

THE  
WATER-CURE JOURNAL,  
AND  
HERALD OF REFORMS.

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**THE INFLUENCE OF CLOTHING ON THE  
HEALTH OF THE SKIN.\***

NEXT in importance to a judicious and rational diet, as a means of maintaining the temperature of health, is the raiment selected for its preservation. It is a fact, which must be apparent to every one, that clothing, in itself, has no property of bestowing heat, but is chiefly useful in preventing the dispersion of the temperature of the body, and, in some instances, of defending it from that of the atmosphere. This power of preserving heat is due to the same principle, whatever form the raiment may assume, whether the natural covering of birds and animals, or whether the most beautiful and elegant tissues of human manufacture. In every case it is the power which the coverings possess of detaining in their meshes atmospheric air that is the cause of their warmth. We have an exemplification of this principle in the lightness of all articles of warm clothing as compared with water; the buoyancy, for example, of a fleece of wool, or the lightness of a feather. In the eider-duck, or the sea-bird, it is the accumulation of warm air within their downy covering that defends them alike from the temperature of the water, and from its contact. The furs from the piercing regions of the north, which we prize so highly as articles of dress, are, to the animals which they by nature invest, so many distinct atmospheres of warm air; and the same principle is carried out in the clothing of man. Our garments retain a stratum of air, kept constantly warm by its contact with the body;

\* From Erasmus Wilson, F. R. S., on Healthy Skin.

and as the external temperature diminishes, we increase the number of layers by which the person is enveloped. Every one is practically aware that a loose dress is much warmer than one which fits close; that a loose glove is warmer than a tight one; and that a loose boot or shoe, in the same manner, bestows greater warmth than one of smaller dimensions. The explanation is obvious: the loose dress encloses a thin stratum of air, which the tight dress is incapable of doing; and all that is required is, that the dress should be closed at its upper part, to prevent the dispersion of the warm air, and the ventilating current which would be established from below. The male summer dress in this climate consists of three layers, which necessarily include two strata of atmospheric air; that of females contains more; and in the winter season we increase the number to four, five, or six. As the purpose of additional layers of dress is to maintain a series of strata of warm air within our clothes, we should, in going from a warm room into the cold, put on our defensive coverings some little time previously, in order that the strata of air which we carry with us may be sufficiently warmed by the heat of the room, and may not be in need of borrowing from our bodies. Otherwise, we must walk briskly, in order to supply heat, not only to keep up the warmth of the strata of atmosphere nearest ourselves, but also to furnish those which we have artificially made by our additional coverings. When we have been for some time in the air, if we could examine the temperature or climate between the several layers of our dress, we should find the thermometer gradually falling, as

it was conveyed from the inner to the outer spaces.

These observations on dress have reference to the number of layers of which the covering is composed, but they are equally applicable to the texture of the garment itself. The materials employed by man in the manufacture of his attire are all of them *bad conductors of heat*; that is to say, they have little tendency to conduct or remove the heat from the body, but, on the contrary, are disposed to retain what they receive; hence they are speedily warmed, and, once warm, preserve their temperature for a certain period, and convey the sensation of warmth to the hand. They are also bad conductors of electricity, and on this account become sources of safety in a thunderstorm. They are all derived from the organic world, some from the vegetable, and some from the animal kingdom; for example, hemp and flax are the fibres of particular plants, while cotton is the covering of the seed of a plant. Silk, wool, hair, feathers, and leather are animal productions; silk being a kind of tenacious gum, drawn through minute tubes, like those of the spinneret of the spider, in the body of the silk-worm, and dried in the form of excessively delicate threads. Wool is a soft and elastic hair; while hair, feathers and leather have been already described in preceding chapters of this work. Of these materials, the first five are chiefly employed as articles of clothing; and in order to be fitted for that purpose, are spun into threads, and then woven into a tissue, of various degrees of fineness and closeness. It is evident that this tissue will have the effect of retaining a quantity of air proportioned to the size of its meshes; hence, besides the strata of atmosphere imprisoned between the different articles of clothing, each article is in itself the depository of an atmosphere of its own. Thick textures are warmer than thin ones made of the same material, because the body of air retained in their meshes is great, as we see illustrated in blankets and woollen garments. Wool, moreover, being in reality hair, is cellulated in its structure, and each of its little cells is the separate casket of a collection of air. Hair differs from wool only in the greater solidity of

its structure; but from its attendant hardness is little adapted to the purposes of weaving. It is employed chiefly in the production of manufactures termed *felts*; for which, from the nature of its formation, it is peculiarly fitted. Hats, and sometimes bonnets, are made of felt; and so likewise is a particular kind of thick shawl, recently introduced. Felts are necessarily porous in their texture, besides being composed of a cellulated fibre, and are proportionally warm. Leather is a kind of natural felt, but of much closer and firmer texture than an artificial manufacture. The thinner and softer kinds of leather are sometimes used as body-clothes; but its special and proper purpose is the manufacture of coverings for the feet, to protect them from cold and wet. To the inhabitants of colder climates, feathers are a source of peculiar comfort, but, from their bulk, are not easily convertible into body garments. From their lightness and warmth, they are fitted to supply the wants of the most refined and fastidious Sybarite, and they serve to cover and protect us during the ever-recurring winter of the twenty-four hours, when, as I shall have presently to show, our power of generating heat is temporarily diminished.

LINEN differs from other textures used as clothing, in the roundness and pliability of its fibre. These qualities give a smoothness and softness to its tissue, which adapt it peculiarly, as a soft and agreeable covering, to be worn next the skin. Hence we find that, in temperate climates, linen is an universal favorite. But linen has its objections. It is a good conductor, and bad radiator of heat, and therefore the very opposite of a warm dress, which should be a *bad conductor* and *good radiator*. It is on this account that, despite its excellence in other particulars, it feels cold when it touches the skin. But linen is open to a stronger objection than that which I have just mentioned. From the porosity of its fibre, it is very attractive of moisture, and when the body perspires, it absorbs the perspiration actively, and displaces the air which, in a dry state, it held within its meshes; so that, in place of an atmosphere of dry air, it becomes the means of maintaining a layer of moisture. Now, water

is one of the best conductors of heat, and removes it so rapidly from the body as to cause a general chill. But this is not all; the moisture in the tissue of the linen has so great a capacity and attraction for heat, that it continues to rob the body of more and more of that element, until the whole of the fluid is evaporated. These circumstances have caused the entire abandonment of linen, as a covering next the skin, in hot climates, where the apparel must be necessarily thin. But in temperate and cold climates, we get over the inconvenience by wearing a bad conductor and good radiator outside the linen, in the form of a woolen or leathern covering in the winter, and cotton or thin woolen in the summer season.

COTTON is a warmer covering than linen, from being a better radiator and worse conductor of heat, and, in the present excellence of its manufacture, offers most of the advantages of softness and pliability of that texture. But it must be admitted that it is wanting in the freshness of linen, a quality which, in this climate, we could not easily dispense with. But cotton has the advantage over linen of not absorbing moisture to anything like the same amount, and consequently does not destroy its own radiating powers, by substituting a good conductor, water, for a bad conductor, dry air. Hence, cotton is, with good reason, the favorite and proper body-linen of hot climates. Besides the absence of freshness in cotton, there is another objection to its use; it is not, like linen, composed of fibres which are perfectly rounded; but, on the contrary, its fibres are flat, and have sharp edges, which latter are apt, in delicate skins, to excite irritation. It is on this account that we carefully avoid the application of cotton to a graze or wound, and employ for such a purpose its smoother and softer rival, linen.

SILK occupies the third place above linen as a bad conductor and good radiator of heat, and comes next to cotton as a means of bestowing warmth. Its fibres, like those of linen, are round, but softer and smaller; and woven into a tissue, it has less disposition to absorb moisture than cotton. Therefore, so far as roundness of fibre, softness of texture, absence of at-

traction for moisture, and power of communicating warmth are concerned, silk is greatly superior to both linen and cotton: moreover, it gives the sensation of freshness to the touch, which is so agreeable in linen. But with all these advantages, silk has its defects. On the slightest friction, it disturbs the electricity of the skin, and thus becomes a source of irritation. Sometimes, it is true, this irritation is advantageous, as causing a determination of blood to the surface; but when this action is not required, it is disagreeable, and quite equal, in a sensitive constitution, to producing an eruption on the skin. I have seen eruptions occasioned in this manner; and when they have not occurred, so much itching and irritation as to call for the abandonment of the garment.

WOOL is open to several of the objections brought against the three preceding tissues; thus, from the nature of its structure, being similar to hair in the formation of its fibre, it is highly irritative to sensitive skins, and, moreover, disturbs the electricity of the cutaneous surface, on friction, even more than silk. On these accounts, there are persons who find it quite impossible to wear woolen garments next the skin, in any shape, whether as flannel, worsted, or merino. Happily, this is not absolutely necessary; for all the advantages of wool, and they are many, may be obtained by wearing the woolen garment outside one of linen: indeed, this is preferable, in warm weather, to wearing the wool next the skin, since the linen absorbs the perspiration, while the woolen garment preserves the warmth of the body, and prevents the inconvenience resulting from its evaporation. Wool, as may be inferred from these observations, is one of the worst conductors, and best radiators of heat, and is, on this account, a valuable and indispensable means of preserving the bodily heat in the winter of cold climates, like our own; and even in the summer it is a serviceable defense against colds and rheumatism.

The influence which color exerts over the apparel, as modifying its power of preserving warmth, is very remarkable. As a general rule, all the dark colors absorb more light and more of the sun's rays than

those of a brighter kind ; and in proportion to this quality is their power of absorbing heat. A good absorber is also a good radiator ; hence dark colors are good radiators of heat, and according to the nature of their material, bad or good conductors. White, on the contrary, reflects the rays of light, and with them the heat, and thus is a bad absorber and bad radiator of heat. Franklin, many years since, placed a number of small squares of various colored cloths, of the same material, on the snow, and found, after a time, that the snow covered by the black piece was the most, and that beneath the white, the least melted. More recently, a similar experiment was made by Stark. He enveloped the bulbs of a number of thermometers in pieces of cloth, of the same material but of different colors, and immersed the whole in boiling water. The thermometer around which the black cloth was wound was the first to indicate a given heat ; then that which was covered with green, then red, and last of all, white ; the difference between the black and the white being twenty-five per cent. This influence of color is antagonized by the nature of the material, and, as it acts superficially, produces very little change on thick, although considerable on thin textures, such as gauze.

We have now discussed the principles which render clothing a means, firstly, of *preventing loss of warmth by the body* ; secondly, of *increasing its degree* ; thirdly, of *guarding it against alternations* ; and fourthly, of *protecting it from intensity of heat*, both of the atmosphere and sun ; but there is one point in connection with clothing that still remains to be observed, which is, that it permits the free transpiration of the skin, so necessary to comfort, and even to life. This property is due to the porosity of the textures employed in the fabrication of dress ; and that it is an indispensable quality will be admitted at once, when we recollect that the skin is an important agent in respiration, receiving oxygen through its tissues, and giving back carbonic acid in return, and an equally important agent in separating from the blood those impurities that otherwise would oppress the system, and occasion death. In a previous chapter, I have referred more

particularly to these circumstances, and especially in the instance of those remarkable cases where death was occasioned by the application of an impermeable covering to the skin. This is a reason why any close dress, such as one impregnated with caoutchouc (mackintosh), would be objectionable, next the skin ; and it explains how a lady, too anxious for the protection of her person against cold, may be suffocated in her own dress. The apparel must be such as shall permit free transpiration from the skin, and, moreover, convey the transpired fluids from the surface ; otherwise, cold, irritation to the skin, and other bad consequences must follow. Those who have worn India-rubber socks or shoes must have experienced the first of these discomforts, from the puddle of transpired fluid in which their feet are bathed, in a few hours after putting the coverings on ; and, as an instance of the second, I shall adduce a quotation from my work on the diseases of the skin, on the subject of a disorder termed *sudamina*, or *miliary eruption*. "Since the days of Sydenham, who advocated so powerfully the adoption of a cool temperature and cooling regimen in fevers, sudamina have become rare ; but previously to his time, they were exceedingly frequent, and, from their connection with fever, were regarded as a specific disorder, preceded and accompanied by a severe and dangerous fever. This fever was termed malaria, and for many years was regarded as a dangerous and fatal disease, spreading like an epidemic, and destroying multitudes of lives ; but, as I before remarked, since a more rational method of treatment has been employed in medicine, miliary fever has ceased to exist." On the same subject, Bateman remarks : "Among the various circumstances under which the malaria was formerly excited, the puerperal state appears to have been most frequently the source of it, inasmuch that it was described as an epidemic among puerperal women. This is sufficiently accounted for by the treatment which was unhappily pursued during the confinement after childbirth, of which an impressive description is given by Mr. White ; for not only was the mother immediately loaded with bed-clothes, from which she was not al-

lowed to put out even her nose, and supplied with heating liquors from the spout of a tea-pot, but to her room, heated by a crowd of visitors and a fire, all access of air was denied, even through a key-hole. From these causes, fever was almost necessarily induced, with the most profuse sweats, oppression, anxiety, and fainting; and these again were aggravated by spicy caudles, spirits, opiates, and ammoniacal medicines. That a number should perish under such management, with every symptom of malignity, and that many who survived it should escape with broken constitutions, will surprise no person who is acquainted with the baneful influence of over-excitement in febrile complaints."

(To be continued.)

MRS. GOVE'S EXPERIENCE IN WATER CURE.

Continued from our last No.

I spoke in my last number, of the treatment of acute disease, by the water cure; and have subjoined three cases in illustration of its efficacy, in as many severe, and often fatal diseases. If people only knew the remarkable and almost marvellous way in which all violent and febrile diseases yield to a judicious application of this cure, drugs would be at a discount, and blisters and the lancet among the thousand horrors of the past. In my water-cure experience, I have had abundant evidence that depletion by bleeding or purgatives is never required, that counter-irritants are unnecessary tortures, and that all the indications of a rapid cure, without unnecessary weakness or poisoning can be attained by this mode of treatment. If a patient has vitality enough to have a fever, he has life enough to be cured, and always can be, except in fatal lesions of vital organs.

CASE OF CROUP.

This affection of the mucous membrane of the bronchia, so often fatal to children, is the terror of parents, and the dread of the faculty, from the suddenness of its attacks, and the rapidity of its progress to a fatal termination. A boy, ten years old, the son of a distinguished allopathic physician, had a tendency to the disease, which

had apparently been strengthened by the usual treatment in his previous attacks. When called to him, his croupy, rattling breathing; and dry, barking cough could be heard over the whole house, and he had not apparently an hour to live unless immediate relief could be afforded.

The boy, as is usual in such cases, was of a full habit, and possessed of strong reactive powers, and the treatment was made proportionally active. Placing him in a tub, I first poured over his throat and chest two pails full of cold water, and then rubbed the parts until the skin was quite red. He was then packed in the wet sheet, and well covered with blankets. With the glow and perspiration came the relief to his breathing, and freedom from the choking distress. As soon as the perspiration was fully established, he was taken out of the sheet, and drenched with cold water, followed by rubbings with coarse towels, after which he was put in a bed, quite free from the croupy symptoms.

The inflammatory action, however, was not entirely subdued, and on the afternoon of the same day the symptoms began to return, when he was again packed in the wet sheet. This was followed by a pouring bath as before, and the cure was complete.

There is no doubt that a similar treatment, varied to suit the constitutions of different patients, would cure every case of this disease, except in the last stages of its most violent forms, which may be beyond the powers of any remedial agents.

SMALL-POX.

Mrs. D., a very beautiful woman, who had been in feeble and delicate health from her childhood, was taken on the 6th of April, 1848, with small-pox. She is a Catholic, and had kept the fasts of the Church faithfully. She had been for a short time previous under water treatment, and it being Lent was living on a very spare and temperate diet. This was exceedingly fortunate for her, as her system was filled with scrofula, and she had a strong tendency to inflammatory action.

Mrs. D. was seized very violently. The

chills were excessive, the fever was burning. It seemed that the flame of Vesuvius was kindled in the system, at the same time that the frosts of a thousand Laplands were freezing her. The pain in the bones was most excruciating, and her head she declared was "splitting" all the time. The face soon became frightfully swollen.

The first day she was enveloped in a wet sheet, the disease as usual not having declared itself, and the other treatment was adapted to what seemed a "crisis" in the technical language of water-cure. The second day the fever, chills, pain in the head and bones, and swelling of the face made me very certain that it was a case of small-pox. Still, as ship-fever was at the time very rife in the city, I would not give the disease a name until the third day. The family knew very little of water-cure. What they knew was from reading and report. They had not seen any cases treated by water.

Under these discouraging circumstances it is not at all wonderful that they should be exceedingly anxious. The morning of the third day came. The eruption had not appeared. The disease had received no name, and the patient was in the hands of a woman who had no diploma, and was treated according to a new system, of which they really knew nothing.

The husband, with the tenderest love for his wife, was in an agony of anxiety. He wished to call in a physician; and the man who was their family physician, before this experiment in water-cure, was an allopathist. Of course I was greatly distressed at the thought that this delicate, weak and beautiful creature, should fall under allopathic treatment at such a frightful moment as the present. I doubted not that she had small-pox, and I had just as little doubt that with the poison of medicine, added to the terrible disease raging in her system, she would either lose her life, or be badly mutilated. I felt almost certain of the first, quite certain of the last. In the short time that the lady had been under my care I had become tenderly attached to her.

I spoke earnestly to the anxious husband. I told him what madness it would be to subject his wife to the poison of

medicine, and the terror of her disease at the same time. I told him of the uniform success of proper water treatment in these cases. I begged for time. He left all to his wife. She decided to try the water a little farther. He consented very cheerfully, on condition that I would be willing to have another physician called in. I begged to be allowed to consult with a water-cure physician. They consented. I called in Dr. Shew, who was very attentive, and behaved in the most gentlemanly manner. We, of course, agreed as to the treatment. Dr. Shew called several times, and reassured the family very much.

The fever became so intense the third day, that instead of enveloping the patient in a single wet sheet, she was covered with four folds of wet linen at the period of the greatest heat, and two and three folds, and then one fold as the heat abated.

These folds of linen were covered by thick blankets, and removed at proper intervals, and the patient sponged with cold water, and then fresh linen was again wet and applied. The efflorescence began to appear the third day, but was very full on the fourth. The pustules were most abundant, the disease assuming the confluent form on the face.

The bowels were kept open and free with water injections, and the patient took the juices of fruit for nourishment. The fever was subdued by the constant application of the water; the itching, so frightful usually during the recovery, was not even uncomfortable in this case. The face was kept covered with wet linen. The room was much darkened, though the windows were kept open, and a current of fresh air was all the time admitted.

The patient, lovely character of Mrs. D. doubtless assisted materially in the favorable issue of the disease. It was enough for her to know that any process was necessary, however disagreeable; she submitted so sweetly and cheerfully, that all felt that the beauty of her countenance must be preserved as a correspondent to her beautiful spirit, and with pleasure I record that it was preserved. *She was not marked.*

Very terrible boils on the head and

limbs attended Mrs. D.'s recovery. These were lanced in several instances, and large quantities of scrofulous matter evacuated. These were treated with water only.

CASE OF MALIGNANT TYPHUS.

In December last, Mrs. B., a young married lady, in Hudson street, who had been weakened by uterine and spinal disease, was attacked with typhus fever in its most malignant form. When called to see her, I found her suffering from a violent pain in the head, and lying in a very low state, with the characteristic effluvia, and other symptoms of typhus. It was a case such as, under allopathic treatment, no one would expect to recover in less than from twenty to forty days. Some idea of the malignancy of the disease may be formed from the circumstance, that the mother-in-law of the patient, a strong, healthy woman, from merely assisting in the first rubbing bath prescribed, was attacked with headache and vomiting, and was very ill for many hours.

The rubbing baths and wet sheet packings, administered at short intervals, cooled down the parching fever, brought out the morbid matter in the system, and in six days the fever was conquered. During the time that the fever was at the worst she was immersed in the sitz bath, or in the wet sheet pack, or enveloped in wet bandages all the time. It was the most severe weather of the winter, and yet she was kept in a room without fire, and the window was open all the time.

She was able to go about the house in two weeks, and her health became much better than before her illness.

MISCARRIAGE OR ABORTION, AND BARRENNESS.

MISCARRIAGE OR ABORTION.

Miscarriages are becoming more and more common in this country. A principal reason for this is, that the habits of a great part of the community are less in accordance with physiological principles than was formerly the case. It is not *fashionable* now-a-days to spin and weave, and do many kinds of useful work, as it was in the days of our grandmothers. Be-

sides, people are growing more indolent. The sluggard will not plow by reason of the cold; he shall therefore beg in harvest and have nothing. So also those who will not use the limbs and muscles which God has given them, cannot have health at any price.

I would have my daughters taught music, painting, drawing, as well as the useful sciences, but on no account at the expense of bodily health. Nor is there any need of this; for the highest possible cultivation of the mental powers can only be accomplished when the physical powers are suitably and proportionably developed. "A sound mind in a sound body" is the law.

Females cannot be too careful of their bodily health during pregnancy, if they would avoid the misfortune of abortion. A little imprudence here, such as would scarcely be noticed at other times, may lay the foundation for much future suffering. I am here led to remark, that too much labor and exercise as well as idleness and habits of effeminacy, not unfrequently cause miscarriage. Idle people do too little; industrious people often too much.

Fat women, and those who experience excessive menstruation; those who are hysterical, nervous, irritable, or excessively sensitive; those who have a very fair complexion, and are rickety, scrofulous, or have any other taint of the general system; those who have dropsy, or are affected with cancer; and especially those who compress their bodies with stays, corsets or other tight clothing; and above all, those who, by reason of their sensual, and worse than brutish husbands, abuse the marital privileges, are most apt to suffer miscarriages. If husbands have any regard for the health of either their wives or their offspring, let them refrain from all sexual indulgences during the period of pregnancy.\*

\* Dr. Edward Baynard, an able and very sarcastic English writer, one hundred and fifty years ago, in speaking of the evil effects of swathing and dressing infants too tightly, indulged in the following reflections: "Tis a great shame that greater care is not taken in so weighty an affair, as is the birth and breeding of that noble creature, MAN; and, considering this stupid and supine negligence, I have often wondered that there are

Terror, fright, and excessive fatigue, as before said, may cause abortion. All unpleasant sights, and all undue mental excitements, should be most scrupulously avoided by those who are pregnant.

There are vile books in circulation, sold too, sometimes, by highly respectable booksellers, in which the writers affirm that abortion can be produced *without any harm to the constitution*. There is one physician in this city, whose book we saw a few days since in a bookstore in the city of Boston, in which he proposes to effect abortion with perfect safety, but for the package of medicine a fee of *ten dollars* must be sent, of course, in advance. It may be of service to some who may peruse these pages, for me to inform them that there is always great danger in causing the expulsion of the fœtus. The most powerful medicines for this purpose are often known to fail. Gastritis, enteritis, peritonitis, and death itself has been caused by medication, without causing the intended abortion.

#### PREVENTION OF ABORTION.

Cold bathing, for its tonic and constringing effect, has for centuries been recommended as a most valuable means of preventing abortion. In pregnancy, the same general principles should be observed in fortifying and invigorating the general health as at other times. No violence should be done to the system. A general bath in the morning, cool or cold, according to the individual's strength; a hip or sitz bath of five or ten minutes' duration, two or three times during the day, and an ablation with water, not too cold, on going to rest, will ordinarily be sufficient for the daily routine of treatment in those cases where there is

so many men as there are in the world; for what by abortions too often caused by the unreasonable, so frequent and boisterous, drunken addresses of the husband to the wife, when young with child, and her high feeding, spiced meats, soups, and sauces, which with strait lacings, dancings, and the like, one full half of the men begotten are destroyed in the shell, squabbed in the nest, murdered in embryo, and never see light; and half of the other half are overlaid, poisoned by ill food, and killed at nurse," etc.

tendency to abortion; such a course is in fact good at all times. The wet girdle, elsewhere explained, will often be of advantage; but to make it a tonic or strengthening application, as it should always be under these circumstances, great care must be taken that it does not become too warm. This is very apt to be the case in hot weather. It must then be changed often and re-wet. If it becomes too hot, it weakens the system instead of strengthening it, thus tending to cause the very difficulty it is intended to prevent. "Injecting cold water into the vagina, twice or thrice a day," says Dr. Burns, in his work on midwifery, "has often a good effect, at the same time that we continue the shower bath." And this writer also observes, "that when there is much aching pain in the back, it is of service to apply cloths to it, dipped in cold water, or gently to dash cold water on it, or employ a partial shower bath, by means of a small watering can." Water, let it be remembered, is the greatest of all tonics to the living system.

*Sleeping upon feather beds and in overheated rooms* has much to do in causing abortions. People ought never to sleep on a feather bed, unless, possibly, very old and feeble persons, who have long been accustomed to them. In such cases it might not always be safe to make a change in cold weather suddenly. But for a pregnant woman to sleep on a feather bed is one of the worst of practices. And here also I must mention that feather pillows, as well as feather beds, do a great amount of harm. Even those who have emancipated themselves from the evils of feather beds, usually retain the feather pillow. It is a wise old maxim, "to keep the head cool." The head has blood enough, more than any other part of the system, to keep it warm. No person, not even the youngest infant, should ever sleep on a bed or pillow made of feathers. The animal effluvia coming from them is bad, and the too great amount of heat retained about the surface debilitates the system in every respect.

*The vegetable diet* was observed by the celebrated Dr. Cheyne, of England, to have a great influence in preventing abortions.



Milk, however, was generally used, which is in some sense animal food. A total milk and seed diet, as Dr. Cheyne terms it, was a most excellent means of preventing infertility and abortion.

*Hæmorrhage from the womb*, during the months of pregnancy, is not necessarily attended with abortion. Great care, however, should be exercised if hæmorrhage occur during this period, as there is then always great danger of losing the child.

Abortion, as a general fact, is a more serious matter than birth at the full period. Hippocrates asserted that a miscarriage is generally more dangerous than a labor at full term. The reason of this is, the first is an unnatural occurrence; the second, natural. In many instances, however, the abortion itself is of far less consequence than the condition of the general health which allows of such an occurrence. For the most part it is only the feeble and debilitated that experience abortions.

Women who miscarry once, are much more apt to do so again. The body, like the mind, appears to have a great tendency to get into bad habits; and the older the habit the worse it becomes, and the more difficult of control.

It were better for very feeble persons not to place themselves in the way of becoming pregnant; certainly not until the general health has been attended to. And it is a fortunate thing for society that many feeble and diseased persons are wholly incapable of begetting offspring; otherwise the race would soon run out.

More than one hundred years ago, the celebrated Dr. Cheyne remarked concerning abortion and its causes as follows: "It is a vulgar error to confine tender-breeding women to their chambers, couches, or beds during all the time of their pregnancy. This is one of the readiest ways to make them miscarry. It is like the common advice of some unskillful persons to such as have anasarous or dropsical legs, namely, to keep them up in chairs on a level with their seats, which is the ready way to throw up the humors into their bowels and fix them there. The only solid and certain way to prevent miscarriage, is to pursue all those means and methods that are the likeliest to procure or promote good health, of which air

and gentle exercise are one of the principal. All violence or excesses of every kind are to be carefully avoided by the parturient; but fresh air, gentle exercise, walking, being carried in a sedan or chaise on even ground, is as necessary as food or rest; and therefore is never to be omitted, when the season will permit, by tender breeders."

#### TREATMENT IN ABORTION.

The limits of this work will not admit of my entering into a long explanation of the different modes of treatment in the various stages of abortion. Nor is it the design of the author to undertake to teach people how to get along without the aid of a physician, male or female, who has given these important subjects proper consideration. There are certain things, however, which people generally can and ought of themselves to do. It often happens, moreover, that no medical adviser can be obtained immediately; and for this reason, also, people ought to inform themselves of the best modes of arresting hæmorrhage, the thing mainly to be attended to in abortion.

When abortion is about to take place, the woman experiences usually for some time previously, "a sense of weight and weakness in the loins and region of the uterus, followed by stitches of pain shooting through the lower part of the abdomen, back, and thighs." There may be also bearing-down pains in the bowels, and frequent desire to pass urine. In connection with these symptoms—that is, at or about the same time—the discharge of blood commences. This is sometimes so sudden and rapid, that the strength becomes very soon exhausted to a great degree. If much blood passes, abortion is almost certain to take place.

Bleeding, for its sedative effect, is often resorted to on these occasions. The application of cold, however, is a more effectual means when suitably made. Cold, as well as bleeding, is a sedative; and besides being as powerful as we choose to make it, has this great advantage over bleeding—it does not reduce the strength. It performs the effect without robbing the patient of that important agent, the blood.

In any case of hæmorrhage from the

womb, then, persons should, in the absence of a physician, at once resort to the application of cold. There is heat and feverishness in the system, be it remembered; under such circumstances it is impossible to "take cold," of which people are everywhere so much afraid. Cold wet cloths, often changed, should be applied about the abdomen, upon the genital parts, thighs, etc. Use plenty of cloths, and even doubled sheets, dipped in the coldest water. A piece of ice, wrapped within a cloth, is also often put up the vagina for a little time to produce a chilling effect. Until the bleeding stops, it is next thing to impossible to do any harm with cold. Cold injections to the bowels and vagina, and when the patient is not too weak, the cold hip bath, are useful means. "A rigid avoidance of everything stimulating, a cool room, cool drinks, and light bed-clothes," are recommended by Dr. Maunsel.

After the bleeding has ceased, the patient should be allowed to rest, and she should be nursed in the most careful manner. For days and weeks, and, in some cases, for whole months, the greatest care must be exercised, lest a little overdoing, a little excitement, or some other untoward circumstances, may bring injury upon the patient.

#### BARRENNESS.

Barrenness should be mentioned in connection with abortion. Some two years ago, I wrote in my note-book as follows:

"A few months since, one of my patients, a gentleman of this city, informed me that a lady relative of his, with whom also I am acquainted, had been married about eight years, remaining, much to her sorrow, childless. She experienced frequent miscarriages, accompanied with much general debility. About two years since, the subject of water-treatment came under her observation. She at once commenced a course of bathing, with due attention to regimen, etc. She became much improved, and, in due time, bore a healthy, well-formed child. She attributed this most desirable result to the effects of water in restoring her general health.

"Another lady remained without off-

spring for fifteen years, after marriage. Her husband, in building a new house, since the introduction of Croton water into this city, erected also convenient bathing fixtures. The lady practised perseveringly a course of bathing, and became much improved in her bodily health. She too was at length blessed with an offspring, and, as she believed, in consequence of the course she had pursued in restoring her general health.

"I have known and heard of numbers of cases in which, by a prudent course of bathing, exercise, etc., the use of a plain and unstimulating diet, and the observing of proper temperance in the marital privileges, persons have borne children when most earnestly, and by a great variety of means, that object had been sought in vain. Yet be it ever remembered, that little is to be expected from either water or diet without *strict temperance in all things.*"

The vegetable diet, so called, is very favorable to reproduction in the human species. See how Ireland, a small island comparatively, sends its inhabitants all over Great Britain and the wide extent of the United States. Yet the mass of Irish people, as every one knows, subsist, while in their own country, mainly on potatoes and sour milk, or a diet equally simple. The celebrated Dr. Cheyne remarked, from much experience, that the total milk and seed diet, (meaning by seed, farinaceous substances generally,) persevered in for two years, was in almost all cases sufficient to enable the barren to become pregnant by the appropriate means.

Fortify and invigorate the general health, observing at the same time the strictest "temperance in all things." These are the means by which to overcome that, to many, unfortunate state, barrenness.—*Water-Cure in Pregnancy and Childbirth.*

CHARCOAL vs. CHOLERA.—The charcoal porters and venders of London have entirely escaped the cholera. Charcoal is an absorbent of various impurities, and a powerful antiseptic. This reminds us that in the Mediterranean, oil merchants and oil porters are said never to have the plague.

## PROCESSES OF WATER CURE.\*

## THE DOUCHE.

This is the most severe form in which the powers of water are administered by Priessnitz. Of course, very weakly patients are never subjected to it. Indeed, it is taken by very few when they first enter upon the water-cure. There are five douche-houses at Graefenberg—three for the men, and two for the women. They are all situated in a deep ravine, north of the village. This ravine is thickly wooded with fir; and a brook meanders through it, which originates in several springs higher up the mountain, and supplies the water for the baths. The douche-house is a little cabin, built roughly of stone. It is about twenty feet high; is neither ceiled nor plastered, and is divided into two or three apartments, one of which is appropriated to the bath, and the rest are used as dressing-rooms. The latter are furnished with small mirrors, benches, pegs for hanging clothes upon, and small glass windows. The floor is of rough boards. The bath-room is about eight or ten feet square. The douche is simply a stream of water falling through an aperture in the roof. The slope of the mountain is so precipitous, that it rises as high as the top of the roof, within a short distance of the ground-floor of the cabin; so all that is necessary is a few feet of wooden spouts, to convey the water from the running stream to the top of the building. The stream of water in each douche falls from sixteen to eighteen feet, and is about as thick as a man's arm. It is indeed no child's play, to have such a torrent of liquid ice pouring down, in a stream of arctic temperature, for ever renewed, upon your tender epidermis. But of this hereafter.

Let us endeavor to describe a poor fellow on his progress from Graefenberg to the douche, in mid-winter. He makes his way, for something more than half an English mile, by a narrow path, trodden by the patients in the snow, which lies heaped up three or four feet high on each side of him. Part of the way is compara-

tively level; part of it lies down a deep declivity—the whole tolerably uneven, and, in frosty weather, extremely slippery and even dangerous. It may be that the wind blows a hurricane, and that the air is filled to blindness and suffocation with the snow—on its way down, in obedience to the laws of gravitation, or upwards, as the furious tempest sends it drifting through the air. On goes the patient. Very probably he has neither hat nor cap on his head—may be he has no hair on it—nor covering on his neck, in obedience to Priessnitz's advice, to be as airy as possible, and to eschew mufflers and all such enervating indulgences. His resolution wrought up to the highest pitch, on he goes, slipping, staggering, and now and then tumbling headlong into the soft snow around him, or on the icy path before him. He becomes warm with the desperate exertion of both mind and body. He arrives at the douche. Now comes the tug of war. The thermometer stands at zero. There is, of course, no fire. The object of the cure-guest is cold, not heat. He strips and enters the bath-room, which is filled with the splash and spray of the falling water. To shun this irritating shower of liquid needles, and the horrible spattering from the wet floor, he rushes—from the frying-pan into the fire—under the awful column—and then, oh then, he thinks of the wet-sheet in the early morning, fresh from its bed of snow, as a bed of roses, in comparison with the douche. The *abreibung*, with its chill, cold, sloppy contact; the dread plunge-bath; the inhospitable *sitzbad*, are remembered with something of longing affection, in comparison with his present sensations.

'Oh! who can tell, save he whose heart hath tried,' and felt the douche fall on his naked side, the sensations that attend the rushing of the blood into the remotest corners of his frame, in the vain attempt to escape from the onset of the thundering douche? Foiled in this attempt, it rushes back again, like a stag at bay, and your outer man becomes as red as a boiled lobster. Meanwhile, you catch your breath, and gasp, and cannot refrain from *hollering* and *yelling* like any Vermontese. If you do as you are bid, you rub yourself with both hands,

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

with might and main ; but the chances are that, buffeted, bothered and blinded, you seize hold of the railing, mercifully placed within reach, to keep yourself on your legs. I do not know what number of pounds to the square inch would measure the force of the torrent that batters you ; but you feel that its effects are very considerable, you are so pummelled. You are conscious that if morbid matter can be broken, scattered, dissipated, and altogether put to flight, by the agency of water, according to the hydropathic theory, you are sure to be divorced by the douche from all your diseases. But while you undergo this terrible baptism, you are reminded of the old Skaldic legends, that paint Hecla as the abode of the lost, and, amidst your sputtering, shivering and cowering, you involuntarily recur to your Paradise Lost, and feelingly sympathize with the denizens of that dark land, where

—“cold performs the effects of fire.”

This process is endured for any number of minutes from three to fifteen, according to directions. Nevertheless, as it is a long lane that has no turning, it is my pleasing duty to inform the candidate for health, that after the first tremendous shock is over, the patient feels tolerably comfortable, though he will hardly be able, as in the sitzbad, to go to sleep under the operation—at least, I never heard of any one who succeeded in doing so. Malefactors, it is said, have slept upon the rack—but the rack is not the douche. On coming out, being wiped dry and dressed, you feel in a state of great and pleasurable excitement, and imagine yourself able for any deed of difficulty and daring. The least I ever attempted, in the joyous wildness of my excitement, was to take a good run up the steep mountain-side ; not, indeed, to warm myself, for I never was cold after the douche ; on the contrary, I was in as great a glow as if I had been severely rubbed with a stiff brush. But I ran because I could not well help it, and merely for the pleasure of rapid motion and violent exertion.

The walk to the douche is in itself a good preparation for the process ; though many go out shouldering an axe, and spend

part of the time on the way in chopping wood. The old stumps of trees and logs that lie near the douche-houses are sadly hacked, hewed and mangled, in consequence. Several of the cure-guests at a time may be seen occupied in this way. If you were to see them, you never would suppose there were, as there often are, reigning princes and grand dukes, marshals, counts, generals, grand crosses, little crosses, ribbons, stars, and spangles to no end, among these hewers of wood and drinkers of water. To see them driving their axes into the timber, with the activity and force of trained backwoodsmen, one could hardly believe that many of them had, until lately, suffered for years from chronic or acute diseases ; and that, after exhausting the patience of the ablest physicians, and the resources of the *materia medica*, they had, half hopefully, half despairingly, resorted to this remote corner of Germany, in quest of the blessed boon of health. See how stoutly they brave their way through the snow ! how they hack and hew, right and left ! Every tree is fair game ; all is fish that comes to their net. Wherever a stump is within reach, the snow is covered with chips. Very different this from the horrible mixture, with the directions, “*sumatur 3 iis omnis horis cum semisse, phiola agitata*,”—or the grim prescription ending with “*applicetur epispastum inter scapulas*.” Here there is no such thing as shaking bottles, or applying blisters. The douche is the most stinging application. Instead of shaking the bottle, you take a good long walk up the mountain side, and drink at the crystal wells that bubble up along the way.

The ladies who frequent the douche do not *hew*, but they *saw*, which answers the same purpose of healthy, invigorating exercise. And many a fair pair of hands is covered with wholesome welts at Graefenberg, which was never before more laboriously engaged, than in the manipulation of some piece of embroidery, or Berlin worsted work, or in playing over the keys of the piano, in a luxurious drawing-room. Here are pure air and exercise, a keen appetite, sound sleep, and pleasant dreams. They pretty nearly follow the Scotch prescription for the cure of the gout—to live

on sixpence a day, and earn it. Here they live naturally, heartily, healthfully. Nature does for them what no drugs could do. They live; they do not linger. It may be hard work at first to throw off the luxurious habits of a life, on coming to Graefenberg, but it is well worth while to make the experiment. Health, and strength, and lengthened years, will most probably be the rich reward. If the gouty or rheumatic patient, the cripple or the dyspeptic, leave Graefenberg, and return to his wallowing in the mire of sensuality, he will probably be found, in a few weeks, wrapped in blankets and flannels, lounging in an easy-chair or stretched on a sofa, in a well-heated room, swallowing all sorts of mineral and vegetable abominations, "curiously compounded," too weak-spirited to look out of the window, writhing with agony, repenting of his sins, and casting longing, lingering looks behind, on the hearty meals, the pleasant walks, and cheerful society he enjoyed when taking the medical advice of Priessnitz.

I have already mentioned that the douche is taken for periods of time varying from three to fifteen minutes. There is little variety in the height and body of water in the various douche-houses at Graefenberg. The healing power is regulated by the time to which the patient is subjected to it, not by the height or power of the fall. The stream is generally directed upon the shoulders or loins, or upon the limbs in cases of local disease. It is never taken upon the head, the stomach, or the spine. The usual time for taking it is early in the morning, or about midway between breakfast and dinner, (the hour for dinner at Graefenberg is one o'clock.) When taken more than once in the day, which happens very rarely, the second time for taking it is four or five o'clock in the afternoon. Few patients make use of the douche till they have been some time undergoing the water-cure. I was three months at Graefenberg before I commenced taking it, and I continued it for two months.

There is a class of badedieners whose duty it is to remain at the douche-houses during the day, for the purpose of waiting on the patients. The badediener is entitled to a *zwanziger*, or about eight pence

per week, from each patient, for one bath per day. Those who prefer to have the attendance of their own badediener, pay him about tenpence per week, for the additional trouble imposed on him. In this case, the badediener carries the sheets and straw slippers of his employer; who must otherwise either carry them himself, or make use of those kept at the douche-house for public convenience.

The douche is generally applied for the relief of chronic diseases, never in cases of fever.

A French surgeon, many years ago, published a long dissertation on the beneficial influence of groaning and crying on the nervous system. He contends that groaning and crying are the two grand operations by which Nature allays anguish, and that he has uniformly observed that those patients who give way to their natural feelings, more speedily recover from accidents and operations than those who suppose it is unworthy a man to betray such symptoms of cowardice as either to groan or to cry. He is always pleased by the crying and violent roaring of a patient during the time he is undergoing a severe surgical operation, because he is satisfied that he will thereby so soothe his nervous system as to prevent fever, and insure a favorable termination. He relates a case of a man who, by crying and bawling, reduced his pulse from 120 to 60 in the course of two hours. That some patients often have a great satisfaction in groaning, and that hysterical patients often experience great relief from crying, are facts which no person will deny. As to restless, hypochondriacal subjects, or those who are never happy but when they are under some course of medical or dietetic treatment, the French surgeon assures them that they cannot do better than groan all night and cry all day.

“I look upon death,” says the republican philosopher, Dr. Franklin, “to be as necessary to our constitution as sleep. We shall rise refreshed in the morning.”

When you see a small *waist*, think how much health is *wasted*.

THE SITZ OR HIP BATH.—(Illustrated.)



Convenient tubs, wooden or metallic, are constructed for this bath; but an ordinary wash-tub answers very well. The article should be large enough to admit the motion of the arms in rubbing the abdomen, sides, and hips, first with one hand and then the other. Water enough is used generally to come pretty well up the abdomen. The more movement and friction, while in the bath, the better. It is more convenient if the tub be elevated two or three inches from the floor. Some undress completely, and place a blanket or sheet over the upper part of the body, but oftener the parts only of the person to be exposed to the water are uncovered. In a variety of ailments, this bath is highly valuable. It may be made one of the most powerful of all the hydropathic modes. Like all other powerful applications, it should be made only after digestion is nearly or quite gone through with.

As a tonic to the stomach, liver, bowels, womb, spine, &c., this bath is highly useful. In constipation and other irregularities, it is famous. Those of sedentary habits will find its use of rare service. For the tonic effect, it is taken ten to twenty or twenty-five minutes, or more. If it is continued some length of time, the water is to be changed once or more, as it would otherwise become too warm.

In pregnancy, besides general ablutions, the semi-daily use of this bath is productive of great good. In those troublesome itchings (*pruritus pudendi*), this application should be made as often as the symptoms occur, and the remedy will be found a sovereign one.

In all violent diseases of the abdominal organs, in which the parts are hotter than is natural, this bath is indicated. Prudence would here, as in all other modes, indicate that the cooling process be made not too sudden or long continued; and one admirable feature of the system is, that experiments may be so safely made. The water may at first be made very moderate, so that a child can bear it; and then, little by little, the temperature may be lowered without the least danger.

In severe inflammations of the chest or head, the cold hip bath is a powerful derivative, as we say in medicine. The excess of blood is thus drawn from the inflamed part, or parts, and the mass of the circulation cooled, and thus the pyrexia, or general feverishness, which is always present in inflammation, is removed.

In piles and hemorrhoids, the cold hip bath is used, and in all acute diseases of the genital organs.

In that very common complaint, leucorrhœa, or the whites, this bath is very useful. There is also another admirable contrivance that may be used in connection, a small tube, or speculum, made of wire-work. It is about four inches long, and from half an inch to an inch, or more, in diameter. This, when introduced, allows the water to come in contact with the walls of the parts affected. These may be obtained at a trifling expense.

In violent flooding, the cold hip bath is a most powerful means. It should be undertaken only by those of experience in such cases.

In all violent bleedings from the bowels, very cold hip baths should be used. Let it be remembered, in all hemorrhages, the parts at and about which the bleeding takes place are hotter than is natural, and that the constringing power of cold is the best possible means that can be resorted to. This is in accordance with all authority in the healing art.—*Water-Cure Manual*.

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

## NEW-YORK, MAY, 1849.

CHRONIC RHEUMATISM.—CASE OF COL.  
ROLPH.

"A single fact is worth a shipload of argument."

Something upwards of two years ago, Col. J. R. ROLPH, of Huntington, Long Island, wrote us as follows for publication in the Water Cure-Manual:

HUNTINGTON, February 3d, 1847.

Having been long afflicted with disease, and feeling that Hydropathy, with the blessing of God, has been the means of affording me more relief than any other mode of treatment to which I have ever resorted, I am induced to add to the multiplied cases of relief which the water-cure is effecting, my testimony as to its results in my own case.

For the last fifteen years I have been almost constantly dyspeptic, and being a farmer of slender frame but laborious habits, I was attacked four years since, after a season of uncommon toil and exposure, with rheumatism. This had been manifesting itself slightly for some months, but not so severely as to cause any alarm until midwinter, when it became so severe that for several days I was hardly able to get from one room to another. This was from home. In about ten days I was able to get home; and I was slowly improving, no physician was called in. I continued to recover, so that in the spring I was able to resume my occupation. I soon found, however, that my rheumatic disease was manifesting itself in other parts of the system, and it continued to spread until I was unfit for labor, yet I did not yield to the dictates of prudence, but persevered, not merely in active exercise, but in hard labor, until by the close of the season, instead of exhibiting the sprightliness of a man of thirty years, I presented the decrepitude of approaching old age. I now made up my mind to rest from labor for a while and try the effects of ease upon my complaint. For two years more I remained much as I had been for the year past, the enemy seeming to have complete possession of my joints, but sometimes showing himself by affecting only the muscles, and

often my lameness would be manifested in the most distant and opposite parts at the same time, and often, as if by sympathy, the corresponding joints or parts of my limbs would be affected exactly alike at the same time. During this time I often conversed with, and frequently called in my family physician, a man whom I shall ever love for his candor and honesty of purpose in treating me. He having been long acquainted with my system and habits, was frank to admit his opinion as to the inefficacy of taking much medicine. I therefore, confined myself principally to the application of domestic treatment, such as bathing the parts with warm lotions, wearing warm flannel, bandages, plasters, &c., and occasionally when my attacks were severe, with his advice, I applied blisters, which usually appeared to produce good effects. Upon the whole my system appeared to be sinking. I was constantly dyspeptic, had an increasing sallowness of countenance, and my energies seemed to be on the decline. I have ever been slow to fall in with what so many stand ready to call the delusions of our day. I had heard and read of Priessnitz's new mode of treatment, and it appeared at first like a mere chimera, but feeling that ordinary medicine was not to give me relief, I gave the water treatment a little serious investigation, and after the strong recommendations of friends, and two or three consultations with yourself upon the subject, I concluded to make a trial of it, which I commenced at home. I almost immediately began to feel the good effects of it. But not believing that in this treatment every man might be his own doctor, I resolved to put myself under the care of some practitioner of the water-cure, and the time being in the extreme heat of midsummer, when a residence in the cities is almost intolerable to countrymen, I resorted to an establishment in the country, where I remained five weeks under almost constant improvement of my lameness, and correction of my dyspeptic habits, after which I returned home, and have kept up the treatment with great success, following up the system of diet usually practised at the establishments, which I consider an im-

portant aid to the treatment, and would go far towards preserving those who are already healthy from the need of medical treatment. Although I am almost entirely free from any symptoms of rheumatism, yet I do not consider myself well. I have some trouble yet from dyspepsia, increased perhaps by over-eating. My appetite is uniformly good, my strength is constantly increasing, and I think it must be said, to the praise of water treatment, I have not had the slightest cold this winter, although I have exposed myself to the weather every day without exception, and my clothing being much thinner than what I have ordinarily worn in winter. Since my return home, which is near six months, I have dismissed my cane, which had been my constant companion for months previous, and am happy to say that I have not once felt the need of its assistance. My treatment has consisted of sitz baths, the douche, the rubbing sheet, the wet sheet, wearing bandages constantly on the body and parts mostly affected, and the morning wash of my whole person never once omitted. The forms of crisis in my case have been various and repeated, and I have even at present one which water-cure patients hail as a harbinger of good. I cannot find terms to express the gratitude I feel for the confidence in the water treatment which I obtained from consultations with you, and for the strength of purpose which your advice has given me to persevere in it.

J. R. R.

We will remark, that Col. Rolph commenced the treatment only a few months since. He is not one of those who are in the habit of exaggeration, but speaks the facts as they are. Although having received so great benefit, Mr. R. has but just entered upon the threshold of what he will yet experience.

We published the foregoing account by permission of our patient; and we now refer to the case as a very strong one for hydropathy. It was a very severe and obstinate one, one of the worst cases of chronic rheumatism we have ever known to be cured. Many persons with cases of

scarce half the severity of Col. Rolph's however, will fail of cure, *for want of perseverance in the treatment.*

The Colonel is none of your "half way" men, in whatever he undertakes; and as to how large a share of credit his most estimable wife has in the matter, would not perhaps be easy to define. Getting up at 4 o'clock, morning after morning, through a whole tedious winter, and putting her crippled husband in a cold wet sheet, afterwards giving him a cold bath, and then commencing the routine of household duties, all this to be followed by the forenoon, and afternoon, and evening treatment, would certainly test the patience of any devoted wife. The husband ought to be the wife's best nurse, and the wife the husband's; so it was in this case.

Col. Rolph is now well and strong. He has been so in fact for nearly the whole time since the above account was written. He has grown, month by month, more hardy, and is, as he says, as well, to all appearance, as he ever was in his life. He appears decidedly younger, and more healthful and enduring than ever before, since we have known him, a period of nearly three years.

Chronic rheumatism that has fixed itself deeply and firmly upon the system, be it remembered, is always a most difficult disease to cure. It requires more patience, self-denial, and perseverance than most men possess.

CANCER.—We published a paragraph, a few days since, stating that a poultice made from the common cranberry, was excellent in case of cancer. The Tuscaloosa (Ala.) Observer of a recent date states that a Mr. Bell, who suffered for eight years with cancer in the nose was entirely cured by using a poultice made from the common cranberry.—[Boston Bee.]



## HOW TO PRESERVE YOUR HEALTH.

"Keep the bowels open, the feet warm, the head cool, and a fig for the physicians."

"Eat in measure, and defy the doctor."

Rise early in the morning, wash the whole body, that you may be clean, vigorous, elastic, and joyous. Take a draft of pure water, and then walk, ride, exercise, or better, labor in the open air, at least for a short time. Afterwards go to a plain meal of brown bread, milk, potatoes, and the like healthful articles, such as a king should be thankful to partake of. Do not eat in a hurry; better to take water and omit the meal altogether than eat in haste. "Haste makes waste," here as elsewhere; waste, not only of the food, but of that which is far more important, of that which is better than riches and fine gold—**HEALTH.**

After your meal, go not too rapidly to work—neither with the head nor the hand. It is better not to read immediately after eating. Farmers may rest, for their labor is even too hard; but they should not lie down or sleep; either would hinder digestion. The literary or sedentary man should not go immediately to his books. Moderate exercise (not in the hot sun) it would be well to practice. Moderate exercise (physical) promotes digestion; this is the rule. And in all cases remember the good old maxim, "EAT TO LIVE, NOT LIVE TO EAT."

If you would "keep the bowels open, the feet warm, and the head cool," avoid superfine bread, and superfine articles of every kind; avoid all rich, and concentrated, and stimulating articles; avoid especially tea and coffee, which are always astringent, binding, to the mucous membrane internally, and exert also a pernicious effect on the nervous system. Especially avoid TOBACCO, the most hateful of all drugs. Avoid laziness above all things. Let **TEMPERANCE AND MODERATION**

be the watchwords IN ALL YOU DO. Thus may you ensure that best of earthly blessings—**FIRM AND ENDURING HEALTH.**

## MEASLES, AT THE SANDWICH ISLANDS.

"The natives of the Sandwich Islands are now suffering very much with the measles, which were brought here by the crew of the Preble, some three months since, for the first time. The type of the disease is very mild, and after its character was understood, it has seldom resulted fatally. Cold-water bathing is the usual remedy approved by the natives for their ordinary complaints, and in the beginning, therefore, several deaths occurred.

"Whooping cough is also now prevalent—brought from the coast of California. It is the second time that disease has visited the islands.

"It is feared the increased intercourse with the coast may introduce other diseases; but in a uniform and salubrious climate little is to be feared, should such be the case. Heretofore the population of the islands have been freed from many of the evils of older civilized countries, but with the blessings of improvement come the ills incident to it."—*Correspondence of the New York Tribune.*

REMARKS.—That "*Cold-water bathing is the usual remedy approved by the natives for their ordinary complaints,*" and that "*heretofore the population of the islands have been freed from many of the evils (diseases) of older civilized countries,*" go very well together; but that because of cold-bathing in measles, therefore "*several deaths occurred,*" will not hold good. Cold water, remember, is the great remedy in ALL febrile and inflammatory diseases. We have known many cases of measles treated by water, and in EVERY instance a cure has been the result.

Dr. Graves in his Clinical Lectures states, as a very remarkable circumstance, that females are but rarely affected with the defect of stammering.

## REMARKS ON TOBACCO.\*

Take, for example, the tobacco habit. Witness how it is every where increasing in public favor. It is hardly *genteel* to be a *gentleman* without learning to smoke. A poor man even spends his hundreds of dollars in the course of some years for tobacco. It is computed that in the city of New York alone not less than ten thousand dollars' worth of the weed is consumed each and every day. Looking at the habits of those about us, we may well regard them as addressing the "GREAT PLANT"—

"Scent to match thy rich perfume,  
Chymic art did ne'er presume,  
Through her quaint, alembic strain,  
None so sovereign to the brain.  
Nature, that did in thee excel,  
Framed no second smell.  
Roses, violets, but toys  
For the smaller sort of boys,  
Or for greener damsels meant;  
Thou art the only manly scent."

We Americans are, in some respects, a peculiar people. We cannot be said to be miserly, yet we outdo the nations in money-making and general thrift. We go faster in our steamboats, build better ships, do more hard work, eat more food, and in a shorter time, than any nation on the face of the globe. So, too, in other things: we use more tea and coffee, drink more spirits, and become greater drunkards. So also we use more tobacco. But we cannot be at the trouble of smoking when we lie down, when we rise up, and through the whole day, as the Germans do. Nor can we be satisfied in taking up so much of our time as the French and English in snuffing. Two and a half hours' time out of each twenty-four in snuffing, sneezing, and blowing one's nose, does not accord with

\* From "Tobacco; its History, Nature, and Effects on Body and Mind. By the Editor; now in press of Fowlers & Wells. Price 25 cents.

the American notions of industry. The American must do two things at a time. He can saw wood, or plow, or hoe corn, at the same time while he is chewing a good "cud" of tobacco. He can, if need be, plead before a jury, or preach a sermon, while at the same time he holds the precious bolus in one side of the oral cavity. Besides, by the habit of chewing, more is made out of the thing, more is accomplished in a given time, more of the strength of the tobacco is obtained, and the system is more completely saturated with it. *Chewing* is emphatically the *American* habit. The American can *smoke*, *snuff*, and *plug his nose* with tobacco; but all that is not enough—he must *CHEW*.

But what says hydropathy to all this? What says physiology? What the science of health? Moreover, what says political economy, common morality, and even decency itself? Why, plainly and emphatically, "Touch not, taste not, handle not the unclean thing." It is a more than beastly practice; and, as the couplet has it—

"Great men and green worms will use their tobacco,  
But ne'er a pig nor his wife; ah! alack, O!"

Tobacco is a good medicine, doubtless, in its proper place; a powerful means of good in certain rare emergencies, although in those even there are probably better. But as a thing of daily and general use, *it is an abominable drug.*

## BATHE YOUR CHILDREN.

Away out west, in that terribly unhealthy country, a subscriber writes:

"Our little girl, who is near ten years old, has not escaped a cold-water bath every day since her birth. She has not been sick three days in her life. She partakes of no animal food but milk and a trifle of butter. Her good health I attribute to the above causes, for I am

sure she does not inherit it from either father or mother."

Water is truly a sovereign remedy for infants and young children. Bathe them often, daily at least—oftener if uncleanness or sickness demands; but, as we said in a former number, do not use the water too cold.

#### CRUSHINGS AND BRUISES.

A few days ago, the little daughter of my esteemed friend, Mr. Wellington, placed her finger, as children are apt to do, in the crack of the door at the side upon which are the hinges. The door was hastily closed, and the first joint of her little finger was pinched to the space of quite a small crack. The bone caused considerable indentation in the wood, but still the finger was crushed a good deal. Her mother instantly pressed it into as good a shape as she could, and then immersed it in the coldest water, to benumb the pain. After a little while, the child became easy. A wet towel was wrapped about the whole hand, and she soon went to sleep. The part was well in a very short time.—*Water-Cure Manual.*

#### INVERTED TOE-NAIL.

In consequence of too tight shoes, the toe-nail becomes inverted, as we say, or grows into the flesh. This has often been a most troublesome affair. The use of water is very effectual to remedy this. Cut out the part of the shoe over the nail, to prevent pressure, or wear one that is very loose. Trim the nail well, and hold the foot several times a day in cold water. Attend also to the general health. Follow up the treatment sufficiently long, and all comes right again.—*Water-Cure Manual.*

#### THE AMERICAN MEDICAL EDUCATION SOCIETY, AND MEDICAL SCHOOL FOR FEMALES.

The circular of the above society has been sent us, by which we learn that ENOCH C. ROLFE, M. D., is *President*; SAMUEL GREGORY, A. M., *Secretary*, and BELA MARSH, *Treasurer*. Office, 25 Cornhill, Boston. The following is the Constitution of this society:

"ARTICLE I. The object of this Association is to educate Midwives, Nurses, and (so far as the wants of the public require) Female Physicians.

"ART. II. To aid in accomplishing this object, the Society shall establish in Boston, as soon as practicable, a Female Medical School, and, in connection with it, a Maternity Hospital.\*

"ART. III. The officers of this Society shall be a President, Vice-Presidents, Secretary, Treasurer and Board of Directors.

"ART IV. The officers shall be chosen at the annual meeting of the Society, by ballot, a majority of the votes cast being required to secure the election of the several candidates.

"ART. V. Any citizen of the United States may become a member of this Society by subscribing, or directing his name to be affixed, to the Constitution, and paying to the Treasurer the sum of one dollar.†

"ART. VI. This Constitution may be altered or amended by a vote of two-thirds of the members present at a regular meeting, the desired alteration or amendment having been proposed at a previous regular meeting."

"This Society was organized Nov. 23, 1848, in Boston, this being the centre of its operation. It already numbers several hundred members, among whom are phy-

\* The Hospital to afford the pupils practical knowledge, and to accommodate charity and other patients.

† All future aid from members voluntary. Members and their families will have access to the Society's Rooms, which will be furnished with valuable lecturing apparatus, engravings, and works of reference, as fast as funds permit, and will in time become an interesting and instructive Anatomical and Physiological Museum.

sicians, legal gentlemen, editors, legislators, and above thirty clergymen of the different denominations. One three months' term of lectures on Midwifery has been given by the President, Dr. Rolfe. The following is the advertisement of the second term.

"FEMALE MEDICAL SCHOOL, Boston, conducted by the American Medical Education Society; Enoch C. Rolfe, M. D., President and Lecturer. The second term of instruction in Midwifery will commence April 18, 1849, and continue three months. Tuition, \$25 in advance. Board in the city, \$2 to \$3 per week. Address or apply to the Secretary of the Society,

SAMUEL GREGORY, 25 Cornhill."

#### TO THE PATRONS OF THE WATER-CURE ERA.

We commenced the experiment of publishing the Era some nine months since, during which time we have incurred a heavy expense. Many of our subscribers have not paid us. Moreover, we cannot, in a village printing-office, furnish a paper at as low a rate as it can be furnished by an extensive office. We have therefore resolved to suspend the publication of the Era; and as our subscribers have had eight numbers, and we have made an arrangement with Messrs. Fowlers & Wells to furnish them with four numbers of the Water-Cure Journal and Herald of Reforms—a paper double the size of ours, and edited by one of the oldest and most experienced water-cure physicians in the United States—those indebted to us for the Era are requested to make immediate payment. To those friends who have patronized our paper we would say, use your best efforts to extend the circulation of the Journal; it is "worthy and well qualified" to aid the great cause of reform in medicine, temperance, &c. We wish you also to mark well, that in sending the Journal as a *substitute* for the Era, you will only have to pay us for the Era for one year; and then, when you have seen

four specimen numbers of the Journal, we hope you will patronize it, and induce your neighbors to do likewise, and thus aid the cause of the reformation of mankind, so much needed. ALBERTSON & TALBERT.

New London, Ind., March 20, 1849.

#### PHYSICAL EDUCATION.

BY "MELANCTHON."

THE AIR we breathe is composed, in its pure state, of twenty-one parts Oxygen gas, and seventy-nine parts of another gas called Nitrogen; that is, these two substances, or gases, when brought together and subjected to electrical action, will produce the pure atmosphere of the heavens, as man found it when his Creator said, "Let us make man in our own image."

The Oxygen gas is a substance which is found to be the basis or cause of all acids; it is said to be the fuel which produces combustion. Wherever this gas is supplied in purity, no putrefaction can take place.

The Nitrogen gas is supposed to be a stimulant to the nervous action of the heart, lungs and brain; indeed, we have often witnessed its peculiar action when inhaled in the combination of the nitrous oxide gas, or the exhilarating gas, used to excite the actions and passions of the animal economy.

The heat of the body is said to be produced by the atmosphere undergoing a decomposition in the lungs, when brought in contact with them by breathing.

The large arterial vessels of the heart pass, in their upward course to the brain, through the lungs; or rather, the lungs contain an infinite number of small air-cells, to drink up the atmosphere when breathed into them, as well as an immense number of small vessels which lead directly to and from the heart.

As we have before remarked, the oxy-

gen gas is a substance extremely active in its qualities. It is never found in its natural state, but will combine with alkalies, with water; but its favorite seems to be carbon, which is a substance composing the almost entire substance of flesh, fat, fluids, and blood of the animal economy; indeed, there is very little matter which affords nourishment to our bodies, that is not composed of almost pure carbon.

When we draw the atmosphere into our lungs, the oxygen and nitrogen gases which compose the atmosphere are decomposed, or rather they are separated.

The oxygen, through the infinite small cells and vessels of the lungs, takes hold of the blood, and drinks up the surplus carbon of the blood, which is now carried off by the expirations of the lungs.

In other words, the oxygen gas purifies and decarbonizes the blood, and renders it healthy to pass into the brain and to the extremities, and feeds the brain, and the nerves, and the arteries, with pure and wholesome food, to enable them to pulsate, and beat, and act, with heat, strength and life.

Now, whatever embarrasses the purification of the blood, either by breathing impure air, or by a torpid action of the lungs, or by the lungs becoming diseased, renders the blood impure, or rather fails to purify it, and diseases, in various forms, are fearfully accumulated.

A distinguished author tells us, that the right side of the heart sends the blood into the lungs; but if the blood that goes to the lungs was received on the brain in the same state as it is sent, death would be the consequence; for blood which is called venous, or unpurified blood, is poison to the human body; and this is the reason why an animal dies when the air is prevented from getting into the wind-pipe, by hanging or drowning.

Fresh supplies of air, so that the blood may be purified, are the essential objects of breathing, and are absolutely necessary to the existence of life.

It is said, that about 45,000 cubic inches of oxygen are consumed by an ordinary man in 24 hours; and 40,000 inches of this gas go to form the carbonic acid produced during the same period, and expelled from the lungs when they are in health.

We are strongly of the opinion that the nitrogen will be found, on investigation, to have combined with the other ingredients of the blood; and to produce an action of the heart and nerves, similar to that of a galvanic effort, the lungs and arteries, by the decomposition of the atmospheric air, form a generator of heat for the body, analogous to a fireplace or stove.

We thus see that great quantities of pure atmospheric air are required constantly by each individual, to carry off the noxious parts of the blood, and to convert it into a fluid which shall afford the brain a healthy food and nourishment.

We can readily perceive why dreadful consequences will follow breathing a vitiated atmosphere. We perceive it when we breathe the air of ill-ventilated rooms, confined sleeping apartments, and of large assemblies, especially when ventilation is not well attended to.

It is said that it takes more than eleven ounces of carbon, in its natural state, to form the carbonic acid of each individual which is carried off by daily respiration.

If the carbon was not discharged, death would take place.

We have heard of the fatal effects which followed the crowding of great numbers of persons together in the Black Hole of Calcutta.

Whatever renders the lungs torpid, or destroys their healthy action, whether by disease or suffocation, produces a distress

and disorder of the mind, in a greater or less degree.

When we sleep in a crowded steamboat, we are conscious of dizziness, head-ache, lowness of spirits.

When our lungs become torpid, hypochondria, gloom and debility follow; and when the lungs become diseased, we soon see more or less mental aberration, and madness, and insanity.

We have known individuals, apparently living in a state of madness and lunacy for several years in succession, with much apparent strength, die suddenly, or within a few days, by inflammation or consumption at the lungs.

We have seen families, which were afflicted with a consumptive predisposition, where some members would be laboring under insanity, and other members in the mean time die with consumption.

We believe that, in nine cases out of ten, insanity, and the whole class of mental aberrations, are connected intimately with, or proceed from, diseases of the lungs; or rather, the blood is imperfectly decarbonized in its passage to the brain.

Whatever will remedy the difficulties at the lungs, will cure the insanity.

Not only the mental aberrations above mentioned are produced by the derangement of the lungs, but also a rush of blood to the head, congestion of the brain, palsies, apoplexies, scrofulas, coughs, consumptions, inflammations, dropsies in the chest. Indeed, when we assail the lungs, either by admitting impure air in contact with them, or by disease of any kind, or by torpidity, or inaction, or debility, we assail the vital functions of both the mental and animal economy.

It follows, that whatever embarrasses the healthy action of the lungs, also destroys, in an equal degree, the natural action of the heart; hence diseases of the

heart follow, such as angina-pectoris, dropsies, aneurisms, polypus; and indeed the organic affections, which extend by inflammation to the large arteries, along the trunk to the limbs and to the chest, and even to the brain, are produced by this cause.

The next great organ which contains the fountains of life is the STOMACH. Here mankind are at home in the doctrine of violating the laws of nature.

On an average, two pounds of food are eaten by our American people when one pound only should be. Besides, the stomach is loaded with dish after dish, and the food is compounded of as many elements as there are kinds of fish in the sea.

The food prepared for man ought to be simple and well-cooked, and diluted with pure water alone at our meals. But man debases his faculties by the addition of tea, coffee, brandies, alcohols, and vile compounds of ardent spirits, and then again with tobacco and narcotics, just as though he could not hurry himself out of the world fast enough.

The generality of mankind, even when in health, now die from forty-five to sixty years of age, whereas they ought to live, and would live, until they were seventy, ninety, and, in extreme cases, up to the age of one hundred and fifty years.

And this length of life (casualties excepted, and they are mostly produced by intemperance of some form,) would be obtained, in a majority of cases, were it not for the habitual sins of the stomach.

We will suppose that too large a quantity of food is taken into the stomach. The effect of this is either to stop digestion altogether, or, if the stomach can pour out gastric juice sufficient to dissolve the food, it now is embarrassed with a large surplus of chyme, which nature is unable to dispose of, and then follows flatulencies, col-

ics, distensions of the stomach and of the alimentary canal.

With the stomach and the upper and lower portions of the alimentary canal are connected immense numbers of absorbent vessels, which take up and carry off the liquid matters to the great vessels of the heart.

Reason tells us, that when any vessel is formed to contain a given quantity of fluid, and then should double, or treble, or any enlarged quantity of fluids be forced into this vessel, that destruction, in some form or other, must commence.

The bottles will burst, when filled too full, and so will the delicate organs of the human frame.

Over-eating is the sure road to destruction; and no one can tell the number and the fearful aggravation of diseases occasioned by the indulgence of the stomach.

Persons of the best constitutions, and in the prime of health, will find a general undermining and destruction of the health and life, by even a moderate eating beyond the wants of nature: while on the other hand, many medical writers tell us that the most violent diseases are cured by abstinence.

Historians tell us, that the primitive Christians in the East, who retired into the deserts of Arabia and Egypt, from persecution, lived healthy and cheerful, and to a very great age, on very little food.

The necessary food to support life will hardly consist of twelve ounces a day, especially to persons of indolent or sedentary habits.

Spotswood, a writer of celebrity, mentions that one man of his acquaintance attained the age of 175 years, by the means of abstinence.

Hippocrates, the father of medicine, tells us, that if a man eats sparingly, he will bring no disease upon himself, and that a

moderate supply of food nourishes the body best.

Nor do the diseases of the body make up all the evils which flow from excessive eating; mind comes in for her share of the general misfortune.

AN EXCESSIVE EATER can never be a clear writer, or an eloquent speaker.

To have a clear head, we must have a clean stomach.

[*To be continued.*]

#### LECTURES ON PHRENOLOGY, PHYSIOLOGY, AND HEALTH, IN NEW YORK.

The Messrs. FOWLERS are at the present time delivering a course of lectures on the above subjects at Clinton Hall, down town, and Hope Chapel, Broadway, up town, New York. These gentlemen have lectured frequently, during some fifteen years past, in this city; and their lectures, always popular, have perhaps never been so well attended as at this course.

#### VALUE OF THE POTATO.

The potato is a vegetable which the rich man knows not how to forego, and one which places the poor man above want. With a shelter from the weather, and one or two acres of ground to plant with this tuber, man may subsist at almost any distance from the miller, the baker, the butcher, and, I may almost add, the doctor. It suits all tastes, flourishes in nearly all climates, and is eminently nutritious and healthful. Its cultivation demands but little labor, and when the earth has ripened the tubers, they are harvested without trouble, and cooked without expense. A few faggots in summer will boil them, and in winter the necessary heat is supplied without expense. There is no waste of time in the process of milling, sifting, kneading, baking, seasoning, jointing or carving. There is nothing deficient nor superfluous in a well-boiled potato. As soon as it is cooked, it opens by chinks, lets fall its thin pellicle on the platter, and with a little salt, butter, or milk, is ready for the unfastidious appetite of the hungry

man. Start not back at the idea of subsisting upon the potato alone, ye who think it necessary to load your tables with all the dainty viands of the market; with fish, flesh, and fowl, seasoned with oil, and spices, and eaten perhaps with wines; start not back, I say, with feigned disgust, until you are able to display in your own pampered persons a firmer muscle, a more beau-ideal outline, and a healthier red than the potato-fed peasantry of Ireland and Scotland once showed you, as you passed their cabin doors! No; the chemical physiologist will tell you that the well-ripened potato, when properly cooked, contains every element that man requires for nutrition; and in the best proportions in which they are found in any plant whatever. There is the abounding supply of starch for enabling him to maintain the process of breathing, and for generating the necessary warmth of body; there is the nitrogen for contributing to the growth and renovation of organs; the lime and the phosphorus for the bones, and all the salts which a healthy circulation demands. In fine, the potato may well be called the universal plant; and the disease under which it now labors is a universal calamity. If any agricultural institution should ever be so fortunate as to make us acquainted with the means of controlling it, its name would quickly rank by the side of the proudest universities, and if the great discovery should proceed from a single individual, his name would live when those of the greatest generals and conquerors have become as uncouth and strange to human utterance as their deeds were unfriendly and opposed to human happiness.—*Prof. C. U. Shepard.*

**CURIOUS MODE OF GRAFTING THE GRAPE VINE.**—A gentleman in the neighborhood of Oporto split a vine shoot (white grapes) very carefully down the middle, cutting the bud in half, and then split a corresponding shoot on a black vine, and united them as in common grafting, and, after many experiments, succeeded in making the graft grow; and the produce of the vine was white and black fruit on the same bunch, and on others variegated fruit.

## PUBLISHERS' NOTICES.

A NEW VOLUME of the Water-Cure Journal and Herald of Reforms will be commenced in JULY next. The terms, for a single copy, will be one dollar a year, in advance. To Clubs, Twenty Copies will be furnished for Ten Dollars, and at the same rates for a greater number. Those who commenced their subscriptions in January will continue until the end of the year. JULY will be a favorable time for all NEW SUBSCRIBERS to commence. Will not all present subscribers "take the hint," and send on a list of new candidates for the great Hydropathic Reform? We shall print an edition of TWENTY THOUSAND copies for July, which will enable us to furnish SAMPLE NUMBERS GRATIS to our friends, with which to procure new subscribers.

CLUBS may now be formed in every state, county, town, village and hamlet in the Union, with the perfect certainty of being furnished with the BEST HEALTH JOURNAL IN THE WORLD.

THE WATER-CURE ERA.—It will be seen by the "Address to the patrons of the Water-Cure Era," that it has been discontinued, and our Journal substituted to supply the Era's subscribers. We regret the discontinuance of any of our water-cure cotemporaries, yet we hope to serve the public as well, by making the WATER-CURE JOURNAL an indispensable, complete family guide, through which everything of value relating to the subject of Health and Hydropathy shall be communicated.

Our facilities for publishing a work adapted to the whole HYDROPATHIC PROFESSION, are unsurpassed by any other publishing house in the United States; and we wish to have it distinctly understood, that this Journal is not the organ of any particular party, or parties, but is devoted to the interests of the public generally; and to all Hydropathic Practitioners we cheerfully open our columns, to receive such suggestions and communications as may be best adapted to "the wants of the people."

## ANNOUNCEMENT OF NEW PUBLICATIONS.

THE WATER-CURE AND HEALTH ALMANAC FOR 1850.—We have now in press a beautifully illustrated Almanac for the coming year, by far superior to any which has preceded it. The calendars will be adapted to all the meridians in the United States and Canada, and it will be, in every respect, such an Almanac as should be possessed by every family in the land.

A further notice will be given in a future number. Our co-workers, agents, and friends, will do well to supply themselves early in the season with a large quantity of these excellent Almanacs. Orders



may be made up and sent in immediately, as it will be issued on or before the first of June. We anticipate a very large sale for this excellent Almanac.

THE SCIENCE OF SWIMMING, as taught and practised in civilized and savage nations, with particular instructions to learners; also, showing its importance in the preservation of health and life: illustrated with engravings, by an experienced swimmer. Price, twelve and a half cents. Mailable.

This work will be published in June. Every individual, male and female, should read this book. The lives of thousands are saved annually by swimmers, an art easily acquired by every one.

Be wise, read this book, and learn to swim.

IN PORTSMOUTH, OHIO, our various publications are kept on sale by Mr. SAMUEL WELLS, who will fill all orders promptly, at reasonable prices. Our friends in Portsmouth will do well to give him a call.

IN PEORIA, ILLINOIS, MESSRS. TUCKER & MANSFIELD are our authorized agents. We have recently shipped a quantity of our books to these gentlemen, who will furnish those who may wish them.

IN FARMINGTON, ILLINOIS, our publications may be found at the store of A. R. GARDNER, to whom we have recently shipped a spring and summer stock.

IN MATAMORAS, MEXICO, DR. JUAN CAMERON is our agent. Orders for the Journal, and our other publications, may be left with Dr. Cameron.

#### TO CORRESPONDENTS.

E. R. W. wishes to know how to treat a case of brain fever, and a rush of blood to the head. She will find her questions answered in the WATER-CURE MANUAL, pages 127 to 131, new edition, for 1849, published by Fowlers & Wells: price, 50 cents.

W. M.—Your excellent article on DIET is received, and will appear in our next.

#### REVIEWS.

*Human Life Illustrated*, in my individual experience as a child, a youth, and a man. By HENRY C. WRIGHT; New York, Fowlers & Wells, price one dollar.

This is a work recently issued, containing between four and five hundred pages, with a beautifully engraved portrait of the author and his daughter. The following extract will interest our readers, as well as illustrate the character of the work; a

cause of much disease may be found in the case of "My Chum."

#### MY CHUM.

My first chum or room-mate was a queer chap. He was horribly afflicted with dyspepsia, a disease of which I had never heard by name before. It was indigestion, and in his case accompanied with a most voracious appetite that was ever gnawing at his stomach, craving "more—more," and never satisfied! He ate and ate and ate, without intermission or limitation ever gnawing at bread or meat. The strongest and most indigestible food he craved and ate. Alas, for our room! Chairs, desks and beds, converted into tables at once! Even the floor ever strewn with edibles, and the refuse; bones, crusts, potato-skins, clamshells, oyster-shells, &c. Closets converted into pantries and storehouses for food; and drawers ever filled and daubed with cheese, butter, and animal fat in various forms. He used to send to Salem or Boston, twenty miles, and buy storcs of oysters at a time, and there they were in our room. And, oh! the oysters which chum would take on going to bed, stewed, roasted and raw, and such a pretty mess about the fire, of ashes and oyster shells! Then came the heavings and tossings and groanings at night, and the fine morning headaches! Then the lots of strong tea and coffee, without the qualifying ingredients of sugar and milk, to cure headaches, and the enormous quantities of boiled and roast beef and pork, and vegetables and gravies to conform; and the puddings and pies, and pound cake to top off!

I never in my life, before nor since, saw mortal man practise such a delusion on himself as that man did. He was ever groaning in agony from indigestion, and ever loading his poor goaded stomach with what the stomach of a wild elephant would groan under.

He staid but about three months, and left me and the Seminary, but during that time, scarcely could he study one hour. He exercised, and was obliged so to do. To this end, he bought a saw, axe and saw-horse, or hod, and quite a number of planes, chisels, hammers, and other carpenter's tools, and converted our room into a workshop, as well as a provision, cook and eating shop. Such a litter and din as I studied in for three months! But I confirmed a habit that has been greatly useful since, that of fixing attention on any given subject I chose amid the utmost confusion and uproar. I learned to think, to study and write amidst that din and litter, as in utter solitude. My *concentrativeness* must have been rapidly developed during that time, and it has been growing ever since, for I can live in silence

and solitude, whatever or whoever may be around me. This power has been of great service to me.

*The Ship Fever; its Causes and Prevention.*  
By ANDREW COMBE, M. D. Fowlers & Wells, New York; price 6¼ cts.

Those who read the Water-Cure Journal of the whole year 1848, will recollect the very able article of Dr. Combe on SHIP-FEVER. It is now published as above in a pamphlet of some twenty large pages. Thus it may be circulated extensively. The ship-fever is nothing more nor less than a severe form of typhus. It is for this reason, that Dr. Combe's Essay should be *generally* circulated. Editors could hardly do the public a better service than to publish it entire. We hope many will do so. The article has the sanction of the ENGLISH PARLIAMENT. The following are the topics treated of:

Sanitary (health) regulations on board emigrant ships; Ship-fever; its Causes; Physical condition of emigrants; Impure air; How to remove it; Personal uncleanness; Necessity of surgeons on emigrant ships; Provisions for treatment of the sick; Act of Parliament on the subject.

## VARIETIES.

**HUMBUG.**—This term, so much in use, is in a fair way to become quite respectable. All good efforts, when first commenced, are denounced by some as humbugs; the author of the Christian religion was derided, and even put to death, as an impostor and a humbug; and so it has been, to some extent, with all reformers. Denunciation and death has been the only earthly reward which many of our greatest and best men have ever received.

Old-fashioned doctors denounce Hydropathy, and every other system not in harmony with their own.

The Family Journal contains the following:

"Allopaths say homœopathy is a humbug, but the people in this place declare they had rather be humbugged *well* than physicked sick." Are not the people right?

Well may they cry humbug and collusion. Their mode of practice is in danger. We go on the prin-

cipe of wishing well to all, yet we would have them "turn from the error of their ways," and adopt the more rational system of administering to the wants of those who stand in need of their services. We would have them study Hydropathy, and qualify themselves to become useful members of the medical profession.

**Marvellous Coincidence.**—One of those remarkable cases of presentiment, or "second-sight," that have occurred at intervals, to the confusion of all human speculation in every age of the world, has just been brought to our knowledge in this city. The daughter of a highly respectable family, a child of some twelve years, who has been ill of fever for some days, told her parents in a paroxysm of delirium on Monday evening, that her brother, who was on board the packet ship Devonshire, coming from London, was then within twenty miles of home, and had with him sundry presents for them, specifying, among other things, five books with red covers, gilt edges, &c. The vessel arrived the next morning, and the return of the brother with the specified presents verified the truth of her marvellous impression. When the brother entered her chamber, she recognized him at once, and on the instant interrogated him concerning the presents which she said she had dreamed of, when he confirmed her prediction in every particular. She then immediately relapsed into delirium. Who will interpret this?—*Newark Adv.*

**"LIBERAL.**—There is a manufacturing company in Massachusetts, who employ upwards of ONE HUNDRED mechanics and laborers, each of whom is privileged to subscribe for any two dollar paper or periodical, or any two at one dollar a year, at the expense of the company. This is an example that others would profit by following."

We like this sort of generosity. It secures contentment on the part of the employees, and promotes good feeling. By this liberal arrangement, ALL are enabled to inform themselves of passing events, and acquire a degree of intelligence which would not otherwise be obtained.

A gentleman who has been successively engaged in three professions, those of minister, physician, and lawyer, was asked the comparative advantages of them for acquiring property. He replied:

"The man who will give but a fourpence to save his soul, will give twenty-five cents for relief from sickness, and a dollar to have his own will."—*Religious Telescope.*

**SUICIDES.**—During the last year there have been NINETY-ONE cases of suicide in the State of New York; so says the Journal of Insanity.

**SELF-RELIANCE.**—The success of individuals in life is greatly owing to their early learning to depend upon their own resources. Money, or the expectation of it by inheritance, has ruined more men than the want of it ever did. Teach young men to rely upon their own efforts, to be frugal and industrious, and you have furnished them with a productive capital which no man can ever wrest from them.

**SUPERIOR GRAFTING WAX.**—The following mixture, viz: 1 pint linseed oil, 6 pounds rosin, 1 pound beeswax, makes a better and cheaper wax than any I have used, made from rosin, tallow, and beeswax. The oil will admit of a much greater proportion of rosin than the tallow. This wax will give entire satisfaction to whoever shall use it.—*Albany Cultivator.*

*"A stout heart, a clear conscience, and never despair!"*

These were the last words ever written by John Quincy Adams to his son, Charles F. Adams. They are worthy to be imparted by such a father to such a son.

We can pull down the gallows, and with it that loathsome theological idea on which it rests: the idea of a vindictive God.—*Theodore Parker.*

**ERROR.**—A man should never be ashamed to own that he has been in the wrong, which is but saying, in other words, that he is wiser to-day than he was yesterday.—*Pope.*

**EXTRAORDINARY LONGEVITY.**—A colored woman, named Antoinette Mexen, died in Louisiana recently, at the extraordinary age of 131 years. She was a native of Louisiana.

Chateaubriand says: "In new colonies the Spaniards begin by building a church; the French a ball-room; and the English a tavern."

"If the devil should lose his tail, where would he get another?" "In a dram-shop, to be sure, where they re-tail bad spirits."

Blessed are they who are afraid of thunder—for they shall hesitate about getting married, and keep away from political meetings.

**THE LAUGHING CURE.**

The Boston Olive Branch says, We have heard tell of mosquitoes large enough to stand on their feet and drink out of a quart pot, and we have seen some pretty tall specimens about Spanish River and at the Belize; but an old fellow in Georgia told us an anecdote of gallinippers, which beats anything in our experience. A corn-cracker in his diggings, by the name of Golden, boasted so much of what he could stand in the mosquito line, that Bateman determined to try his mettle. "I'll bet you five dollars," says Bateman, "that you can't lay on the ground, face down, and stripped from the shoulders to the waist, half-an-hour, and let 'em gnaw at you." "Done!" exclaimed Golden; and no sooner had he touched the ground than his back was black with the varmint. Bateman, when the time had nearly expired, fearing for his money, ran into the house, and seizing a large coal of fire from the chimney, applied it to the back of the corn-cracker's neck. "Je-rusalem!" exclaimed Golden, starting up, "I bet against mosquitoes—I didn't agree to stand the gallinippers!"

*"Appealing to the Inward Nature of Children."*—Writers on education now-a-days, in treating of the government of children, have much to say about appealing to their "inward nature." The doctrine was practically illustrated in School street, on Sunday. A lady, finding some difficulty in making a couple of children walk home from church in a becoming manner, said to them—"If you behave so, see if you don't have to take some castor oil as soon as you get home. Now, take my word for it, just as sure as you are alive." The children drew up demurely by her side, and moved along as gravely as mutes at a funeral.—*Boston Post.*

An Irishman riding to market with a sack of potatoes before him, discovered that his horse was getting tired, whereupon he dismounted, put the potatoes upon his own shoulder, and again mounted, saying, "that it was better he should carry the praties, as he was fresher than the poor baste."

A young lady who was rebuked by her mother for kissing her intended, justified herself by quoting the passage—"Whatsoever ye would that men should do unto you, do ye even so to them."

I have a great aversion to *Auburn locks*, as the prisoner said when he took lodgings in the Auburn prison.

## BOOK NOTICES.

Our readers will fully appreciate our endeavors to keep them informed of all "valuable" issues from the press. We shall guard against bringing into notice, either by criticism or recommendation, such works as we do not approve; and publishers may save themselves the trouble and expense of sending to us, for review or notice, any other; nor will we even advertise "their vile trash." Bad books, like bad company, degrade all who permit themselves to be brought within their influence.

Good Books, like good company, always elevate and improve; and the more we have of them, the better shall we become.

In our Reviews, we shall confine ourselves, mainly, to such works as have a bearing on health; yet we shall cheerfully notice such others as we approve.

## AGRICULTURAL JOURNALS.

**THE SOUTHERN PLANTER**, Richmond, Virginia. J. M. Daniel, editor; P. D. Bernard, publisher and proprietor. Thirty-two octavo pages monthly. One dollar a year, in advance. Volume IX.

**THE AMERICAN FARMER**, Baltimore, Maryland. Samuel Sands, publisher. Thirty-two octavo pages monthly. One dollar a year, in advance. Volume IV.

**THE VALLEY FARMER**, St. Louis, Missouri. H. Gates and E. Abbott, editors; Pickering, Penn & Co., publishers. Sixteen quarto pages monthly. One dollar a year, in advance.

**THE SOUTHERN PLANTER** is the leading agricultural journal published in the "OLD DOMINION," and is well adapted to the interests of farmers generally. Mr. Daniel is a very intelligent man, and seems to be not only familiar with agriculture, but with many other things of importance, relating to domestic economy, which he freely communicates through the pages of the Southern Planter. The mottoes of the editor are as follow: "Agriculture is the nursing mother of the Arts."—**XENOPHON**. "Tillage and Pasturage are the two breasts of the State."—**SULLY**.

**THE AMERICAN FARMER** is, to Maryland, the same that the Southern Planter is to Virginia. It is an organ through which all the improvements in modern chemistry and agricultural science are freely communicated for the benefit of farmers, mechanics, and professional men. This is the official State agricultural medium, containing the reports of the Maryland Agricultural Society. It is a good and cheap journal.

**THE VALLEY FARMER** is a new candidate in this wide field of labor; and, judging from the amount and quality of matter which it contains, it will find no rival. Of the Valley Farmer, the Chicago Democrat says:

"This valuable agricultural and scientific work contains matter of great worth to the farming interests. It is eminently practical in its character, and designed to apply the principles of agricultural science to the climate and soil of the Mississippi Valley. The FIELD, the GARDEN, and the ORCHARD, each receives its due attention, and matters of household economy are also treated upon in an instructive and interesting manner."

**THE PRISONERS' FRIEND**. Boston, Mass.: Charles Spear. New York: Fowlers & Wells, agents. Thirty-two octavo pages monthly. Terms, in advance, two dollars a year.

We have spoken to our readers frequently in favor of this magazine. It is the only work of the kind, in the States, devoted to the improvement of a large class of our exceedingly unfortunate fellow-beings. It should be liberally patronized by every philanthropist.

**THE AMERICAN JOURNAL OF INSANITY**. Edited by the officers of the New York State Lunatic Asylum at Utica. Volume V, 1849. Published quarterly. 100 pages. Terms \$1.00 per year. "The care of the human mind is the most noble branch of medicine."—**GROTIUS**.

The well-known Dr. Brigham is the principal editor of this magazine, and of course it is well edited. Having devoted many years to the study of the "human mind," in all conditions, and under all circumstances, we very much doubt whether a more able man could have been selected to preside over and administer to the necessities of the insane, than Dr. Brigham. Everything relating to the causes, treatment, and restoration of this unfortunate class of people, may be found in the American Journal of Insanity.

**THE NORTHWESTERN EDUCATOR, AND MAGAZINE OF LITERATURE AND SCIENCE**. Volume III, 1849. James L. Enos, Editor and Publisher. 32 octavo pages monthly. \$1 a year.

This is a good work, devoted to a great and important cause. Education, conducted on right principles, is productive of the highest possible good to man. The editor seems to avail himself of the thoughts of those who have been long in the educational field, and gives his readers the benefit of his own investigations in an agreeable form; and we wish him abundant success.

By the way, where did the editor obtain the design for his cover? It seems to us that we have seen something similar to it before.

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