

THE  
WATER-CURE JOURNAL,  
AND  
HERALD OF REFORMS.

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A TRUE ACCOUNT OF PRIESSNITZ'S DISCOVERIES.\*

[ALL who have read on the subject of Water-Cure, must have noticed that there were discrepancies in the accounts of the different authors, concerning the discoveries of the immortal founder of the new system. My friend, A. J. COLVIN, Esq., of Albany, the able and talented District Attorney of that city, was nearly one year at Graefenberg. Being on very friendly and intimate terms with Priessnitz, he availed himself of the opportunity of writing down a full account of his discoveries and progress in his method of cure. Much credit is due Mr. Colvin for the service he has so faithfully performed for hydropathy. As for myself, my stay was very short at Graefenberg, and although Priessnitz devoted to the answering of my inquiries more time than I could have asked, yet I could not, in that short time, converse with him concerning the history of his discoveries and improvements, without too much encroachment upon other matters of more practical importance. I knew, moreover, that Mr. Colvin had already obtained a correct account of these discoveries, and that they would, through him, come before the American people. I feel under the greatest obligation to that gentleman, and am certain that the facts and information he has furnished for this work will be duly appreciated by the friends of the system generally in this country.

Concerning some apparent discrepancy between Mr. Colvin and Dr. Smethurst, as

quoted in the former part of this work, and the authenticity of every part of his statement, Mr. C. writes as follows:

"The 2d of October, 1842, may have been a day of 'great rejoicing at Graefenberg, being kept as the forty-third anniversary of the birth-day of Priessnitz.' The reason of which probably was, because the 2d fell upon a Sunday, which is always selected in Germany for such purposes, if it fall within a day or two of the true time. A look at the almanac will determine how this is. I, too, was at Graefenberg in Oct. 1844, and the 3d was kept as the anniversary, because the 4th was a saint's day, and you know it wont do to dance in Catholic countries on such days—and this was the reason assigned to me for not keeping the anniversary on the 4th.

"You may depend implicitly upon *all* the facts which I have furnished you—they were obtained from the lips of Priessnitz himself. I wrote them down as he gave them to Capt. Moore, of the English army, a thorough German scholar, educated at one of the German universities, and speaking the language just as well as his native tongue. To be certain that there were no mistakes, I read my notes to Mr. Niemann, Priessnitz's interpreter, who, at my request and in my presence, asked Priessnitz if they were correct, and Priessnitz said they were, with few exceptions, which, of course, I corrected on the instant. To satisfy me of the injury made by the cart-wheel, in his side, Priessnitz unbuttoned his vest and shirt-bosom, and placed my hand upon the spot. *In regard to his age I was very particular; I am not mistaken.*

\* From the Water-Cure Manual. By Joel Shew, M. D. Ninth edition, improved. Fowlers and Wells, New York.

"Being a lawyer myself, I was aware how likely one is to be deceived, unless he be particular in his cross-examination. I was particular, and I again repeat that my statement may be implicitly relied on."]

THE LETTER.

ALBANY, FEB. 1, 1847.

*Dr. Shew*: My dear Sir,—You apprise me of your safe return from Graefenberg, and your intention to publish another work on the Water-Cure. Anxious to accompany it with a history of the discoveries of Priessnitz, you ask me to furnish mine, which you are pleased to say, is probably more accurate than any or all else. I had intended to prepare my notes for publication, but the length of time which has now elapsed since they were made, will prevent, unless in the shape of detached articles. I with pleasure, therefore, extract what you desire, to print or burn, as you may prefer.

I was at Graefenberg, you are aware, upwards of nine months. I arrived there in the autumn of 1844, in a state of health which might be considered desperate. The Water-Cure was my last hope for restoration; if that failed, I had but to look forward to a brief life of misery and the grave.

I shall never forget my drive up the mountain, from the little village of Freiwaldau to Graefenberg. It was on the morning of the 25th of September, through a driving shower of rain. Although the day was so cold and windy that the teeth chattered in my head, I met on the road numerous persons dressed in light summer clothing, without cravats, the shirt open, and thrown wide over the coat, and the only covering for the head, an umbrella. I supposed them the insane of Priessnitz's establishment, but soon ascertained my mistake, for it was the common habit of the patients while taking exercise preparatory to the baths.

I was ushered into the presence of Priessnitz by his secretary, as forlorn and sad a looking object, perhaps, as ever solicited his skill. Priessnitz's dress was of the plainest kind; his coat a gray frock, loosely and badly cut, pantaloons of the

same material, vest double-breasted, and buttoned up to the throat; his complexion was fair and slightly pitted, (I afterwards heard him say that he had the small-pox before he had a knowledge of the Water-Cure, or he would not have been marked,) hair light, and shortly cut, the forehead expansive and well formed, expressing high perceptive and intellectual power—moral sentiments well developed—eye restless, brilliant, and strikingly penetrating—nose prominent, mouth large and square—lips firmly and handsomely set together—the figure erect and manly—all together, his appearance was impressive. I felt that I was in the presence of no ordinary man. A member of the Aulic Council, who spoke English indifferently, was present, together with several other persons.

A letter from Ex-President Van Buren, which I was careful to have translated into the German, was the means of a ready and favorable introduction. Priessnitz, rapidly inquired the history of my malady, passed his hands quickly over mine, said I was curable, and that on the following day he would accompany me to the bath to the treatment. \* \* \*

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Having experienced in my own person the efficacy of the practice, and witnessed its extraordinary success in the person of others, I naturally felt a lively interest to obtain from Priessnitz not only a connected account of his discoveries, and the mental process by which he arrived at them, but also a sketch of himself and family. I accordingly, a few days before my departure, apprised him of my wishes. So many unfounded and contradictory versions of his discoveries had made their way into books, pamphlets, and newspapers, that he was the more willing to oblige me.

Vincent Priessnitz, then, was the youngest of six children; and was born on the fourth day of October, 1799, at Graefenberg, the family residence, which has since become so celebrated by his discoveries. Although often stigmatized as an unlettered peasant, and of ignoble parentage, yet his father was a respectable landed proprietor. In virtue of the laws whereby the real property descends to the youngest

son, Priessnitz, on the death of his father in 1838, became possessed of the family estates and residence. He received the rudiments of education at the Catholic school, in the neighboring village of Freiwaldau, and was as well instructed as the majority of farmers' sons in our own country. His mother lost her life in the year 1821, on the same field where he himself, not many years before, had received an injury, the cure of which had contributed very greatly to extend his reputation, and lay the foundation of his future system. His only brother, and the eldest born, is a distinguished Catholic priest, and is now at the head of the principal cathedral in one of the neighboring provinces.

At the age of thirteen, Priessnitz sprained his wrist, which caused much pain and inflammation; he instinctively applied it to the pump. Finding that the water cooled the part, and assuaged the pain, but unable to keep it constantly there, it occurred to him to apply an *UMSCHLAG*, or *wet bandage*. He applied one accordingly, which he re-wet as fast as it dried. He found that this was entirely successful in removing the inflammation and relieving the pain, but that it induced a rash; and as this was a phenomenon new to his youthful mind, as unaccountable, it led to much reflection. Was it favorable or the reverse, that such a consequence should flow from such a cause? Could it be that his blood was impure? He persevered in the application, and the wrist speedily regained its strength. Shortly after, being in the woods, he crushed his thumb. He again resorted to the *umschlag*, and with like success; but again the rash made its appearance. He thought his blood must be bad; yet he could not decide without further evidence.

The success which attended the application of the *umschlag* in his own person filled his mind with delight. He was impatient to see it tried upon others. Whenever, therefore, he heard of a neighbor who had received an injury, or had enlarged or swollen joints or parts, or was afflicted with pain, he urged, and generally prevailed upon him, to use the *umschlag*; but he remarked that the rash did not

uniformly appear; and in such cases the process of healing was rapid, while in those wherein it did appear, the cure was more obstinate.

This convinced him that in one the blood was healthy, while in another it was mixed with peccant matter, and that water possessed the property of extracting that matter. In cases of *chronic ulcers*, and where there was no inflammation, it occurred to him to cover *the wet umschlag with a dry one*, for the purpose of creating heat, or a return of the inflammatory action, without which, he discovered, a cure could not be effected.

In the sixteenth year of his age, the accident occurred to which I have alluded, nearly depriving him of life, and the world of the embryo system. Priessnitz was engaged in driving a young horse, with a load of hay, down the mountain. It became necessary to cog the wheels, to prevent the too rapid descent of the cart. He was standing before the horse, holding him by the head, while others were performing the work of chaining; the horse got frightened, and rushed down the hill. Unwilling to allow him to destroy himself, Priessnitz held on, and was dragged down between his feet. While in this position, three of his teeth, two of them upper front teeth, were broken, and his arms and body severely bruised by the horse's hoofs. He could hold out no longer; the cart passed over his body, crushing three of his ribs. He was taken up senseless, and while in this state, the surgeon of Freiwaldau being summoned, probed his wounds, and pronounced them incurable. With a return of consciousness, Priessnitz bethought himself of his never-failing resource. He tore off the bandages of the surgeon, and applied the *umschlag*. How grateful and how soothing the application! The inflammation was subdued, the pain alleviated, and he felt persuaded that he should get well. He replaced the broken ribs by pressing his abdomen against the window-sill with all his strength, and inflating the lungs so as to swell out the chest. He then re-applied the *umschlag*, and finally recovered, although to this day he bears in his side a deep impress of the wheel by which he received the injury.

The accident, as is usual in country places, created quite an excitement, but the cure far greater. The simplicity of the means, and that a mere stripling had evinced such boldness and fortitude, were matters of astonishment. The reputation of the *umschlag* was not only increased, it was established.

From this period, the mind of Priessnitz was directed towards the curative power of cold water. He felt that he had entered upon a mighty field of discovery, and he was resolved to know the extent of it. He now began to use the *sponge*, in connection with the *umschlag*, and with such marvellous success, that the peasants believed him a wizard; to test which, he frequently found, in the morning, a broomstick placed across his door-sill. The credulity, natural, perhaps, to the ignorant, who are prone to attribute to supernatural power every occurrence which passes their comprehension, encouraged him in his experiments.

What was he to do where disease was general, not local? The *umschlag* and *sponge* were found insufficient. Why not envelope the whole body? He was transported with the idea; and the *LEINTUCH*, or *wet sheet packing*, sprung into existence.

Of all his discoveries, this may be esteemed the most important, considered with reference to the extent and variety of diseases in which it is employed; and would alone have embalmed his memory in the recollections of a grateful posterity. The old and the young, the feeble and the strong, are alike submitted to its soothing and revivifying influence. Priessnitz was elated! And well he might be, for he had made a discovery which entitled him to the homage of the world.

But he did not stop here. Finding some LOCAL CHRONIC AFFECTIONS resisting as well the *leintuch* as the *umschlag*, he conceived the idea of *partial baths*, for a long time continued, to produce perturbation and reaction deep beneath the surface. HENCE THE FOUNDATION OF HEAD, EYE, ARM, SITZ, LEG, AND FOOT BATHS. Still, there was a class of these cases so obstinate as to resist this united treatment. What was to be done? Was there no way in which the water could be here made effective?

He had experienced the potency of falling water. Why might it not be the agent which he desired? He erected at once, in one of the beautiful dells of the mountain, a *DOUCHE*, and the object was attained!

The SWITZEN, or *packing in the woollen blanket*, was suggested by observing that perspiration frequently removed pain, and was efficacious in many diseases, and as, unlike the *vapor* and *hot baths*, it did not accelerate the circulation and debilitate the system; and as sweating in it, after a proper time, would voluntarily terminate, he did not hesitate to give it the preference over all other known modes of promoting perspiration, and adopt it in practice. The patients who were obliged, occasionally, to remain in it some time, on complaining of a sensation of faintness, he relieved, by opening the windows and washing the face. The relief thus afforded induced him to *sponge* the body; and no ill consequences following, he directed the whole person to be immersed. Hence he was led to the WANNEN BAD, or *plunge bath*.

There was still a class of cases, such as apoplexy, paralysis, tetanus, lock-jaw, hydrophobia, insanity, poisoning, &c., and some cases of determined colds, inflammations, and fevers, to which none of the treatment yet devised, except in some stages, perhaps, the *leintuch*, was adapted. Here was a trial for the new system. Could it be overcome, the triumph was complete. In all the cases mentioned, a speedy cure was hoped for, in the judgment of Priessnitz, if a marked change could be produced. His genius did not desert him in this extremity. He designed ABGESCHRETES, or *tepid shallow bath*, to meet the emergency. Containing but a few inches of water, of a temperature of from 60° to 70° F., the patient could be kept in it, exposed to active friction, until the object sought for was effected, (and he has been known to keep a patient in for nine hours.) And here we have the *chef d'œuvre* of Priessnitz's discoveries. It is his favorite resource in these, and in all cases of extremity: and it is not too much to say, that without it, many of his most splendid achievements must have been unrecorded. .

The *ABREIBUNG*, or *dripping wet sheet*, was a much later addition to his practice, and was suggested by washing with the hands and a towel. It is used, generally, as preparatory to other and stronger treatment, although it is, in some instances, continued to the termination of the cure.

After his reputation became somewhat extended, Priessnitz visited patients at their houses; but he remarked that such were not cured as rapidly as those who took the trouble to come to him. Hence he was led to conclude, that to make mankind appreciate a benefit, they must pay for it, either in belief, in trouble, or in pocket; and as he charged nothing for his services, the system would have died a natural death, had he discouraged the idea, that there was not something supernatural in it, and permitted it to rest on its simple merits. He also remarked, that as soon as he adopted the plan of calling on the patients, instead of their coming to him, they fell off from hundreds to tens in the year. He therefore declined to go out at all, and refused to prescribe, unless personally solicited at his own residence. *And this was the germ of the present establishment, the fame of which has spread throughout the world.*

The Medical Faculty were not slow to perceive the tendency of these discoveries to the overthrow of their unprogressive system, which had for centuries, like a pall, covered the earth. As early as 1821, the three practising physicians of Freiwaldau, Dietrich, the brother-in-law of the burgo-master, and two brothers by the name of Gunter, formed the nucleus of a plot to destroy him. Every person to whom he had administered was secretly inquired of, whether the *umschlag*, the *sponges*, or the baths, were not medicated, or whether Priessnitz did not make use of some other agent than water, or some herb or drug, in connection with the water. Could such a fact have been established, the overthrow of Priessnitz had been certain; for in no country are the laws against empiricism more stringent than in Austria. He was thus constantly upon his guard, and his utmost ingenuity and invention were required, to make water alone supply the place of every other remedy. Between the

years 1821 and 1828, these physicians had him brought several times before the Syndic, or Chief Justice of the town, to answer for unlawful practice; but he was always acquitted. In the year 1828, however, the most determined effort was made to crush him. The country was scoured for witnesses, and a large number were examined, to prove that he had done them injury. Not one, however, but acknowledged he had received benefit. One, a miller by occupation, who had been cured of gout, as one of the Gunters declared, by him, on being asked, "Who had helped him?" replied, "Both: Gunter helped me out of money, Priessnitz out of my disease." On being again asked, "What he paid Priessnitz?" he replied, "Nothing. I still owe him thanks, which I now return him, for the first time." But what availed testimony? The Syndic was in the interest of his persecutors, and Priessnitz was impotent against their wealth and influence. He was declared to be illegally tampering with the public health, and ordered to be arrested. From a sentence so manifestly partial and unjust, Priessnitz appealed to the tribunal of Brunn. This judicature reversed the judgment of the Syndic, and decided that, as it appeared Priessnitz made use of nothing in his practice except water, he was at liberty to pursue it. His persecutions did not terminate here; the Faculty still followed him. Their ancient and cherished system was in danger; and the arrogant innovator must be silenced. He was complained of before the tribunal of Wiedenau, a neighboring province. His accusers, however, unable to bring any proof, other than such as they had before produced, the complaint was dismissed; but he was forbidden to treat any patients out of his own district. Priessnitz replied, with spirit, that water was free to all, and he would not inquire whence the patients came. But the malevolence of his enemies was sleepless. They resolved that the matter should be brought to the notice of the Court at Vienna. For this purpose, the Medical Faculty there were appealed to. They interfered, and succeeded in bringing the subject before the Emperor Francis. Baron Turckheim, of the Aulic Council, together with a commission of

district and staff surgeons, was appointed to proceed to Graefenberg, to make investigations, and report the result. They went, strongly prejudiced both against Priessnitz and his system.

At this time Priessnitz had at his establishment quite a number of patients, or cure guests, as they are universally termed at Graefenberg; and his success in curing disease, which had baffled the arts of the most eminent of the Faculty, was decisive.

The commission examined his *baths*, his *leintuchs*, his *switzens*, analyzed the water, and interrogated the badedieners, or bath servants and patients. But nothing was elicited to convict the audacious peasant. The bath-tubs were made of wood, the *leintuchs* of linen, the *switzens* of wool, the water was pure and unadulterated, gushing from the thousand springs of the mountain; and to the interrogatories, the badedieners and patients replied, that no agent except water was employed in the treatment. So favorable were the reports made by the commission, that he was permitted not only to continue his practice, but he was authorized to give certificates of inability for service to military officers, who might place themselves under his care, with the like effect as staff surgeons; a result of the efforts of his accusers as unexpected as it was galling to them. Instead of his condemnation, which they had confidently anticipated, behold! he was exalted to an equality with themselves. This was too much for endurance. He must be deprived, at least, of the countenance of the Government. In 1834, therefore, after the death of the Emperor Francis, the head of the Department of Brunn was prevailed upon to withdraw it. Priessnitz was advised strongly to make an appeal to Vienna, but, disgusted with this exhibition of petty envy, he refused. It was not long before the military, numbers of whom, from all parts of Europe, were now his patients, assailed the invidious interference of the authorities of Brunn. The ambassadors from the different courts at Vienna were induced to interpose, and Priessnitz was restored to the favor of which he had been so unjustly deprived. But it is a significant sign of the apprehensions entertained of the ultimate triumph

of the Water-Cure, that, to this day, all publications in favor of it, and the establishment at Graefenberg, are expressly forbidden in the Austrian dominions, through the influence of the Medical fraternity.

Thus terminated in disaster, after thirteen years of opposition, the attempts to destroy the new system. Henceforth, its disciples have only to be true to it, to witness its final consummation.

Priessnitz was married in the year 1828, to Miss Sophia Priessnitz, a distant relation, the daughter of the chief justice of the adjacent village of Bochimisdorf. By her he has had eight children, the eldest of which only was a son. This son, while an infant, died, from a spasm induced by the administration of a dose of medicine; the mother and friends insisting that water was not calculated for the case. Priessnitz, with reluctance, yielded to their prejudices. Not anticipating so rapid a termination, he thought he might interpose in time to save; but the fatal dose had sped its errand, and the little sufferer was beyond even the power of water. From that day to this, no medical practitioner has darkened his threshold, except to study his system, or become his patient.

But I have spun this letter, I fear, to an unreasonable length. In the sincere hope that the blessings of the Water-Cure may be disseminated, and that it may eventually, as I feel firmly persuaded it should, take the place of all other methods of curing disease, I am, with sincere esteem, very truly yours,

ANDREW J. COLVIN.

#### A COLD WATER MONKEY.

Dr. Reid says:—"I have been credibly informed that a monkey, having been once intoxicated with strong drink, in consequence of which it burnt its foot in the fire, and had a severe fit of sickness, could not afterwards be induced to drink any thing but pure water. I believe this is the utmost pitch which the faculty of brutes can reach."

A good example for some other monkeys, who don't avoid the fire after having been burned more than once.

MRS. GOVE'S EXPERIENCE IN WATER CURE.

Continued from our last No.

In 1844, at the opening of Dr. Wessalhoeft's Water-cure House in Brattleboro', Vermont, I went to that place. I boarded near the Water-cure House for three months, and observed the practice very carefully. I also gave lectures to classes, composed of ladies who were under water treatment, and others. From Brattleboro' I went to Lebanon Springs Water-cure House. They had no resident physician, and I concluded to remain for a time in that capacity. I took charge of the patients there for three months with the best success, and then came to New York in the latter part of the autumn of '44. I went to Dr. Shew's Water-cure House in Bond street, and remained for some weeks, and saw his practice. I then took rooms, and gave lectures to classes of ladies, and advice to patients, and attended to out-door practice till May, 1845, when I came to reside at my Water-cure House, 261 Tenth street. Here I have given lectures to classes of ladies, and have taken board and day-patients, and have also attended to out-door practice.

The first two years I had a large number of board-patients, who came from a distance, from Connecticut, Northern New York, Rhode Island, Ohio, Kentucky, and several from the Southern States. During the past year my practice has changed its character. Water-cure houses have been established in different parts of the country, and patients can be treated nearer home; consequently I have not had so many board-patients. I have now a much larger practice in the city, which is doubtless owing to the spread of intelligence respecting water-cure amongst the people, and also the fact of my having become known.

During the time that I have been in New York, I have lost but one patient, and that was a young child who had disease of the brain and dysentery. Several persons who had consumption have been treated by me for the alleviation of their symptoms, when their cases were hopeless. Three of these have died, but at the time of their death they were not under my care, and in each case I told them there

was no hope of cure, but that they could be relieved, and they were much relieved in each instance.

I have treated with entire success the following diseases: Brain Fever, Typhus Fever, Lung Fever, Ship Fever, Delirium Tremens, Small-pox, Scarlatina, Measles, Chicken-pox, Varioloid, Inflammatory Rheumatism, Spinal Disease, and the whole train of female weaknesses, and Uterine Diseases.

I have treated Hernia, injuries of the lungs, and other injuries; and I have a large and most interesting obstetric practice.

I have treated Fever and Ague, Croup, Influenza, Diseases of the Eyes, Jaundice, and Dysentery, and have been equally successful with all.

I find that the confidence of the people of New York and the public generally, is daily gaining strength in Water-cure. I direct patients by letter in different parts of the United States, and I believe the day is not far distant when intelligent persons everywhere will be their own physicians. I have already educated a great many mothers in this city, so that they are the physicians of their own families, and successful ones too. Occasionally they call for advice, but in the main they do not need me.

I have kept records of the different cases which have occurred in my practice, which have now swollen to such dimensions that it has become a question in what manner they shall be given to the public.

A portion of my experience in Water-cure will be given in successive numbers of the Water-cure Journal.

Cases.

INFLAMMATION AND ULCERATION OF THE UTERUS AND RENAL ORGANS.

Mrs. C. had been injured in delivery, the os-uteri being torn on each side. She was very scrofulous, and inflammation of the uterus, including the whole renal system, was the consequence of this injury. She was well-nigh doctored to death according to different systems, after the negative good of homœopathy had been tried for some time. The urethra ulcerated through to the vagina, and one of her physicians thought proper to inject into the vagina a strong

decoction of capsicum, (red pepper,) in the ulcerated state of the parts. The burning agony of the sufferer during this worse than savage infliction, may be conceived, but cannot be described. When we think of this most delicate and sensitive portion of woman's organism, subjected to actual cauterization and lavements of nitrate of silver, (lunar caustic,) and capsicum, (red pepper,) we see the need that some one speak so that the voice be heard. This lady, a sweet, darling woman, the idol of her husband and parents, was given up to die; and her suffering was so great that she could almost look to death with joy, as her only relief. For ten months she did not set her foot upon the ground. She lay in hopeless torture a great part of the time, given up by her friends, and experimented upon by doctors. At last some one recommended water-cure. The homœopathic physician who had attended her, thought it might be well for her to try it. But most of her friends thought it would be useless, and her mother said to me, "If you cure my daughter, it will be a miracle." I examined the case carefully when first called, and gave it as my opinion that the lady could be cured. I can never forget the mingled look of suffering and of joy that struggled in the face of this young creature, when she thought that there was a possibility that she might be restored to health, to be a blessing to her kind and manly husband, instead of a burden; and that she might once again be a mother to her little ones. That look haunted me till the young mother was fairly in my house and under my care.

She was treated by wet-sheet packing, sitz baths, injections of water, fomentations with wet linen, and a very plain, bland diet. Her recovery seemed little short of miraculous. In one month she walked two miles with ease, and went home to have the supervision of her family and continue her cure. I saw her a short time since in excellent health.

#### CASE OF SHIP FEVER.

A young Irishman, aged 17, was seized with ship fever directly after landing at New York. He was fat and full of blood,

and the fever seemed as violent as was possible. He was first put in a tepid bath, and rubbed until the skin was perfectly cleansed, a ceremony that had not probably been performed before since his birth. After this, he was sponged in cold water, and then packed in a very wet sheet. When he came out of this, he was put under a dripping sheet, and rubbed for some time. At the third pack the peculiar eruption appeared. His tongue was very foul, and his mouth very sore. During the day he had, in the morning, a dripping-sheet bath, then a wet-sheet pack, then again a dripping-sheet bath. He then lay enveloped in a wet sheet and very slight covering besides, and drank water till afternoon. He was then packed again, and again put under the dripping sheet. During the night, he lay in a wet sheet, slightly covered. This sheet was several times wrung out of fresh water during the night. For five days he took nothing but water. The sixth day he ate a bowl of gruel during the day, and went out of his room. The seventh day he went out doors, and after that was free from fever. He was very weak and greatly emaciated, but immediately regained his health and strength, taking only one bath a day after the fever was subdued. The treatment was graduated to the degree of fever.

This case is a fair sample of ship fever in the average, when submitted to water-cure. It is never dangerous when taken by contagion and properly treated with water. If those physicians who have fallen victims to it had known of the efficacy of water treatment, and been allowed to try it, they would without a doubt have all been saved.

#### TREATMENT OF ACUTE DISEASE.

Many persons who have become sensible of the excellence of water-cure in chronic diseases, know nothing of its wonderful uses in acute diseases, and frequently ladies who are under water treatment for chronic ailments, have sent for a physician, and submitted their children to a course of drug practice, when they have been attacked by fever, or some other acute malady.



They have thus laid the foundation with their children, in the most tender and susceptible period of life, for chronic disease, perhaps of a very obstinate character. Mothers who are so ignorant as to injure their children in this manner, only need to be enlightened. A few cases of fever, measles, or small-pox, or any acute disease successfully treated by water, either seen by these persons, or accurately recorded for their perusal, will save children and others from the evils of drug treatment.

The effects of water-cure in acute disease have only to be seen to inspire the fullest confidence; for so rapidly are fevers and all acute maladies subdued by judicious water treatment, that the remedial effects thus obtained seem absolutely miraculous.

In illustration of the foregoing, I will give cases that have occurred in my practice during the three years last past.

#### FRANKLIN'S PROVERBS.

"1. TEMPERANCE.—Eat not to dullness; drink not to elevation.

"2. SILENCE.—Speak not but what may benefit others or yourself; avoid trifling conversation.

"3. ORDER.—Let all your things have their places; let each part of your business have its time.

"4. RESOLUTION.—Resolve to perform what you ought; perform, without fail, what you resolve.

"5. FRUGALITY.—Make no expense but to do good to others or yourself; that is, waste nothing.

"6. INDUSTRY.—Lose no time; be always employed in something useful; cut off all unnecessary actions.

"7. SINCERITY.—Use no hurtful deceit; think innocently and justly; and if you speak, speak accordingly.

"8. JUSTICE.—Wrong none by doing injuries, or omitting the benefits that are your duty.

"9. MODERATION.—Avoid extremes; forbear resenting injuries so much as you think they deserve.

"10. CLEANLINESS.—Tolerate no uncleanness in body, clothes, or habitation.

"11. TRANQUILLITY.—Be not disturbed

at trifles, or at accidents common and unavoidable.

"12. CHARITY.—Be charitable to all, old or young, rich or poor.

"13. HUMANITY.—Imitate Jesus and Socrates."

#### "BEAUTIES OF HANGING."

The New Orleans Daily Chronicle says that last Tuesday the sentence of the law was privately carried into effect in the police jail of the Third Municipality. The culprit exhibited up to the last hour of his life the same sullen disposition which he assumed at the time of arrest, and which he has maintained ever since, showing no disposition to accept spiritual comfort or consolation of any kind; his only anxiety appeared to be centered in watching an opportunity to escape. We saw him as he lay in his manacles, with his eyes glaring wildly around, and when the executioner approached him to remove him to the yard of the jail, he became furious, and not until a kind-hearted friend, who seemed to have some secret control over him, came and soothed him, would he let any of the officers approach him. He was at length induced to go to the place of execution, and it was only by stratagem that he was suspended by the fatal noose, and so bunglingly was it attached, that it slipped over his head, and he was then dispatched *by shooting him through the head with a pistol.*

Comment is unnecessary. Had this been done in any other country, it would have been regarded as barbarous, and unchristian. Yet we are told that it is legal, and that our laws are just, being founded on the Bible. A strange interpretation.

The physicians at Constantinople have recommended the use of figs, with great success, as a preventive of cholera. This fruit is said to exercise a salutary influence upon the stomach and bowels, and is highly useful in diseases which manifest themselves in a derangement of the digestive functions, and commonly precede an attack of the cholera.

## PROCESSES OF WATER CURE.

## THE ABBREIBUNG.

The Abreibung, (or upright, or standing bath,) is administered in the following manner. A sheet is dipped in cold water, and very slightly wrung out, merely to prevent dripping. The patient stands up, and the bath-man throws the sheet around him, so as to envelope his whole person from head to foot; he then rubs himself in front, and the bath-man rubs his back, for one, two, or three minutes, as the case may be; the wet sheet is then taken off, and the patient wiped dry.

The object of the abreibung is to produce a violent shock, to accelerate the motion of the blood, and thus produce heat. The first touch of the sheet causes a very uncomfortable sensation, and seems to drive the blood all in from the surface, and to the head; but it instantly rallies, and returns rapidly to protect the skin from the contact of the cold sheet; so that when the patient, having been rubbed in the wet sheet a minute or two, has thrown it off and is wiped with a dry one, his skin is in a glow of heat, and he feels exceedingly refreshed.

I took the abreibung twice a day, at intervals of an hour, for six weeks. The first shock, as the sheet fell upon my shoulders and was drawn about me, was what I most dreaded; and this I did dread unutterably, so that I seldom felt its icy touch without an effort to catch my breath, and restrain myself from screaming aloud. The body involuntarily shrinks from it, and often have I stood with my eyes turned over my shoulder, to watch the exact moment when the sheet was to be thrown upon me, so that I might be prepared to receive it. My badediener, when in a frolicsome mood, greatly enjoyed administering this bath to me. He delighted to throw the sheet around me when my eyes were turned away, so that it might take me unawares. There is but little effort needed to produce reaction after the abreibung. Indeed, the reaction is caused by the severity of the shock which it occasions.

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

To illustrate the effects, and show the object of this bath, I will relate a circumstance that happened to myself. One morning in April, after taking my wet sheet and plunge bath, I went out to walk at five o'clock, and, as was my custom, without cap, hat, or umbrella, although the appearance of the clouds foreboded the near approach of heavy rain. I ascended the mountain, for about two miles, by the beaten path, and then struck out to explore a part of the woods I had never before visited. The rain soon poured down in torrents, and I was entirely drenched, every thread of my clothes being wet. I wandered over rocks, and up and down declivities, and paddled through torrents occasioned by the rain and melted snow; till at last, confused as to the direction I should take, I lost my way. All this time the wind was blowing a tempest; it rained incessantly, and the water dropped from my clothes, and squashed in my shoes, as if I had been under a shower bath. When I recovered my bearings, I was about six miles from Graefenberg, and did not reach it till about ten o'clock, when I arrived wet, hungry, cold, weary, and completely exhausted, after a walk of about twelve or fifteen miles.

On my arrival, I was recommended to take two abreibungen, at an interval of half an hour; and to rub my ankles, and the muscles under my knees. I was assured that this would prevent all soreness from the over-exertion, all cold, and rheumatic affections likely to follow the long exposure to the wet and cold. I took this advice, and changed my clothes, and was thus saved from all evil consequences. Many times since have I experienced similar benefit from the abreibung.

As I wished to know from Priessnitz how he would recommend me to act under certain circumstances in which I expected often to be placed, I put the following among other questions to him, in writing, the day before I left Graefenberg; his *written* answers will show his estimate of the abreibung.

"When I am exposed in travelling, by sea or land, to extremes of heat and cold, to storms of snow and rain, and I have become wet and chilly, what would you

recommend me to do?" His answer was:

"Take abreibungs."

"When I am affected with cold, accompanied with fever and restlessness at night?"

"Take abreibungs."

"When I am afflicted with headache, occasioned by great and continued excitement from public speaking?"

"Take abreibungs."

"When troubled with shooting pains and tightness across the chest, occasioned by long speaking at a time?"

"Take abreibungs, and rub the throat and chest."

I have followed these directions with most happy results. They are perhaps too simple and too easy to command attention; but I am sure that whoever follows them, under the circumstances above named, will have cause for gratitude to Priessnitz; and will be convinced that the means of preventing and curing colds, and that soreness of the joints and muscles which is caused by fatigue, are within the reach of all. As all are liable to exposure to wet and cold, let no one despise the means of safety because they are so simple, and so easily applied.

#### ELECTRICITY, OR MAGNETISM.

[We insert the following extract, from the N. Y. Mirror, for the interesting facts contained, and not that we would be considered as advocating the peculiar theories set forth. Dr. Dickson's "Fallacies of the Faculty," referred to, is edited by Dr. TURNER, of this city.]

Dr. Dickson, of London, the author of the "Fallacies of the Faculty," is the discoverer of the important fact, that the action of all medicines upon the human body is *electrical*, or, what is the same, according to Professor Faraday, *magnetical*; and that it depends upon their *degree* whether they prove remedies or poisons. Thus, a small shock of electricity (like a small dose of medicine) may cure; while too large a one of either will most assuredly kill. In 1836, the Doctor thus wrote:

"If you poison a certain number of rabbits with prussic acid—say a dozen—and pour cold water, in a stream, over six of them, these six will recover, while all the others will die. This has been done over and over again, with the same result."

The philosophical principle here advanced, it will be seen by the following extract, has been lately most successfully applied to human beings, in six cases of *poisoning by lightning*:

ACCOUNT OF SEVERAL PERSONS STRUCK BY LIGHTNING, AND THE MEANS TO RESUSCITATE THEM. By R. L. WARREN, M. D. (*South. Med. and Surg. Jour.*) On the third day of September, 1848, in the town of F—, there were five ladies and one negress "*struck with lightning.*" These persons had attended church in the village, and were on their return home in the evening, when there arose a tremendous thunder-cloud, which induced them to go into the house of one of the citizens, for protection from the rain. The lightning was intensely vivid. These females, from a great fear of "*being struck,*" had scarcely huddled together on a bed in a room, near which stood a very tall oak tree, before it received the electric charge. Accompanying it was an explosion, which resulted in completely prostrating the entire crowd.

I was immediately summoned to the spot. I immediately ordered *large quantities of cold water to be thrown on their heads and in their faces*, and, as soon as it could be procured, the vapor of *ammoniated alcohol* to be applied to the nostrils; which remedies had the happy effect of producing immediate resuscitation. I did not order cold water to be sprinkled on the face, but rather that "*pails' full*" should be *thrown on the face and the entire person*—in short, the *cold douche* was prescribed. It appears that sprinkling had proved ineffectual, previous to my arrival, which circumstance induced me to try the remedy in a *more wholesome manner*. All the patients, the next morning, were fully recovered from the shock, and were laboring under very little excitement, not more than might have been expected, from the contusions produced by the pieces of timber that were shattered off from the walls of the house, and the incised wounds produ-

ced from the broken fragments of a large mirror that was suspended against the wall. (I might have mentioned, that a large dog, which lay on a large root of the tree, under the house, with a block and chain fastened to him, was killed.) After the patients were resuscitated, tinct. opii was administered, in anodyne doses, to allay excitement and irritability. Some of the patients were actually burned by the electric explosion. Whenever the fluid came in contact with a bad conductor, a severely burnt spot was left; for instance, where the clothes were moistened by perspiration, and came in contact with the body, a burnt abrasion was left. One of the young ladies, who had a *gold* locket about her neck, was severely burned on her breast, by its being dissolved. The negress had opened the window, and was standing facing the tree, perhaps not more than four feet from it. She was resuscitated with much more difficulty than any of the others; her shoulders, arms, fore-arms, sides, thighs and legs were very nearly denuded.

All the patients, after reviving, complained of severe pain in the stomach: it was of a spasmodic nature, and was relieved by the anodyne treatment above mentioned.

The tree and the house were very much injured by the electricity.

Another medical work contains an account of a young man's going to sea for his health, having been long, and as was thought hopelessly, afflicted with palsy of one side. He was struck with lightning, during a storm on the passage. The result was, his complete recovery.

In a note to the second edition of the "Fallacies of the Faculty," the American editor, Dr. Turner, asks: "May it not yet be demonstrated, that the two forms of electricity, now known as the positive and the negative, are simply, the one, the motion of the particles of the light of the sun; the other, the motion of the particles of his heat—both together, with their varieties of intercourse, constituting the all of mineral and vegetable power, and the all of physical life; and their disturbance, or imperfect adjustment in the human body, the all of physical disease, or *disorder*?"

For the Water-Cure Journal.

PHYSICAL EDUCATION.

BY "MELANCTHON."

WE are among the disciples of a certain school of philosophers, who teach the doctrine that mankind have only to obey the laws of nature in all things, and they would escape disease.

Indeed, we may say that were it not for the transgressions of the laws of nature, every person would be born, would live, and would die by these laws, and then the average duration of our lives, as well as our usefulness, would be immeasurably extended. The human frame is, indeed, a machine fearfully and wonderfully made; and our life is a harp, in the language of the poet, which contains a thousand strings, and dies if one be gone.

We therefore owe it as a duty to study and acquaint ourselves with the minutiae of our animal as well as mental economy, and to treasure up a fund of knowledge, each one for himself, and to publish it to the world for the benefit of himself and his fellow-beings, and of those who shall succeed him in future generations.

Mankind have to deal, directly, with the elements which surround them—fire, air, earth, water—and electricity, and heat. Take away any one of these elements from the catalogue of things which compose our existence, and the whole of the present animal organization would be annihilated.

In all our boasted wisdom, who of us can this day fully understand the power, efficacy, and the changeable qualities of water, when applied, in its innumerable forms and methods, to the animal and vegetable economy?

We are aware that great investigations are now making on this subject; but generations and ages may pass away, before

the human family have learned all the properties of water.

In its pure state, it is as simple as fire; it is a transparent fluid, without color, smell, or taste; and has the peculiar property of cleansing and purging the animal economy of all impurities.

Water is found to be the most penetrative of all bodies, next to electricity and fire, and the most difficult to confine; passing through leather, bladders, gums, and other substances which will confine air; making its way gradually through wood, the metals, and even more or less through glass.

Water, by this penetrative quality, is said to enter the composition of all bodies, both animal and vegetable, and to be held in combination in mineral substances; with this circumstance, that it is easily separated by gentle heat again from bodies it has united with. Yet the same water, as little cohesive as it is, and as easily separated from most bodies, will cohere firmly with others, and bind them together in the most solid masses. This is done daily in the tempering of earths, ashes, clay, lime, powdered bones, and in the felting of cloths. These, with water heated, dried, or burnt, will become firm, and as hard as a rock, though without water they would be dust or powder. It appears wonderful that water, which is otherwise an universal dissolvent, should nevertheless be a great coagulator.

We are strongly impressed with the idea that no process of crystallization can take place without the aid of water, though we do not affirm this as a philosophical fact yet demonstrated.

With so powerful an agent as water, we are not at all surprised that the *water-cure philosophers* are able to make so great a sensation in their efforts to heal or purify the animal economy.

We say nothing as yet on the subject of electricity, which, by all the information we can obtain, is the great agent in the hands of the Creator to set in motion, control, and govern the whole physical world of worlds in their various combinations of oxyds, neutral salts, and alkalies, nor of the various combinations, almost to infinity, of these elements, which compose the great compound of existence.

Indeed, water is a compound, air is a compound, heat may be a compound, so may electricity; but all of these hypotheses show that poor, feeble, and finite man cannot war with the elements, as furnished us by our Creator, and prosper.

Long, and anxious, and dreary—if the subject can be considered in this light—days must be spent before a treatise, even of a medium length, could be formed upon the properties of either of these elements; but we make this observation at the outset, that the animal economy always suffers when it cannot be fed upon these elements in their purity.

The doctrine of harmony, or the natural adaptations of the elements to the animal economy, becomes a most important and controlling ingredient in the matter of physical education.

We will suppose, what is known to be the case, that an individual needs and requires, for the support of the animal economy, a given quantity of food, say three pounds daily. When such an individual eats four pounds, five pounds, six pounds, and seven pounds daily, he must violate the laws of nature, and produce sickness and injury upon himself, which injury is so much taken from the fund of animal life; indeed, the old proverb that

“Many do not live out half their days,  
For cleaving unto sinful ways,”

is literally true.

We will suppose that an individual requires a given quantity of pure air to breathe at every inspiration, or for a period of time of twenty-four hours. Now, if he can get only half the quantity required for the support and health of the animal economy, that individual must suffer. So, if he gets the requisite quantity of air in volume, but the same is adulterated, the animal economy must likewise suffer, and be diseased, because the laws of nature are violated.

So we may suppose, by way of illustration, that five pounds of pure water are necessary to sustain the animal functions of a person for twenty-four hours; it follows, if half of this quantity only is furnished, the health of that person is a sufferer for the violation of this law; but if five pounds of water is furnished, and this quantity is adulterated by alcohol, narcotics, stimulants, and excitants, of whatever kind, it follows that the health of this person suffers under this regimen, and the laws of nature are also violated.

THE FRAME OF MAN is composed, first of bones arranged and put together with wonderful mechanical skill, and adapted to the perfect happiness of each individual. These bones consist of the following number, located in the several regions of the body:

|                             |    |
|-----------------------------|----|
| Head and face . . . . .     | 29 |
| Teeth . . . . .             | 32 |
| Vertebræ . . . . .          | 24 |
| Chest . . . . .             | 25 |
| Upper extremities . . . . . | 64 |
| Lower ditto . . . . .       | 60 |
| Pelvis . . . . .            | 4  |
| Sesamoid bones . . . . .    | 8  |

In all . . . . . 246

We next see the softer and fleshy portions of the human frame clothe these

bones with muscles; these muscles are the moving power of the animal economy.

THE NUMBER OF MUSCLES in the human body is upwards of four hundred. They are arranged in layers, of which the layer next to the skin gives the form to the limbs; the eminences, depressions, and the size of each, when clothed by the skin and wove into the web of life, form the beautiful exhibitions of the human frame upon which the skilful painter delights to gaze, and transfer its beauties to the canvass; but nevertheless, though the muscles are the moving power of the human frame, yet they are thrown into action through the medium of the nerves; these are all ramifications of the spinal marrow, and are connected with the brain.

The nerves are cords attached to the brain and the spinal marrow. The nerves are composed of matter similar to the brain, enclosed in numerous minute sheaths, bound together by a strong covering called the neurolemma. Without the nerves, all power of sensation and voluntary motion would be wanting.

From the organization of the brain, we may infer that the action of the brain produces the thing called the mind, or the sense of man; and here we may observe, that any adulteration or derangement of the natural state of the blood of any individual, must produce mental aberration in a greater or less degree.

THE ARTERIES are vessels which drive the fluids from the heart and chest to the brain, and the extremities, and surface, where the arteries are found to be branched into innumerable small vessels, each terminating under the skin, and capped at the end by a strainer, through which the blood is forced into corresponding vessels called the veins, which return the blood to the heart again, or

the arteries would distend themselves till they bursted.

Hence, if the blood becomes adulterated or unnaturally thickened, it cannot pass the small strainers, called the capillary vessels, into the veins; and we will here observe, that probably as many arteries, after branching into countless numbers of small vessels, terminate under the skin and discharge themselves through the pores, producing moisture and sweat, which is essential to a healthy state of the animal economy. This discharge is also made through the internal surface of the alimentary canal in its whole length, by the skin which covers its internal surface, and also at the lungs, as well as the outward surface of the animal frame. The skin covers the whole outward and internal surface; it is a covering not unlike a seive, full of small holes called pores. In the outer surface of a man of ordinary stature, the number is said to be 7,000,000, while the pores of the internal surface, composing the lungs and the alimentary canal, the cavities of the chest and of the abdomen, may amount to as many more.

The insensible perspiration taken from the body never has been accurately measured; it is undoubtedly from four to eight pounds within twenty-four hours. In the winter we notice the watery vapor coming from the lungs, and condensed by the cold air; in the summer we see how much fluid escapes from the outward skin in the form of perspiration; without this perspiration, the human frame would acquire an unnatural heat, and be burned and parched up as they are in all cases of fevers.

We find the arteries, veins, and all the vessels connected with the heart, concentrating themselves in the chest, and are controlled by the action of the heart and lungs, which are set in motion by the in-

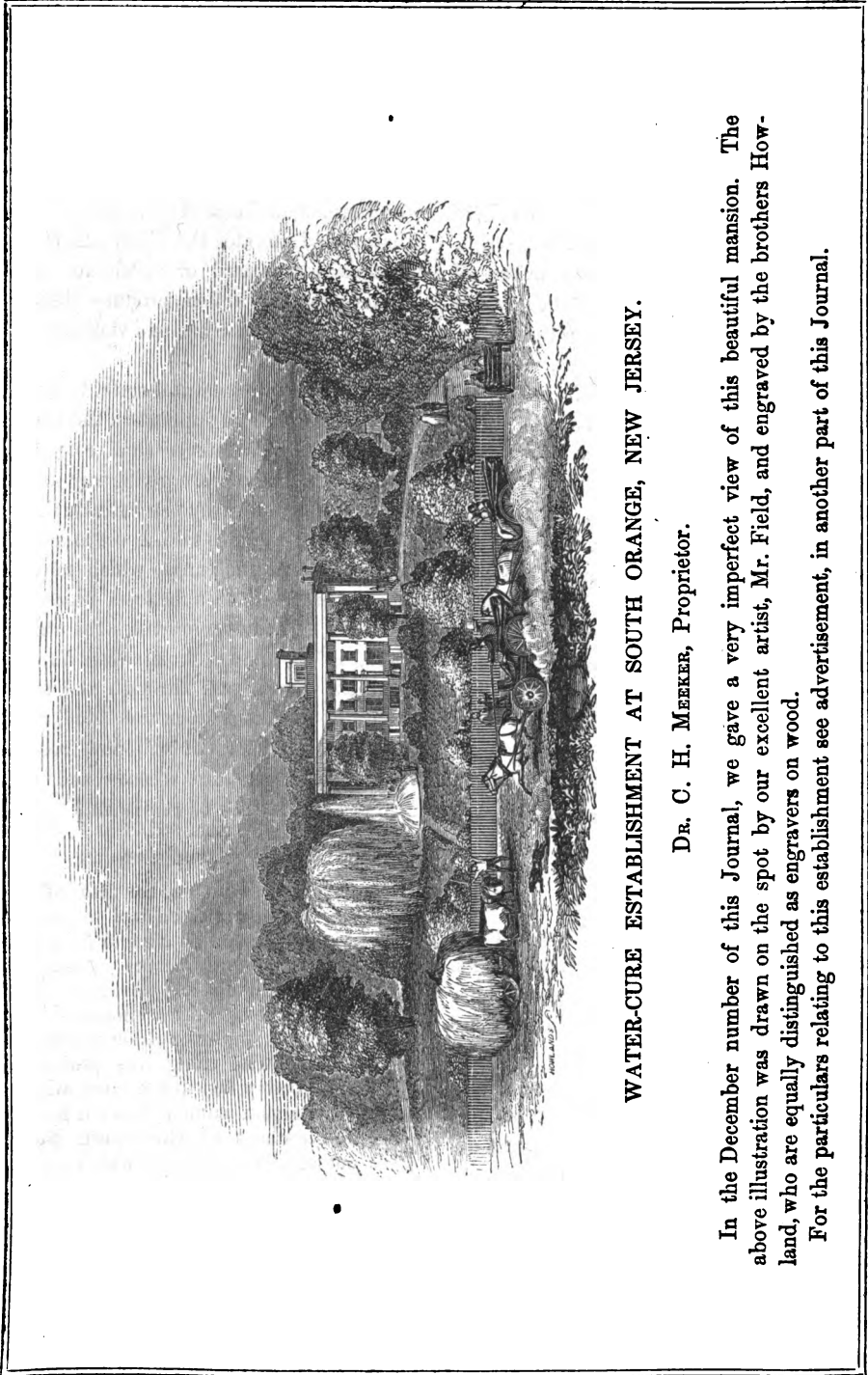
spiration and decomposition of the atmosphere brought into the lungs by breathing. Whatever adulterates the air we breathe must produce disease. How necessary it is for the animal economy to be supplied with pure, unadulterated atmosphere! So, whatever adulterates the blood and fluids, whatever may retard or accelerate them into an unnatural action, produces disease. The laws of nature become violated, and disease follows.

The blood, in its natural state, is a fluid which gives life and support to the nerves and muscles. Whatever shall retard or cause the blood to cease giving support to the nerves, will destroy the individual.

The heart, we have said, is set in motion by the action of the lungs, which may be almost compared to a bellows placed in the chest. Whatever prevents the atmosphere, in its purity, from acting directly upon the lungs, and through the small vessels of the lungs upon the blood, must derange this fluid. It will now become vitiated, and produce disease and ultimately death. [*To be continued.*]

#### LIFE PRESERVERS.

A celebrated India rubber firm of this city have recently "fixed up" a contrivance which will enable a man to fling himself into the river with perfect impunity,—and float there, too, as pleasantly as he likes, and as long as he chooses,—only using his digits for propulsion whithersoever he lists. The thing was practically tested on Monday last about noon, when a young gentleman named Lowell, leaping from a steamboat at the South Ferry, went out with the current and returned with the flood tide to Castle Garden, about five o'clock, having been four hours in the water. He came out perfectly dry and warm, to the astonishment and satisfaction of a number of gentlemen, who witnessed the commencement and close of the excursion. He regretted that he did not take along with him a newspaper, or a book, to while away the time.



**WATER-CURE ESTABLISHMENT AT SOUTH ORANGE, NEW JERSEY.**

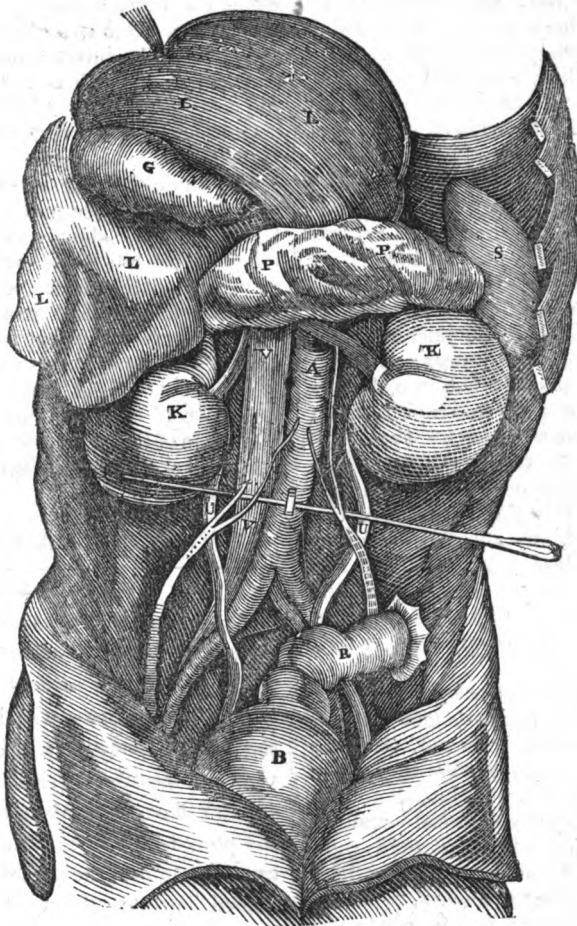
**DR. C. H. MEEKER, Proprietor.**

In the December number of this Journal, we gave a very imperfect view of this beautiful mansion. The above illustration was drawn on the spot by our excellent artist, Mr. Field, and engraved by the brothers Howland, who are equally distinguished as engravers on wood.

For the particulars relating to this establishment see advertisement, in another part of this Journal.



PHYSIOLOGY AND ANATOMY OF THE HUMAN BODY. No. IV.  
LOCATION AND FORM OF THE LIVER, GALL, PANCREAS AND KIDNEYS.



No. 10. THE LIVER, GALL, PANCREAS, AND KIDNEYS.

L the liver turned up to show its under side; G gall-bladder; P the pancreas; K the kidneys; S the spleen; A the descending aorta; V V the ascending vena cava which carries venous blood to the liver; R the rectum; B the bladder.

THE DUODENUM, LIVER, PANCREAS, INTESTINES,  
AND MESENTERY GLANDS, AND THEIR FUNCTIONS.

CHYLE.

The manufacture of good chyme by the stomach, so far from completing the digestive process, only begins it. It remains to be assorted—the nutritious from the in-nutritious portions; for there is a refuse residuum in food, as of ashes in combus-

tion. By what means, then, is this separation effected?

After the chyme has been admitted through the pyloric orifice into the duodenum, or second stomach—a long, narrow sack, composed, like the stomach proper, of the peritoneal, muscular, and mucous coatings—it there receives two secretions, one, called gall, from the liver; and the other from the pancreas, called the pan-

creatic juice. The gall is a liquid, of a greenish color, and exceedingly bitter, secreted from the dark and venous blood while returning back to the heart, about eight pounds flowing through the liver per minute. This bile is composed mainly of carbon, and this is one of the means by which the system relieves itself of surplus carbon. Hence, those whose livers are weak should eat substances less highly carbonized, so that they may have less carbon to secrete. They should also eat less food, for the same reason. Animal food taxes the liver somewhat less than vegetable.

Soda is also secreted from the venous blood, and contained in the bile, and, being required in the vital process, is taken up by the liver, and returned into the circulation, to take part in respiration—a most ingenious contrivance for supplying the system with the soda it requires. The gall thus secreted by the liver is emptied from all parts of this glandular and porous organ into little ducts, and these continue to empty themselves into larger and still larger ones, till they finally deposit the gall in a little sack, called the gall-bladder, from which it is carried by another duct into the duodenum.

With the glandular structure and general mechanism of the liver, most readers are doubtless familiar. If not, they can obtain the required knowledge by observing and dissecting that of animals.

The pancreas, or sweet-bread—another long and tapering gland, situated right under the stomach—secretes another fluid, somewhat resembling the saliva, which is conveyed by a trough-like duct which traverses it, into which a multitude of smaller ducts empty this fluid into the duodenum. Of the precise nature of this juice little is known, only that it is indispensable to chylification, and this to nutrition.

These two fluids, commingling with the chyme, separate its nutritious from its in-nutritious portions, somewhat as runnet separates the whey and curd of milk from each other. The former is called chyle—a half-liquid, grayish substance, closely resembling milk in appearance, laden with fibrine, carbon, nitrogen, oil, and other substances required to support life. In fact, its composition is almost identical with that

of blood, and requires only contact with air to impart that red color and oxygen which constitute it blood proper. The importance of these two glandular secretions shows how absolutely indispensable health of function in each is to human life, and the consequent evils of their abuse, and importance of their restoration—of which hereafter.

The chyle thus separated in the duodenum from the refuse portions of food, the two are urged along together into and through the intestines, by that muscular or middle coating which surrounds the entire alimentary canal, arranged circularly and transversely, so that its action crowds its contents along irresistibly. This canal is some six or eight times as long as its possessor is tall, and into it open a vast multitude of little mouths or suckers, called the lacteal vessels.—*Physiology, Animal and Mental.*

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## NEW-YORK, APRIL, 1849.

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### POTATO DIET.

Few are aware of the great value of the potato as an article of diet. It may astonish some of our readers when we assert that potatoes alone are sufficient to sustain the human body in a state of firm and vigorous health. Prisoners in the old country have in numbers been kept upon the potato diet for months, and what may appear singular, the majority of such have gained in flesh during the experiment. Lean men grow fat, and fat men become lean—lean as they ought to be. And so all grow better in health.

Strange enough is it that the potato diet cures almost all who are subjected to its influence a few months; and what is yet more strange, after two or three months of this regimen, prisoners regret being put back upon their ordinary or mixed diet.

Let those who have dyspepsia—and that means a multitude of ills which the American people in their luxurious habits are fast bringing upon themselves—try for

a time the potato diet. We have tried it—not for months, but a few days at a time—long enough to satisfy us of its good effects; long enough, too, to teach us well how good bread and apples and peaches are. We are far from believing that God created wheat, rye, corn, barley, buckwheat, etc.; chestnuts, beechnuts, butternuts, walnuts, etc., etc.; apples, pears, peaches, plums, grapes, and ten thousand other delicious things, not to be eaten by man.

And yet, as before said, we advise our dyspeptic friends to make a trial of the potato diet. Eat, of course, no salt, no butter, or condiments of any kind. Our word for it, the experiment will prove a good one; and the prescription costs no money, but, what is incomparably better, an amount of self-denial which is possessed only by a few. And making this experiment for one week will greatly increase the self-denial and perseverance of those who go through with it. We do not, of course, recommend this prescription to those who have to labor very hard, for a sudden change, of whatever kind, does not answer well with such.

#### OLD FEVER SORES CURED BY BATHING.

A young man writes us, that after having had fever sores upon both legs for five years, which sores were at last pronounced incurable by the physicians who treated them, an old lady, with whom he afterwards lived, cured him as follows:—He was to go into a running brook three to four times each twenty-four hours, and wade until the limbs became entirely benumbed and cold. The young man followed the directions, and not only waded in the water, but drew cold water from the well, in which he kept his legs; and, after practising thus for two months, subjecting

his limbs for hours each day to the healing element, he became entirely cured, so that for years there has been no return of the disease.

One of the old English writers on Water (we do not remember at this time what one) said he had learned that wading in a pure, running stream, was one of the best possible means for curing old ulcers upon the lower limbs; and such is the fact, as all who are thus afflicted may learn, if they will.

We will make here an observation, that may prevent discouragement with some in such cases. After commencing a treatment of this kind, any old ulcer will at first often become worse—apparently so, at least. A running ulcer will at first run more. This would be discouraging to those who were not aware of the fact that such a symptom is always a good one in such cases.

A *general* treatment, adapted to the constitutional ability of the patient, is also good, and ought not to be neglected in such cases. Diet, too, is a very important means.

#### CRACKED WHEAT AND INJECTIONS IN CONSTIPATION.

In this day of fine bread eating, tea and coffee drinking, and indolent habits, there are many who suffer much from costiveness, or constipation. Consequently, people go on with the thousand-and-one pills and nostrums, doctoring, doctoring, doctoring, until their life is well-nigh doctored out of them. Talk to such of setting about a course of dieting with brown bread, &c., and pure soft water the only drink, and they will at once exclaim, by actions if not words, "Foolish, foolish! who would think of doing all that?" Now, such persons, one and all, are perfectly welcome, both to their fine food and costiveness. But there are some who will heed our advice, viz: Have the best of wheat cracked coarsely in a clean mill. Boil bran and all

twenty or thirty minutes, at least; let the article cool, and then eat it with some little condiment, as milk, sugar, stewed fruit, and the like. The unbolted bread will do very well. Drink only pure water. Use injections of the same, daily if need be. Labor or exercise freely in the open air. Sleep on a hard bed and pillow. Persevere in all the good rules of health, and then, in due time, you may know, by experience, whether drugs or water are the best.—*Water-Cure Almanac, 1849.*

And cracked rye mush, unbolted, is one of the best possible articles for constipation; and, in fact, for any or all conditions of health. In some parts of the country it is difficult to obtain wheat, especially amongst the poor. If there is any difference, rye has the preference, particularly if the stomach is weak. It is hardly necessary for us to say that it should be perfectly free from ergot, or smut, which is a rank poison.

If our schools and colleges knew the one-hundredth part of the benefit to be derived from a daily and habitual use of cracked wheat and rye mush, there would be far less constipation and indigestion among students and literary men than there now is.

#### HYDROPATHIC COLLEGE.

The citizens of New York contemplate the erection of a suitable edifice for a Hydropathic College. The demand for Hydropathic or Water Physicians throughout our country is constantly increasing, while competent practitioners are few, and can only acquire a thorough knowledge of this system by going to other countries. This difficulty we hope will soon be obviated.

A Hydropathic Society is about being formed in this city, and in our next number we hope to lay before our readers a copy of its constitution and a list of its officers.

*To the Editor of the Water-Cure Journal.*

#### VEGETARIANISM.

DEAR DOCTOR,—

With great pleasure I have read the introductory number of the *Water-Cure Journal* for 1849. The zeal and talent you display in favor of the various Reforms of our day—physical, moral and intellectual—are worthy of all commendation, and I trust will be rewarded by a corresponding addition to your subscription list. Your dietetic doctrine—proving that a purely vegetable regimen is more conducive to the physical and moral well-being of man than a flesh or mixed diet—is doubtless correct. Anatomical testimony and physiological facts sustain your views; and the lights of Science reflect, if possible, a still greater confirmation.

After much research, and carefully consulting the Bible, ancient traditionary records, comparative anatomy, physiology, chemistry, general history and private experience, I have long ago arrived at the full conviction, that the flesh of animals is not only unnecessary to the sustenance of man, but that its use, as food, is decidedly prejudicial to the health and moral well-being of all those who resort to it to satisfy their appetites. Accordingly, for the last *forty years* I have discontinued it as an article of diet, nor has it, during that period, been used by any member of my family, nor even introduced into my house. When I first adopted this dietetic course, many of my friends expressed their fears and their remonstrances on the subject, notwithstanding which I persevered, and soon became convinced of the superior adaptation of a diet derived exclusively from the vegetable kingdom, to secure greater health and a more intellectual enjoyment than I had ever experienced under an animal or mixed diet. The poetess has justly observed—

“Fatal effects of luxury and ease!  
We drink our poison, and we eat disease;  
Indulge our senses at our reason's cost,  
Till sense is pain, and reason hurt or lost.”\*

In your excellent article on the Asiatic Cholera, addressed to the Editor of the *New York Tribune*, and republished in the first number of the *Water-Cure Journal* for 1849, you have been pleased to advert to the Society of *Bible-Christians* in Philadelphia, and also to insert an extract of a former letter of mine, corroborative of your views, in relation to the best mode of preventing the fatal effects of that much dreaded malady. I have no doubt, whatever, but that a purely vegetable diet, attention to cleanliness, bathing, clothing, &c., would be a more effectual preventive than any other that could be adopted.

The Bible-Christians of this country and in England continue to move onward in the propagation of their principles, and in the even tenor of their way. You are probably aware that in England the advocates of dietetic reform, some time ago, instituted an association, (somewhat after the manner of our American Temperance Societies,) under the appellation of “*The Vegetarian Society*,” which is creating quite an excitement throughout that country. Last summer its members held their first anniversary in Manchester, and had a banquet prepared in accordance with their dietetic principles, of which nearly 300 persons were partakers. Resolutions, expressive of the light in which they viewed this reformatory measure, and speeches demonstrative of its truth were delivered, which gave ample evidence that the affair was truly,

“A feast of reason and a flow of soul.”

More recently, a number of these Vege-

tarians residing in London have had a social Vegetarian Supper, in the large room of the Crown and Anchor, of which about 160 ladies and gentlemen of that mighty metropolis partook. After supper the evening was devoted to addresses in favor of the excellency of this primitive mode of sustaining human life. The Association has a monthly periodical, ably conducted, called “*The Vegetarian Advocate*,” and everywhere throughout the kingdom there are indications of progression in Vegetarianism.

And now, Mr. Editor, may I be permitted to ask you, and the friends of this cause here, cannot a movement of this nature be got up in this country? America is distinguished throughout the civilized world for the noble stand she first made against intemperance in drinking. Shall she be less zealous in opposing a system of diet, as detrimental to the health and happiness of humanity as intoxicating liquors? Could not preliminary arrangements be made, and circulars subsequently addressed to all the known advocates of vegetative food throughout the length and breadth of the land, inviting them to assemble in convention at a certain time and place agreed on, and then and there organize an *American Vegetarian Society*? Why not make an associated effort to set this “ball in motion?” I have conversed with some of my friends who highly approve of the proposal—others with more cautiousness, perhaps, than I possess, think “the good time is coming,” but is not yet come. I submit the matter to you and your readers, willing to co-operate in any order that may work for the elevation of man from the bondage of an unnatural, destructive and barbarous custom.

WILLIAM METCALFE,  
Kensington, Philadelphia.

\* Mary Chandler.

ADVICE FOR THE WATER TREATMENT OF AN  
INFANT.

A. G. S. writes as follows:

"I have a daughter 13 months old, in whom the sanguine and nervous temperaments predominate, the nervous, I should think, being the most predominant. From the time she was one day old until she was one year old, she was bathed daily all over in cold water, the chill taken off during the cold weather; still she has always been very delicate, and possessed of but very little bodily strength. She is not now as strong as when she was six months old. She took a slight cold in October last, and has been failing ever since, until about ten days ago. Her teething has been a source of great annoyance to her, which, with her cold, I presume has been the principal cause of her growing illness. About five weeks ago, she commenced coughing, which she has continued to do ever since, some four or five times very violently, every twenty-four hours. She is very badly troubled with phlegm in her throat, which causes her to cough a great deal, and it also causes her to vomit a great deal. About four weeks ago, my physician told me that it would not answer to bathe her more than twice a week, which advice my wife has followed ever since, and I think that for the last 10 days I can see that she has improved a very little, but not as much as I could wish. If, from what I have written, you can prescribe a remedy for such a case, I wish you would do me the favor to publish such prescription in your Journal at an early day, so that I can read the same, and profit thereby."

ANSWER TO THE ABOVE.

There is nowhere greater ignorance manifested by people generally, than in that most important matter, the physical management of infants and children. In almost everything people seek rules on which to act; but here all is *haphazard* and chance. For example, see how mothers and nurses swathe infants, so cruelly as almost to prevent their breathing. Then they must be continually muffled up

among hot pillows and a great amount of warm clothing, and in over-heated and ill-ventilated rooms. And the feeding—*stuffing*, we might say—what is it? Why, if not with toddy daily, sweetened water, sweetened milk, tea, coffee, pieces of pork to suck, &c. &c. It is no wonder the poor infant's stomach gets sour, and wont work.

Now remembering that we ourselves must have been once a poor, tender, helpless infant, we would go to no extremes. Act according to the dictates of common sense. Would you bind up the body of a young animal so that it could scarcely breathe? If not, why then that of the human animal? for the same great general laws hold good with the latter as the former. Nor would I have a child too much exposed to cold. Some people go to extremes by using too cold water for washing the young child. Moderation is best everywhere. For infants and young children, in health, *never* use the water very cold. About 60° F. in winter, and 70° in summer, will be a very good rule. The room, in winter, ought never to be above 60° F.

A daily routine of treatment for this child may be as follows: The wet girdle, two or three thicknesses wet, with one of dry, should be kept about the body much of the time; Priessnitz would say all of the time. Change it every three or four hours during the day, and once or oftener in the night, if the child becomes at all restless, or does not sleep well. Wash its body all over on rising in the morning, and a half hour or hour before supper.

The diet is a most important matter. If this child were my own, I would give it nothing at all but milk; plain, uncooked and unsweetened milk. It should be fed slowly with a small spoon, but should never *drink* it. The food should be given

at regular periods, and three times a day would probably be best.

The child should not be placed on a feather bed or pillows. Take it often in the open air. Good nursing is a most important matter. Give soft water often to drink when the coughing fits come on.

PROGRESS OF HYDROPATHY.

The universal favor with which this new remedial agent has been received by the public, is unsurpassed. Wherever, and by whomsoever it has been judiciously applied, it has astonished, and happily disappointed its most zealous advocates. We copy the following sensible remarks from the Boston Evening Transcript:

THE COLD WATER CURE.

Is it not astonishing to see how many complaints are now treated with cold water? Many who a year ago were skeptical upon this subject, are now firm believers in its efficacy, as well as constant practitioners in their own cases. Within our circle of acquaintance we hear of several, who during previous winters have been troubled with bad colds, sore throats, and inflammation on the lungs, who since they applied water freely to their neck and shoulders on rising in the morning, have ceased to be troubled with these disorders. During the past cold weather, one could easily point out a man who had freely used cold water, for he walked along face and throat exposed to the air, while others, unbelievers in its effects, came wrapped up and bound up like Egyptian mummies. Try cold water; it is a wonderful agent and most economical preventive against the evils which flesh is heir to, that you can find. Those who suffer from headache, will find if they bathe the head night and morning, that they will soon cease to be annoyed.

CONTRACTILE POWER OF THE MUSCLES.

Nature is one vast array of wonders. The ocean wave tossing the ponderous ship as if a mere feather—the mountain torrent, the quick lightning and terrible thunder, the falling snow, the flower-decked spring, the glorious summer, the heavy-laden autumn—every animal, every thing in nature—is a world of wonders. “First among equals” of these wonders, is the amazing power and efficiency of muscular contraction. See it transport a human body of two hundred pounds weight, fifty, sixty, and even seventy miles per day! See it move that elephantine monster! Nor move merely, but with almost resistless force! See that circus performer spring from the board into the air, turn himself completely over, and strike again upon his feet, not once, but EIGHTY TIMES in almost as many seconds! See that Turkish porter take eight hundred to one thousand pounds upon his body, arms, head, etc., and transport this ponderous load for miles! Yet the mightiest muscular feats ever performed by man, are trifles compared with what, if this power were duly developed by parentage and culture combined, it is capable of performing, and will put forth in future ages. “REJOICE, O young man, in thy STRENGTH,” for it is the blessing of blessings. Nor rejoice in indolence, but INCREASE BY USE. Away with this do-nothing indolence and consequent weakness of fashionable life. To be strong is most commendable, but to be weak is so disgraceful as to be even contemptible; for it is caused by violated physical law, and generally by bodily idleness. Few, if any, have even a faint idea of the extent to which the habitual and vigorous EXERCISE of the muscles can enhance their power. ALL of us might have been, and most of us can yet become, many times stronger and more enduring than we now are. Bury not in muscular inertia, O reader, male or female, so glorious a heritage, so useful and pleasurable a talent, but by exercise, EXERCISE, EXERCISE, wax stronger and stronger, day by day, till a green old age lives in repose upon the strength thus stored up in the meridian of life. And, O mother, be intreated not to restrain your children, not even your girls, from taking

that playful exercise so essential to mental as well as physical capacity and happiness. *Phrenological Journal*.

#### ANTI-TOBACCO SOCIETY.

We are glad to lay before our readers a plan for the formation of Anti-Tobacco Societies, which we hope will be productive of a change in the habits of thousands of our fellow-beings. Auxiliary societies will be formed in every town throughout our country, and the subject will be AGITATED until the entire disuse of tobacco is accomplished.

#### AMERICAN ANTI-TOBACCO SOCIETY.

WHEREAS, the use of Tobacco being exceedingly prevalent in our country at the present day; and whereas, the said article produces great evil and misery in the world; impairing the energies of the constitution, and rendering it more liable to the inroads of disease; producing intemperance, imbecility of mind, and a variety of evils—mental, moral, and physical; leading to filthy and disgusting habits, such as no Christian or civilized community should tolerate:—

Therefore, We, the undersigned, agree to form ourselves into an ANTI-TOBACCO SOCIETY, and have adopted the following

#### CONSTITUTION.

ART. 1. This society shall be called the AMERICAN ANTI-TOBACCO SOCIETY.

ART. 2. The objects of this society shall be to procure, and publish for sale and distribution, works showing the evils arising from the use of tobacco, and in every way to use its influence to abolish this deleterious and disgusting article.

ART. 3. The officers shall consist of a President, Vice President, Secretary, and Treasurer, who shall be elected in the month of May, annually.

ART. 4. It shall be the duty of the President to preside at each meeting, when present.

ART. 5. It shall be the duty of the Vice President to discharge all the duties of the President, when that officer is absent.

ART. 6. It shall be the duty of the Secretary to keep correct records of all meetings, to answer all letters on behalf of the society, to give notice of all regular and extra meetings, and to carefully preserve all books and papers belonging to this department.

ART. 7. The Treasurer shall receive all moneys, pay all demands against the society, keep a true record of all his doings, and report the same to the annual meeting of the society.

ART. 8. Persons of both sexes, of good moral character, shall be admitted members of this society, and enjoy all its privileges, on signing the Constitution, and paying the Treasurer twenty-five cents.

ART. 9. The society shall determine the time and place of holding their meetings.

ART. 10. The President and Vice President, or any five members, may call an extra meeting. The request shall be left with the Secretary, in writing, who shall notify the members.

ART. 11. Five members shall form a quorum for the transaction of business.

ART. 12. A member may be expelled by a majority of the votes of all the members.

ART. 13. This Constitution may be amended at any regular meeting, by a vote of two-thirds of the members present.

#### OFFICERS

OF THE AMERICAN ANTI-TOBACCO SOCIETY IN NEW YORK.

R. T. TRALL, M. D., President;  
JOHN BURDELL, Vice President;  
S. N. PARMELEE, Secretary;  
S. R. WELLS, Treasurer.

This society would urge upon the friends of this great work, the formation of auxiliary societies in every city and town; and it is hoped this society will have several able lecturers in the field, in the course of the year.

N. B.—Communications may be addressed, POST PAID, to the Secretary, care of

FOWLERS & WELLS,

131 Nassau Street, New York.

#### REVIEWS.

*A Treatise on Food and Diet; with observations on the Dietetical Regimen suited for Disordered States of the Digestive Organs; and an Account of the Dietaries of some of the Principal Metropolitan and other establishments for Paupers, Lunatics, Criminals, Children, the Sick, etc.* By JONATHAN PEREIRA, M. D., F. R. S. and L. S., of London. Edited by CHARLES A. LEE, M. D., of New York, with notes and additions; 318 pages, octavo. Price 50 cents; mailable. Fowlers & Wells, 131 Nassau street, New York.

This work of Dr. Pereira is the best in many respects, of any in our language on diet. It is closely printed, and contains a vast amount of information, scientific and practical, and must have cost the author many a month of hard toil. These are, however, in it various theories and recommendations which we could not subscribe to; some of which we may refer to hereafter.

We subjoin the dietaries of some of the principal metropolitan establishments for children:



I. FOUNDLING HOSPITAL.

DIET FOR CHILDREN UNDER NINE.

**Breakfast** Bread, 4 oz. Milk, half pint boiled with an equal quantity of water.  
 Monday 4 oz. uncooked Mutton for roasting; 6 oz. Potatoes; 2 oz. of Bread.  
 Tuesday 4 oz. of uncooked Beef to be boiled into soup, with 1-2 oz. of Rice; 4 oz. of Bread.  
**Dinner** Wednesday Same as Monday.  
 Thursday Same as Monday.  
 Friday Same as Monday.  
 Saturday Rice Pudding (½ oz. milk 3-4 pint, rice 3 oz. treacle 1-2 oz.) and Sweet Pudding (½ oz. from 7-2 oz. meat 1-2 oz. milk 3-4 pint) alternately.  
 Sunday 4 oz. of uncooked Beef for roasting (cold); 6 oz. of Potatoes; 2 oz. of Bread.

**Supper** Bread, 4 oz.; 1-4 of a pint of Milk.

DIET FOR CHILDREN AT AND ABOVE NINE.

**Breakfast** Bread 6 oz., Milk 1-2 pint, boiled with an equal quantity of water.  
 Monday 7 oz. of uncooked Mutton, for roasting; 10 oz. of Potatoes.  
 Tuesday 7 oz. of uncooked Beef, to be boiled into soup; 4 oz. of Bread.  
**Dinner** Wednesday Same as Monday.  
 Thursday Same as Monday.  
 Friday Same as Monday.  
 Saturday Rice Pudding, with Sweet Pudding alternately.  
 Sunday 7 oz. of uncooked Beef for roasting (cold); with 10 oz. of Potatoes.  
**Supper** Bread, 6 oz., Butter, 1-2 oz., Treacle alternately ½ pint.

II. ROYAL MILITARY ASYLUM, CHELSEA. (Boys from 5 to 14 Years of Age.)

**Breakfast** Milk Potage. Milk, 1-6th of a quart; Oatmeal, 1-16th of a lb.; Bread, 1-20th of a quarter loaf.  
 Sunday Meat, 8 oz.; Potatoes, 12 oz.; Bread, 1-20th qu. loaf.  
 Tuesday } [On Sunday the meat is roast beef; on Tuesday and  
 Thursday } Thursday, stewed beef; and on Saturday, stewed  
 Saturday } 1-2 pint. } mutton.]  
**Dinner** Monday } Pudding, Sweet, 11-2 oz.; Flour, 6 oz.; Potatoes, 8 oz.; Beer, half a  
 Friday } pint.  
 Wednesday } Pea Soup, 1 gill; Potatoes, 12 oz.; Bread, 1-20th of a quarter loaf;  
 Beer, half a pint.  
 Bread, 1-20th of a quarter loaf.  
**Supper** Daily } Cheese, 11-2 oz.; Beer, half a pint.  
 Sunday }  
 Tuesday }  
 Thursday }  
 Saturday }  
 Monday } Milk, half a pint.  
 Wednesday }  
 Friday }

N. B.—This Meat is estimated as taken from the butcher, including bone. A proportion of the very small children on six ounces of Meat.

III. NAVAL ASYLUM, GREENWICH.

**Breakfast** 1 pint Cocoa (1-2 oz. cocoa, 1-2 oz. sugar, 1 gill milk); 5 oz. Bread.  
 Sunday } Roast Beef, 9 1-2 oz.  
 Tuesday } Potatoes, 8 oz.  
 Thursday } Bread, 1 1-2 oz.  
**Dinner** Beer, half pint, 11-2 oz. Sweet; Monday }  
 Tuesday } Stuet Pudding } 6 oz Flour—Bread and Beer as above.  
 Thursday } Pea Soup (1 gill of Peas);  
 Friday } Potatoes, 8 oz.—Bread and Beer as above.  
 Saturday } Mutton, boiled } Irish Stew—Bread and Beer.  
 Potatoes, 8 oz.  
**Supper** Half pint Milk, and 6 oz. of Bread.

IV. INFANT ORPHAN ASYLUM, DALSTON.

**Breakfast** Bread and Milk daily.  
 Monday } Meat, or boiled Beef-steak Pudding.  
 Tuesday } Mutton, (not over-boiled,) Potatoes, and boiled Rice.  
 Wednesday } Cold Mutton, and Family Pudding.  
**Dinner** Thursday } Roasted Legs of Mutton and Potatoes.  
 Friday } Cold Mutton and Family Pudding.  
 Saturday } Roasted Beef, Potatoes, and Sweet Pudding.  
 Sunday } Cold roasted Beef, and mashed Potatoes.  
 Beverage—Toast-water.  
**Supper** Bread and Butter, with Milk and Water.

Children under three years of age to have Beef Tea, or Mutton Broth, besides cold Meat, on Sun-  
 Where the medical officers prescribe, Beer is substituted at dinner for Toast-water. [days.  
 Family Puddings to consist of Dried Raisins, Apples, Rhubarb, &c. according to the season.  
 Green Vegetables are occasionally introduced, as circumstances require.  
 The Bread to be of the best quality, and two days old before out.  
 The joints to consist of top sides of rounds of the best Ox Beef, weighing about 28 lbs., and legs of  
 the best Wether Mutton, weighing about 10 lbs. each.  
 As much as they like to eat, within moderation.

V. MR. AUBIN'S ESTABLISHMENT AT NORWOOD, SURREY.

**Breakfast** Milk Porridge, with Bread in it.  
 Sunday } Baked or boiled Mutton or Beef, with Vegetables and Broth.  
 Tuesday }  
 Thursday }  
**Dinner** Monday } Soup with Bread in it.  
 Tuesday }  
 Thursday } Baked or boiled Rice Pudding, with Milk and Sugar.  
 Friday }  
 Wednesday }  
**Supper** Bread and Butter, with Milk and Water.  
 Saturday }

Children under 8 years not restricted to quantity; those from 8 to 14 or 15 are allowed 1 1-2 pints  
 Porridge, 4 oz. Bread, 6 oz. Meat, 1 lb. Potatoes, 3-4 pint Broth, 11-2 pints Soup, 16 oz. boiled Rice,  
 6 or 8 oz. of Bread and Butter. Those under 7 years of age to be allowed Sago, Arrow-root, Milk,  
 or any other nourishment their tender age may require.  
 Children, when ill, to be dieted by the medical attendant. Roast Veal or Pork to be allowed on  
 Easter and Whitensdays, and Roast Beef and Plum Pudding on Christmas day.

*The Water-Cure in Pregnancy and Childbirth.* Illustrated with cases showing the remarkable effects of water in mitigating the pains and perils of the Parturient state. By JOEL SHEW, M. D. Fowlers & Wells, 131 Nassau street, New York. Mailable, price 25 cents.

We give the Preface and Contents of the above work, which will suffice to afford the reader some idea of its general character and design.—PUBLISHER.

It is said that in China the practice of midwifery is regulated in this wise: Female midwives attend in all the ordinary cases; but there is a class of obstetric surgeons, devoted exclusively to this department, perfectly skilled in the use of instruments, and the management of every possible difficulty. One of these is located in a particular district, with a given number of inhabitants, and after a woman has been a certain number of hours in labor, the midwife is required by law to call in the surgeon. Now I hold that an arrangement similar to this ought to exist in every civilized and enlightened country. Women should, for the most part, be the practitioners of midwifery. This is so obviously true, that it needs no argument. I do not wish, then, to conceal the fact, that this work has been written with the view of doing somewhat, however small it may be, toward the prevention of the almost universal custom of employing man-midwives in this country at the present day.

But, as will be easily seen, this work does not profess to teach the *art* of midwifery. It presupposes, as far as the time of labor is concerned, that the attendant, male or female, has already a knowledge of the science pertaining to this department. My main design has been to show how water may be applied as a great and universal tonic in pregnancy and childbirth. These directions, if skillfully and faithfully carried out, will be found the sure means of producing an amount of benefit and relief that can only be conceived of by those who are brought actually to experience them.

Within a few years past, persons have often written me from a distance, that they had followed the advice as laid down, from time to time, in the *Water-Cure Journal*, for females at the times of pregnancy and childbirth, and that they had experienced the greatest benefit by so doing. Persons have said, "I had borne a number of children previously, suffering at each time more than tongue can describe; and now, since I have been under the water-treatment, the whole matter has been reduced to a comparatively trifling affair." I am convinced, that this work, small as it is, will be the means of greatly mitigating the

pains and sufferings of many who will deign to follow its advice.

There is one circumstance which, in our country, is eminently calculated to keep back reform in midwifery matters. We have everywhere about three times as many physicians as are necessary to do even what is done; and there is a great deal more *doctoring* than need be, as every one knows. Midwifery practice is one of the most profitable branches of the medical art. Can we suppose, then, that medical men, a majority of whom have hard work "to keep body and soul together," will allow old women to take from them the very bread they eat? Never, so long as by any possibility they can prevent it. But there is encouragement in the matter. People are beginning more and more to read, think, and act for themselves. Medical men may persist in denouncing cold water, yet there are those who will resort to it, and from a *knowledge* of its efficacy.

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CHAP. VII. CASES OF CHILDBIRTH.

CHAP. VIII. Management after Childbirth.—Popular objections answered.—The evils of Confinement in Bed.—The Injurious Effects of the common Bandage or Binder.—The use of Cold Water and the Wet Girdle in all respects better Means.—After Pains.—How to be prevented.—Swelling of the Breasts.—Cold water a Sovereign Remedy.—Sore Nipples.—Injections after Labor.—Management of the Child.—When to separate the Umbilical Cord.—The best mode of washing the Infant.—The common Bandage not to be applied.—Very important Advice as regards weaning and feeding Infants.

*Outlines of a New System of Physiognomy; illustrated by numerous Engravings, indicating the Location of the Signs of the different Mental Faculties.* By J. W. REDFIELD, M. D.; 96 pages, octavo; price 25 cents. Mailable; for sale by Fowlers & Wells, New York.

The above is a beautifully printed and very cheap book. We are not prepared, however, at present, to give an opinion on the subject of which it treats. Dr. Redfield's lectures in New York have been attended by highly intelligent audiences, and we may safely judge that his work will have an extensive circulation.

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**PUBLISHERS' NOTICES.**


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**THE WATER-CURE IN OHIO.**—This State bids fair to become the **BANNER STATE** in Hydropathic, as well as in many other important reforms. She is second only to the Empire State, in the number of subscribers to this Journal. New York, thus far, takes the lead. Within the present year, however, Ohio has increased on New York.

**PUBLIC DOCUMENTS.**—**HON. THOMAS J. RUSE, HON. J. S. SLINGERLAND, HON. J. W. BRADBURY, HON. HORACE GREELEY, HON. ABRAHAM LINCOLN,** and others, will please accept our thanks for valuable public documents.

We shall make such extracts from them as will be of service to our readers.

**H. B. PIERSON** is our authorized agent for the Journal, and the sale of all our other publications. He may be found in the Post-office buildings in Cleveland, Ohio.

**THE WATER-CURE MANUAL.**—Since the first of January, 1849, our philanthropic and persevering friend, **GEORGE SHOREY,** has sold upwards of **THREE HUNDRED COPIES** of this excellent work, besides obtaining many subscribers for the **WATER-CURE JOURNAL.** He is a zealous advocate of Hydropathy, and will be long remembered by all into whose hands he places these Hydropathic and Water-Cure publications. We hope others will follow his example, and introduce the subject to their friends and neighbors, until every family in the land may realize the blessings of **HEALTH AND LONG LIFE.**

**THE KOSCIUSKO REPUBLICAN** pays the Water-Cure Journal the following compliment:—

The "**WATER-CURE JOURNAL AND HERALD OF REFORMS.**"—It contains 82 large octavo pages, monthly, printed on good paper. The merits of the "Cold Water" system, in treating diseases, are becoming generally appreciated, and the object of this work (edited by **JOEL SHEW**) is to give such information as may be necessary to individuals and families.

Those who deem health the greatest blessing, would do well to consult the pages of this Journal: it may save them, in one year, **TWENTY TIMES** the price of the Journal. Price \$1 00 per annum. Address (post-paid) **FOWLERS & WELLS, Clinton Hall, 181 Nassau-street, New York.**

"**THE CHOLERA—ITS CAUSES, PREVENTION, AND CURE.**"—**MAILABLE, PRICE 25 CENTS.**—This is the title of a work published by **FOWLERS & WELLS,** of New York. It is from the pen of **Dr. Joel Shew,** a leading Hydropathic practitioner. We have read it with great interest. Plain common-sense marks every page of the volume; and we feel constrained, by a sense of public duty, to recommend its perusal. We notice the work, not as a "new publication," but as a valuable friend in a time of anticipated peril. It contains, incidentally, the most powerful *temperance* appeal we have ever read. The perusal of it may, in a measure, disarm that strong aid of cholera—foul Intemperance.—**FRANKFORD HERALD.**

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**TO CORRESPONDENTS.**

**H. B.**—The work you desire can be obtained in London: Price, \$22, besides cost for importation, (duties.)

**S. A. B.**—Your **W. C. Journals** were sent by **Wells & Co.'s Express,** as per order. Should they not reach you in time, please inform us, and all will be made right, as they are responsible for all packages which they receive from our office.

**A. K.**—Yes, we can furnish back numbers of the present volume, for all new subscribers.

**W. M.**—We still continue to pay the premium to all who obtain a club of subscribers, according to the offer on the 25th page of the January number of this journal.

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**VARIETIES.**


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**POWERS' GREEK SLAVE.**—The Western Christian Advocate says: "As a work of art, it exhibits the greatest skill; its moral effect is, however, of pernicious tendency. Christians would be as justifiable in patronizing the exhibition of obscene paintings as in patronizing this exhibition; and we are sure none would take their wives and daughters to witness such exhibitions."

Is it possible that a **WESTERN CHRISTIAN EDITOR** can thus detect a licentious tendency in this work of almost superhuman perfection? We think another view would change the opinion of this "Christian Editor." Should he still remain unchanged, we would simply quote those appropriate lines:

"Evil is to him who evil thinks."

**Good Books.**—When confined by illness, a wet

day, or depressed in spirits, what better companion than a book? and when we consider that before printing was invented, hundreds of dollars were willingly given for a work in manuscript, *difficult to read*, which work, with all the improvements of succeeding centuries, can now be had for a few shillings, is not this a reason for purchasing more freely good books, which will not only enlighten the intellect and quicken the moral sentiments, but teach us to keep our bodies in a sound and healthy condition?—HORACE HOWARD.

DR. KNOX, in his lecture on the races, holds the following:

“It is on the ocean that the Saxon shows his vast superiority over all other races; this is his native element; Hence the rivalries of Holland and England; hence the dread in England of a German unity—of a free German nation in Continental Europe. The American navy must, at no distant period, dictate peace to the world. How miserably *effete* does the old policy of the late dynasties and imbecile monarchies of Europe look, before the rising grandeur of the free Saxon States of America! Gibbon’s prophetic foreboding is about to be realized.”

INTERPRETATION OF DREAMS.—Dreams are not without their value to the medical observer. A writer says that lively dreams denote nervous action; soft dreams, a slight irritation of the brain, often a nervous fever approaching a favorable crisis; frightful dreams, determination of blood to the head; dreams about blood and red-colored things, an inflammatory condition; dreams about rain and water, diseased mucous membrane and dropsical affections; dreams of distorted forms, abdominal obstruction and diseases of the liver; dreams of any particular part of the body, of disease in that part; and dreams of death, the approach of apoplexy and determination of blood to the head.

Mountains have been discovered on Saturn’s ring, by the aid of Rosse’s telescope.

An electro-magnetic engine is being constructed in London, by Mr. Hjorth, of five-horse power. One of his magnets lifts five thousand pounds, and has an attractive force of fifteen thousand pounds, at one-eighth of an inch distance.

SALT WATER FRESHENED.—The London *Emigrant* says: “We have just had the pleasure of drinking a goblet of water, taken from the sea at Margate, as sparkling and agreeable as if drawn from the best pump in London; indeed, it was im-

possible to tell the difference between them. The water had been previously distilled in the usual way, and then treated by the simple galvanic process, as patented by Mr. Crosse. The invention, for emigrant ships and others on long voyages, will be invaluable.”

ANOTHER DISCOVERY.—A learned Belgian, M. Mainple, has recently discovered a very simple means of distinguishing between real and apparent death. It consists in creating a small burn; if there is life, a blister always is formed, even in the absence of all apparent sensibility. If death has already intervened, nothing of the kind occurs.

When the art of printing was discovered, one side only of a page was made use of. Afterwards the blank sides were pasted together, which made them appear like one leaf. It is singular that the Romans, who had stereotypes, or immoveable printing types, with which they stamped their pottery, should have failed to apply the invention to their literary works.

FISH IN OPEN CISTERNS.—In catching water at all seasons, there should be one or two small perch (fish) put in, to eat the embryo mosquitoes. Do not put more than that, as it will not be necessary. I put five or six in mine, but all died but one, and that was larger than twenty or thirty of those I put in; it had grown that much in three years. If you do not put in the fish, you will have to strain the water.

VALUABLE INVENTIONS.—We understand that the Rev. Charles Brooks, of Boston, has communicated to the American Academy of Arts and Sciences three plans—one by which the hours of time may be struck, at the same instant, on every public bell of a city and in every private dwelling; another, by which the alarm of fire may be given, at the same moment, throughout the city, and the place of the fire indicated at each of the engine-houses simultaneously. A third plan is one by which all the lamps in the streets may be lighted or extinguished together, at any given moment.

POOR FELLOW!—A case of cholera in New York was treated in the following manner—we copy from the N. Y. Express:

“He was bled, taking 20 grains of calomel every hour, and is covered with mustard plasters and cayenne pepper, with bottles of hot water.”

Enough to kill any man, sick or well. This is what is called “the regular practice,” which we think has been practised quite long enough.

## THE LAUGHING CURE.

THE KNICKERBOCKER contains the following testimony: "Our 'Grafenburg Pil' friend sends us another testimonial, dated 'At see, latitude several, longevity six feet,' giving an account of the cure, by the use of a 'pil,' of his 'doctor Jemimer,' who by reason of her malady had 'became a newsanser round the house to her frens, and very obknoxshus to her parents.' One box gave her such an appetite that extra bread and potatoes for her consumption were at once demanded. 'A remarkable instans of Proffidence as revealed in the pil.' A sister 'who had been blind wif two eyes from her yuth and earliest inphancy,' was cured by the 'Green Mounting Intement' in the same manner. 'Her muther made some spittul and whet her i's wif it, but they didn't begin to hopen; she then as a last concourse, had the Balvanic Gattery put to her, which instantly didn't do no good; but a single application of the Intement, took from the lid of the box and put on to the lid of the i, cured her at wunst.'"

LAUGHTER.—"Laugh and grow fat," is an old adage, and Sterne tells us that every time a man laughs he adds something to his life. An eccentric philosopher of the last century used to say that he liked not only to laugh himself, but to see laughter and hear laughter. Laughter is good for health; it is a provocative to the appetite, and a friend to digestion. Dr. Sydenham said the arrival of a merry-andrew in a town was more beneficial to the health of the inhabitants than twenty asses loaded with medicine.

Here is Hood's illustration of hydropathy: "It has been our good fortune, since reading Claridge on hydropathy, to see a sick drake avail himself of the 'water cure,' at the dispensary in Saint James' Park. First, in wading in, he took a 'Fuss bad,' then took a 'Sitz bad,' and then turning his curly tail up in the air, he took a 'Kopf bad.' Lastly, he rose almost upright on his latter end, and made such a flapping with his wings, that we really expected he was going to shout 'Priessnitz for ever.' But no such thing. He only said, 'Quack! quack!! quack!!'" Well, what else could he say?

SIGNS.—Some young ladies, feeling aggrieved by the severity with which their friends speculated on their gay plumes, necklaces, rings, flounces, &c., went to their pastor to learn his opinion. "Do you think," said they, "there can be any impropriety in our wearing these things?" "By no means," was the prompt reply; "when the heart is full of ridiculous notions, it is perfectly proper to hang out the sign."

Prentice, of the Louisville Journal, who has won the jack-knife from the whole press of the Union, says: "We are told that a lady under the influence of the gas, kissed the ugly editor of the Louisville Democrat. When she came to and found what she had done she put an end to herself."

The Knickerbocker says: "The difference between a doctor and a lawyer is simply this; send for a doctor to bleed you, he will take out several ounces, and charge you five dollars; send for a lawyer, he will bleed you freely, and charge you nothing for it."

A little girl meeting a countryman with a load of slaughtered swine, dropped a courtesy. The rustic laughed, without returning the civility. "What," said he, "do you courtesy to dead hogs?"

"No, sir," replied the little miss, "I courteaid to the LIVE ONE."

### ON A DOCTOR.

Pray heaven will be forgiving!

Such sin is on his head:

For he cuts us down while living,

And cuts us up when dead!

"Were you ever cross-questioned?" "Yes, when questioned by my wife, after spending the evening abroad—cross enough, in all conscience."

Dr. Fuller said, "An ounce of mirth, with the same degree of grace, will serve God farther than a pound of sadness."

A Miss Story was married on Sunday, in Covington, to Mr. Short. This is a very pleasant way of making a "story short."

David Fender, "popping the question," in a letter, concluded thus: "And should you say yes, dear Mary, I will truly be your D. Fender."

An exchange paper mentions the marriage of a Mr. John Sweet to Miss Ann Sour. It is probable they mean to set up the lemonade business.

"You can't do that again," as the pig said to the boy that cut his tail off.

The weather is exceedingly miscellaneous these days. It *snew*, it *blew*, it *fritz*, and *thew*.

"I'll take the *cents* of the meeting," as the man said when he passed around the hat.

BOOK NOTICES.

AGRICULTURAL JOURNALS.

**THE CULTIVATOR.** Albany, New York: Luther Tucker and Sanford Howard, Editors. Thirty-two octavo pages monthly. One dollar a year in advance. Vol. six. 1849.

**THE NEW ENGLAND FARMER.** Boston, Mass.: S. W. Cole, Editor. Sixteen octavo pages. Published every other Saturday, by J. Nourse. One dollar a year in advance. Volume one. 1849.

**THE AMERICAN AGRICULTURIST.** New York: A. B. Allen, Editor; C. M. Saxton, Publisher. Thirty-two octavo pages monthly. One dollar a year in advance. Volume eight. 1849.

**THE WORKING FARMER.** New York: James J. Mapes, Editor; Kingman & Cross, Publishers. Sixteen quarto pages monthly. Fifty cents a year, in advance.

**THE GENESSEE FARMER.** Rochester, New York: D. D. T. Moor, Editor and Proprietor. Thirty-two octavo pages. Fifty cents a year, in advance.

**THE ALBANY CULTIVATOR** is a well-established Journal, and has long been known as one of the leading periodicals devoted to agriculture, in the United States. It is ably edited, and well conducted, always reliable in its statistics, and is an indispensable guide for the intelligent farmer, and an agreeable companion for all classes. The Editors have adopted the following appropriate motto: "*To improve the Soil and the Mind.*"

**THE NEW ENGLAND FARMER** is a new Journal, devoted to agriculture and its various kindred arts and sciences. Mr. Cole has been long connected with the farming interests of New England. He was the Editor of the *Boston Cultivator*, and of the *Yankee Farmer* many years, and has written several important works on these subjects. The most popular of all is his *American Veterinarian*, of which over 20,000 copies have been sold. We also notice by an advertisement a new work, entitled "*The American Fruit Book*," by the same author. We place a high estimate on the *New England Farmer*. It is beautifully printed.

"Honor waits o'er all the earth,  
The art that calls her harvest forth."—BRYANT.

**THE AMERICAN AGRICULTURIST** is too well established to require an extended notice. It is now in its eighth year of publication, and has a large circulation throughout the United States and Canada. It contains a review of the markets, and an account of such inventions and discoveries as relate to the great national wealth and good of our people. In short, it is designed to improve the farmer, the planter, the stock-breeder and the horticulturist. "Agriculture is the most healthy, the most useful, and the most noble employment of man."—WASHINGTON.

**THE WORKING FARMER.** For a full account of this new paper see prospectus in our advertising department.

**THE GENESSEE FARMER** is the oldest of the above-named Journals. Its objects are the same.

**THE LONDON LANCET**, a Journal of Medical, Surgical and Chemical Science and Practice, Criticism, Literature and News. T. Wakley, M. P., Editor, J. H. Bennet and J. Wakley, Jr., Sub-Editors. Terms, in advance, \$5 a year.

This is an old and well-established (old-fashioned) Medical

Magazine of upwards of thirty years' standing, and is undoubtedly the most profound and well-edited work belonging to the "regular practice." Of course we have no sympathy with the work further than its *science* is concerned. To the old school it is an almost indispensable guide.

Fowlers & Wells will receive subscriptions, and furnish the *Lancet* at \$5 a year in advance.

**LITTELL'S LIVING AGE**, for 1849. Edited and Published weekly, by E. Littell & Co. Boston, Mass. Terms, in advance, \$6 a year.

This great work has reached its twentieth volume, which alone is a guaranty of the stability and permanence of the work. As for its excellence we may say that it has neither rival or equal. It is made up from the very essence of the entire catalogue of English literature. The quality and quantity of matter contained in this work can nowhere else be found for double the price: in fact, it is a library in itself.

The editors say: "The steamship has brought Europe, Asia and Africa into our neighborhood, and will greatly multiply our connections, as Merchants, Travellers, and Politicians, with all parts of the world; so that much more than ever it now becomes every intelligent American to be informed of the condition and changes of foreign countries. And this not only because of their nearer connection with ourselves, but because the nations seem to be hastening, through a rapid progress of change, to some new state of things, which the merely political prophet cannot compute or foresee."

We most cordially recommend this work to the American public, assuring them that they cannot make a better investment for food for the mind.

The following testimony from the venerable Adams, will have weight with all who are capable of appreciating the correctness of his judgment:

Washington, Dec. 27, 1845.

Of all the Periodical Journals devoted to literature and science which abound in Europe and in this country, this has appeared to me to be the most useful. It contains indeed the exposition only of the current literature of the English language, but this by its immense extent and comprehension includes a portraiture of the human mind in the utmost expansion of the present age.

J. Q. ADAMS.

**NATIONAL REFORM ALMANAC**, for 1849. By George H. Evans, Editor of *Young America*. Price six cents.

"A Free Soil for a Free People" is the motto of the author, who goes in for the "Vote-yourself-a-farm" principle. The following, from the title of this modest little annual, will show our readers the object of this movement. The Editor says, "A man has a right to himself and to the use of enough of the earth's surface to sustain himself and family as an inviolable Homestead. To secure this right is the first and highest duty of every State. Home for all is the end—Land Limitation, Homestead Exemption, and the Freedom of the Public Lands, are the *measures*—the *Ballot* is the *means*. No political issue should be allowed to take precedence of the Free Soil Reform."

**THE USES AND ABUSES OF AIR.** Part II. Showing its influence in sustaining Life and producing Disease, with remarks on the Ventilation of Houses, and the best methods of securing a pure and wholesome atmosphere inside of Dwellings, Churches, Court Rooms, Work Shops, and Buildings of all kinds. Published by J. S. Redfield. For sale by Fowlers and Wells. Price 12½ cents, mailable.

The second number of this excellent treatise quite equals the first, from which we made some extracts. When completed we shall take further notice of this work.

**THE ORIENTAL BATH, A POEM,** with a brief outline of the more important points of Hygiene, and instruction on the use of the Bath, with additional remarks of Combe, Andria, Bell, Slade, Urquhart, Savary, and Willis. By C. B. Peckham, Proprietor of the Oriental Baths, Pelham street, Newport, R. I.

A concentration of many valuable opinions relating to the importance of bathing. It is calculated to do good in hydro-pathic reform.

**HOW TO BE HAPPY.** An Admonitory Essay for General and Family Perusal, on Regimen, Expediency and Mental Government. By R. J. Culverwell, M. D. Republished by J. E. Redfield, New York. For sale by Fowlers & Wells, 131 Nassau street, New York. Mailable. Price 25 cents.

This work is one of the series noticed in the Feb. number of this Journal, entitled, *What to Eat, Drink and Avoid*. The criticism which we made on that work will apply equally to this. To the discriminating reader we cheerfully recommend it.

**ILLUSTRATIONS OF THE LAW OF KINDNESS.** By George W. Montgomery. New York: Fowlers & Wells.

The wide popularity of the author, poet, and orator, and the acknowledged high moral grounds on which he stands before the world, are enough in themselves to recommend this pre-eminently good book to all who have a fellow-feeling for the unfortunate, the afflicted portion of humanity. We well remember listening to one of the most soul-expanding discourses, of which Benevolence was the theme, by Mr. Montgomery, that we ever heard. The entire audience seemed electrified. There was scarcely a dry eye in the house. The impression made on the minds of his audience can never be erased. The same thought is contained in the work under notice. We are glad to know that the work has been published in London in a very beautiful form, which sells at one dollar. The price of the original edition is only Forty cents, and may be sent by mail.

**THE FLORAL GIFT, FROM NATURE AND THE HEART.** By Mary Chauncey. Price 37 cents. Fowlers & Wells, New York.

The language of Flowers is an interesting and charming study. The refining and softening influence of flowers on the human mind is very great. Nor can any one, however gross in their organization, cultivate these lovely beautifiers of Nature, without becoming more gentle, affectionate, kind, and in every way improved. Hence we say to all, "Study the language of Flowers." In this beautiful little work the natural language of more than a hundred different flowers is given, together with a beautiful steel Frontispiece.

**THE YOUNG MEN OF CITIES URGED TO THE WORK OF MENTAL IMPROVEMENT.** J. E. Redfield. For sale by Fowlers & Wells. Price 12½ cents. Mailable.

Why the young men of cities? It seems to us equally adapted to men, young or old, of country as well as cities. The following extracts indicate the character of this little gem of useful advice:

"*Lay aside a little money to buy books.* There are certain books which every man should possess as his own; and every reading man desires by degrees to gather a little library for his wife and children. You would wish to have at your elbow your own Milton, Cowper, Thomson, Montgomery, and Bryant; your dictionaries, atlas, and other books of reference; your little row of histories, biographies, and treatises on science and art. A trifling sum, set aside each month, and redeemed from amusements or luxuries, will soon give an account of itself on your shelves.

"*Employ your pen.* This counsel, though less frequently given than others, is nevertheless far from being superfluous. There is a marvellous power in writing down what we know. It fixes the thoughts; reveals our ignorance; methodizes our knowledge; aids our memory; and insures command of language. '*Men acquire more knowledge,*' says Bishop Jewell, '*by a frequent exercising of their pens, than by the reading of many books.*' How often do we see persons advanced to great wealth, and even in the legislature or in Congress, who, from neglect of composition in their younger days, are absolutely unable to pen a decent letter.

The practice of writing a few sentences every day, would prevent such a source of mortification."

**THE FIRST ANNUAL REPORT OF THE NEW YORK HOMOEOPATHIC DISPENSARY ASSOCIATION; THE CONSTITUTION AND BY-LAWS OF THE ASSOCIATION, TOGETHER WITH THE ANNUAL LECTURE.** By B. F. Joslin, M.D.

In this report we have an able article on the *Cholera, its Prevention and Cure*, in which it is contended that no other system of practice has proved equally successful. The author says, "In Russia and Austria, and at Berlin and Paris there were 3,017 cases treated homoeopathically; of which 2,753 were cured, and only 264, i.e., only about one in 11½ died. On an average, more than ten out of eleven were cured."

The New York Association appears to be in a growing condition, and it is said to be more widely practiced throughout Europe, at the present time, than ever before.

**THE AMERICAN STATESMAN.** Edited by Abijah Ingraham and J. Tenney. New York. Terms, in advance, \$3 a year.

This is emphatically a new feature in newspaper enterprise. The plan adopted by its Editors differs essentially from that of any other ever established, and will doubtless give entire satisfaction to all readers and editors. It is decidedly reformatory in its tendency, and should be liberally patronized by the public generally. The New York Evening Post, a paper not in the habit of engaging contemporaries unless certain they possess merit, has the following:

"**THE AMERICAN STATESMAN.**—We advise our readers to send for the Statesman, that they may learn the value of this admirable repository of facts and opinions. It is the most useful weekly published in this country, not excepting the Weekly Evening Post, which is worth several times what it costs. Besides giving all the public documents and debates which are worth preserving, the Statesman makes judicious selections from the American and European press, by which the best opinions upon all subjects, both at home and abroad, are made accessible to its subscribers at a comparatively trifling expense. It is a credit to the American press, and will be to the American people, if they show that they appreciate it, by giving it their support. As a repository of important public documents and debates, and annals of the times which deserve to be preserved, the Statesman will be found more economical and convenient than any other publication of which we have any knowledge."

DR. BUTTOLPH, Superintendent and Physician of the State Lunatic Asylum, at Trenton, New Jersey, has sent us the annual report for 1848, of this institution, which we find to be a very interesting document. We shall copy such portions as may be of service to our readers.

**PHONETIC MAGAZINE.** This beautifully executed monthly, of 24 large pages, double columns, printed in Phonotypes, making use of the perfected alphabet employed by Pitman, has reached its fifth number. The February number is to be printed with types of superior beauty, imported from England, and is to be adorned with a fine engraved portrait of Pitman. The work richly deserves and it needs the patronage of the Friends of the Printing Reform. Price \$1 a year. Elias Longley, Cincinnati, Ohio.

**MOST EXTRAORDINARY WORK.** We would again warn our friends against a book advertised under this head. It is a cheat.

**HIGHLY IMPORTANT WORK,** by R. M. Weisselhoff, M. D., is another imposition on the public. He says, "no bookseller allowed to sell this work," &c., &c. The same thing is advertised by a fellow who calls his name Gassner. They are both worthless cheats, as those who have been imposed upon can testify.

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.

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