* From “Moral and Intellectual Science.”
VOL. VII. NO. III.

ness and capability, aroused by electrical agency or invisible atmospheric influence.' The imaginative and sanguineo-nervous temperaments are particularly liable to it, and suffer much during the prevalence of the Sirocco wind, especially at Rome and Palermo, and at Naples and Sicily, when the atmosphere is charged with electricity. That all should feel excitement in that elastic atmosphere is not to be wondered at; it is when such excitement becomes excessive and permanent that it requires control. The extraordinary rarity of the atmosphere contributes much to the force with which impressions are conveyed to the senses. In Sicily the air is so attenuated and transparent that distance seems almost annihilated, and sounds come on the ear with appalling force. Some parts of Italy are found to possess this exciting influence more than others.

"While residing at Florence, several cases of this nervous affection presented themselves to Dr. S., affording curious, and some of them most amusing traits. The severest case of it ever witnessed by him was in Messina, in Sicily. On his arrival at Messina, from Naples, he was waited on by a gentleman, stating that their resident clergyman was dangerously ill, and requested his immediate attendance; he stated that the town was in a ferment about him, the Church of England service having been suspended for some weeks. Dr. S. immediately waited on his patient; he found him in bed; countenance haggard; eyes glaring out of his head, and deeply suffused and bilious; skin dry and parched, and almost verging on the icteroid tint; tongue dry and red at edges, and covered with a brown fur in centre and back portion; pulse small and quick; his general expression denoted the deepest misery, though his mind was perfectly clear. He had been ill three weeks. He had been under the care of a Sicilian physician, and had taken very little medicine—none of a purgative kind, though he felt he wanted it, as his bowels had not been moved for some days. The Sicilian physician declared his complaint to be March fever, and was treating him accordingly with quinine; the only other medicine he had taken was an infusion of

taraxacum, the Sicilian panacea for all diseases. Dr. S. advised blue pill in a smart dose, combined with compound colocynt pill, to excite the biliary secretion; to this were added leeches to the head, mustard sinapisms to the feet; the pills to be followed up by a bitter saline mixture, to full purging. After twelve hours there was a perceptible improvement; the patient had been well purged; his mind became more tranquil, and his nervous system much quieted. During the progress of his disease his mental hallucinations were extraordinary, almost amounting to what the French mesmerisers denominate clairvoyance, and his visions were frightful; his pervading wish was to tear every thing near him, to shout, to sing, and curse; he fancied he saw his limbs leave his body; he was convinced of the unreality of the vision, and of its being the result of a diseased imagination, yet so palpable was the delusive vision that he could scarcely correct the delusion by the utmost effort of his reason.

"The bodily disease, separated from the mental hallucination, evidently had its origin in the biliary and chylopoietic viscera; this was indicated by all the symptoms, as well as by the alvine discharges. This was the disease in its severest type. The minor modifications of the disease met elsewhere, were not attended with such severe constitutional symptoms; and in many cases, where severe and distressing mental hallucinations existed, were unaccompanied by morbid appearances. Dr. Sealy states that he could almost always trace the disease to some engorgement of the chylopoietic viscera. He considered the disease as a modification of hypochondriasis, the nervous system being over-excited by atmospheric influence, while the biliary and digestive systems were deranged at the same time. The most successful treatment, according to the doctor, is a modification of mercurial and vegetable purgatives, with a modified anodyne and stimulating plan of treatment."

But the damp winds of South America have still worse effects upon the temper of some individuals. The following account of these winds, and their effect on the mental faculties, is taken from the

Penny Magazine for September, 1844; to which our attention was directed by Dr. T. R. Beck, of Albany.

"The inhabitants of the La Plata provinces are subject to other alterations of climate, not less remarkable than those resulting from the actual presence or absence of rain. Northward of Buenos Ayres is a very marshy district, while southwestward is the giant chain of the Andes, separated only by the dry plains of the Pampas; and according as the wind blows from one or other of these quarters, the effects are most extraordinary. Sir Woodbine Parish, who resided for a considerable time at Buenos Ayres, noticed this subject particularly, and some of his details are highly instructive.

"By the time the north wind reaches the city, it has become so overcharged with moisture that everything is made damp; boots and books become mildewed; keys rust even in the pocket; and good fires are necessary to keep the apartments dry. Upon the bodily system, the effect produced by this prevailing humidity is a general lassitude and relaxation, opening the pores of the skin, and inducing great liability to colds, sore throats, rheumatic affections, and all the consequences of checked perspiration. As a safeguard against the consequences of this state of things, the inhabitants wear woolen clothing, even if the weather be quite hot; and although Europeans would prefer wearing cool cotton clothing in such a climate, they soon learn that the native inhabitants are right in the plan they pursue. It is in the immediate vicinity of the river Plata that the effects are the worst.

"This damp wind of La Plata seems to affect the temper more than the constitution, and in so far differs somewhat from the 'sirocco' of Malta. The irritability and ill humor which this damp wind excites in some of the inhabitants, amounts to little less than a temporary derangement of their moral faculties. It is a common thing for men among the better class to shut themselves up in their houses during its continuance, and lay aside all business till it has passed; while among the lower orders it is always remarked that cases of quarreling and bloodshed are much more frequent during

the north wind than at any other time. In short, every thing is disarranged, and every body lays the fault to one source. 'Senor, es el viento norte.'

"A physician of many years' standing, who had closely studied the effects of this dreaded 'viento norte,' or north wind, on the animal system, gave Sir W. Parish the following account of an instance which had come under his personal notice: 'A man named Garcia was executed for murder. He was a person of some education, esteemed by those who knew him, and was, in general, rather remarkable than otherwise for the civility and amenity of his manners; his countenance was open and handsome, and his disposition frank and generous. But when the north wind set in, he appeared to lose all command of himself; and such was his extreme irritability, that during its continuance he could hardly speak to any one in the street without quarreling. In a conversation with my informant, a few hours before his execution, he admitted that it was the third murder he had been guilty of, besides having been engaged in more than twenty fights with knives, in which he had both given and received many serious wounds; but, he observed, 'it was the north wind, and not he, that did it.' When he rose from his bed in the morning, he said, he was at once aware of its accursed influence over him; a dull headache first, and then a feeling of impatience at every thing about him, would cause him to take umbrage even at the members of his own family, on the most trivial occurrence. If he went abroad his headache generally became worse; a heavy weight seemed to hang over his temples; he sought objects, as it were, through a cloud; and was hardly conscious where he went. He was fond of play; and if, in such a mood, a gambling-house was in his way, he seldom resisted the temptation; once there, any turn of ill-luck would so irritate him that the chances were he would insult some of the by-standers. Those who knew him, perhaps, would bear with his ill-humors; but if, unhappily, he chanced to meet with a stranger disposed to resent his abuse, they seldom parted without bloodshed.' Such was the account the wretched man

gave of himself, and it was corroborated afterward by his relations and friends, who added, that no sooner had the cause of his excitement passed away, than he would deplore his weakness, and never rested till he sought out and made his peace with those whom he had hurt or offended.

"Many of the female inhabitants of the city, during the continuance of the 'viento norte,' may be seen walking through the streets with large split beans stuck upon their temples; these are said to act as a slight blister, and to counteract the relaxation caused by the state of the atmosphere. It is found that, during this period, old wounds often burst out afresh; new ones are very difficult to heal; an apparently trivial sprain becomes, at this period, very serious; and lockjaw, from the most trifling accident, is very frequent. In domestic matters, too, everything is out of sorts at such a time; the meat turns putrid, the milk curdles, and the bread becomes bad before it can be eaten.

"But no sooner does the 'pampero' succeed this 'viento norte,' than everything changes almost instantly. The pampero, or southwest wind, blowing from the dry and snowy summits of the Andes, across the Pampas to Buenos Ayres, sweeps away the dreaded north wind and all its effects, and substitutes a dry, healthy air in its place."

MRS. GOVE'S EXPERIENCE IN WATER CURE.

Continued from our last No.

Shortly after this period I married and went to live in New Hampshire. I now procured medical books from editors for whom I wrote; these I exchanged with a physician in the town where I resided. It happened that one of the books* that I had the good fortune to procure, was devoted largely to the illustration of the sanative effects of cold water; its use was particularly recommended for children. About this time I read Dr. John Mason Good's works, and my attention was arrested by his remarks on the use of water for the

* Book of Health, published at London, being a sort of Domestic Materia Medica.

cure of fevers. I read these books in 1832, fifteen years before this present writing. About this time I had a child, and began the use of water by having her bathed in cold water daily from birth. Soon after I commenced using water in hemorrhages and fevers. The physician who had loaned me the books also used water in fevers, I think in all cases giving little medicine. The patient was bathed during the accession of the fever in cold water—ice-cold, for it was drawn from very deep wells, and cloths wet in cold water were laid on the head. The patient drank plenty of cold water. This practice was wholly successful. At this period I only used water in fevers and hemorrhages, and with children, and with the last rather with the intention of preventing than curing disease. My warrant for this practice was obtained wholly from the before-mentioned books. It was not till years afterward that I heard of Priessnitz and Water Cure as I now practice it.

From this time I was possessed with a passion for anatomical, physiological and pathological study. I could never explain the reason of this intense feeling to myself or others; all I know is, that it took possession of me, and mastered me wholly; it supported me through efforts that would otherwise have been to me inconceivable and insupportable. I am naturally timid and bashful; few would be likely to believe this who only see my doings without being acquainted with me. But timid as I was, I sought assistance from scientific and professional men. I went through museums of morbid specimens that but for my passion for knowledge would have filled me with horror. I looked on dissections till I could see a woman or child dissected with far more firmness than I could before this have seen a loin of veal or a lamb cut up. My industry and earnestness were commensurate, notwithstanding my health was far from being firm. I had innumerable difficulties to contend against. When I am dead these may be told for the encouragement of others—not till then. When I retired to rest at night I took my books with me; the last minute I could keep awake was devoted to study, and the first

light that was sufficient was improved in learning the mysteries of our wonderful human body. My intense desire to learn seemed to make every one willing to help me who had knowledge to impart. Kindness from the medical profession, and the manifestation of a helpful disposition toward my undertakings, were everywhere the rule.

After my marriage I had resided for several years in New Hampshire, and then moved to Lynn, Mass., near Boston. Here I engaged in teaching, and had many more facilities for pursuing my studies than ever before.

In 1837 I commenced lecturing in my school on anatomy and physiology. I had before this given one or two lectures before a Female Lyceum formed by my pupils and some of their friends. At first I gave these health lectures, as they were termed, to the young ladies of my school, and their particular friends whom they were allowed to invite, once in two weeks; subsequently once a week. In the autumn of 1838 I was invited by a society of ladies in Boston, to give a course of lectures before them on anatomy and physiology. I gave this course of lectures to a large class of ladies, and repeated it afterward to a much larger number. I lectured pretty constantly for several years after this beginning in Boston. I lectured in Massachusetts, Maine, New Hampshire, Rhode Island, New York, New Jersey, Pennsylvania, Maryland and Ohio, and also on the island of Nantucket. Physicians were uniformly obliging and friendly to me. I do not now recollect but one exception, and this was a "Doctor" who I believe honestly thought that knowledge was, or would be injurious to women, and therefore he opposed me in my efforts to teach. I have forgotten his name, and I presume the world will do the same. But I have not forgotten, and never can forget, the many who have held out the hand of help to me, and through me to others, for I have never learned selfishly; what I have gained for myself I have gained for others.

The passion that has possessed me from my first reading on pathology I consider providential. I believe fully, that I have been set apart from my birth for a peculiar

work. I may be called enthusiast and superstitious for this conviction, but it is mine as much as my life. My ill health from earliest infancy, the poverty and struggles through which I have passed, and the indomitable desire which I have had to obtain knowledge, all seem to me so many providences. During the time that I studied alone my enthusiasm never for one moment failed. Day and night, in sickness and in health, the unquenchable desire for knowledge and use burned with undiminished flame. I studied day and night, though all the time I had to labor for bread, first with my needle and later with a school.

It may be said that I was an enthusiast, and that my enthusiasm sustained me. I grant this, but will those who make this assertion define the word enthusiasm? To me it means, as it meant through those long years, an unflinching trust in God, and an all-pervading desire to be useful to my fellow-beings. If these constitute religious enthusiasm, then I am an enthusiast.

In 1843 I obtained books from England on the Water-Cure, and much verbal and practical information from Henry C. Wright, who spent some time in this country during that year. He brought several works on Water-Cure, and being in bad health he applied the water in his own case successfully at my father's house, where he remained some months. The books that he brought, the accounts that he gave me of Priessnitz' practice, and Water-Cure practitioners in England, and his application of the water in his own case, added to my practical knowledge and conviction on the subject, removed the last remnant of my faith in drugs, and induced me to practice Water-Cure alone in every case that came under my care. I soon saw what qualifications were requisite to make a successful practitioner of Water-Cure. There are no rules of practice applicable to all cases, but the Water-Cure physician must have judgment to adapt the treatment to the vital or reactive power possessed by the patient. A practice that would be eminently successful in one case would surely destroy life in another. Care and ability in the diagnosis

of disease, and skill in adapting the treatment to the strength and peculiar idiosyncrasy of the patient, are indispensable to success in Water-Cure.

ALCOHOLIC QUACK MEDICINES.

AMONG the many obstacles in the way of medical as well as temperance reform, are the frequent administrations of alcoholic stimulants, as medicines, by the regular faculty, and the common admixture of these poisons in the popular nostrums of the irregular M. D.s. In fact these nostrums depend far more upon the "good liquor" they contain for their success, reputation and *sale*, than upon all other circumstances combined. The regular physician puts a little wine or brandy in his dose of castor oil to make it go down smoothly, and the non-diplomatized practitioner puts a little alcohol in his "purifying syrup" so that it will not sour. In both cases the patients' stomachs and nervous systems are depraved and injured, while a morbid appetite is liable to be excited or aggravated, which may lead to drunkenness and ruin.

A majority of people in civilized society are living in constant violation of the laws of life and health to some extent; many, indeed, to a degree inducing actual disease, and endangering sudden death. Nearly all persons, too, laboring under chronic disease, and living in the ordinary manner, are at first pleasurably affected by stimulants, especially such as combine the nervine and soothing property with the exciting, as alcohol, opium and tobacco. Their dietetic and other voluntary habits produce obstruction, torpor, dullness, debility, and a thousand depressing nervous feelings, and they mistake the sensation of stimulus for actual strength. Instead of removing the causes of oppression, giving the functions free play, they endeavor to lash up

the organs by stimulants, and smother the natural instincts by nervines and narcotics. It only requires a shrewdly managed system of newspaper puffing to induce such people to buy and swallow any amount of medicated syrups, cordials and bitters, in which "rum, brandy, wine and gin" are the chief medicinal agents.

How many of the "infallible" preparations of sarsaparilla, sold in immense quantities all over the land, owe their whole popularity to the liquor they contain? Deprived of this their sale would rapidly diminish. Many of the most famous preparations of sarsaparilla, so called, do not contain the first particle of that root, or its extract, nor would they be either better or worse if they did. Those who get up these things know full well that their nostrums will have about the same effect whether it is in or out. More active articles are generally employed in compounding these compound preparations; sometimes mercurials are used, and more generally the hydriodate of potassa is the most active ingredient—a drug often productive of insidious yet serious injury.

These drugs, however, have little to do with the sale of the preparations. It is mainly the stimulus of the liquor which captivates the taste and deludes the judgment of the patient. True, after he has taken a dozen bottles, and purchased a dozen more, he begins to find the stimulus losing its power to charm, and the consequent debility becoming apparent. But then it is too late. The patent medicine man has accomplished his object. He has sold two dozen bottles of the "never-failing" at an enormous profit, and perchance procured of the patient, when first stimulated into the grateful mood, a wonderful "certificate" to exhibit for the benefit of the next customer.

We think the time has come, and the

progress of true science demands, and the best interests of humanity require, that the use of alcohol in all its forms, as a medicine, be totally abandoned. If the regular physicians will but take this stand, and maintain it, they will soon bring many of the innumerable charlatans now swarming in our cities and extending over the country, to discontinue the sale of sweetened liquor under the name of cordials, syrups and bitters, and thus diminish to a great extent that competition in the business of poisoning the community, which starves the physician and robs the public, while it fills the pockets of the quack.

R. T. TRALL, M. D.

New York, Dec. 1st, 1848.

WATER-TREATMENT AT HOME.

DR. SHEW,—I am pleased to learn that you are doing so much to spread the knowledge of the *only rational* system of the healing art. Judging from my own experience, there is yet much prejudice to be overcome; and many very erroneous impressions to be removed.

Having studied medicine for some time, expecting to follow the practice of it as a profession, I at first ridiculed the idea of curing disease with water, and that only, and would not, for a long time, even attend a lecture on the subject. At last I just went to hear what *could* be said of so *ridiculous a system*. The first hearing set forth its efficacy so lucidly that I determined to test it at once.

My wife, having an infant about three months old, had since her confinement been troubled with a severe cough, which every day was getting more obstinate. Here was now an opportunity of testing the virtues of water, where no evil could possibly result from the trial, as the lecturer simply recommended *drinking* it after coughing.

A commencement was made that very night. Every time Mrs. S. coughed she drank a table-spoonful or more of water, and continued this for three weeks, when her cough disappeared, and she has not since been troubled with any thing of the kind worth mentioning.

Here was one proof: the next spring my youngest child was taken violently with the scarlet fever, which was treated in the way prescribed in your Journal, with the most happy result. Soon after this my eldest child was taken with some disease, resembling what is usually termed the *hasty* consumption. We were *alarmed*, and sent for physicians; they came, prescribed for, and watched her case for some time, and at last *gave her up* to die; and she really seemed rapidly sinking to the grave. We had hardly thought of water here, in this case, until the doctors said they could do nothing more for her. Even then I did not believe that water could help her. As a last resort, however, we commenced bathing her daily, and applying water in various ways, until, to our joy, she was entirely restored. The very first day we used water she began to improve so perceptibly, that she reminded me of a delicate flower, withering under the scorching rays of the sun, refreshed with a copious shower.

In three weeks she was perfectly well, and for three years, now, her health has been perfectly good, with a few unimportant exceptions, which only lasted a day or two.

During this time it should be stated that my children had the whooping-cough, which was very severe until we learned how to manage it with the water practice. This was done by simply wetting a towel, and extending it from the throat down to the chest and stomach, and one from the back part of the neck down between the

shoulders to the hips, well covered with flannel. This really acted like a charm; the severe turns of coughing immediately ceased, and in a short time they were well. Here are other proofs of its healing virtues.

I will add but one more proof now. Mrs. S. is now the mother of three children; with her first two she suffered much, and was confined for a long time to her room, from six to eight weeks with each, and was extremely feeble for more than three months.

More than one year since we abandoned tea and coffee, and seldom ate meat. During her time with her last child she followed all your directions so far as possible, as to diet, exercise, bathing, &c. From the position the writer and his family occupies, her situation was known to the whole community.

As you could not be with us we resolved to do the best we could alone. Her labor-pains commenced about nine or ten o'clock in the morning; at half-past twelve she gave birth to a very fine boy, weighing ten pounds. At five P. M. she took a sitz bath, ate her supper of bread and milk. That night she and the child slept the whole night, and awoke refreshed. She arose at eight, took a bath, walked across the room, ate a hearty meal of fruit, vegetables and brown bread; and was remarkably well. From that time she regularly took three baths daily before each meal. The third day she arose in the morning, took her bath at eight, ate her breakfast, and then, herself, washed and dressed her child, and was able to be comfortably about the room. She left her room the second day, but did not, I think, leave the house for a week or more.

Our neighbors and friends were anxiously awaiting the result. Many an ominous shake of the head, and many a doleful look was put on at our expense, all pre-

dicting that mother and child would be killed outright with COLD WATER.

All this time I was most happy that Mrs. S. and child were doing as well as I could wish. She would have no nurse, believing herself the best *nurse* for her own *child*. She bathes him every morning in cold water. He is the perfect picture of health, and the strongest child I ever saw of his age. The mother also was never more healthy than at the present time.

I have thus given you my experience of this practice in my own family from its incipient stages till this time. I cannot doubt that if all families, who read your publications, would begin to practice upon your suggestions as to bathing, diet, &c., there would be much less disease to be cured in their midst; and those that did afflict them would be of a milder type, and more easily managed. Yours truly,

Y. L. S.

New York, 1849.

MENTAL EXERCISE AS A CURE OF INSANITY.*

IN the third annual report of the managers of the State Lunatic Asylum, at Utica, New York (for 1846), the following valuable remarks are made by the enlightened superintendent, Dr. Brigham. After mentioning that schools for the patients are in successful operation, and that his confidence in their utility has been increased by experience and observation, he says:

"Many cases, we believe, cannot be improved but by arousing and calling into exercise the dormant faculties of the mind. Hence we have found our schools particularly beneficial to the demented, and those approaching this condition. In such, the active state of the disease, which originated the mental disturbance, has passed, and left the brain and faculties of the mind in a torpid state. In these cases, medicine is generally of no use; and, as we have said, they cannot often be much

* From "Moral and Intellectual Science."

improved, but by exercising the faculties of the mind.

“But others are also benefited by devoting a portion of every day to mental improvement. To those who are nearly or quite well, and who remain with us for fear of relapsing at home, or for other reasons, our schools afford enjoyment and often means of improvement which they highly value.

“Those that are uneasy and nervous, that are constantly restless and disposed to find fault and to annoy the attendants, and quarrel with all about them, because they have nothing else to occupy their minds, are also much benefited by the exercises of a school. We are every day surprised at the good effect they have upon this class of patients. Daily, for two hours, one in the forenoon and one in the afternoon, twenty of this class of patients assemble with alacrity in one school, and after singing a hymn, read, spell, answer questions in geography and arithmetic, and use the black-board with the quiet and good order noticed in other schools.

“Once a month all the schools assemble in the chapel for a general examination in the various branches taught, and for declamation, and the reading of compositions. With but very few exceptions, all our household are interested in these exercises, and pleased to attend.

“If we are not greatly deceived, our schools and other mental exercises have been very beneficial to our patients; contributing largely to their contentment and cheerfulness, and giving to them a look of intelligence which they would not have, but for the adoption of the course we have mentioned.

“Our observation for many years, in various lunatic asylums, led us, a long time since, to regard the want of *mental occupation* as the greatest want in modern institutions for the insane. Go into any such establishment and you will find some few, in winter a very few, at work, some playing cards or other games; yet a still larger class will be found sitting about, listless, inactive, doing nothing, saying nothing, taking no interest in any thing going on around them, gathering around the stove

or place that is heated, looking forward to nothing but the hour of eating and retiring to sleep. For a short time each day, when the physician passes around, they will exhibit a little animation, and say a few words, and then relapse into their former condition.

“When the weather is pleasant, some of them walk or ride out occasionally for a short time, but this, to many of the class we are describing, after a few times, seems to be a mechanical kind of business, and confers but little enjoyment; they notice nothing and say nothing during the walk or ride, or after it. These patients make but little trouble in an asylum, and are very apt to be overlooked and neglected, and if not already demented soon become so. They are thought not to require much attention, as they have good bodily health, and are quiet; consequently they generally receive but little notice.

“*But this class require great attention*; they need mental exercise; they should attend school, and have their minds aroused into mental activity, for an hour or two every day. Soon, by this course, their memories will improve; they will become interested in singing or study, and, by perseverance, some will be cured, and many, very many, rendered capable of much enjoyment, and be kept from sinking into a state of hopeless dementia.

“Governed by such views, we have rarely repressed any new method proposed by the patients themselves for exercising and improving their minds. Hence we have a *debating society*, that meets once a week, which is conducted not only with good order, but with ability. Occasionally original plays are acted. Albums are circulated, also a weekly newspaper, handsomely printed with a pen; all of which interest and amuse many, and do harm to none.

“In addition to maps and a globe, geographies and historical works for the school, where those that are about well attend, we have a large library from which the patients obtain books three times in the week. We have also a very large supply of newspapers and magazines.

“In some halls reading parties are formed, for the purpose of reading aloud new

and useful works, as, for instance, at the present time, in one hall the 'Narrative of the United States Exploring Expedition' is being read; and in another, 'Wiley and Putnam's Library of Choice Reading.'

"By these means, we have the satisfaction of seeing many patients not only recover from their mental disorder, but that their minds have been improved, a fact of which they themselves are conscious, and for which they feel grateful. In repeated instances, we have been informed by the relatives and neighbors of patients who have here recovered and gone home, of their increased intelligence and marked improvement of mind.

"Our teachers spend all their time with the patients, but have no labor nor any other duty to attend to, than to interest the patients, and contribute all they can, by their presence and conversation, to their contentment and enjoyment. Thus they join in their amusements and walks, and are their constant companions.

"The relief which they afford the attendants is great, and enables us to dispense with some that would otherwise be necessary. We are satisfied, that an establishment like this can be better managed, and with equal economy, by having an arrangement by which some should devote their time to the ordinary duties and labors of the halls, while others should have nothing to do but to accompany the patients, and endeavor to instruct and amuse them. The latter having nothing to do with any coercive measures, the patients do not become prejudiced against, and will readily hearken to their suggestions. Thus they serve as a constant guard, and by their presence and management prevent outbreaks and disorder, and make coercive measures, restraint, and seclusion, rarely necessary.

"They also, by their conversation and presence, quiet the timid, console the desponding, and, by attention to *all*, contribute to the contentment and cheerfulness of the patients, and, as we believe, essentially aid in curing them."

THE NASAL BATH.—Sniffing water up the nostrils and ejecting it from the mouth, is very useful in colds and catarrhs, and in affections of the throat.

PROCESSES OF WATER CURE.*

THE SITZBAD, OR SITTING BATH.

The Sitzbad, or sitting bath, is extensively employed by Priessnitz, and is applied in the following manner:

Into a common tub, made two or three inches higher on one side—so as to form a slight support for the back—water is poured to the depth of four or five inches. The patient then sits down in the water, his feet resting on the floor, and the crystal element rises up around him, so that nearly the whole body from the waist to the knees is immersed. A thick blanket is then thrown around his shoulders, enveloping himself and his tub; and there he sits for fifteen, twenty, or thirty minutes, according to the behests of the Water King.

The sitzbad is a severe operation, especially in winter. It occasions at first a keen sensation of cold; and although the water, from its small quantity, and its continued contact with so large a portion of the body, gradually becomes more tolerable, yet the parts subject to its action are so completely chilled, that it is difficult to excite the necessary reaction afterwards. Yet, strange as it may appear, patients frequently fall asleep while undergoing this discipline. I generally employed myself in reading or writing. The former is a common way of diverting the thoughts in the sitzbad.

Several times, after taking this bath, not feeling sufficient energy and resolution to encounter the fierce winter storms, I attempted to get up a reaction by artificial means. Accordingly I drew my sofa near to the stove, and lay down, with a blanket wrapped around me. This was very snug and comfortable after sitting a quarter of an hour in icy cold water; it was music to hear the storm howling without, and to feel that I was sheltered from its fury; but as a severe headache and great stupor were the invariable consequences of this indulgence, I soon came to the resolution to take a walk in the open air after the sitzbad, however great might be the war of elements.

This bath is used in cases of congestion,

* From "Six Months at Graefenberg." By Henry C. Wright.

headache, and of inflammation in the throat or chest; in order to draw the blood from the diseased part, and thus scatter the morbid matter, and prevent it from collecting upon the vital parts of the system. In two or three instances the sitzbad has relieved me from severe colds in the head; and I have known others relieved by it from the same disorder.

MENTAL AND BODILY DECAY.

BY DR. CORDON THOMPSON.*

Decline begins in one sooner than in another; there is great difference as to the length of time during which the energies of manhood, in different individuals, are maintained. The limits of mature age differ in the sexes; in females, it is usually from thirty to forty; in the male, from thirty-five to fifty. But many exceed or fall short of the usual limits; in short, figures here only indicate the average. In some persons, physical and mental qualities, station in life, exemption from toils and hardships, and from other causes involving serious wear and tear, cause maturity to be prolonged; while in others, harder circumstances and different natural qualities cause them to be more aged at fifty than others at sixty or more. The parts of the body most taxed fail first; and some of the organs of the senses are more delicate than others. In the like manner, overworking the body or the intellect, which is, in fact, overworking the brain, produces early decay. A single limb may early decay from excessive use. Under ordinary circumstances, man rises from infancy to manhood, and descends from manhood to decay. The transitions are gradual, and each change, like a dissolving view, seems to vanish into its successor. As man approaches the evening of life, conscious of the diminished power of body and mind, he seeks repose, and avoids the turmoil and the toil he formerly never shunned. His words are, "I am no longer young!"—a great truth taught by nature. The brain is less active in thought, less agitated with emotion, and the powers are sensibly diminished. Elevated sentiments become blunted, and whatever tends to en-

noble man appears in age to shrivel up. The relish for active sports and gayeties is diminished, not merely from physical, but from mental unfitness; both mind and body desire repose. With this change, it seems as if the world had undergone a revolution. Each reasons according to his temperament; age deems itself wondrous wise, and pressed by a more active race, consoles itself with scraps of philosophy and savory remembrances. The old man recurs much to the past, the record of many disappointments; and even where full fruition has been achieved, yet, the power to enjoy being diminished, the mere memory of past enjoyment ill compensates for the loss of the possession, and the conclusion is come to, that life is but a dream. Thus nature teaches truths before known, but never really believed or realized. The perceptive, affective, and intellectual powers are diminished. It is not satiety and disgust that brings about the change, but age dulling the edge, and producing a gradual degeneration in the senses and tastes, whether inward or outward. Hence, objects once all-engrossing become flat, stale, and unprofitable; but the objects have undergone no change, and will be as much enjoyed by future as by past generations. Gravity and prudence are qualities as natural to age as levity and haste to youth, and equally agree with the organization. As the passions are daily cooling down, the virtues of abstinence become more attractive, and men are prone to

"Compound for sins they are inclined to,
By damning those they have no mind to."

The changes now described come not upon men of one disposition of character only, but on all. The old saying, that an old head cannot be placed on young shoulders, is a truth founded on the inevitable changes which nature produces in men. There is a natural antagonism between youth and age, increasing as age advances. Thus Shakspeare says—

"Crabbed age and youth cannot dwell together;
Youth is full of pleasure, age is full of care," etc.

The changes of our organization determine the changes of character. (This subject Dr. Thompson illustrated by the remarks of many eminent writers, all bear-

* From "Moral and Intellectual Science."

ing testimony to the same great truth.) The intellectual powers decline in the same manner as the effective and physical powers. In fact, in those who live long, the brain sensibly diminishes. Thus gradually fall the powers of men, till they sink at length into the weakness of childhood. The corporeal changes that precede and usher in age, are remarkable. The vegetative processes of the frame change. In early life, the fluid exceed the solid parts of the body, and the arterial system the venous. Hence the active nutrition, the roundness of form, and the rosiness of tint in youth. But the sallow complexion, the rigidity of fibre, comes with age. The arterial branches are contracted, and the vessels become daily more rigid, and the finer vessels are impervious to the blood. At the same time, the veins lose their firmness, and are filled with a dark purple fluid, unfit for nutrition, or to carry on life. The arterial blood, too, becomes less stimulant and nourishing. Hence arise loss of flesh, disappearance of the roundness of contour, and wrinkles of the skin, which does not contract in proportion to the waste of substance beneath it. The change is felt in the less vigorous and steady beating of the heart, the enfeebled action of the lungs, and the diminished amount of blood circulated, and with diminished force; hence an additional diminution of power in the brain. The general hardening and wearing away of parts, and the diminution of nervous power, explain why the gait is feeble and unsteady, the body stooping, and other marks of age apparent. The senses, one after another, fail and become obtuse; the impressions from without are superficial and faint, so as to be soon forgotten. Hence comes the treacherous memory of age, often the first indication of the inroads of time. First, names escape, then events, and at last even the events of yesterday are forgotten, while those of early life are vividly remembered. The highest faculties, whether intellectual or moral, are the last to attain maturity, but the first to show marks of decay. They seem to require the greatest exertion of nature to arrive at their full power, and soonest fail. They may be compared to that most elaborate of vegetable produc-

tions, the flower, which no sooner blooms than decay approaches. These truths are important. It is natural that the old should become indifferent to passing events and desire repose. The change not only diminishes the susceptibility of impression, but renders the faculties sluggish; not only are they less easily roused to exertion, but the exertion is evanescent. There is one instinct that exerts the utmost influence on feeling and thought in the advance toward maturity; this power is one of the first to decline, and its decay produces striking changes in the character. Sudden transformations of character often occur toward the close of manhood; faculties, previously almost dormant, seem to awake, and those which were active before become inert. Thus, men have stepped from thrones into convents, and become devotees. But these changes are not found in age, still less in green old age. The reasoning powers, late in arriving at maturity, soon become more slow to act and more easily fatigued. How thoroughly the force of intellect is broken by age, is proved by the rarity of any man above sixty engaging in any new intellectual pursuit. Mental habits, like those of the body, establish their sway, and become a second nature; the powers are with difficulty exerted, but in beaten tracks. Hence the dislike of the aged to what they call innovations. Among many illustrations of a striking character which might be adduced, is the fact, that the Reformation was chiefly opposed by the old and supported by the young. It has been observed, that no great improvements arise in the universities; this naturally follows from the fact, that the professors are chiefly elderly men, who pertinaciously cling to the past. The conclusion of the subject I reserve for another occasion. The horizon of man expands up to maturity—then gradually contracts, and we shall hereafter observe how it continues to contract, until it ends in dissolution.

If all food and drink be withheld from the system, life lasts about three weeks; but if water be taken according to the indications of thirst, the individual survives fully twice that length of time.

POTATOES AS A DIET—EXPERIMENTS AT THE
GLASGOW BRIDEWELL, IN 1840.

Breakfast.—Eight ounces of oatmeal made into porridge, with a pint of butter-milk.

Dinner.—Three pounds of boiled potatoes with salt.

Supper.—Five ounces of oatmeal made into porridge, with half a pint of butter-milk.

Ten prisoners, five men and five boys, were placed upon this diet, having been previously examined relative to their health, and weighed. They were employed in light work, and under sentence of confinement for two months. At the beginning of the experiment, eight were in good health, and two in indifferent health; at the end, all were in good health, and they had, on an average, gained more than four pounds each in weight, only one prisoner, a man, having lost in weight. The greatest gain was nine pounds four ounces, and was made by one of the men; the prisoner, who was reduced in weight, had lost five pounds two ounces. *Cost*, including cooking, 2½*d.* It was found by experiment, that baked potatoes were far less nourishing than boiled, the prisoners losing, on an average, 1½ pounds weight, instead of gaining, though in all other respects the diet was the same as in the former experiment. The addition of a quarter of a pound of meat to the diet did not add to their weight; on the contrary, the prisoners lost, on an average, 1¼ pounds. The results were not more satisfactory when the quantity of meat was increased to half a pound at dinner. In an experiment upon the same number of persons, the diet consisted as follows:

Breakfast.—Two pounds of potatoes boiled.

Dinner.—Three pounds of potatoes boiled.

Supper.—One pound of potatoes boiled.

At the beginning of the experiment, eight were in good health, and two in indifferent health; at the end, the eight continued in good health, and the two who had been in indifferent health had improved. There was, on an average, a gain in weight of nearly 3½ pounds per prisoner, the greatest gain being 8¼ pounds.

Only two lost in weight, and the quantity in each case was trifling. The prisoners all expressed themselves satisfied with this diet, and regretted the change back again to the ordinary diet. On the whole, these experiments prove that prisoners may be kept in good condition at a very moderate expense, the cost not exceeding 6*d.* per day, when fed as above. Indeed, we know, from an experiment conducted on a still larger scale in Ireland, that potatoes and milk, with a little oatmeal, are sufficient for healthy nutrition.—*Fifth Report of the Inspectors of Prisons in Scotland, by Frederick Hill, 1840.*

HEALTH AND HARDIHOOD OF INDIAN WOMEN.

The great power of endurance which the Indian women of the forest, uncontaminated by the blighting influence that civilization very often introduces among them, many have noticed. Every one has read the account of their remarkable health during pregnancy and child-birth. Washington Irving, in his "Astoria," in giving an account of journeying through the dreary deserts lying between the Snake and Columbia rivers, says, "And here we cannot but notice the wonderful patience, perseverance and hardihood of the Indian women, as exemplified in the conduct of the poor squaw of the interpreter. She was now far advanced in pregnancy, and had two children to take care of; one four, and the other two years of age. The latter, of course, she frequently had to carry on her back, in addition to the burdens usually imposed upon the squaw; yet she had borne all her hardships without a murmur, and, throughout the weary and painful journey had kept pace with the best pedestrians. Indeed, on various occasions in the course of this enterprise, she displayed a force of character that won the applause and respect of the white men."

There are numbers of cases of women in this city, whom we have advised, during pregnancy, and attended in child-birth, and most of these, through a judicious course of water treatment, have borne up under those periods with a vigor scarcely less wonderful than those of the Indian women.—*Water Cure Almanac.*

POTATOES A PREVENTIVE AND CURE FOR
SCURVY.

Much has been said of late, in France and England, of the value of this vegetable in the prevention and cure of scorbutic disease, administered several times a day in its *raw state*, but scraped sufficiently fine to make it digestible. It seems to have been amply tested among the seamen of the French navy. In the United States army, this is no new remedy in scorbutus. Thus, in the first quarter of 1821, there were sixteen cases reported at Fort Crawford, Prairie du Chien, of which two terminated fatally. The medical officer, in his report, according to the "Statistics of the United States Army," speaking of the employment of "*raw potatoes and vinegar*," says: "I selected four or five of the worst cases, which had received no alleviation from the use of the nitre and vinegar, and directed each one to eat, per day, a common soup-plate full of the potato, sliced down in a sufficient quantity of vinegar. It had an immediate effect on the stomach, which recovered its natural vigor; the bowels became regular, the pains abated, the stricture of the tendons was overcome, the ulcers put on a healthy aspect, and in a few days the patient found himself in a happy state of convalescence." —*The New York Journal of Medicine*, edited by S. Forry, M. D.

PHYSIOLOGY AND ANATOMY OF THE
HUMAN BODY. No. III.

75. THE DIGESTIVE PROCESS

Is one of the most remarkable, as well as important operations of the human economy. How soon the horse drops dead when his maw, or second stomach, is eaten through by the bott-worm! How suddenly cold water, on an overheated stomach, suspends life by palsying this organ! How sudden and fearful the ravages of the cholera, which consist solely in disordered digestion! How rapidly children, taken down with the bowel complaint, fall away and die! Yet nothing but suspended digestion causes this leanness and death. How effectually impaired digestion, in the form of dyspepsia, frus-

trates both physical and mental energy! A vigorous stomach is indispensable to energy in any and every other portion of the system. Let us then examine this organ.

It consists of a sack capable of holding from a quart to several gallons, according as it has been more or less distended by excess or deficiency of food and drink. Its upper side is much shorter than its under, thus appearing like a bag held horizontally, and ruffled on its upper edge. It has two openings, the one where the food enters, located at its left superior side, and called the cardiac orifice, from its proximity to the heart, and the other, situated at the right superior side, named the pyloric orifice, through which the food, after having undergone the chymifying process, makes its egress into the duodenum, or second stomach. The latter opening is constructed with a valve, or door, so arranged as to close upon and send back whatever presents itself for egress not completely dissolved; and it departs from this rule in extreme cases only, where things cannot be digested without remaining so long in the stomach as seriously to threaten its injury. Hence the ejection of food either way, undigested or much as it was eaten, is a sure index of a deranged stomach, because a vigorous one would first dissolve whatever is soluble.

76. THE MOTION OF THE STOMACH

Greatly facilitates digestion. That muscular coating of the stomach, already described, by contracting from all points upon the food, as it were, CHURNS it till it is dissolved. As the muscles of the gizzard of fowls contract upon their food so powerfully as to grind it by friction against the gravel stones mixed up with it,* so the muscles of the human stomach keep perpetually squeezing and whirling the food over and over, always one way. This motion all must have observed within themselves. In cases of heart-burn, which is

* Those who will bolt their food, like fowls, without chewing, should, like them, eat gravel stones to do the crushing teeth were created to accomplish.

caused by the souring process, this rolling of the food is particularly observable in conjunction with the rising and burning caused by the inflammation of the stomach.

This motion is involuntary, else we should be obliged to WILL it continually, which would be exceedingly inconvenient, as it must be perpetual, so that we could do little else. Breathing also greatly facilitates it. Every inspiration hauls down the stomach to make room for the ingress of air, and every expiration redoubles this motion, by allowing it to return to its place. And as breathing is perpetual, so is this stomachic motion. This physiological principle condemns, in unqualified terms, all lashing down of the stomach, and girding between it and the lungs, which prevents this motion. Unless it had been very important, nature would never have devised so effectual a means of securing it; and those who arrest it by tight lacing, do so at their PERIL.

Nature still further facilitates this motion by those ABDOMINAL MUSCLES which pass up and down across the stomach and bowels, so that we cannot well move the body backwards, forwards, sideways, any way, without using these muscles, and thus, as it were, kneading the stomach. This brings up for discussion—

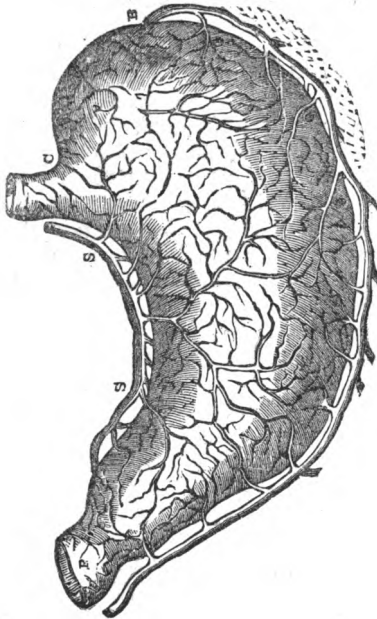
77. EXERCISE AFTER MEALS, AND NOONING.

Such exercise is generally condemned, and a nooning recommended instead; because two dogs fed alike, the one put upon the chase, the other allowed to rest, on being killed two hours and a half after feeding, in the former digestion was scarcely commenced, while in the other it was nearly completed. Violent exercise is undoubtedly injurious, because it robs the stomach of energy to supply the extra exactions of the muscles; yet this does not condemn moderate exercise. Nor are we told whether the still dog laid down all the time, or ran around leisurely here and there, but only that he was not on the chase; so that these cases fail of proving that we should "after dinner sit an hour." And since such sitting actually deprives the stomach of a part of that motion so indispensable to rapid and complete diges-

tion, it is therefore positively INJURIOUS. Moderate exercise PROMOTES, instead of retarding digestion, though fatiguing labor is of course injurious.

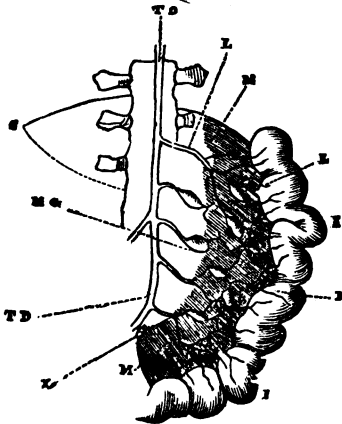
"But," it is objected, "nature seeks rest after meals, and what she, unperverted, inclines us to do, is beneficial." But I doubt whether apathy after meals is natural. I even claim the converse. True, when we have overtasked the stomach, this organ withdraws energy from the muscles, brain, and wherever else it can obtain it, to enable it to discharge its burden, just as overtasked muscles rob both stomach and brain, and an overtasked brain robs all the rest of the system. Such robbery of organs, not oppressed by those that are, is a physiological law of great practical utility. Nor is there a more certain sign of having over-eaten, than subsequent lethargy of mind, or indolence of body. The stomachic nerve robs the brain, or muscles, when thus overloaded. One function was never made to interfere with or obstruct another, else nature would be at war with herself, which let alone, she is not. On the other hand, all promote all. So far from its being a law of things that the stomach should retard the action of brain or muscle, it was created to facilitate both; so that RIGHT eating will actually exhilarate, instead of prostrating, all the other functions. I never take noonings. Children never do, but are generally more lively and playful after meals than before, but never more stupid; and he who cannot take hold of labor with increased zest and strength, or study with greater success, after having eaten less, than before, has eaten too much. Eat exactly right—enough, but not too much, of the right kind, and masticate well—and you can labor with augmented ease, and apply your mind with increased clearness and power after eating, and feel like doing, instead of loitering. Food, like sleep, naturally refreshes and invigorates; and unless it does so, is excessive in quantity or injurious in kind. This physiological law furnishes a sure criterion of the quantity of food required for the most perfect sustenance of body and mind. Yet when we have over-eaten, noonings and rest after meals are probably beneficial.

78. STRUCTURE OF THE STOMACH AND INTESTINAL CANAL.



No. 8. THE STOMACH AND INTESTINAL CANAL.

C the cardiac orifice through which the food enters; P the pyloric orifice through which the chyme passes out; S S the coronal artery of the stomach. Another artery is seen passing under the stomach, and those lines seen to pass in all directions are ramifications of blood-vessels.



No. 9. INTESTINES, LACTEALS AND MESENTARY GLANDS.

T D T D the chyle duct; L lacteals; M G mesentary glands, several of which are here represented; S S spinal column. The folding structure of the intestines is here well represented.

It is composed of three membranes—the outer, called the peritonæum, or glossy coat, which lines and lubricates all the internal organs, and allows them to slide upon each other without friction; the middle coating, composed of muscles laid transversely, and crossing each other in all directions, which contract upon its contents so as to give it its required motion; and the inner, or mucous membrane, which is extremely delicate, and of a pale cream color when healthy. And this structure pervades the whole intestinal canal. Nerves and blood-vessels also permeate all its parts; the latter imparting vitality, and the former relating it to the whole nervous system, by which means the various states of the stomach control both the nervous system and mind.

When a healthy stomach receives its food, this mucous membrane, or some glandular structure interwoven with it, empties into a clear, tasteless liquid, resembling saliva in appearance, called the GASTRIC JUICE, previously secreted so as to be in readiness. This fluid is a most powerful solvent, capable of reducing to a milky, homogeneous mass, called chyme, all those heterogeneous substances taken as food. It, as it were, sets free, or extracts from food the carbon, fibrine, caseine, nitrogen, hydrogen, and other substances, electricity also probably included, which enter into the composition of food, and are required to support life. It even dissolves food out of the stomach, but not as quickly as in. Its solvent power, when the stomach is healthy, is most astonishing. Not to dwell on the wonderful gastric powers of some animals—that East Indian bird, which will swallow and digest even wood—man's solvent power is far greater by nature than any suppose. Some have swallowed knives, and digested their bone or horn handles. Is it not surprising that the stomach should bear up often a century under such continued abuse, as even the most temperate daily heap upon it? Take our own cases. How long, how often, and how outrageously, reader, have you abused your own digestion by eating too fast, and too much, and of unwholesome food, and yet it perhaps retains much of its pristine vigor!

But such abuse ultimately weakens its solvent power. This allows food to lay so long in the stomach, that its heat induces souring or fermentation, which aids its dissolution, and helps to relieve the stomach of its load. But mark; this fermentation is nothing more nor less than incipient decomposition, or, to call it by its true name, the commencement of the ROTTING process. To ferment is to PUTREFY. Nor is it possible for food to sour in the stomach without engendering corruption. Especially is this true of the fermentation of meat. All know how vast the amount of putrefaction eliminated by its decay out of the stomach. Fermentation engenders the same in it. Is it then any wonder that dyspepsia, which consists simply in the rotting of food, especially meat, in the human stomach, should cause its victims to feel so wretchedly? Is not here a powerful argument against meat eating, especially when the stomach is not PERFECTLY good? Think of it; meat actually putrefying in the centre of the system, to be sent all through it; literally frightful to contemplate! And yet this very process is perpetually going on, in a greater or less degree, within the stomachs of all in the least afflicted by dyspepsia, and this class embraces the mass of Americans, as we shall show when we come to treat of this disease. This chemical fact, that the souring process is incipient rotting, together with the fact that the food of the great mass of our nation does thus ferment, develops the prolific cause of most of those chronic, malignant, and all other diseases which bring suffering and premature death on the mass of mankind. Men cannot, therefore, guard too carefully against all injury of this important organ. Its healthy and vigorous condition is indispensable to life and happiness. Its abuse is suffering and death. As starvation, by withholding nutrition, soon destroys life, so imperfect digestion proportionably impairs it. Dyspepsia is partial starvation on the one hand, by withholding the materials of life, and death on the other, by engendering corruption. Hence, whatever dyspeptics do or leave undone, they should first restore the flagging energies of their stomachs. The scholar who is impairing

digestion by study, instead of disciplining his mind, is undisciplining it in the most effectual manner possible, and by that very study which otherwise would strengthen it, because stomachic diseases effectually prostrate the brain. Such should stop studying till they have effected a cure. And all, whoever they are, whose stomachs are strong, should make it their paramount business to keep them so, and if weak or disordered, to strengthen and heal them, and should give up or abstain from whatever impairs them. But more on this point hereafter.

This gastric juice acts mainly upon the OUTSIDE of the food eaten, thus evolving nourishment GRADUALLY—a provision of great practical utility. Otherwise we should be obliged to eat perpetually, which would be inconvenient, if not impossible.—*Physiology, Animal and Mental.*

NEW-YORK, MARCH, 1849.

SCARLATINA, OR SCARLET FEVER.

The following letter of Dr. Hiram Corson of Conshohocton, Montgomery County, Pa., is published by Dr. J. Forsyth Meigs of Philadelphia, in "a Practical Treatise on the Diseases of Children," under date, 1848. The facts given by Dr. Corson are presented in a clear and lucid manner, and illustrate well the remarkable power of water in this formidable disease. He speaks as follows:

"Scarlet fever is a disease that has prevailed very much in our region during the last seventeen years, and has caused me much thought and anxiety. It will give me much pleasure to make you acquainted with the *results* of a plan of treatment, which I owe mainly to Dr. Samuel Jackson, formerly of Northumberland, now of your city, who first put me in the way of treating the disease successfully. In 1832, I treated the disease, which, however, was not malignant, very successfully, with iced drinks, moderate purges, and slight irritation externally upon the throat, and thought the practice peculiar to myself, but afterwards saw, in the May and Au-

gust numbers of the American Journal of Medical Sciences, the communications of Dr. Jackson. Encouraged by these, I prepared to try the cold externally; when a most unfortunate trial by a neighboring physician, so alarmed the people about the application of cold, that I could not prevail upon them to suffer the trial. From 1838, until within the last two years, we have annually had the scarlet fever for some months, and my treatment, with the exception of iced drinks sometimes, and cold to the head occasionally, was like that in general use, until August, 1844. At that time I was called to a child eight months old, that had been sick two days. There was great swelling of the glands both sides of the neck, hot skin, frequent pulse, but no eruption; slight discharge from the nose; the glands not easily seen upon the inside, but the drinks came back through the nose sometimes, and it could not take more than one draw at the breast without dropping the nipple, because of the obstruction of the nostrils impeding respiration when the mouth was closed. I stated candidly to the mother that I had never saved a child in that condition and of that age, by the old treatment, and recommended *ice internally and externally*, cold water to the head, and no medicine. I could urge nothing on the score of experience, but she agreed. Lumps of ice were folded in linen cloths and held night and day upon the two sides of the throat; while a small thin piece, enclosed in white gauze, was held in the mouth. In less than three hours improvement was manifest in the ability to swallow. The swelling of the glands, the heat, and the frequency of the pulse all regularly diminished, and in two days the child could nurse well and was out of danger.

"The next severe case occurred in about two weeks. It was one of the most intense scarlet eruption, with tumefaction and ulceration of the tonsils, vomiting, coryza, (running at the eyes,) great frequency of the pulse, excessive restlessness, and swelling of the external glands. The heat was intense; there was heaviness amounting to stupor. My treatment was a kind of half-and-half; emetics, purgatives, cold externally and internally. But half

satisfied with myself, my course was vacillating and inefficient, and I at length called in a friend, who turned the scale in favor of irritating gargles, and our patient died. I was mortified and provoked, and determined to act out my convictions at the next opportunity. A few days after I was called to two boys, of five and seven years of age, who had been blistered upon the throat, legs, and arms, and had had hot drinks, calomel purges, etc., etc., and who were discharging copiously from the nose, and were almost dead. Their countenances were sunken, the throats gangrenous, pulse above 150; their appearance was that of persons in typhus fever. I expressed my fears of the blisters, predicting that they would all be gangrenous in twenty-four hours, and that they would be likely to destroy the patients. I had cloths dipped in iced water wrapped round the neck, ice was put in the mouth, and cold water upon the heads, which were much affected. The throats were filled with ropy mucus, which was expelled through the mouth and nose during the coughing which attended efforts to vomit. The palate was literally destroyed by gangrene. A few hours produced no amendment. The blisters mortified extensively, and though both children recovered from the disease, one died two weeks afterwards from the sloughing of the throat and neck from the blisters.

"I now treated all that occurred with cold externally and internally; moving the bowels with cream of tartar and jalap. The cases were seen early and easily subdued, and it seemed to me as though the remedy was very efficient, or that my patients had a mild disease. That the latter was not the case, however, I thought probable from the fact, that in my region many cases differently treated died; while in Norristown, only four miles distant, children from one to twelve years or more, were swept off, after an illness of only two or three days, the deaths being evidently produced by disease of the brain.

"On the 16th of July, 1845, I was called to see a little girl, four years and nine months old. She had been sick a day or two. The case began with vomiting. The eruption had been out from morning till 6 P. M.; sickness the most intense all over

that I had ever seen; pulse as rapid as it could be to be counted. The mother had been alarmed during the last few hours in consequence of delirium and jerking, which she feared was the prelude to convulsions. There was tumefaction (hardening) of the sub-maxillary ganglions; tongue furred with projecting red points, breath hot and offensive. When she found some one holding her wrist, she started from her dosing state, and being somewhat afraid of the "doctor," went off immediately into one of the most terrific convulsions that I ever saw. It lasted in spite of ice to the head, or rather iced water *constantly* poured upon it, almost half an hour. I stayed with her, had her undressed, and placed two nieces of mine (her mother being one) by her side. A large tub of water, with cakes of ice, at least a peck, floating in it, was brought into the room, and during the *whole* night, these two persons bathed her from head to foot with the water from the tub, applying it by means of large sponges. It was to me a most painful case, (independent of the convulsions,) but in order to be certain that I had a case fit for the trial of the ice, I had my brother (a physician practicing at Norristown, where the disease was very fatal) brought at 10 P. M. to see the case and say whether it was the same as those that had for a few weeks been carrying off some of the finest children of Norristown, and carrying terror into every family. He assured me that it was one of the most violent character, and that she would in all probability not live till morning. She was at this time free from convulsions, but in a muttering delirium. As I had perfect control in the case, I assured him that she should live if I could quench the fire that was burning out her vitals, by the use of ice. Not a moment did the attendants whom I had placed by her intermit their labors. Before midnight, reason had returned, and her mother said she was more herself than she had been during the whole day. I had gone away, but returned at sunrise, and found her cooled off perfectly. There was scarcely the least appearance of eruption, the skin was cool, the head cool, the intellect clear, and the pulse moderate in frequency and force. She had been unable to drink for many hours, and

her tongue, which had been very much cut during the convulsion, was so swelled and sore, that I could obtain no view of the throat. I now directed the mother to intermit the sponging, doing it only once in every two hours until I returned. My return was delayed until 4 P. M.; when I found that the heat of the skin, frequency of the pulse, eruption and delirium had all returned. She was moving her hands as if feeling for something, slowly protruding and withdrawing the tongue, and muttering. She did not notice her mother's questions, and was apparently unconscious of all that was going on. We threw on the water, ice cold, in the utmost profusion, and lapped cloths, dipped in the water, round the neck, changing them every minute or two. We poured it upon the head constantly, holding a large basin under to catch it. In one hour reason returned. We continued it until the eruption almost disappeared, until the child shrank from it, and until she was ready to shrink from cold. I now gave her cream of tartar and jalap, directed the water to be used just as was needed to keep down the heat, and had no farther trouble with her. I forgot to say that so soon as she could swallow, cold drinks and ice were kept in the mouth. She took no more medicine. The wounds in the tongue healed up kindly.

"There were two younger children in the family, both of whom were attacked a few days after, while apparently in good health, with vomiting, and the same symptoms as in the first case. The throats were red, swelled, etc. Cold cloths were wrapped around the neck; they were purged with jalap and cream of tartar; as the heat of the skin and eruption appeared, ice water was profusely applied to the whole body, so as to keep down the heat, and allow but a very moderate eruption to show itself. They were well in a few days, without a bad symptom. It was now mid-winter. The cases followed each other rapidly. I treated them all in the same way, and *all* with like happy results. The disease had a wide range, extending from the Schuylkill across the highlands, between Norristown and Doylestown, and was in that range very destructive in many

families. There was much alarm, and I was called two miles back of Norristown to a girl about eleven years old. The eruption had been out about twenty-four hours. The throat was swelled and covered with white patches, (generally called ulcers,) tongue dry, hot and red, skin hot as skin could be, and what to me characterizes the most malignant cases, the eruption, instead of being of a bright scarlet, was of a purple-red, like the congestion sometimes seen in the faces of old drunkards. There was great oppression, not *difficulty* of breathing, but a state like that which exists when a person is deathly sick but cannot vomit; with extreme restlessness and jactitation. The disease had been so fatal, that the mother thought the case almost beyond remedy, but when I told her that the cold had proved successful, she was eager to try it. It was 8 o'clock, A. M. The girl was stripped and the ice water applied all over. Ice was lapped around the neck, and positive directions given to continue the application without intermission until I returned. It was about four miles from me, and I did not return for seven hours. The moment my eyes rested upon her, I knew that we had done *too much*. She was white as the sheet upon which she lay. The neighbors had been in and desired the mother to desist, that 'she would kill her,' but she had been true to her trust. The child was apparently bloodless, covered with 'goose skin,' and shivering with cold. Her pulse was *small* and much less frequent, but not weak or fluttering, and she was sensible. (I forgot to say that in the morning she was quite flighty.) I told the mother we had used rather more cold than was necessary, but that if we left it off now, she would probably do well. I omitted it for two hours, and gave nothing. At the expiration of that time, the heat and with it the eruption showed themselves, so as to cause me to direct the sponging to be used just so as to keep them in check. The ice was kept constantly on the neck, and water frequently poured over the neck. I had no more trouble with her, although the skin desquamated (peeled off) from head to foot.

"Six other children in the same family

took the disease. Five of them had the ice and ice water used upon them, and all did well. I gave none of them any medicine except a little cream of tartar and jalap, to move the bowels moderately. I gave this combination because it is pleasant to children, and easily swallowed. The sixth case was a very mild one, so that the mother merely gave it a little castor-oil, and it did well, and seemed perfectly recovered in a few days. Indeed, the attack was so mild, that it would not have been detected as scarlet fever, if it had occurred at any other time. It was attacked with dropsy and an affection of the lungs about two weeks after, lingered several weeks, and finally died of pneumonic (lung) disease.

"I suppose I have attended more than a hundred cases of scarlet fever of every grade, since I began the cold treatment. In no instance where I had it fairly applied did it fail. Indeed I have lost but two patients since.

"In every variety of sore throat and quinsy, in summer and in winter, my treatment is ice around the neck; or when the nurse is faithful, iced cloths, renewed as soon as they approach the heat of the neck.

"In no single instance have I seen dropsy follow scarlet fever that had been treated by cold affusion. I have never seen it occur except after the mildest cases of the disease, those that had probably only needed a mild laxative."

Those who understand the water treatment know that the laxatives are better supplied by water injections, bandages, &c. We have in the above, certainly, very strong evidence of the good effects of cold water in scarlatina. The great effect of the treatment was, as it should be, that of constantly and perseveringly keeping down the heat.

DR. ELLIOTSON of London, in his Principles and of Practice Medicine, remarks of cold affusion in scarlet fever:

"The disease has certainly been cut short, by taking a patient out of bed, and pouring cold water upon him. The heat

of the body is so great in this disease, that no danger is to be apprehended from the cold affusion. It is true, there are cases in which the patient is more or less chilly, but if, in this affection, the general rules I laid down in the case of common fever be followed, there is no danger whatever, but the greatest advantage, in taking the patient out of bed (however hot he may be) and pouring cold water upon him. These rules are, that the temperature is steadily above 98 degrees, (Fah.); that there are no profuse general sweats; that there is no chilliness; and no inflammation of the chest or abdomen. I presume this would be done oftener than it is, were it not for its appearing a violent measure to take a person in fever out of bed, put him into a washing-tub, and souse him well with cold water. But at any rate, no friends will object to washing a patient with cold water. It is a great comfort to the individual, and as long as it is comfortable it should be had recourse to. Sponging the hands, arms, face and trunk, with cold water is grateful to the patient; and is an excellent practice in the disease."

We remark on these directions of Dr. Elliotson, that as few non-professional persons can be expected to have a thermometer suitable for measuring the animal heat, (and even among physicians hardly one of a thousand ever has any such thing,) some other rule must in almost every case be adopted as a guide. The thermometer is not strictly necessary, for it requires no more than ordinary judgment for a person to decide as to whether the heat is above the natural standard merely by the sensations of the hand. This rule is sufficient for all practical purposes.

As to profuse sweating, it is to be remarked that this is of itself a cooling process. The tepid washing is then very comforting and salutary. But the sweating seldom happens in scarlet fever at all.

In the *beginning* of fevers and inflammations there is often chilliness to the feelings, while at the same time the skin is hot-

ter than is natural. The cold bath is then beneficial; and what may appear singular, it makes the patient feel warmer. The half bath and the rubbing wet sheet are excellent means in the stage of which we are speaking. In the later stages of fevers and inflammations, if chilliness is experienced the same rules do not apply; that is, there cannot be so much cold water borne. Indeed, under any circumstances, whenever the system is *really* chilly, do not make it more so with cold water or anything else. True, the rubbing wet sheet is often serviceable in such cases, but this excites a better circulation towards the skin, and thus helps in the end, even if used cold, to prevent the sensation of chilliness.

We controvert Dr. Elliotson, and various other authorities by saying that in inflammations of the chest or abdomen, or any other internal organ, attended with general feverishness, which is generally the case in the active stages of these diseases, the same general rules of practice apply as in any other case of fever. This we have proved from oft-repeated experiments. Anything which tends to reduce feverishness in the general system must also tend to reduce the fever of any local part; and it is upon this very same principle that bleeding, calomel, and other remedies that act upon the system generally, are administered.

DR. BURNS, author of a work on Midwifery, regarded affusion with cold water a remedy of utility in scarlatina. It is, however, but justice to him to remark that he did not advocate the affusion in cases where internal inflammation existed in connection with the disease in question. He says of the affusion:

"It is of consequence to use it early, if it is to be done at all, and whenever the skin feels steadily hot, the shivering having gone off, and the skin feels very warm to

the hand of another person, it is time to put him into an empty tub, and pour over him a large ewer full of cold water. By this I have known the disease arrested at once, the eruption never becoming vivid, and the strength and appetite in a few hours returning. Even where it is not arrested, it is pleasant to observe the change which often is produced. The patient from being dull, languid and listless, feels brisk and disposed to talk or laugh; the skin becomes for a time colder, and refreshing sleep is frequently procured. The repetition must depend on the degree of heat, and the effect of the application. If that have done no good, it is useless to try it again. One application is sometimes sufficient, but it may be necessary the first day to use it twice, and once the next day. It is seldom requisite afterwards, for although the disease may continue, it is mild, and laxatives complete the cure. If the fever be mild, and the heat not pungent and great, we do not employ the affusion. We keep the patient cool, or have the surface cooled frequently by a sponge dipped in cold water, and, indeed, this seems now in most instances to have superseded the use of the affusion."

In reference to the above principles laid down by Dr. Burns, we remark:

First, that where internal inflammation does exist in connection with scarlatina, the cold affusion is not contra-indicated if there is general pyrexia or feverishness of such degree as would warrant the use of the remedy in cases where the internal inflammation does not exist. The same general principle in regard to cool affusion or cooling means externally of whatever kind, holds good in all cases of general feverishness.

Second, where one application is not sufficient to arrest the disease, as it seldom would be, the remedy should be applied and re-applied as often as the heat and feverishness demand it, no matter if every hour, although this could seldom happen; and if in any case there is doubt as to whether the patient's strength will admit

of the cold affusion, the tepid, as with water at 70° or 80° F., may be employed. The tepid bath is cooling in effect, and will in every case of increased heat be certain of doing at least some good and no possible harm. It would be hardly possible for a patient to die of scarlet fever, if he have cold water* enough to drink, cool fresh air in abundance, and the tepid affusions, washings, &c., enough to keep down the inordinate heat. Thus people of good common sense and judgment may proceed cautiously and safely, without coming at once to affusion with the coldest water.

Third, the use of laxatives, either with or without water, is by no means so salutary as fasting, and injections two or three times a day repeated. These may be cold or tepid if the patient is very weak. They may also be repeated two or more times in quick succession, and are certain of doing much good.

DR. DEWEES, in Practice of Medicine, says of the treatment of scarlet fever:

"In the early or inflammatory condition of scarlatina, when there is considerable arterial action, and vast augmentation of heat on the surface, cold ablation or sponging gives great relief to the symptoms, and is a most comfortable process. * * * Some, however, are afraid of these cold applications because the throat is sore; but this forms no exception; for it is not accompanied with cough, or other pneumonic symptoms like measles; and the sponging or even affusion has checked the sore throat most evidently."

DR. CURRIE, a very able writer on water fifty years ago, spoke of the results of his practice, after much experience, as follows:

"The plan that I follow, if called in at this early period, (namely, when the heat is great,) is to strip the patient, and dash four or five gallons of the coldest water to be procured over his naked body. This produces its usual cooling effects; but these are less permanent than in typhus. In one or two hours afterwards the heat is

often found, on examination, as great as before. The affusion is therefore repeated again and again, as the obstinacy of the heat may indicate. It is necessary to use it ten or twelve times in the twenty-four hours. At the end of this time, but commonly earlier, the force of the fever is broken, and a few tepid affusions, at longer intervals, are sufficient to subdue it entirely. During this time cold water and lemonade should be used as drinks, and the bowels opened if necessary by calomel. In a few cases, I have thought it advisable to assist the affusion by the diaphoretic (sweating) power of a solution of tartarized antimony. If left to myself I use no other means."

We have thus extracted from medical authorities on the treatment of scarlet fever at greater length than we at first intended. In some regions of country where our Journal goes, scarlatina of malignant form is now prevailing. This, we trust, will be taken by our readers as some apology for the great length of our article.

THE SHOWER BATH, WITH DIRECTIONS FOR ITS USE.

This is often wrongly used. As physicians are becoming generally more impressed with the importance of water, they not unfrequently say to a patient, "Take the shower bath." The patient, a lady, perhaps, is very weak. Medicine enough to make her so, quite likely, has been given, and a good bill run up. Last of all, the order comes, "Take the shower bath;" about as philosophical a prescription, as to say to a person in severe constipation, and not at all acquainted with the dose of medicine, "Take Croton Oil." Of this most powerful of all purgatives, every one would, of course, take too much. Within three years, since baths are getting to be the fashion, I have known a number of persons materially injured, in consequence of this loose kind of advice. A great many patients are too weak to take

the cold shower bath. Milder means must be used.

The shower bath should never be taken upon the head. Some can bear it; but, in all cases, it is better to wash the part. The head should never be beaten by water or anything else. Most men have an idea that taking it upon the head is necessary to prevent rushing of blood to that part. Cooling the head is, of course, good for this, and, if the bath has but little force, the head is, in many instances, benefited. But it may be beneficially acted upon indirectly, as by the foot bath, which is so good to relieve headache. The hip bath is easily managed, so as to cause the same effect. So, also, the shower bath upon any or all parts of the body but the head, may be made to cause the same result. Now the blood at the feet is cooled, and now it has arrived at the head. The blood is rapidly coursing through the system; and thus, by cooling it, we very soon affect the most distant part.

If the person has strength enough, and does not take the shower bath upon the head, he will find no difficulty in its use. It is a very valuable and convenient mode; and many persons have, by this simple means, been most wonderfully restored. And yet some water-practitioners are so prejudiced that if a patient commences telling them the benefit he has derived from its use, they at once fall into a rage. It is easy, in these cases, to see where the shoe pinches; they have committed themselves beforehand, and been talking of what they knew but little about. If I have, myself, taken some hundreds of the shower bath, and prescribed it to hundreds of others, (as I have,) I ought to know more concerning its effects than those who have seldom or never attempted its use. I do not say that a shower bath is the best that can be; but I contend that, properly

managed, it is a most excellent mode. The pouring of water, or the small stream of the same quantity and force of the shower, I hold is, in most cases, the best. I go, as I always have done, for *avoiding* the shock, although this is generally advocated as being the principal good of the bath. The pouring, and the small stream, much less than the shower, produce a shock.—*Water-Cure Manual*.

And we here further remark that the rubbing wet sheet, bath in the wash tub, standing in a tub or some convenient place, and pouring a number of gallons of water upon the shoulders and neck, thus letting it pass down the whole body, in short, baths by affusion, are as a general fact, more practicable means than the shower baths. Many seem to think there is a great charm in the *shower*. A good *washing* of the body with water, tepid, cool, or cold, accordingly as the individual can bear; this is, in general, all that is needed for ordinary and daily use. But some lazy people may be more benefited by paying fifteen or twenty dollars for a shower bath, as they will then persevere to get their money's worth, whereas otherwise they would not bathe at all.

THE BOSTON MEDICAL AND SURGICAL JOURNAL ON CHOLERA.

In a late number of this periodical, we find a criticism on the homeopathic treatment of Cholera, which closes also with a remark on our own work on that subject. The writer after speaking of "Dr. Shew, of water-cure celebrity," says:

"For cholera, according to his unanswerable arguments, water, and water alone, is the infallible remedy!"

If the writer will take the trouble to read us, he will be able, if so disposed, to come a little nearer the truth. "Infallible remedy," we think does not exactly

apply to any of the water doctors yet, or their doctrines.

In the same number of the above Journal, we find also this statement:

"The treatises, published volumes, essays, theories, statistical memoranda, reports of sanatory boards, and communications to journals of medicine, (concerning cholera,) are numerous beyond example. Were they all collected into volumes, the whole mass would rival in bulk the published documents of the American Congress. Lamentable to record, however, this mighty flood of scientific light has not checked the onward progress of the disease."

Why then find fault with us, since the old school have done nothing? Give us credit, at least, of advocating something different from the common modes.

POPULAR REMEDIES FOR HYDROPHOBIA.

Almost every week we see, going the rounds of the papers, pretended remedies for hydrophobia. Here is one, in a communication to the New York *Courier and Enquirer*: It is to bleed the person, keep the wounds of the bite and the bleeding open, and the patient immersed in salt water up to the very chin. But for how long a time, whether for five minutes, five hours, or fifty, is not said.

GREEN SPRING HYDROPATHIC INSTITUTE.

This institution is pleasantly located in Baltimore County, on the Owing's Mill branch of the Baltimore and Susquehanna Railroad, ten miles from the city of Baltimore. By referring to the advertisement of this establishment in our Journal, it will be seen that it possesses rare advantages for the object put forth. It is our opinion that this is one of the very best points in the whole Union for the location of a great and flourishing concern. A large expense has been incurred, and the

improvements and accommodations are ample and inviting.

The Green Spring Institute is owned by Mr. J. F. PETRI, a German gentleman of literary ability, and of great worth. Having been himself cured by water-treatment of an old malady that had resisted all ordinary modes, he felt a very laudable desire to aid in spreading this great reform in the healing art so that, by this means others, like himself, might experience its benefits. The general business direction of the Institute is to be under the proprietor's own supervision and care.

Mr. SETH ROGERS, a pupil of our own, has the medical charge of Mr. Petri's establishment. For a number of years he has had his mind strongly drawn towards subjects connected with health. His opportunities of studying and observing the effects of water-treatment have been considerable in this city, and during the past summer he was steadily and constantly with us at Oyster Bay. Since that time he has been regularly a student in the medical department of the New York University, giving his whole time and energies to the subjects in which he is so much engaged. He is about thirty years of age, (we do not know precisely;) is married, and, together with his very worthy and excellent wife, will reside in the Institution over which he is to preside. He is a careful practitioner, and will, we are confident, succeed well in that most difficult of all arts, healing the sick. In cases of doubt or uncertainty, we will gladly render Mr. Rogers such assistance, by way of counsel, as our limited time will admit.

BUCKWHEAT CAKES.

The griddle on which cakes are baked *should never be touched with grease*. First, because it imparts a rancid taste to cakes.

Secondly, if a cooking stove be used, it fills the kitchen, if not the whole house, with a smell of burnt grease—to say nothing of the parade and boasting to one's neighbors, by betraying what we are to have for breakfast. Wash the griddle with hot soap suds; scour it well with a spoonful of fine salt and a coarse cloth. It will then be ready to receive the cakes. After each cake is removed, the salt rubbing must be repeated. If the first does not succeed, try it again, and you will ever after follow this advice of an old house-keeper.—*The Presbyterian*.

Some years ago we wrote for the Water-Cure Journal as follows: "There is a very general prejudice concerning the use of buckwheat cakes. The article is thought to be productive of skin disease. We, some years ago, entertained the opinion that it was more the butter and salt concerned, eaten so freely with buckwheat, than anything else, that caused the evil in question. People generally put about as much butter to melt between the cakes as there is of the article itself. We have tried the experiment pretty thoroughly ourselves, and with others, in omitting the butter, using a little only of good molasses, syrup, or honey instead, taking at the same time a good cold bath or two a day, and thus we have had no trouble from the buckwheat. A person would enjoy the cakes alone very well some time, before he would be in any danger of starving. Buckwheat is a light, and one of the most wholesome forms of vegetable farinaceous food. It is not very nutritious, and on that account is admirably adapted for sedentary persons, and those who are apt to eat too much. Good cooks have the art of baking the article with only a very minute portion of butter or lard on the griddle, and some with none at all. Always the less used the better. We are not the least afraid of buckwheat."

HOMEOPATHY IN SMALL-POX.

The small-pox broke out in Rochester, N. Y., sometime in November, 1847, and spread through the city to considerable extent. During the prevalence of the malady, Dr. Waterman, one of the editors of this periodical, treated twenty-six cases of genuine small-pox strictly according to the Hahnemannic principles with exceeding satisfactory results, not losing a single case; and their convalescence was far more rapid than the same number of convalescing small-pox patients under the old school treatment. They passed through the disease far more easily, and as the result shows, with far more safety, thus evincing that calomel is not the "*sine qua non*" in the treatment of that malady.—*Ohio Medical Examiner.*

We could tell perhaps even a better story than the above, concerning our own practice in small-pox. And we will mention that CAPT. JOHNSTON, now of the Ocean Steamer Washington, informed us in 1847, while on an outward passage from New York, that upon one of his trips from Havre he had thirty-six cases of small-pox among the steerage passengers. This was in a sailing packet. Capt. Johnston treated these cases every one of them without medicine; all got well. He managed them upon the cooling plan, ablutions, cleanliness, fresh air, and good nursing. This was a remarkable result, considering that the steerage of a ship is so bad a place in which to treat so formidable a disease.

NEW WATER-CURE ESTABLISHMENT AT COOPERSTOWN, OTSEGO COUNTY, N. Y.—Cooperstown, the county-seat of Otsego, located at the outlet of Otsego Lake, has long been deservedly celebrated for its beauty, salubrity, pure water, and pure air. Dr. ROOF, with whose reputation our readers are generally acquainted, is proprietor and physician of this new es-

tablishment. It is to be opened early in the spring.

For the Water-Cure Journal.

HEALTH STANZAS.

BY MRS. A. C. JUDSON.

There are pearls from the ocean,
And gold from the mine,
And gems of rich beauty
Resplendently shine;
And coronets gleam
With the diamond so rare,
Most precious! none other
Can with it compare.

There are many things costly
And bright o'er the earth,
To things of great beauty
Hath God given birth;
Yet brighter, and better,
And choicer than wealth,
Pearls, gems, or the diamond,
The treasure of HEALTH.

Who, who would not seek it,
And who does not prize
This best of all blessings
That's found 'neath the skies?
Yet oft it is bartered
By many for naught,
Save some gross enjoyment,
Not worthy their thought.

Away with all viands,
All sumptuous fare—
Let me but this blessing
Of health ever share;
I'll court not the honors
At Fashion's loved shrine,
While the wealth of the Indies
Can ne'er equal mine.

Oh, give me a breathing
In pure air of heaven,
Which God in great mercy
To mortal hath given;
And let me drink, oft,
From the bountiful springs
Which flow forth so freely,
To gladden all things.

My diet be simple,
As Nature designed,
For health of the body,
And strength of the mind;
Then toil will be pleasant,
Refreshing my rest;
And life, though so chequered,
Be peaceful and blest.

VOMITING BY WATER.*

MOREOVER, by means of water all sickness at the stomach may be cured, which is done thus: Take four quarts of water, make it as hot over the fire as you can drink it; of which water let a quart be taken down at several draughts; then wrap a rag round a small piece of stick, till it is about the bigness of a man's thumb; tie it fast with some thread; and with this, by endeavoring gently to put it a little way down your throat, provoke yourself to vomit up again most of the water; then drink another quart and vomit up that, and repeat the same the third and fourth time. You may also provoke vomiting by tickling your throat with your finger, or the feather-end of a goose-quill; but the cloth round a skewer maketh one vomit with most ease, which is done with no trouble when the stomach is full. And by this way of vomiting, which will be all performed in an hour's time, that vicious and ropy phlegm in the stomach, which causeth the sickness, will be cast up, so that the party in that time will be free from all that inward disturbance, if you use the remedy at first; but if the sickness hath continued for a time, it will require the same course once or twice more, which may be done in three or four hours, one after another, without any other inconvenience, besides that of being a little sore in the breast the next day, which will soon go off by the force of nature. Which remedy,

* From *Curiosities of Common Water*; or the advantages thereof in preventing and curing many diseases. Gathered from the writings of several eminent physicians, and also from more than forty years' experience; to which are added some rules for preserving health by diet. By John Smith, C. M. From the fifth London edition, 1723. With additions, by Joel Shew, M. D. Fowlers & Wells, New York. Mailable; price 25 cents.

by forty years' experience, I look upon to be infallible in all sickness at the stomach, from what cause soever, and for all pains in the belly which seem to be above the navel; for these are all in the stomach, as by long experience I have found: which pains are generally counted the colic; but it is not so; for true colics are always below the navel, in the large intestine or colon. And by this means I have eased very great pains, caused by eating muscles that were poisonous; and it is also a certain cure for all surfeits or disorders that follow after much eating; so that the lives of multitudes might be saved by this means, who, for want of expelling what offends, do often die in misery. For, by thus cleansing the stomach at the first, the root of diseases proceeding from surfeiting, or unwholesome food or any vicious humors from a bad digestion, are prevented; the stomach being the place in which all distempers do at first begin. No man was more subject to sickness than myself before thirty years of age; but since I found out the way of vomiting with water, which is now above forty years, I never have been sick for two days together; for when I find myself ill to any great degree, I betake myself to this way of vomiting, which, in an hour's time, restores me to ease, and perfectly removes my illness. And the same benefit all my family find in it, as do others also, whom I can persuade to try the experiment; which is such, that no physician whatever can advise a better to the king himself, should he fall sick. For, in the first place, it is not a nauseous remedy—it does not make the patient sick, as the best of all other vomits do; and then it is a vomit which is at our own command, since we can leave off when we please; and it infallibly works a cure to all sick stomachs.

Some few, indeed, pretend that they

are not able to vomit by this means. Now if they cannot vomit, let them take a pint of water, when they find themselves ill from eating, and do so every three or four hours, eating no more till they are hungry; and they will find the water digest and carry off what was offensive. The ingenious Dr. Cheyne, in his Treatise of the Gout, doth affirm, that warm water drank freely in a morning, fasting, and at meals, (and I say cold water is as good,) hath been a sovereign remedy for restoring lost appetites, and strengthening weak digestions, when other more pompous medicines have failed. And he adviseth gouty persons, after excess, either in meat or drink, to swill down as much fair water as their stomachs will bear, before they go to bed, whereby they will reap these advantages—either the contents of the stomach will be thrown up, or both meat and drink will be much diluted, and the labor and expense of spirits in digestion much saved. And indeed, I have found, by long experience, that nothing causeth so good a digestion as fair water; but this requires time to free us from the uneasiness that an ill digestion causeth, whereas vomiting is an immediate remedy, and frees a man from it upon the spot.*

* At sea, on our homeward passage from England, ship Switzerland, Captain E. Knight, November 29, 1846, I was informed that Mrs. W—, a worthy English woman, with a young infant at the breast, wished me to see her in the steerage. I found her writhing and groaning with cramp in the stomach; the extremities were cold and the surface pale. She could not lie, but was in a sitting posture, held by assistants. The wind was howling through the shrouds, and the motion of the vessel so great that one was compelled to lay hold of anything near in order to stand. I inquired whether Mrs. W— had been eating anything that disagreed, when I was told that her bowels had been out of order for some days. She had lately taken her meals irregularly, and this day, particularly, her food had gone badly. She ate about evening, and this had made her

SINGULAR EFFECTS OF MUSIC UPON MARTIN LUTHER.

D'AUBIGNE, in his History of the Reformation, gives the following narration concerning the effects of music upon Luther. The incident took place while he

worse; then, in about an hour, a kind-hearted old gentleman prepared a nice dish of coffee, with spices in it, which he thought would do her good. This of course, only made her the worse.

The treatment in such cases is simple and easily understood. According to the old mode of practice, some would adopt the plan of giving an emetic, tartarized antimony, ipecac, the sulphates of copper or zinc, flour of mustard, or perhaps, what would be least harmful and most efficient of all these, lobelia inflata. By such means the patient may often be relieved; but it is always at the expense of injury to the stomach—an evil, greater or less, which should, if possible, be avoided. If the patient is a short, thick-necked, fat person, and something advanced in years, bleeding would be practiced before giving the emetic, with the view of preventing apoplexy. Others, again, would give large doses of some opiate, solid opium, or, what would act more quickly, laudanum, in very large doses, as forty, fifty, or even sixty drops, often repeated till the effect is produced. Those who have undergone any of these (to us terrible modes,) and have also tested the effects of water-treatment in like cases, can judge as to which are best.

I told Mrs. W— I should treat her differently from what she had been accustomed to, but would do precisely as if myself were in her case. I at once ordered an abundance of water about blood-warm, to make it as mawkish as might be. She then drank, at my direction, as quickly as possible, a number of tumblers, and instantly copious vomiting took place. A large amount of acid and undigested matter was thrown off. She drank and vomited again and again, till the stomach became thoroughly cleansed. The pain subsided, and she went to rest; the feet were rubbed, and a bottle of moderately warm water was placed to them, and she soon slept. Next day she nearly fasted, taking only a little water-gruel. She had no pain, grew stronger, and in every respect better. She omitted tea and coffee, and was careful in diet, exercised on deck in the open air, and thus grew better and better the whole passage.

In some cases of this kind it is necessary, besides the vomiting, to give injections. There is no danger of vomiting and purging too much, provided the water is pure, and used neither too cold nor hot. Quart after quart of

was in a convent. He was himself a good musician, and exceedingly fond of the art.

"One day, overcome with sadness, he shut himself in his cell, and for several days and nights suffered no one to approach him. One of his friends, Lucius Edemberger, uneasy about him, took with him some young boys, choral singers, and went and knocked at the door of his cell. No one opened or answered. Edemberger broke open the door and found Luther stretched on the floor, without any sign of life. His friend tried in vain to recall his senses. Then the young choristers began to sing a sweet hymn. Their clear voices acted like a charm on the poor monk, to whom music had always been a source of delight, and by degrees his consciousness returned."

The salutary effects of music upon the sick have often been observed. Plaintive airs well performed, whether by the voice or instruments, will not unfrequently soothe and quiet the nervous system, when all ordinary means fail. Raving maniacs have been subdued in this way. Cheerful music is often good in cases of melancholy and low spirits. It should be taught in every family, and in all our schools; and it is gratifying that there is in our country at the present time a fast-growing love for this heaven-born art.—*Water Cure Almanac, for 1849.*

THE FOOT BATH.—In local injuries, as sprains and bruises, this bath is used for the local effect. It is also often used to benefit by sympathy distant parts. The feet should always be warm before the cold foot bath is taken.

lukewarm injections may be given, until the alimentary canal is thoroughly cleansed, and the pain removed. Frictions upon the bowels, woolen cloths, or towels wrung out of warm water, and the like, may be resorted to. I have never, in one instance, failed soon to bring relief in these cases. Once in a hundred, spasm may be so severe that the wet sheet will be needed before complete relief can be obtained. Mark well the very small amount only of food allowable for some days after attacks of this kind.—*Water-Cure Manual, by Joel Shew, M. D.*

THE DOUCHE BATH.—This consists of a stream of water of any size or height that is desired, and may be used as the most powerful of all baths. A small douche is better for ordinary use than the shower bath. It is more powerfully tonic, and at the same time produces less shock to the general system. Powerful douches must only be used under the direction of those who have experience in the treatment. It is an old remedy, and has been used for a variety of purposes.

A demi-brained doctor, of more note than sense, asked, in the amazed agony of his half-understanding, how 'twas possible that an external application should affect the bowels, and cure the pain within. "Why, Doctor," quoth an old woman, standing by, "by the same reason, that being wet shod, or catching cold from without, should give you the gripes and pain within."—*Dr. Baynard, of Engl ind, 1703.*

REVIEWS.

THE PRINCIPLES OF PHYSIOLOGY, applied to the preservation of Health, and to the improvement of Physical and Mental Education. By ANDREW COMBE, M. D.; with notes and observations, by O. S. FOWLER, Practical Phrenologist. From the seventh Edinburgh edition, enlarged and improved. N. Y. Fowlers & Wells, 131 Nassau street. Mailable, price 50 cents.

PHYSIOLOGY, ANIMAL AND MENTAL, applied to the preservation and restoration of health of body and power of mind. By O. S. Fowler. Fowlers & Wells, New-York. Mailable, price 50 cents.

We are not unfrequently asked "what popular works do you recommend on Physiology?" We have before recommended in our columns the second of the above-named works, and made some excellent extracts therefrom. Dr. Combe's Physiology has been already very extensively circulated. The edition, however, which has gone mostly before the public, is much inferior to the one above mentioned. The Messrs. Fowlers & Wells have done nobly, in issuing this last and most perfect of Dr.

Combe's editions, in spite of certain obstacles which would have deterred most other publishers. The following from the preface, by the editor of the American edition, will give our readers the whole clue to the matter in question :

The republication of this work had its origin in the following causes :

1. In a desire to furnish the American public with a *cheap* edition of the best *practical* work on Physiology extant. Upon no subject is the diffusion of light required more than on this ; and it is therefore deemed of the highest importance that suitable works on a science, calculated, as this is, to afford a correct knowledge of the laws which govern the body and the mind, should be disseminated at as low a rate as possible, so that all, especially the *laboring* classes may be supplied with them, that they may know how to obey those laws, and enjoy all the comforts and happiness of a virtuous and healthy life. To hold works on Phrenology and Physiology at a *high* price is wrong, for it violates Benevolence to gratify Acquisitiveness. To gratify Benevolence, by taking the shortest and surest means of reforming and benefitting mankind, is the principal object of this republication. The following quotations from Combe's *Tour in the United States*, vol. i, p. 155-7, will show its propriety in a proper light :

"*American Law of Copyright.*—The Americans deny copyright to any author or publisher of a work first published in a foreign country, and suffer some evils themselves in consequence. One evil is, that they must often rest contented with the first edition of an English work, if it has been reprinted by an influential man, long after the work has advanced through many editions, and received great improvements in its native land.

"Messrs. Harpers, of New York, reprinted and stereotyped Dr. Andrew Combe's work on Physiology applied to Health and Education, immediately after its appearance in England in 1834, and brought it out as a number of their 'Family Library,' in which form it was very widely circulated. In Britain the work went rapidly through several editions, in the course of which it was greatly improved, and much valuable practical matter was added. A request was made to the Messrs. Harpers, that since they had, without any advantage to the author, taken actual possession of the work, they should at least do him and the public the justice to reprint the improved edition, and not continue to circulate one every way inferior. This request was not complied with, because

the first edition was stereotyped, and they did not choose to incur the expense of reprinting another, although by their own account they had already sold many thousand copies of the book. Feeling anxious that the new matter should, in some way, be rendered accessible to American readers, the author sent out by me a copy of the seventh Edinburgh edition, and on his behalf I offered it for republication to respectable publishers in Boston, and inquired whether they would reprint it, and make him any allowance for it. They expressed their willingness to do so, and pay a fair percentage on the sales, but added that in effect they could not do either ; because, although by law there is no copyright of British books in the United States, yet there is one by the *courtesy* of trade ; for whoever first reprints an English work, secures the copyright of it to himself, and that as the Messrs. Harpers had obtained the right to this work by priority of publication, they could not interfere, even when the Messrs. Harpers continued to sell an inferior edition ; and to this answer they all adhered.

"I this day waited on the Messrs. Harpers—told them what I had done in Boston, and the answer I had received, and asked them to republish the book, and also to allow the author some recompense, for the new matter, of which they were not in possession. They requested to see the new edition, and to consider of it. I sent for the work to Boston for their use, and meantime told them, that although the author could receive no benefit from the sales, he was so desirous that the American public should have access to the most approved edition, that if they and all other booksellers declined to reprint it, I should do so on his account, and employ the trade to sell the copies. Their answer was clear and decided. 'You may do in this respect as you see proper, but we reserve to ourselves the privilege of retaliating two blows for one on any man who shall republish it ; this is our rule.' I asked an explanation of this announcement, and was told that the copyright by courtesy is defended in this manner. If any publisher interfere with it, the party aggrieved reprints, in the cheapest form, two of the offender's own English reprints, and floods the market with them at the lowest possible price. The Harpers are rich, have extensive connections, and act so energetically in retaliating two blows for one, that no respectable publisher will interfere with them. I made inquiries at several respectable publishing houses in Boston, Philadelphia, and New York, whether they would sell the work on commission if I reprinted it and stated in the preface the reason for doing so, namely, that the Messrs. Harpers continued to supply the public with an

inferior edition; but no one would undertake even to sell it. They assured me that this branch of trade, viz: selling on commission, so extensively carried on in London, has scarcely an existence in the United States. I asked the cause of this, and was informed that the extreme difficulty and expense of collecting accounts would swallow up any commission that could be afforded, and that, in point of fact, a large portion of the book trade in the United States is conducted by barter!"

As to the "two blows for one" mentioned above, I have only to say, the more the better of the kind threatened; for I shall publish no work which I do not think eminently *calculated to do good*. If, therefore, the Messrs. Harpers, or any body else can undersell me, the *public* will be gainers, and the circulation of works calculated to *do good* will be facilitated and extended—my main object in all my publications.

Again, I do not depend for my living on the selling of books, but on my profession as a Phrenologist, in which I stand in no need of their commendation, or fear of their *blows*."

2. But my *main* motive for the republication of this work, is to be found in its *intrinsic excellence*. Its *subject matter*, and the consummate ability with which it is treated, combine to render it one of the very best works in the English language. No family should be without it; and no young man or woman should fail to peruse and reperuse every page of it. It should be a *text-book* for all our colleges, academies, and higher schools, and its suggestions universally adopted.

The Editor of this American edition allows his notes and inferences to speak for themselves, trusting that they at least will not detract from the value of the work, and hoping that they may prove useful to some.

We say candidly, and that is not saying too much, that both of the above works should be in the library of every family, of which there is a single member who can read. But in saying this, it will be understood that we do not hereby affirm, that we could agree with EVERY principle laid down in either of these works. But so valuable are they, on the whole, we would have them go into the library of every family of the land.

Each work contains a very liberal amount of matter for the price, a thing not always true of books on health. After having made the above quotation, it is not neces-

sary for us further to speak in recommendation of Fowlers & Wells' edition of Combe over that of the Harpers.

Since writing the above our attention has been called to a work entitled, "FAMILIAR LESSONS ON PHYSIOLOGY, designed for the use of children and youth in schools and families. By Mrs. L. N. Fowler." Price 25 cents. From a very hasty glance at its pages, we are pleased with it. Several thousand copies have already been sold within the past year.

BOOK NOTICES.

The Musical A, B, C. A method for teaching the Rudiments of Music, with songs to sweeten study. Designed for schools and private instruction. By E. Ives, Jr. Cady & Burgess, New York. Price 25 cents.

This is a cheap and well-executed work, as are all of those put forth by Messrs. Cady & Burgess. The A, B, C advocates a new method of instruction, new at least in this country, and one it is claimed which is much preferable to that in general use. Of this, however, we are not competent to judge.

The Hellenic Kingdom and Greek Nation. By GEORGE FINLAY, Esq. With an introduction, by S. G. HOWE, M. D. of Boston.

This work may be obtained of Messrs. Fowlers & Wells, New York. Price 37 1-2 cents, mailable.

Internal Evidences of Christianity deduced from Phrenology. By JOHN EPPS, M. D. With a Preface and Notes, by JOSEPH A. WARNE.

This work also may be obtained through mail of Fowlers & Wells. The price 37 1-2 cents.

The Retrospect of Practical Medicine and Surgery. Being a half-yearly Journal, containing a retrospective view of every discovery and practical improvement in the medical sciences. Edited by W. BRAITHWAITE.

This English work is republished by Daniel Adee, 107 Fulton street, at \$1 25 a year. It is a well-established periodical, and one that every medical man should possess.

AGRICULTURAL JOURNALS will be noticed in our next number.

WATER-CURE ESTABLISHMENT,

AT OYSTER BAY, LONG ISLAND.

THE most unequalled advantages of this place, as a resort for invalids, have induced several friends and practitioners of Hydropathy to effect an arrangement which will secure to one hundred or more patients every desirable accommodation and attention. New and extensive buildings are being erected, having several bathing apartments, abundantly supplied with water.

The medical department will be under the immediate direction of R. T. TRALL, M. D. The services and influence of Dr. SHEW, as consulting physician, will continue to be devoted to the establishment; and the boarding, bathing arrangements, and business matters will be superintended by Mr. R. RIGHTER.

The village of Oyster Bay, situated on the north side of Long Island, twenty-five miles from the city of New York, is one of the most salubrious and beautiful localities that can anywhere be found. The beautiful roads, the groves and shady walks, the fine sand beach winding in various directions about the shores; the hills, the pure fresh air, coming from the Long Island Sound and the ocean, and, above all, the great number of springs here to be enjoyed, render the location a most advantageous one.

It is doubtful if any portion of the northern United States is so free from that dire disease, Consumption, as Long Island. The water of the very numerous and copious springs, as analyzed by the celebrated Dr. Chilton, of New York, is of remarkable purity; purer than at any known Bathing or Water Establishment in the world—Graefenberg not excepted.

To reach the place persons go from New York by steamboat Croton, daily, at half-past 3 P. M. (Sundays excepted) during the summer season; in the winter at 12 M., Tuesdays, Thursdays, and Saturdays; or by Railroad, from Brooklyn South Ferry, mornings and afternoons every week-day the whole year.

GENERAL REGULATIONS.—Persons to be admitted to the establishment must furnish evidence of good moral character; and they are to observe the utmost cleanliness in all personal habits. Profane swearing, Sabbath-breaking, and gambling, are strictly prohibited; and the use of ardent spirits, malt liquors, and tobacco, will on no account be allowed.

Each patient is to provide two heavy sheets, (linen are best,) towels, bandages, and one or two pair of soft yet heavy flannel blankets. In the winter season two comfortable in addition will be necessary. These articles are to be washed out of the establishment at the patient's expense. Fuel and lights for all private rooms patients must furnish at their own expense. Persons who are so ill as to require extra attentions, must have a nurse or attendant of their own.

EXPENSES.—Board and treatment per week in the first class of rooms, \$1 50 per day; second ditto, \$1 per day. Fee for the original examination, \$5. For nurses, servants, and children, who are not patients, board will be 50 cents per day.

The friends of patients and others, desiring board and lodging, without medical treatment, will be accommodated, when there is room in the establishment, at \$1 per day—for whom a separate table will be provided.

N. B.—Payments are to be made every Saturday morning, except in cases where a special arrangement is made to the contrary.

Communications may be addressed to Dr. Trall, at Oyster Bay, after the first of April—at which time the summer term will commence—and until then at his city office, No. 16 Light street, New York.

WATER-CURE ESTABLISHMENT.

DOCTOR ROOF, Member of the Society of Scientific Hydropathists in Germany, Pupil of the celebrated VINCENT PRIESSNITZ of Graefenberg, Austrian Silesia, who has also had the advantage of visiting other Establishments in Europe, and during the past year has been a partner of the well-known DOCTOR SHEW, of New York city, Editor of the Water-Cure Journal, and author of several of the most approved works on Hydropathy in America, may now be consulted daily at his New Establishment, the beautiful GOTHIC COTTAGE, on the bank of the lake, near its outlet. Patients residing at a distance can be visited if required, or they may send a full description of their case, (post paid,) with a fee, for which directions will be given for treatment at home.

The Establishment, which is not to be surpassed by any other in this country, will be in readiness for the reception of patients early in the spring, of which due notice will be given.

Cooperstown, Feb., 9, 1849.

GREEN SPRING HYDROPATHIC INSTITUTION,

In Baltimore County, ten miles from Baltimore, on the Owing's Mill branch of the Baltimore and Susquehanna Railroad.

This Institution is under the direction of SETH ROGERS, late of New York city, a pupil of the great American pioneer of the Water-Cure, DOCTOR SHEW.

Green Spring has long been celebrated for its excellent water and healthy location. The Institute has lately been undergoing alterations, which render it a very desirable home for invalids.

TERMS.—After the first charge of \$5 for the original investigation of the patient's case, the terms are \$10 per week during the summer, and \$11 in winter, for board and treatment. Each patient should bring two linen sheets, two thick blankets, one comfortable, and several towels and bandages.

The cars leave Baltimore daily at 4 o'clock, P. M., for Green Spring, and return in the morning at 7 o'clock, and on Sundays at 9 A. M., and return at 6 P. M.

Published by FOWLERS & WELLS, No. 131 Nassau st., New York. Sold by G. B. ZIEBER, Philadelphia; WHITE & POTTER, BELA MARSH, and T. WILEY, Jr., Boston; STRATTON & BARNARD, CROPPER & Co., Cincinnati; VAN DIEN & MACDONALD, St. Louis; J. C. MORGAN, New Orleans; J. S. TAFT, Houston; C. DONOVAN, London.

Printed by FOWLERS AND WELLS, New York.