

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

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

(Continued from our last No.)

IN the preceding remarks, I have endeavored to establish, as a law of health, *the necessity of preserving an agreeable temperature of the body*, and I have pointed out the means, so far as food and raiment are concerned, of effecting this object. I should wish it to be understood, also, that the feelings, if the nervous system be sound, are the proper channel for arriving at a knowledge of the state of warmth of the system. I will now proceed to describe certain phenomena, in connection with the temperature of the body, necessary to be known, in order to derive the proper benefit from these observations. We have seen that the temperature of man varies very little in the whole extent of range between the tropic and the pole; that he can support the intense heat of the former without much elevation of his inward heat; that he can live where mercury is a solid mass, like lead, with the most trifling depression of his vital warmth. But it must not be supposed that the constitution of the man is the same in these two opposite conditions; it is, indeed, widely different; in the one he enjoys what may be termed a *summer constitution*; in the other, a *winter constitution*; and we all, without being aware of it, have a summer constitution, to harmonize with the warmth of summer, and a winter constitution, to enable us to resist effectually the inclemency of that season.

In other words, we become inured or accustomed to the existing atmospherical state, so that, familiarized with the warm breath of June, the moderate temperature of a summer's night strikes cold and chill, while, a few months later, in the winter season, that same temperature would feel oppressive, from its heat. I may better illustrate this topic by relating an experiment performed by Dr. Edwards, of Paris. In the month of February, this gentleman removed five sparrows from a warm room, and placed them in a cage surrounded by snow and ice. At the end of three hours they had lost less than two degrees of temperature. In the month of July, four sparrows, under the same circumstances and in the same lapse of time, lost upwards of twenty-one degrees of temperature. They were, in point of fact, nearly frozen by a degree of cold which, in the winter, they could bear without discomfort. Man is in precisely the same position during the two seasons; in the winter, he possesses the power of generating within himself sufficient heat to resist the cold; in the summer, he loses this power, and is proportionally dependent for his heat on the temperature of the surrounding atmosphere.

It is this power of endurance of cold at one period, and the absence of its necessity at another, that enables animals, in their wild and unprotected state, to bear the vicissitudes of winter with so little preparation in clothing, and so little real inconvenience. And, in like manner, man, in our climate, and in a state of health, does not require an amount of covering at all proportioned to the difference of

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

temperature between summer and winter.\* Indeed, we not uncommonly, from inattention or want of due consideration, make no difference between our summer and our winter dress; and the poor, from necessity, are compelled to know no distinction. But sickness has the same effect on our system as the summer constitution, and by reducing our power of generating heat, renders us more than ordinarily susceptible of cold, even when the temperature is comparatively mild. Thus, when we suffer from what is popularly termed "a cold," or a slight attack of indigestion, we are acutely sensible of a low temperature; and it is then, as under other circumstances producing a like sensation, that we should protect ourselves by warmth and warmer clothing. Indeed, while we neglect this rule, we are augmenting the state of congestion of the internal skin, or mucous membrane, which is the essential cause of the ailment under which we suffer, while by encouraging and promoting the warmth of the skin, we tend to dissipate it.

The same remarks apply with equal force to sedentary occupations in a warm room, whether in the summer or the winter season, or to employment conducted in a warm atmosphere in the winter. Such conditions are equivalent to the effect of a warm climate, and bring with them the summer constitution, which is unsuited to withstand the severity of cold. To persons in this state, a greater amount of warm clothing is needful than to those whose constitution is hardened by out-door occupations and exercises in the air. Thus, from the influence of circumstances, the upper classes, and particularly the female sex, who are too frequently indisposed to

take the exercise necessary for health, are more in need of warm clothing than the out-door laborer and the very poor, but not more so than a class equally necessitous with the latter, namely, the needlewoman and in-door laborer. This observation, it must be recollected, applies to the article of clothing only; for although in this the poor are no worse off, as regards the mere necessity, than the rich, yet, in another and a more important condition, their position is very different, namely, in the possession of means for obtaining good and sufficient food. It may not be irrelevant to the present subject to inquire whether the difference in the condition of the poor and the rich exerts any influence on their longevity: that it does upon their health there can be no question. The answer to this inquiry is contained in the following table, published by M. Benoitson. The first column contains the ages examined, and the three succeeding ones the mortality in one hundred persons; the first being the common rate of mortality, according to M. Duvillard; the second, mortality in the rich; the third, the mortality in the poor.

| Ages.    | Common rate of mortality. | Rich. | Poor.  |
|----------|---------------------------|-------|--------|
| 30 to 40 | 1·69                      | 1·08  | 1·57   |
| 40 — 50  | 2·15                      | 1·17  | 2·13   |
| 50 — 60  | 3·24                      | 1·99  | 3·59   |
| 60 — 70  | 5·78                      | 3·60  | 7·50   |
| 70 — 80  | 11·49                     | 8·04  | 14·36  |
| 80 — 90  | 19·78                     | 13·22 | 100·00 |

The inspection of this table speaks volumes for the results to health of the ease and comfort of the rich, as contrasted with the consequences of the deprivations and contingencies of the poor.

In addition to the difference of power of preserving warmth dependent on the differences of health, climate, and season, there are other modifications which have reference to the activity of the vital energies at different periods of life. The infant for example, and the aged person, are more susceptible of cold; that is, they have less power of generating heat than the adult, and consequently are more open to the injurious influences originating in a low state of the external temperature.

\* The inhabitants of Terra del Fuego, belonging to the Petcheree or Yacanacu tribe of Indians, are naked, with the exception of a small piece of seal-skin, which they hang upon the shoulder next the wind. Their climate is much colder than that of North Britain, no season being quite free from frost. In the month of March, when the thermometer stood at 46°, an infant about a week old lay in the bottom of one of their canoes quite naked; and the "little children were seen capering, quite naked, on the beach, although the thermometer was at 40°." The color of the people is a light copper hue, the hair being "long, lank, and black."—*Abstract from Chambers' Edinburgh Journal.*

The temperature of a child, seven months old, well clad, and placed before the fire, was ninety degrees of Fahrenheit.\* In an infant of the full period, at birth the temperature vacillates between 95° and 99°.† During the first week, the average temperature of infants is 98°; during the period ranging between four months and fourteen years, nearly 99°; in the adult, 100°; and in eight old persons, between 87 and 95, the average was a little above 98°.‡ In further illustration of the decreased power of generating heat, Dr. Edwards ascertained the temperature of young puppies and kittens lying near their mother to be one or two degrees inferior to that of their parent, but when he removed them, they rapidly cooled down, until within a degree of the level of the atmosphere. Seeing this to be the case, we are not surprised to learn that many infants die from cold, and that the mortality of infants of the first month is nearly doubled during the winter season.§ According to M. Lombard, of Geneva, *one-sixth of these deaths result from inflammation of the lungs!* The mortality of infants during the first year of their life amounts, in Paris, to nearly nineteen per cent.; in the whole of France, to twenty-one and a half per cent.; in Philadelphia, to twenty-two per cent.; in Berlin, to twenty-five per cent.; and in St. Petersburg, to thirty-one per cent.||

What is now said of children must be repeated with regard to those who have outlived the energies of adult life. I have shown, above, that the natural temperature of old persons is inferior to that of the adult; and if they feel the cold less, it is that their sensibilities are blunted by age; that the same cause which occasions their diminished power of generating heat makes them unconscious of the want, but not the less liable to its effects. Indeed, the position of the aged, under these circumstances, is not a little hazardous; it is like that of a man handling heated iron with gloved hands, who is unconscious of the warmth until

he is burned to the quick; or like the fish protected by a hard and massive shell, that is unaware of danger until the knife is struck into its heart. Dr. Davy found that old persons, having a natural temperature of 98° when their feelings of warmth were agreeable, had their temperature reduced to 96° and 95° when subjected to cold. The winter season is always a period of fatality among the aged; and in our establishments for the poor, the number of deaths immediately following the temporary excitation of the cheer of Christmas is quite remarkable.

The remedy for the modifications of vital temperature resulting from age is so obvious as to need but a passing remark. Infants must be warmly fostered; young children must be warmly and judiciously clad; and old persons must learn to apportion their clothing to their age, and not to their desire of maintaining a perpetual and artificial youth. These propositions are so reasonable and so obvious, that I may perhaps fall under the accusation of "adding perfume to the violet;" but are they followed in practical life? Are the little highlanders whom we meet during three out of the four quarters of the year, under the guardianship of their nursery-maids, dawdling about the streets, in our public walks or squares, properly protected from the cold? Are the fantastically attired children whom we see "taking an airing" in carriages in our parks, sufficiently and properly clad? If this question can be truly answered in the affirmative, then, and then only, my remarks are needless. There can enter into the parent's mind no more baneful idea than that of rendering children "hardy" by exposing them unnecessarily to cold, and by clothing them inefficiently. I have known instances wherein parents acting on this principle have failed entirely in rearing their offspring. Does Nature treat her progeny thus? Does she not, first of all, insure the birth of her young only at a kindly season, and then provide them with downy coverings, warm nests, and assiduous protectors? And we must imitate Nature, if we would give to Britain a race capable and worthy of maintaining her independence and honor. The little denizens of a

\* Edwards.

† Roger, who makes his observations in the armpit. ‡ Dr. Davy.

§ Observations made in Belgium, Geneva, Russia and Paris.

|| Duvillard and Rau.

warm nursery must not be subjected, without a carefully assorted covering, to the piercing and relentless east or northeast wind; they must not be permitted to imbibe the seeds of that dreadful scourge of this climate, consumption, in their walks for exercise and health; they must be tended, as the future lords of the earth, with jealous care and judicious zeal. *One-sixth of the deaths of young children, it must be remembered, result from cold.*

I come now to a subject teeming with interest, as of more general and universal application than, perhaps, any that I have hitherto touched; I mean the subject comprehended under the popular expression "draughts," and their consequences. The principle on which the operation of this source of serious disease depends is the partial cooling of the body through the medium of the skin, and is illustrated in the following experiment by Edwards and Gentil. They immersed the hand, having a natural temperature of 98°, in cold water at 41°, and kept it there for twenty minutes. Five minutes after its removal, its temperature was ascertained to be no higher than 55°, and at the end of one hour and a half, 69°. So that, as an effect of the application of cold, for a short period, to a part of the body, a depression of temperature occurs to the amount of forty-three degrees of Fahrenheit, and the part recovers only fourteen degrees of its heat in one hour and a half; and if we suppose the heat to increase in this ratio, the system would require nearly five hours to regain the temperature which in twenty minutes had been removed. Now, this is precisely the condition of a person who exposes a part of the body, usually covered, to a cold but still atmosphere, or of a person properly clothed, but seated in a draught or current of cold air. The warmth of the part so exposed, or of the side of the person directed towards the draught—the uncovered parts first, and then the covered—is reduced; and, as an effect of the chill, the transpiration is checked. But soon, another principle comes into action, and one of greater importance than even the preceding; it is thus experimentally illustrated. When the hand is immersed for some time in cold

water, and its heat consequently lessened, the temperature of the opposite hand is also reduced, and to a very remarkable extent, so that the mischief of partial cooling is not limited to the first effect produced upon the exposed or chilled part of the body, but is gradually spread over the frame, until the person feels completely chilled through. Have we not all, at some time or other, felt this? Have we not felt, when a part of the body is cold—as, for example, the feet—the chill strike through the entire frame? Yes, it is too frequent an occurrence not to have been experienced, on more than one occasion, by every one, and to his sorrow. It is in this way that thin shoes, wet shoes, wet dress, or damp sheets, do their work of mischief and disease, and cannot, therefore, be too carefully avoided. Youth will resist much, strength much, health much, but it must be recollected that WE DIE BUT ONCE, and although we escape ninety and nine times, yet the hundredth may be near, and the last.

Now, the dangerous results which sometimes flow from causes of the above description, are popularly ascribed to "checked perspiration;" but the truth is, that the suppression of perspiration is merely one of the effects of the shock received by the constitution, and by no means the cause. The first effect of the cold upon the part is a lowered tone of the cutaneous nerves, and a consentaneous contraction in diameter of the capillary blood-vessels. As a consequence of these preliminary changes, the skin becomes contracted and shrunk; less blood than natural is sent to the surface; nutrition and its chemical actions are suspended; perspiration is suppressed; and the surface becomes pallid and bloodless. The blood, in fact, no longer able to enter the contracted capillaries, its cutaneous circulation being at an end, retreats upon the internal membranes and vital organs, affecting one part or other of the mucous membrane, or one or other of the vital organs, according to the constitutional peculiarity of the individual. In one, the blood will be determined on the lungs, causing cough and inflammation; in another upon the throat, producing sore throat; in a third upon the

membranes lining the nose, eyes, and ears, producing "migrane," or cold in the head; in a fourth, upon the stomach, causing a bilious attack; in a fifth, upon the bowels, causing pain and inordinate action; in a sixth, on the kidneys, producing severe pain in the loins; in a seventh, on the joints, producing rheumatism; in an eighth, on the nerves, producing neuralgia or tic-douloureux; in a ninth, on the brain, producing faintness, insensibility, convulsions, and even apoplexy, and so on. In a minor degree, it may be observed, that whenever we are slightly chilled, as by too light dress, by cold shoes, &c., any sensitive organ of the body immediately evinces discomfort or distress; thus, if we have suffered at any period from tic-douloureux or rheumatism, we immediately feel a warning twinge, or if our lungs are delicate, we begin to cough; while, on the other hand, the very instant we get warm, the twinge ceases, and the cough subsides.

In contradiction to what I have just advanced, it may be thought that when a person is warm, or in a state of perspiration, and is then exposed suddenly to the cold, that the checked perspiration is certainly the cause of the subsequent disorder. But that is not the case; the perspiration is suppressed only as an effect, and that with which the skin is moistened at the moment of exposure merely increases the effect of the cold by its rapid conduction of heat and evaporation.

SENTIMENTAL.—The Wilkinson (Mississippi) Whig gives us the following, as coming from a "slave," the property of a gentleman in that neighborhood, who, on Christmas, gave his servants something to make their hearts merry and their dance light. The master having called upon each for a toast, was met with a snicker, and "I don't know how to do dat, massa," from one and another, until Joe's turn came, (whose cotton basket is always the heaviest of the gang,) when he held up his glass, with ludicrous gravity, and gave:

"The big bee flies high,  
The little bee makes the honey;  
The black folks makes the cotton,  
And the white folks gets the money."

MRS. GOVE'S EXPERIENCE IN WATER-CURE.\*

(Continued from our last No.)

From long experience and wide-spread observation of disease, I have become fully convinced that, to children born of healthy parents, and fed on simple, proper food, and bathed from birth daily in cold water, all the diseases of childhood are divested of terror. Such children have them very lightly, and without danger. But the mother asks what is proper food for her infant. If the mother is healthy, if she retires to bed as early as ten o'clock, if she rises at six and takes a cold bath, and breakfasts with no drink but water, and with no rich or indigestible food, such as flesh meat, hot bread, &c., if she have exercise and a proper industry, if her mind is free from dominant passions or corroding cares; if she eats a dinner for health, and not for a morbid gratification, and a supper like her breakfast, to be digested, then the mother's milk is the best food for the infant, not at all hours of the day, but at regular periods, separated by an interval of three hours, when the child is young. As soon as a child will sleep through the night without food, it is well for it to do so; no fear need be entertained of a hunger that does not disturb sleep. If the mother's milk be insufficient, cow's milk, diluted with water, with the crust of bread boiled in it, or rice water, or thin gruel, is good food for the child. It is too common for children to be fed on what is on the table, and a great many things are put on the table that had better be buried than eaten by any one, and especially by children. A potato, ripe and mealy, may be very good food for a child, but covered with butter, salt, and grease, it is very bad food. If people will eat condiments, such as mustard, pepper, oil, grease, pickles, spices, old cheese, and smoked food, and salads, and drink tea and coffee, let them prize the health of their children enough to spare them the evil of such feeding.

Babies are almost always fed too much, and with too rich food. A cow's milk is much richer than the milk of the mother.

\* The reader will find the professional card of the writer of this series of articles in our advertising columns.

An infant of a day old, when its mother's milk is wanting, is often condemned to have its delicate stomach filled with rich pap, wholly unfit for its digestive powers. A few tea-spoons full of sweetened water would be far better nourishment, whilst the little one is waiting for the milk of the mother.

Last year I was one Sunday at Fordham, waiting for the cars, when an accident had detained them. We had to wait till deep into the night. A great crowd was assembled at the station-house, and in it was a nurse, who had brought a babe three weeks old to the chapel at Fordham, to be christened. The babe had had no nourishment since the morning, and its cries were piteous. I obtained some water and white sugar in a tumbler, and a tea-spoon. I warmed each spoonful of this sweetened water a little in my mouth, and then gave it to the baby. After being thus fed, the child's hunger was perfectly satisfied, and it fell into a sound sleep. We should have found it difficult to have obtained milk, and if we could, the sugared water was the best for the babe.

A friend of mine was separated by ill-health for more than a year from a young infant, being ordered to travel by medical men. The child was fed so badly as to be an idiot when restored to its mother. Its frightful illness continued for years, and was only removed by the most wise and resolute care on the part of the mother, who substituted plain food, and the cold bath and exercise in the open air, for flesh, milk punch, paregoric, a close room, and a total neglect of bathing. The reason and health came in time to bless and reward the mother's efforts. Another child was fed on pork till scrofulous ulcers were made to cover the throat, and the doctor was called to cure what was termed "king's evil." I was at one time called to prescribe for a child who was fed much on pork and fat food, whose eyes were nearly destroyed by scrofula. The child was cured, and the eyes restored, by simple food, bathing, and general attention to the habits. I have seen the worst forms of scrofula overcome in children by these means. Children are more readily

cured of disease than grown people. Their bodies more rapidly change by growth, and the growth is in their favor. Children born of very unhealthy parents may, by wise treatment, have their health constantly increased, so that their lives may be insured for a much greater length of years than those who are born strong and well, and brought up in an unwise and unhealthy manner. I have seen a child who, at the age of two years, was almost devoured with scrofulous sores in the head and eyes, and other parts of the body, and yet by careful training, living on vegetable food, and constant application of the commonest processes of water-cure, she was at the age of fifteen perfectly cured of the disease. She is now over eighteen years of age, and for the last three years I have not known her to be sick a day. Though it is so short a time since water-cure has been generally known in this country, yet I have practised it in a considerable degree for nineteen years, and I know a physician in New England, who used branches of water-cure practice as many years since; for we consulted together over a case of typhus fever some sixteen years ago.

Any course which tends to render the general health of a child firm, diminishes its danger in the diseases of childhood, or exempts it from their attacks altogether. And any course that weakens and deteriorates, exposes the child to disease and death in early years. Scarlatina is particularly fatal to children who are fed on a rich and animal diet, and who are seldom bathed. Though I have never had a case of scarlet fever that I have not cured, I have still seen great suffering from the ulcerated sore throat, in my patients who have been fed on rich food, and not bathed, whilst those who had been bathed, and fed on simple, plain food, have been scarcely affected at all in the throat. The average duration of scarlet fever in my practice, is from three to six days. I once had an extreme case of scarlatina that lasted two weeks, and it was only on the twenty-first day that the patient was able to walk about out of doors. But in this instance the whole organism was deeply infected with scro-

fula from birth, and the child had been fed on pork, and in its early years the parents would as soon have thought of drowning the child as bathing her. Ordinarily, the duration of the scarlet fever under my water treatment has been from three to six days, but in children who have been badly fed, even if they have had daily bathing, the sore throat continues after the fever is entirely removed.

To give the treatment in one case of scarlatina—we have not given the treatment in all, because water-cure must always be adapted to the vital or reactive power of the patient, and the violence of the fever determines the amount of vitality.

A. B. was a case of malignant scarlatina. The disease commenced with delirium. The patient was bled, had an emetic, and Dover's powders, and was laid on a soft feather bed. After this, calomel was given; on the third day the patient died. Three other fatal cases that came under my observation were treated with like allopathic wisdom. Dropsy of the chest succeeded the fever, consequent on bleeding and purging. The patients lingered longer, but died. The fourth case was of the most malignant character, accompanied by delirium. The patient did not sleep for an incredibly long time. A physician was called, and put a broad wet bandage around the stomach and abdomen, and another around the head, and directed the patient to be often sponged. He gave some medicine, but I did not have an opportunity to see what it was. I was told, however, that little medicine was taken. The patient fell into a quiet sleep, directly the wet bandage was applied, and awoke without delirium. The cure was rapid. The child who took the fever from this patient, and who had been fed on vegetable food, and daily bathed, was under my care, and was only confined a week to the house, and was able to play a portion of each day.

My treatment in scarlet fever has consisted of packing in the wet sheet, and pouring baths, sponge bath, and sleeping in a wet night-dress, wet bandages, and if the extremities are cold, much friction with the bare hand. Drinking water constantly

and gargling the throat with cold water, and often cleansing the mouth and throat, a very slight nourishment, with frequent changes of clothing, and fresh air, constitute the treatment in scarlatina; also injections, to open the bowels. Last winter I was called to a very violent case of scarlatina, which the father of the child was himself treating, having a good knowledge of water-cure. The fever was so violent that it was not readily subdued, and the mother becoming alarmed, I was called in. I asked the father how much he had done. He said he had packed the child once a day. The patient was fat and ruddy, and full of blood and life. "You should pack him once in three hours," said I, "if you cannot overcome this fever without. Please get ready a pack instantly." He went to the pump out-doors, and wrung out a very heavy linen sheet. It was folded so as to present four thicknesses to the child, and was frozen when he brought it in. I smiled as he proceeded to envelope the child, because the severity of the fever fully warranted the application, and because this heroic treatment was worthy of Priessnitz, and not one water-cure doctor in a dozen would have dared apply it. "This treatment," said I, "in a different form of scarlatina, where the vitality was low, and the extremities were cold, would kill the patient." "I know it," said the father, quietly; "I applied the water according to his fever."

"If you know so much," said I, "you have no need of me." And the event proved that it was not necessary for me to call again.

Water-cure doctors would have small practice if all parents were as well informed as this gentleman.

There is not one of the diseases of childhood that yields more readily to water-cure than measles. Parents who have a moderate knowledge of water treatment need no physician.

A few weeks since I was called to a case of suppressed measles. The child was not weaned, and another child of the same family had died a short time previous of measles. It was only from the fact that the disorder was in the house, that they knew that this child had measles, the

efflorescence upon the skin not having appeared. The fever was intense. The child seemed to be in great pain, especially in the head. For seven weary days and nights this babe had not slept. Worn with watching and anxiety, and grief for the loss of the other child, the parents wished to try water-cure. The doctor, a very estimable and inquiring man, sent for me, wishing himself to see water-cure tried.

I took the child, which was moaning in pain and fever upon the mother's lap, and prepared to envelope him in a wet sheet as large as his little body. The grandmother exclaimed, "You will not put the child in a sheet wet in *cold* water?" I asked the parents if they were afraid. They said no, and the doctor very kindly assisted in the envelopment. Within five minutes from the time that the wet sheet and blankets were wrapped about the babe, he slept a tranquil, sweet sleep. This continued an hour. In less than an hour and a half he was taken out and put in a tub, and pitchers of cold water poured over him. When I took him from this bath the measles were out upon him as thick as snow-flakes in a storm.

For several days he had two packs a day, and two in the night also. Then he was put to bed in a wet night-dress, which was wet once or twice during the night, and he was often sponged. A wet bandage was kept around his chest, day and night, as he had the peculiar cough that accompanies measles badly.

In five days he was convalescent, and his recovery was rapid.

In ordinary cases of measles, I have found two or three visits enough to put the patients on the sure road to health.

In whooping-cough I have found water-cure equally beneficial. I have reduced the most violent case of whooping-cough by one week of constant treatment, so that the cough was not even an inconvenience. But to do this we must have thorough treatment and no child's play. The pouring bath twice a day, two wet-sheet packings, and constant bandaging will produce rapid results in this disease, and make it break through all scientific rules of duration. Some cases, however, hold the pa-

tient much longer than others, with the same amount of treatment.

I have treated varioloid and chicken pox with as entire success as whooping-cough, scarlatina and measles. The treatment is substantially the same.

M. S. GOVE NICHOLS,  
46 Lexington Avenue.

#### ON SEVERE COLD OR CONGELATION AS A REMEDY OF DISEASE.

BY JAMES ARNOTT, M.D.

MANY powerful physical agents, which are destructive when they act in an uncontrolled manner on the human body, become remedial when they are regulated and applied under appropriate circumstances. Excessive heat may be so limited or controlled, even when it is of so high a degree as to render iron white, as to furnish an useful therapeutical means; and the opposite extreme of temperature, or a degree of cold causing congelation of the animal textures, which has hitherto been only regarded as the cause of disease, constitutes, when it is not too low, too extensive, or too much prolonged, a remedy of great importance, and of very general application.

Intense cold or congelation would probably, long ere now, have obtained a place amongst the more potent therapeutical means, but for a mistaken notion respecting its effects on the animal structure. It has always been dreaded as a cause either of violent reaction and inflammation, or, if longer continued, of the immediate gangrene or death of the part subjected to it; and the common accidents from intense frost in severe winters and high latitudes, have appeared to justify this apprehension. But although it is perfectly true that the body, thus exposed to intense cold, may suffer as severely as when it is exposed to intense heat, or is burned by accidental fires, yet when severe cold is regulated as has been just described, it becomes an agent of a very different character, producing neither reaction nor mortification. When limited in degree, duration, and extent, it exerts an anti-inflammatory power; it appears to depress the vascular and nervous energies permanently, and yet within the bounds of safety; and, probably, while it depresses, it considerably



modifies the vital actions. When severe cold has been used to remove the sensibility of parts previously to surgical operations, the wound has appeared, in every instance, to heal more speedily than under the usual circumstances.

As it is only my wish, at present, to establish the right of congelation to be admitted amongst our principal remedies, I will not enter into details respecting the diseases in which I have had recourse to it. If the above explanation of its action be correct, it is obviously applicable to a great number of the most formidable maladies to which the human frame is subject. As respects its anæsthetic action on the nerves, it exerts a most beneficial influence in many painful diseases, the seat of which can be reached by it, as tic, cancer, &c.; but it is probably as a preventive after wounds, burns, &c., and a prompt remedy of vascular excitement and inflammation, as inflammation of the brain, windpipe, large intestine, &c., and of various hemorrhages, that it will be chiefly valued. Cold has already a high character as a remedy of inflammation; but a continuous low temperature, such as has hitherto been employed, (or, rather, which it has been the endeavor to employ,) may only repress the morbid energy, which a short application of a much greater degree of cold may altogether and at once destroy. A class of diseases in which both nerves and blood-vessels are in a morbid condition, are affections of the skin, and these were, naturally, from being so obviously under the influence of the new remedy, amongst the first in which it was used. The most obstinate cutaneous diseases, erysipelas and other acute affections as well, have yielded to congelation so speedily as almost, with respect at least to some of them, to suggest another explanation of its *modus operandi*. Had the cases of prurigo so treated been dependent, like scabies, upon the presence of parasitic animals, their speedy and permanent cure would be easily explained by the sudden extinction of the life of these animals by the cold. A most distressing attack of prurigo pudendi\* was completely

subdued by two congelations, each of about thirty seconds' duration, after a prussic acid solution, and other routine applications, had been tried in vain.

Congelation to the degree which has been specified, may be produced by the common frigorific mixture of ice and salt; though for particular purposes, one of greater power might be prepared. The easiest mode of using the frigorific is, to dip a piece of ice into salt, and then apply it closely to the part. Congelation will be thus produced in half a minute. The ice may be made of suitable form by a hot iron, and may be dipped in a mixture of salt and nitrate of ammonia. When the surface to be frozen is irregular, a little pounded ice and salt may be placed on a rag, or on a flat bit of sponge; or the mixture may be confined to the part by a deep ring or bottomless cup, made of gutta percha or bees'-wax, or by means of a thin bladder, each being provided with a small tube to carry off the warmer brine as the ice dissolves, or a thin gauze bag, with a sponge to imbibe the escaping brine. I have thus frozen the whole anterior part of the thigh. The application of ice or very cold water to the skin is painful, but the severer cold of a frigorific mixture immediately benumbs the part. It has been applied to a carious tooth, there being free access to the nerve of the tooth, an inflamed and ulcerated mouth from mercurial ptyalism, and an irritable ulcer, without causing pain; but when the congelation commences, there is, for a few seconds, an uneasy sensation of contraction, proportionate to its degree. Irritable ulcers have thus been soon converted into healing sores. In the case of ptyalism (salivation) referred to (a patient of the Brighton Dispensary, who had been deprived of sleep for two nights by the affection of the mouth,) there was no return of pain, except in mastication, after one application of the frigorific, which was sufficiently powerful to blanch the lower lip as it flowed over it, the inflammation being thus subdued.

As the prevalent erroneous notion that congelation of the animal textures must in every instance produce either violent reaction or gangrene, will probably prove

\* Prurigo pudendi, an exceedingly troublesome and severe itching of the female genital parts.

some impediment to the reception of this important therapeutic agent, it may be well to direct the attention of such as would object to it on this account, to the vast difference between intense cold acting for a long period on the extreme parts of the body where the circulation of blood is never vigorous, and cold applied for a very short period to parts surrounded by, or overlaying other parts, where the circulation is vigorous, and ready to reanimate the portion in which it has ceased. There is as great a difference between the cases as would exist between that of opium taken in unlimited quantity by a feeble child, and when taken in a suitable dose by an adult. I have now employed congelation nearly two hundred times, exclusive of experiments on animals,\* for anæsthetic and remedial purposes, without its being followed, in a single instance, by any injurious effect. Even if the congelation be kept up for several minutes, there is no worse consequence than a slight congestion, with redness, of a few days' continuance.

As respects the employment of severe cold for the production of local anæsthesia, it may be remarked that, although a fatal result now and then from the use of chloroform may not be thought a sufficient objection to its use, and although the intoxication or loss of consciousness during its action may be only deemed a slight inconvenience, still the facilitating of the healing process, by the prevention of an injurious degree of inflammation, ought, I think, to entitle the application of cold to a preference in the great majority of surgical operations. The smallest operations, as issues, setons, ligatures, bleeding, will illustrate the anæsthetic action of cold.

There are in England and Wales five millions of people who cannot read, and eight millions who cannot write. No wonder that there is strong opposition to giving these ignorant millions the rights of suffrage.

\* I often take a bit of ice wrapped in flannel or sponge to the Dispensary, and apply it to several cases in the course of the morning.

#### PROCESSES OF WATER-CURE.\*

##### WATER DRINKING AND MORNING RAMBLES AT GRAEFENBERG.

Water drinking is an important part of the cure. Indeed every drinking goblet I see, calls up a host of recollections of the fountains which are prepared for the guests by the wayside on every mountain, and among the woods around Freiwaldau, for some miles in all directions. I think of the pleasant walks, the cheerful company, the endless talk and discussions, and the glorious scenery, of which last I have not said half enough. It is Swiss in its character, though there are no mountains covered with eternal snow. The higher hills would nevertheless make very respectable mountains in Great Britain; they are a part of the Silesian Moravian range, which is only the commencement of the Sudetic chain. The highest is Alte Vater, and is about fifteen hundred feet above Graefenberg, which is itself as much more above the sea level, and about six hundred feet above the neighboring town of Freiwaldau. The region abounds in scenes of romantic beauty, which would look quite as well in the illustrations of a "Picturesque Tourist," as others that are better known and more vaunted. It is rich in the beauty of outline, in woodland scenery, and in all the embellishment of primitive costume and rustic architecture.

But to return to the water drinking. For myself, I am not ashamed to confess, that I swallowed on an average ten common-sized goblets full per day, during my residence at Graefenberg, including what I used at my meals. Four of them at least were taken before breakfast. I had a glass decanter and a goblet in my room, and the decanter was filled with fresh water by Lorenz every morning. I took a goblet full after my leintuch and vanne, before I went out to walk in the morning. This is taken to excite reaction, and is the common practice. I had also a horn goblet to carry in my pocket, for my out-of-doors potatoes. "Thin potatoes!" the lover of fat ale may sneeringly exclaim. No matter, friend, I can afford to be laughed at; I am the winner. Health

\* From "Six Months at Graefenberg."

and cheerfulness bubble up in these perennial fountains. These horn goblets, each in three pieces, fitting into each other like the pieces of a telescope, so as to lie compactly in the pocket, are made in Freiwaldau for the use of the guests. None of the patients walk out for exercise without one of these pocket companions, so that they are soon looked on as old acquaintances.

Having taken my gobletfull from the decanter, I start on my walk up the mountain. There is a fountain in front of the large saloon-house, at which most of the guests take their first draught. Passing on about a quarter of a mile, I arrive at the Silver Quelle. Here I take another draught, and at this spot I usually meet several guests all imbibing the icy cold water, the snow perhaps lying deep all around, and the spout from which the water pours encrusted with ice. We greet, drink, and pass up the winding foot-path, in Indian file, talking over our shoulders to one another, about the nature of the water, the merits of the cure, the different quells, the crisis, the beauty of the scenery, the affairs of nations, or any other subject that happens to be suggested. I have seen twenty, thirty, and forty guests (many of them without hats, caps, or neckcloths, and some without waistcoats or any covering on the chest) thus climbing the mountain between the Silver Quelle, and another called the Fichten Quelle, or Fountain of the Pines. Arrived at the Fichten, which lies half a mile up the glen, by a picturesque path, we descend some rude steps to the well, and take another draught. When each has emptied his goblet, on he goes, waiting for nobody. Higher and higher we climb, panting and slipping, or tumbling out of the track into the deep snow. After leaving the Fichten, we pass on about a quarter of a mile, part of the way through a dark wood of fir, to the Boemische Quelle, or Bohemian Fountain, situated in the midst of a dense clump of fir trees, rendered almost impassable by underwood. Here again we drink, and chat a moment. But there must be no delay; indeed no man who wears a wet bandage round his body can comfortably remain stationary in the cold atmosphere. The

snow is piled up to the depth of six feet, the trees bend beneath their burden of snow and ice. We must keep moving, yet we are tempted to linger at this quelle, for the thick evergreens around it, covered with frost and snow, sparkle like diamonds under the rising sun, and present a scene of dazzling beauty that cannot fail to excite the admiration of the most miserable and shivering guest.

When alone, I have frequently thrown myself down in the snow at this place, my body from head to foot wrapped about with the fleecy covering, and now and then a portion of it falling into my open neck; and whilst thus reclining, I have often taken out my journal, and, pencil in hand, endeavored to describe the sensations produced by the surrounding scene of enchantment. I have, in my own country, witnessed scenes of surpassing beauty formed by the snow and frost sparkling in the rays of the sun, on the White Hills, the Kaatskill and Alleghany Mountains, but nothing to surpass what I have beheld here. The mountains around Graefenberg at this season are enveloped in mist during some hours every day, and the vapor congeals on the trees and bushes, covering every limb and twig with millions of crystal drops, perfectly pure and white, that sparkle in the sun like the brightest gems. Whilst I thus lay writing in the snow, I scarcely ever felt the least sensation of chilliness, and I never took cold, or suffered any ill effects afterwards.

As we leave the Boemische Quelle, we climb a very steep ascent by about seventy steps, and pass on our way up the mountain, about another quarter of a mile to the Priessnitz Quelle. After drinking at this fountain, we turn to descend, having become thoroughly warmed by the exertion. Several in a row start off to run down the uneven slippery path, often falling prostrate in the snow, reeling and staggering like drunken men. Indeed the descent is in winter far more difficult than the ascent. Most of the guests wear iron spikes on the soles of their boots, to prevent slipping. Without these, a man, before he is aware, may find his back and head in unpleasant contact with the ice, or his nose and face ploughing up the

snow. One of the guests broke his leg by a fall during my stay, and several sprained their ankles, and strained the muscles of their legs, so as to cause no small pain in walking. But by the use of iron-shod boots, aided by a pole precisely similar to the Swiss alpenstock, there is comparatively little danger.

A walk to Priessnitz Quelle, by the Silver and Fichten Quelles, and back the same way, is more than three miles; and this is the regular walk before breakfast in winter. In summer, the guests usually extend their excursions much farther. As they return, many stop to drink again, and some return by the douches, having become sufficiently warm to take that bath before breakfast.

I took my leintuch about five o'clock, and was ready to commence my walk a little after six, which in winter is, of course, before the dawn of day. In the winter evenings, also, I frequently rambled on the mountains after dark. These twilight walks were much more laborious, and the danger of slipping was greatly increased by the dimness of the surrounding objects. In the mornings, we often found that the path which had been tolerable on the day before, was almost completely effaced and filled up by a snow-drift during the night; so that we had the comfortable task of opening new paths every morning, for weeks together. One morning at the early dawn, about twelve of us, from eight different nations, started to take our usual walk. During the night and preceding day, the snow had fallen so heavily that every vestige of the path was gone, and we sank to our knees at every step. The fatigue of being the foremost of the party was very great, for the leader had to act as pioneer, and to tread the way for the rest; so when he had ploughed to his heart's content, he fell into the rear, and allowed his successor to take the post of honor. Thus we made our way up the mountain to Priessnitz Quelle, often up to our waists in deep drifts, and occasionally stretched out at full length on the snow, panting and puffing with the exertion, uttering our exclamations, our encouragements, and our complaints, in German, Russian, French, Italian, and English.

We were more than two hours in ascending one mile and a half, the tempest howling, and the snow whirling in clouds about our devoted heads. We thought, in performing this exploit, that we were doing a public service, knowing that but few of the guests could possibly go out unless a path were opened; but on our return we found, for our comfort and future encouragement, a considerable portion of the path that we had made at such expense of time and toil, completely filled up by the drifting snow, and nearly as impassable as when we ascended. But we had at least earned an appetite for our breakfast, and our black bread was a dainty morsel that morning.

These morning excursions up the mountain to drink water, help mightily to break the monotony of one's life at Graefenberg. The variety in the appearance of the guests would be ludicrous, if it were not at times sorrowful; some with a firm, bold, and determined step, march on through drifts and against tempests; some step feebly and heavily, scarcely able to contend against the blast; some walk as if they had gouty feet or rheumatic affections in the joints, making wry faces at every step; some, bent half double, creep slowly along, shivering and shaking, as if doubting where the next blast may land them; one hobbles along on crutches; another looks as if he were regretting his snug warm room and soft easy chair, his tempting dainties, and anxious sympathizing friends; but these last are generally new comers; such a hankering after the flesh-pots of Egypt soon passes away, and they begin to look sprightly, to walk more briskly, and to feel that sickness and suffering are thus more pleasantly cured, than by all the apparatus of the sick-room, and the costly pomp of medical attendance.

In his Graefenberg dishabille, the patient, whether he be count, baron, captain, general, or priest, forgets all his dignity, in the feeling of irrepressible joy and energy produced by the plunge-bath and the bracing morning air. A few stalk along the path in stiff and formal dignity, as if offended at the liberties taken by the careering, sporting winds, and

the merrily waltzing snow that courses around them. It is deeply interesting to watch this infinite variety in the guests, as they ascend the mountain on a cold, keen morning before breakfast, stopping now and then to pant, and breathe, and look back upon the glorious amphitheatre beneath and around them; then it is amusing to meet at the *quelles* every morning, men from different and distant nations and climes; to see them quaff the icy water, meanwhile receiving and returning the cordial German salutation, *gute morgen*, and rubbing their hands to keep them warm, or showing their dexterity in stooping, filling, and quaffing with grace. Many acquire great skill in wielding the goblet, and seem to think it a proof of infinite ability not to wet a finger in filling, nor spill a drop in drinking. The patients soon find these walks a great source of amusement and variety.

It is often an object of great emulation among the guests, to try who shall be at the *quelles* first; and he who, amid snow-drifts and storms, can lead the way, break the path, and drink the first draught at the Priessnitz fountain, is regarded as the most active and resolute in applying the cure, and as destined to experience a speedier and more thorough restoration to health. The patients at Gräfenberg learn to feel in full force the gross absurdity, unnaturalness, and even wickedness of the morning habits of what is called refined and fashionable society. Every day they realize the truth that early rising, early walks out of doors, breasting storms, struggling through snow-drifts, and drinking abundantly of cold water before breakfast, tend to strengthen the body, exhilarate the spirits, and give life and animation to the countenance. Men and women who were nurtured in the most fashionable circles, and accustomed to lie in bed till noon, and to breakfast at mid-day, here rise with the sun, and may be seen taking an hour or two hours' walk before breakfast, in the coldest and stormiest weather; and those who had scarcely tasted cold water in their lives, here drink freely of the pure element, not only with impunity, but with delight and advantage. Indeed, I never heard of any

one being injured by drinking cold water, no matter what his previous habits might have been.

But it may be asked, is there no danger of drinking too much? The doctors, in their objection against Priessnitz, throw great ridicule on the abundant drinking of cold water. They hear of patients drinking twenty, thirty, and forty gobletsfull daily, and they say it is unnatural and monstrous to suppose this can be conducive to health. Be it known, impartial reader, that Priessnitz never prescribes any such extravagant consumption of water, but he advises all to drink ten or twelve gobletsfull during the day; not to overload the stomach by large quantities at a time; to take it medicinally before breakfast; and during the rest of the day and at meals, to drink it freely as nature demands, always drawing it as fresh and cold as it can be obtained. My experience teaches me, that if a man wishes to be able to endure cold, he never need drink anything warm, but always use the coldest fresh water he can obtain. Cold water gives simplicity and keenness to the appetite, and a relish for any wholesome food, however coarse it may be. Even the doctors admit that there is no better preventive of indigestion. I once spent a social evening at the house of a physician. About midnight we were summoned to a supper, which consisted of beef, ham, fowl, cakes, sweetmeats, nuts, raisins, and many luxuries of the season. Most of the guests ate heartily, and at the close of the repast, the host gave his guests, *gratis*, the following prescription against indigestion, disturbed sleep, headache, and heaviness: "*Drink cold water abundantly before you go to bed.*"

I have had long experience of cold water as a beverage, it being sixteen years since I drank any warm drink, either with my food or at other times. I have taken neither tea, coffee, or chocolate, at my breakfast or supper, in summer or winter. Nor have I taken milk as a drink, or qualified the water with any mixture to make it more palatable. To this free use of cold water as a drink, I attribute, in a great measure, the uniformly healthy state of my digestive powers, having of late

years never experienced any inconvenience from this source, or any tendency to sickness of the stomach, sea-sickness excepted. It has been my practice to drink largely at my dinner, especially when partaking of rich gravies or fat meats.

Another effect of my exclusive use of cold water as a drink, has been to give a relish to my food, and to make me indifferent as to the kind I take. I am sure that if a man wishes to enjoy his food, and to come to his meals with a hearty appetite, he will find that, by strictly confining himself to cold water as a drink, he would be richly rewarded. When I was accustomed to use hot, strong tea or coffee in the morning and evening, I was subject to headache and to nausea; I am now seldom troubled with the former, and the latter has disappeared.

Whatever be the disease that takes a person to Graefenberg, he soon acquires a keen appetite after he begins to take the cure; and for this he is no doubt in great part indebted to the free use of cold water as a drink, and to the entire disuse of all other beverages.

#### POTATO DIET—MORE OF IT.

DOCTOR J. SHEW—My Dear Sir: Your editorial remarks in the April number of the Journal, on the possibility of supporting human life on purely Potato diet, for a season, and that too, in many instances, with great physical benefit, brought to my remembrance the testimony of the celebrated founder of Methodism, the Rev. John Wesley, who declares that he, at one period of his life, lived exclusively on potatoes for between three and four years, and during that whole time he never relaxed his arduous ministerial labors, nor ever enjoyed better health. Perhaps only a few of the followers of that great and good man are aware, that in the middle of his life, Mr. Wesley discontinued the use of flesh, lived entirely on vegetable productions, and died in 1791, having attained to the age of eighty-eight years.

With respect to the fact of his living exclusively on potatoes during the time above-mentioned, I give you his own language. I quote from his *Sermons*, 129, on the danger of increasing riches; text, Psalm lxii. 10: "*If riches increase, set not your heart upon them.*". "And beware of forming a hasty judgment concerning the fortunes of others. There may be secrets in the situation of a person, which few but God are acquainted with. Some years since, I told a gentleman, 'Sir, I am afraid you are covetous.' He asked, 'What is the reason of your fear?' I answered, 'A year ago, when I made a collection for the expenses of repairing the foundry, you subscribed five guineas; at the subscription this year, you subscribed only half a guinea.' He made no reply; but after a time asked, 'Pray, sir, answer me a question; why do you live upon potatoes?' (I did so between three and four years.) I replied, 'It has much conduced to my health.' He answered, 'I believe it has. But did you not do it likewise to save money?' I said, 'I did; for what I save from my own *meat*, will feed another that else would have none.' 'But sir,' said he, 'if this be your motive, you may save much more; I know a man that goes to the market at the beginning of every week; there he buys a pennyworth of parsnips, which he boils in a large quantity of water. The parsnips serve him for food, and the water for drink, the ensuing week. So his meat and drink together cost him only a penny a week.' This he constantly did, though he had then £200 a year, to pay the debts he had contracted before he knew God! And this was *he* whom I had set down for a covetous man!"

Strange as was the self-denial of Mr. Wesley, that of his friend, who lived constantly upon a pennyworth of parsnips per

week for his food and drink, was still more so. I would not, however, have any of your numerous readers imagine from the above statements, that the friends of dietetic reform approve of an exclusive potato or parsnip diet, for the healthy; neither do they advocate a system of voluntary starvation, nor yet of adhering unalterably to any fixed vegetable dietary; on the contrary, they would consider such an uncalled-for habit as abhorrent to nature, which obviously delights in variety; and every one knows the vegetable kingdom affords variety sufficient to satisfy any healthy appetite, and sustain all the physical powers.

WILLIAM METCALFE.

Kensington, Philadelphia, 1849.

VEGETABLE DIET.

AFTER reading the following testimony, our friends will not need to ask, "Can a man work hard every day, and live on a vegetable diet?"

The Portland Pleasure-Boat introduces the subject thus:

"Ho! all ye slaves to the flesh-pots! all ye lovers of rich, high-seasoned food! all ye who live to eat, instead of eating to live, and are destroying yourselves by gluttony, read the following extract from Blackwood's Edinburgh Magazine, and then consider whether plainer and more simple fare than you are accustomed to, might not insure a greater degree of health and prolongation of life:

"FOOD OF THE SCOTCH PEASANTRY.

"The health and strength of the Scottish peasantry, who live upon oatmeal, is proverbial. On this subject, in speaking of Scottish ploughmen, men where the bothy system is practised—that is, where the single men all live together in a room or bothy provided for them, which serves them both for sleeping and eating—Mr.

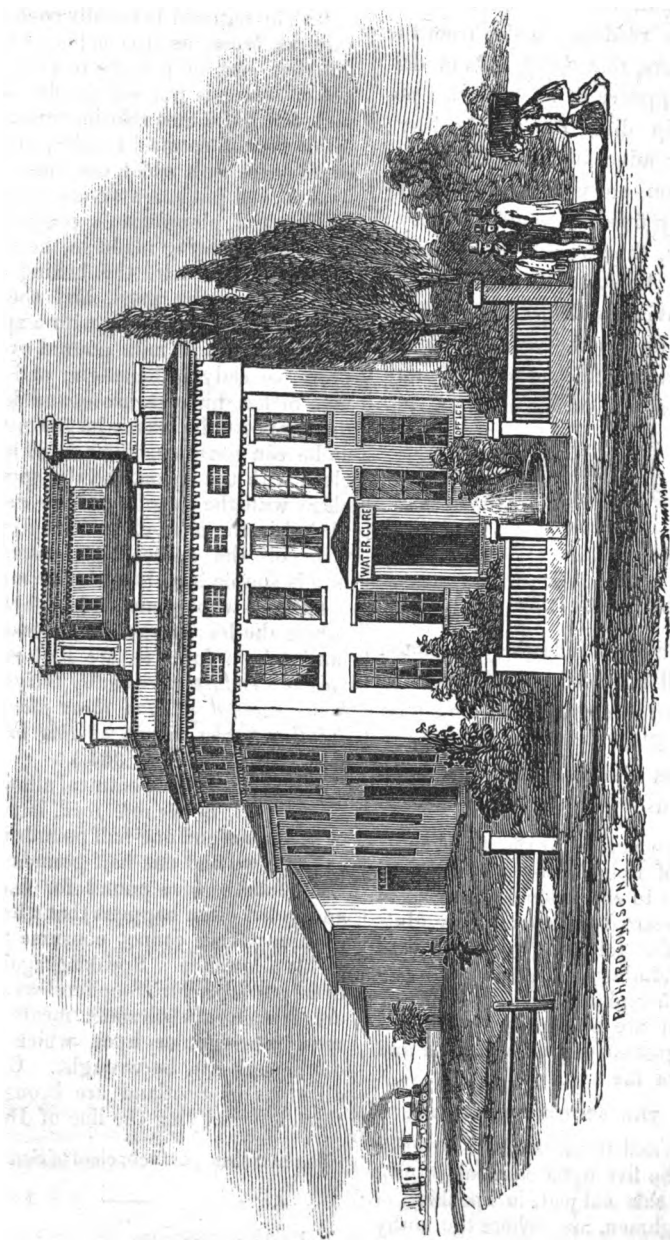
Stephens has the following characteristic passage:

"The oatmeal is usually cooked in one way, as *brose*, as it is called, which is a different sort of pottage to porridge. A pot of water is put on the fire to boil, a task which the men take in turns; a handful or two of oatmeal is taken out of the small chest with which each man provides himself, and put into a wooden bowl, which is also the ploughman's property; and on a hollow being made in the meal, and sprinkled with salt, the boiling water is poured over the meal, and the mixture receiving a little stirring with a spoon, and the allowance of milk poured over it, the brose is ready to be eaten; and as every man makes his own brose, and knows his own appetite, he makes just as much brose as he can consume. The bowl is scraped clean with the spoon, and the spoon licked clean with the tongue, and the dish is then placed in the meal-chest for a similar purpose on the succeeding occasion. The fare is simple, and is as simply made; but it must be wholesome, and capable of supplying the loss of substance occasioned by hard labor; for *I believe that no class of men can endure more bodily fatigue, for ten hours every day, than those ploughmen of Scotland who subsist on this brose thrice a day.*" (Vol. ii., p. 384.)

"The quantity of oatmeal allowed to the ploughman, as his *sole food*, is two pecks, or seventeen and one-half pounds in a week, exactly two and one-half pounds a day, or three-fourths of a pound for each meal; and yet it often happens that a hard-worked ploughman cannot consume the whole of his allowance. Speaking again of oatmeal porridge, Mr. Stephens says, 'There are few more wholesome meals than oatmeal porridge, or upon which a harder day's work can be wrought. Children of all ranks in Scotland are brought up on this diet, verifying the line of Burns—

'The halesome parritch, chief of Scotia's food.'"

*Swinish.*—Mr. Webster, they say, has made, or is about to make, the President a present of a *whole hog* from Marsh-field.



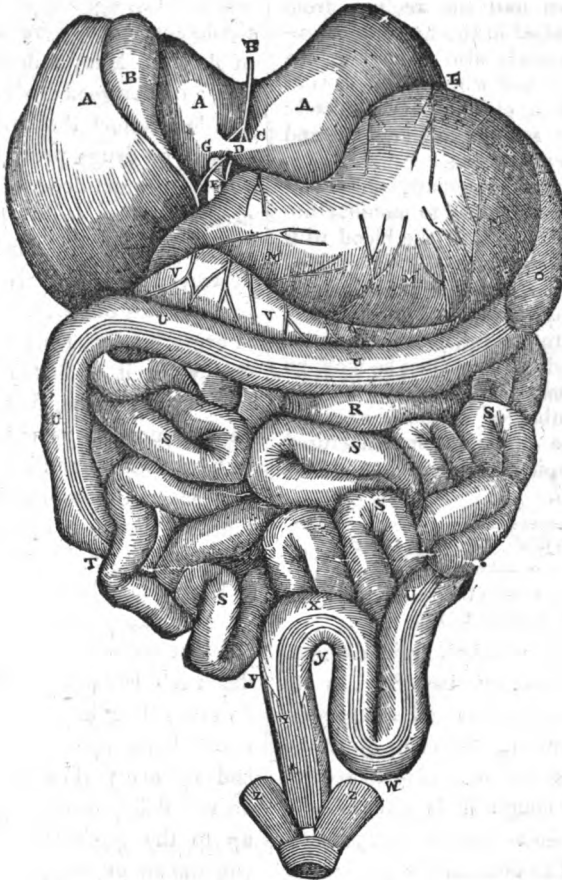
**SPRINGFIELD, MASSACHUSETTS, WATER-CURE ESTABLISHMENT.**

For particulars relating to this establishment, see advertising department.



## PHYSIOLOGY AND ANATOMY OF THE HUMAN BODY. No. V.

## STRUCTURE OF THE INTESTINES.



A A A liver; B gall-bladder; M stomach; L cardiac orifice; V V pancreas; R S S small intestines; T termination of the small intestines, and commencement of the large one, called the colon; T U the ascending colon; U U transverse colon, the seat of colicky pains; U W descending colon; X Y rectum.

## THE LACTEAL VESSELS.

These chyle-drinkers, passing through the three outer coatings, open upon the inner surface of the mucous membrane, these being in a great number of folds, by which the surface, and of course power of function, of this canal is greatly increased. These lacteals suck up the chyle as it is thus urged along over them, and, passing backward behind the intestines, and then

through innumerable little glands called the mesenteries, empty themselves into larger, and these into still larger ducts, till they form one duct which passes up along inside the backbone to near the neck, and empties its contents into the right subclavian vein, nearly under the right clavicle, or collar-bone, while the residuum, or waste portions of the food, are expelled along through the small intestines into the as-

ending colon, which passes up on the right side of the abdomen, then into the transverse colon, which runs along under the stomach, and thence into the descending colon, which passes down the left side of the abdomen into the rectum, from which it is expelled in the form of excrement. Blood-vessels also open into the alimentary canal, and when inflamed, as in dysentery, cholera, etc., discharge blood; and hence the sudden weakening, and often death, they occasion.

Behold this most ingenious system of instrumentalities employed to manufacture food into blood, and load the blood with the elements requisite for sustaining life! Yet even now the digestive process is by no means complete—only, as it were, begun. After the materials of life have thus been furnished, they must be **WORKED UP**, else the human structure will be like the unused timber of a house or ship. How are these materials manufactured into life and happiness?—*Physiology, Animal and Mental*.

---

### NEW-YORK, JUNE, 1849.

---

#### INCREASING DEMAND FOR PRACTITIONERS OF WATER-CURE.

WE often receive letters from different parts of the country, inquiring as to whether we can recommend some competent practitioner of Water to go to the country. We are always glad to receive such letters, although it is often wholly out of our power to return any satisfactory answer. The demand for good water physicians is certainly much greater than the supply. There is, however, one important consideration in this matter. If a water practitioner goes to a town, village or locality where say two or three practitioners of the ordinary practice can obtain a livelihood, the physician of water-cure, if he be faithful and competent, is very soon the means of spoiling about one half of the whole medical business of the place, *by his teaching people how to prevent disease*. Besides, when people set at work

to study the new system somewhat for themselves, they very soon find that in a multitude of trifling cases of stomach aches, colics, colds, cuts, burns, bruises, and the like, there is no need of running to the doctor, as they were formerly in the habit of doing. Many a dollar is saved in this way; often a good deal of suffering and not a little mischief that would otherwise be caused by drugs prescribed. Thus it is; where one practitioner of water can do business enough to enable him barely to live, the business of two or more others must be destroyed. From this cause, as well as from various others, the new system must, in every locality, meet with great opposition when it is first introduced. Thus also it will be seen, that great numbers of persons must for years to come be unable to have water practitioners, because, in the first place, the supply is, and for a time must be, less than the demand; and secondly, many neighborhoods are so sparse in population that a practitioner could not possibly support himself by his calling.

What are we to recommend people under such circumstances? Why, plainly, do every thing in your power *to avoid disease*. Look upon the matter rationally, and by every thing in your power endeavor daily, constantly, **HOURLY**, to live up to the great truth, **THAT HEALTH IS THE ORDER OF NATURE, AND NOT DISEASE**. Study the laws of your being; "**KNOW THYSELF**," and live conformably thereto.

Moreover, study the modes of curing disease. We repeat what we have often said before; great numbers of persons are now in these United States who are curing themselves, "without money and without price." There are those who study diligently the doctrines of the water-cure, and become very good practitioners, although they have very little or perhaps no knowledge of drugs. If people will but study

the matter perseveringly, they will find that the water treatment is a far simpler thing than most persons suppose. Study the best works on water; study them all, if you have the means and time; especially, study the effects of water, diet, air, exercise, &c., as you may see them in daily life.

In this connection we take upon ourselves to recommend to our readers one and all, *THE WATER-CURE MANUAL*. This, it is believed, is thus far the most practical work, the best for general use, that has ever yet been put forth. The work is owned and published by Messrs. Fowlers & Wells, and although it was written by the editor, we cannot be said to have any pecuniary interest, either direct or indirect, in its sale. For terms, etc., see advertisement of the work.

Although it is seldom in our power to send any water practitioner to those places where such are desired, we are yet always glad to receive letters from these places. We are thus made acquainted with the best localities to which to recommend practitioners, whenever such opportunities occur.

#### FASHIONABLE BARBARISM IN NEW YORK.

Good mothers of this happy America, can you believe that there are numbers of ladies—women *monsters*, shall we not say, in the city of New York, *who will not nurse the children they bring forth*? It is not convenient for a New York fashionable lady to give suck to her own child!

There is another side of this matter. Poor women, too honest to beg, for the sum of \$15 to \$20 per month, go out *as wet nurses*; at the same time they get their own infants “boarded,” as the saying is; that is, some acquaintance takes the child, and keeps it on cow’s milk. This, in connection with other injudicious

management, often destroys the child in a very short time.

Thus we see what fashion and worldly pride on the one hand, and poverty on the other, will accomplish; namely, the inhuman practice of *a mother’s disowning her own child*.

#### A CASE OF CHILDBIRTH, AND MANAGEMENT OF THE NEW-BORN CHILD.

FROM THE EDITOR’S NOTE-BOOK.

June 29th, 1847.

Went to visit Mrs. J. W. Bonnell, of Camptown, New Jersey. She is about thirty years of age, and now of tolerable health, since having used water pretty freely for nearly three years. She bore this morning, at three o’clock, her third child. Labor came unexpectedly upon her, she supposing herself to be at the end of the eighth month. The labor was rather tedious, and under the kind care of their neighbor, Dr. Parse, terminated happily. The child was small, but apparently well-formed and vigorous.

At about 6 o’clock P. M., I saw Mrs. B. She was sitting up, very properly, “to rest herself,” as she observed. She felt very well, she said, especially after sitting up. She had drank abundantly of cold water, but felt very much the need of a bath, as she had had none since the birth of her child. A thorough ablution was performed in a wash-tub, with rain-water at about 70°, before going to rest. She wore the wet girdle during the night, having it changed once or twice, to prevent its becoming too hot, the weather being quite warm. In the morning the bath was repeated, and so two or three times a day until recovery was complete. Her full strength returned in three or four days, and in fact, it could hardly be said that she was weakened at all. So much for management during the period of preg-

nancy. At the times of birth of her former children, Mrs. B. had suffered real *confinement*, as is usual with persons on such occasions.

#### MANAGEMENT OF THE NEW-BORN INFANT.

The principal object in referring to this case, is to raise my voice most strongly against those pernicious, and life and health-destroying practices, so common in our enlightened day, viz: the swathing and dosing the new-born child. It has been estimated, *that in civilized society, the world over, about one half of the race die within five years of birth.* Possibly this estimate is too high, but it cannot be far from the truth. In the city of London, *one half of the entire population die within three years of age.* What awfully alarming facts! Who in his sober senses can for a moment believe that such is the wisely ordered dispensation of a Divine providence? Certainly, no one.

Mrs. Bonnell's child had been crying much during the day, instead of sleeping as it ought. Newly born children sleep much of the time, if they are rightly managed in all respects. I told the good nurse we would try soon to ascertain what the matter was. She said she had fed it sweetened water and a variety of things, but all to no purpose; it would cry. 'Well,' I said, 'let us look at the bandage.' Such another old-fashioned rolling a child up, or rather binding it up, not hand and foot, but the whole body, i. e. the trunk, I never saw. The roller was of firm flannel, three or four thicknesses wound round, and from the armpits to the hips. It was with the greatest difficulty that the child could breathe; the folds and wrinkles of the flannel had made deep indentations in the flesh, and altogether the child was in a most pitiable condition. On removing the swathing the greatest

relief was at once apparent. I had the surface washed until the wrinkles caused by the swathing had all disappeared. The little sufferer then fell at once into a most sound and quiet sleep, and thus rested during the whole night. The good nurse was frightened a good deal to see the bandage thus unceremoniously taken off. But I told her it was no use; she had tried her way all day, I should have mine now, and she should be convinced it was the best; that she, although old, was all wrong in these things, and that I was all right. So it proved in the end. The child got on finely and the nurse was faithful to her task.

From before the first of my practice in midwifery, I could not understand why a child should be swathed, any more than a goat or a lamb, or why the same general principles of physiological science should not in every respect apply the same to the young of the human animal as the brute. Nor could I understand why the delicate stomach of every infant indiscriminately, should, at almost first breath, after looking forth upon the world, be dosed with molasses and water, castor-oil or herb tea, not to mention the farrago of more powerful articles that are on such occasions sometimes resorted to.

I could understand how proud, ignorant and superstitious mothers and old women could get into those habits as well as those of tea and coffee drinking, snuff-taking, &c., and how *granny* practitioners, of whichever sex, with as little brains in their heads as heels, could come to aid in the perpetuation of such practices. The latter I could well enough understand, but not so the former. I therefore resolved to find out the right and wrong of these things for myself. Whether I have succeeded or not, let an intelligent community decide.

But how arose those practices, dangerous and destructive, as abundant experience proves them to be? Doubtless, first through the ignorance of mothers and nurses; and secondly, through the mistaken notions of medical men themselves.

#### CRACKED WHEAT AND THE CHOLERA.

IN view of the unwelcome yet expected visitation of the pestilence in this latitude, during the summer months, the subject of diet and regimen assumes a peculiar importance. The medical profession have been sadly puzzled to tell us what to eat or drink, or what to put on, or what remedial measures to adopt either as preventives or curatives, and generally, as in all cases where learned men deal largely in fixed facts, without any fixed principles to which to refer them, their recommendations, in relation to each and all of these things, have been considerably worse than useless.

I assume the following position, and rely on all the experience of all mankind, wherever cholera has prevailed, to sustain it. No individual, among the living or dead, ever had an attack of cholera—Asiatic, epidemic, spasmodic, bilious, morbus, or what not—whose mucous surface within, and whose cutaneous surface without, were in a clean and healthy condition. Such a person may be sick, he may die of disease, famine, exhaustion, or violence, but he will not have cholera in any form. This is emphatically a disease of putrescency. Its existence depends on morbid secretion and retained excretion—the organic machinery is befouled.

The remote cause, we know, exists externally. It may be electric, magnetic, calorific, atmospheric, miasmatic, infectious or insectuous—no matter. These things, or principles, or predisposing influences, with their incessant variations and

multitudinous changes, will always affect human health more or less; and injuriously always in inverse ratio to the integrity of the constitution. But the condition, the proximate cause upon which the existence of cholera depends, exists *within* the organic domain.

This idea has a practical signification. We can do little or nothing with the remote or predisposing causes of cholera, while the proximate, the actual, the all-important is almost wholly within our control. We cannot remove electricity; we cannot obviate atmospheric vicissitudes; we cannot very well regulate the weather; we cannot neutralize all the noxious vapors steaming up from the dirty streets, slaughter-houses, grave-yards, and cesspools of cities; but we *can* do what is incomparably more indispensable than all. We can purify and fortify ourselves. Sanitary regulations around us are useful; but sanitary regulations within us are infinitely more so.

If these views are admitted, the importance of proper food, as a preventive measure, becomes apparent. Our solid structures and circulating fluids are made up of what we feed upon. Improper food must necessarily produce imperfect organs and impure blood. The great mass of people in this land of "fast living," have, in greater or less degree, torpid livers, debilitated stomachs, constipated bowels, obstructed skin; with their consequences, vitiated blood and impoverished nerves. Here is the proximate cause, always existing, always epidemic. Is it any wonder that this general epidemic condition should occasionally, under peculiar states of the elements around us, be expressed in the form of an epidemic *disease*, the cholera, for example? In this connection we may answer the question, debated through all last winter by the New York Academy of

Medicine, "Is the cholera contagious?" and decided—"yes—no." The decision was correct, though neither party thought so. It is contagious to those deeply infected with their own decomposed mortality and unexpelled excrement, and non-contagious to persons in a perfectly healthy state.

But what, asks the impatient reader, has all this to do with cracked wheat? Reader, read on patiently and you will see. Protection against an attack of cholera is very simple in theory; it would be so in practice were not our habits so complicated, our appetites so depraved, our prejudices so inveterate. The skin can easily be kept open, clean, and its depurating function vigorous, by frequent bathing. The stomach and bowels can be kept in precisely the same condition by proper food. I do not contend for the necessity, whatever people can or may do, of adopting any peculiar or ultra system of diet. All that is indispensable is simplicity and plainness. The diet may be all vegetable, providing the materials are good and properly prepared; or it may be a mixed diet of animal and vegetable, providing it is simple and plain. Stimulants, narcotics, gravies, high-seasonings, are always to be eschewed.

Physicians of both the allopathic and homœopathic schools, and boards of health, have almost invariably recommended, as a "preparative for cholera," a greater proportion of animal food than is usually taken. This may do as a preparation for cholera, but as a preventive against it, it is exactly wrong, for the great majority use too much ordinarily.

But the chief error of which I intended to speak is, too great *concentration*. A vast proportion of our food consists of the cereal grains; of these we use the finer particles, and reject the coarser, or bran, when nature most clearly intended both to be employed together. Fruits and vege-

tables we have no way of concentrating; our only error with them is by adding injurious things, in the shape of condiments. The same is true of animal food. But the highest, best, and most proper form of nutrition for human beings is "divided asunder" where God has joined together, and our bread, which should be our "staff of life," becomes one of the most prolific sources of disease.

There is no form of food more healthy, invigorating, and purifying, more capable of rendering us cholera proof, than a good proportion of wheat-meal, or cracked wheat. The former, made into good bread, is all that need be desired; but unfortunately, most persons have "cultivated tastes;" many do not like it, and very few indeed can or will make it. The bakers make an article called "dyspepsia or Graham bread," but it is not the thing at all. We can, however, dispense with the services of the bakers, and find, in the article of cracked wheat, as recently prepared, a dish both palatable to all reasonable tastes, and healthy to all, reasonable or unreasonable. I have used this article extensively for five or six years, at a table for water-cure invalids, and it has continually grown in my favor. At the ordinary table it would, used as a principal part of the morning or evening meal of each day, form a much better "corrective" and "digestive" than all the dinner or stomach pills ever invented by regular or irregular quacks. I have known many persons who were not on the sick-list, use it for breakfast or supper, for health's sake, and they have invariably become more and more fond of it the longer they have used it. It may be made into mush and eaten alone, or with milk, sugar, syrup, or fruits. It should be boiled two, three or four hours, to have its most pleasant flavor, according to its coarseness or fineness. I have used all the various preparations in this market.

Kelsey and Son, at their factory, No. 270, Fifth-st. are now putting up and supplying our citizens with a superior article. It is well cleaned, and quite uniformly cut and broken, instead of being unevenly mashed, as is sometimes the case. Those who have been long subject to irregular action of the bowels will find its effect, by a few weeks, perseverance, truly medicinal, as well as nutritive. To correct the morbid, and restore the healthy secretions of the stomach and bowels, and thus prepare the seat of cholera for successfully resisting it, there may be many forms of aliment as good; but none are better, and I know of nothing as convenient to procure and prepare.

R. T. TRALL, M.D.,  
15 Laight Street.

#### PHYSICAL EDUCATION.

BY "MELANOTHEON."

THE next organ which shares largely in the fountains of life is the liver; over-eating produces an immediate effect to gorge this organ, and the great vessels which lead to the heart, with fluids—the liver now becomes torpid, and the bile and the juice from the pancreas, which lie behind the stomach and directly across the spine, refuse to pour out the bile and fluids into the stomach, which is necessary for the formation of the chyme into chyle, or to separate the offensive parts of the food which is taken into the stomach from those which are taken up by the large vessels and carried into the circulation. The bile is somewhat of a soothing nature, and the pancreatic juice is somewhat of an alkaline nature. The union of these two fluids in the pylorus, just below the stomach, forms a kind of saponaceous compound, and produces the natural physic of the alimentary canal.

Whenever either the liver or the pan-

creas are diseased or torpid, the fluids of the stomach which are drunk, or which arise from the digestion of the food, become vitiated.

The bowels refuse to carry on their natural functions—they are torpid and constipated.

Here is another fruitful source of disease—headaches, apoplexies, mental aberrations, flatulence, colics, piles, fistulas, bleeding at the bowels, rheumatism, gout, inflammations of the bowels, diseases of the spleen, kidneys and the urinary organs, all follow in their train; indeed, apoplexy often follows constipations of the bowels; so does insanity, and all the different forms of lunacy and madness, worms of all sizes and kinds, of which there are no less than sixty varieties—ranging from the minutest ascarides to the hideous tape-worm of more than fifty feet in length, find a comfortable habitation and den for their prey along the whole line of the alimentary canal.

We have known cases where worms eat through the intestines, and passed into the cavities of the abdomen, and then fed upon the fluids which are produced in the stomach from food. Then, again, these reptiles may attack the liver through the passage of the gall bladder.

We have spoken of the skin as the clothing of the muscles of the animal economy; this clothing seems to be in a great degree made up of millions of vessels and nerves, which pass from the main trunk to the extremities.

The sensation of the skin is universal; the smallest point of the smallest needle which the art of man ever produced, when it comes in contact with the skin, will bring pain to the sensation and blood from the wound.

Indeed, millions of small branches from the arteries, each accompanied with two

branches of nerves, pass out from the main trunk to the external surface, and this is found to be the case not only with the external surface, but also with the internal surface of the cavity of the abdomen, of the chest, of the alimentary canal, and of the lungs.

Some authors inform us that no less than thirty-six square feet of surface is found in the internal cavities of the abdomen, lungs, chest and alimentary canal; and the external surface is as large also.

Now, the connection between the arteries and the veins, as well as the pores which discharge the fluids from the arteries, all are found at the external and internal surface of the animal economy.

Whatever deranges the circulation of the blood, whatever produces disease in it, whatever gives it an unnatural thickness, whatever increases its quantity, whatever poisons it or adulterates it, all these must create stoppages and diseases of the skin, internal and external.

Nor do the difficulties stop here; the skin now becomes jaundiced, filled with offensive matters, the bile is carried into the circulation, the adulterated fluids of the stomach in vain are carried by the arteries to the surface; here they no longer exude in the form of perspiration; the heat of the body is now increased, fevers and inflammations set in, and the other maladies which may have previously afflicted the suffering being, are frightfully increased in virulence, the nerves no longer find vent or a healthy response at the skin, and then come spasms, cramps, epilepsies, convulsions, and the horrors of the living death.

From whatever cause the vessels of the skin are diseased, we may expect to see a fearful catalogue of ills follow.

Nature no longer finding her natural outlets at the surface, salt rheum, skin

diseases, burning sensations, erysipelas, fever sores, fellons and leprosy, now knock for admission into the catalogue of human woes.

The hair of the head finds no longer its nourishment, the violated laws of nature exhibit the hidden faults of man to the gaze of a wondering and censorious world.

We do not give that consideration to the diseases of the skin which the subject frequently demands, especially during the winter season, when by continued cold weather the pores naturally become constricted. Constant and persevering bathing is required in the winter season, to keep up a healthy action at the surface; this should be with warm water, and a plentiful supply of the salts of soda, or of strong soap. In the winter the cold air throws the fluids back upon the chest; hence asthma, phthisis, coughs, colds, inflammations of the lungs and diseases of the chest, increase in frequency and malignity.

"Go wash in Jordan seven times," was the command of the prophet to the Assyrian monarch, "and thou shalt be clean;" and the human family at this day need daily ablutions from the crown of the head to the soles of the feet, to preserve their health and to protect their persons from disease.

Without daily and constantly bathing and washing, the perspirable matter will lodge near the surface of the skin, and close its pores; perspiration will become impeded, and this redundant matter is thrown inward upon the lungs and internal viscera; coughing and mucous discharges follow; the fluids accumulate in the chest and along the internal viscera, and these organs are frequently overwhelmed by a redundancy of vicious fluids, which nature in her healthy actions discharges at the surface. No person can be healthy who fails to take a thorough washing of all



the external man once a week ; in the coldest weather no person will take cold by bathing or washing who uses coarse cloth briskly for rubbing and drying the skin. If you have not a warm bath or a shower bath in your house, a large tub can be easily obtained, and whoever performs daily, instead of weekly ablutions, will find themselves vastly benefited. Without washing, no person can be healthy or cleanly, and so far do some carry this doctrine, as to say that cleanliness is next to godliness ; but we are sure that no one can be a very good man who is a dirty one. We repeat that temperance and cleanliness are among the indispensables of life.

Says the apostle Paul, "He that striveth for the mastery must be temperate in all things ;" and no one profited more by this maxim than the great apostle himself. Look at the power and force, and eloquence of his epistles to the Romans and the Corinthians ; his great, and mighty, and successful effort which he made to rouse up the pagan world, inflamed as they were against him, to embrace the pure and sublime principles of the Christian faith.

Besides, intemperance in quantity and quality, as well both of food as drinks, aggravate all the great and overwhelming diseases which we have enumerated, and produce fevers in all their trains of misfortune and consequences which afflict the human family.

We say to every man, woman and child, be temperate in all things. Eat moderately ; drink neither wine nor strong drinks ; bathe daily, if possible, to cleanse out the pores of the skin ; prepare your lungs and chest for health by breathing pure air ; bring all your muscles into daily, constant and active exercise ; let all drugs and violent medicines alone, except in case of misfortune or extreme necessity, and if you

lead a sedentary life by occupation or indolence, accustom yourself to early rising. "Early to bed and early to rise, makes a man healthy, wealthy and wise." Also spend one hour each morning before breakfast in physical trainings and exercises ; adhere firmly and resolutely to the pure drink of water, and you will not need, or thirst, or desire after any other drinks ; your blood will become pure under this training, and will course through your arteries and veins so pure, gentle and soothing, that you will live and die as calmly and as free from pain as though you sojourned in the fields of elysium. Your passions shall ever yield a ready obedience to your will ; your mind be unclouded and calm as the summer morn. You will be free from vice and error, and in a fair way to improve your morals and do your duty to yourself, your fellow-beings and your God.

#### AMERICAN HYDROPATHIC SOCIETY.

THE undersigned, physicians and laymen, believing the Water treatment, in connection with a correct regimen, to constitute the best, most natural, and hence most successful method of preventing and curing disease, as well as of producing a radical reform in the healing art, do agree to form, together with such persons as may hereafter constitutionally become associated with us, a permanent society, for the general purposes of collecting and disseminating information concerning the doctrines and practice of the Water-cure among the people, and providing theoretical and practical instruction to proper persons in the principles and details of Hydropathy, for the purpose of supplying the country with competent

practitioners, and therefore adopt the following

#### CONSTITUTION.

##### ARTICLE I.—NAME.

This Society shall be called the American Hydropathic Society.

##### ART. II.—MEMBERSHIP.

Any person, male or female, of good moral character, may become a member of this society and be entitled to all its benefits and privileges, by signing the constitution, or publishing his or her assent thereto, and paying the treasurer the sum of five dollars.

##### ART. III.—OFFICERS.

The officers shall consist of a President, five Vice-Presidents, a Secretary, Treasurer, and seven Directors, who shall be chosen annually in May.

##### ART. IV.—BOARD OF DIRECTORS.

At each annual election the President shall propose to the Society the names of fourteen persons, all of whom shall be physicians, from which the Society shall proceed to elect by ballot a Board of Directors, the seven candidates receiving the greatest number of votes, to constitute such Board for the ensuing year.

##### ART. V.—CHAIRMAN OF THE BOARD.

The Directors shall choose one of their number as Chairman, who shall preside in meetings of the Board, and act as Corresponding Secretary of the Society.

##### ART. VI.—DUTIES OF OFFICERS.

SEC. A.—The President shall preside at all meetings when present, and give a casting vote in cases of a tie.

SEC. B.—The Vice-Presidents shall per-

form the duties of President in his absence, in the order they are chosen.

SEC. C.—The Secretary shall keep a true record of the proceedings of each meeting, notify all regular and call all special meetings, and carefully preserve all books and papers belonging to his department.

SEC. D.—The Treasurer shall keep all the financial accounts of the Society, receive all moneys and pay all demands, taking proper vouchers therefor, and report the same to the annual meeting.

SEC. E.—The Directors shall collect historical, statistical, and scientific data on the subjects and objects contemplated by the Society, and lay the same before the members from time to time; prepare articles for publication; establish or adopt officially a weekly or monthly periodical as a medium of communication with the public; hold one or more *cliniques* in the city of New York, at which one of their number shall attend at least two hours of one day in each week, giving public notice of the same, with conversational lectures and gratuitous advice to the poor. They shall also make arrangements for a course of not less than ten public lectures on the philosophy and practice of Water-cure, to which students and members shall have free admission.

##### ART. VII.—SPECIAL MEETINGS.

The President and two Vice-Presidents, or any five members may call an extra meeting at any time.

##### ART. VIII.—REGULAR MEETINGS AND LECTURES.

The Society shall determine by a majority vote the times and places for holding its regular meetings and public lectures.

## ART. IX.—QUORUM.

Seven members shall constitute a quorum for the transaction of business.

## ART. X.—AMENDMENTS.

This constitution may be altered or amended by a vote of two-thirds of all members present at any regular or special meeting, after notice of the proposed alteration or amendment has been given at a previous meeting.

## OFFICERS FOR 1849.

*President.*

JOEL SHEW, M. D., New York.

*Vice-Presidents.*

FREEMAN HUNT, Brooklyn, N. Y.

S. O. GLEASON, M. D., Glenhaven, N. Y.

L. N. FOWLER, New York City.

— DENNISTON, M. D., Massachusetts.

Dr. BEDORTHA, New Lebanon, N. Y.

*Directors.*

R. T. TRALL, M. D., New York.

Dr. C. H. MEEKER, New Jersey.

E. A. KITTREDGE, M. D., Massachusetts.

M. W. GRAY, M. D., Massachusetts.

Dr. R. WESSELHIFT, Vermont.

Dr. PHILIP ROOF, New York.

HENRY FOSTER, M. D., New York.

*Secretary.*

S. R. WELLS, New York City.

*Treasurer.*

N. HOUGHTON, New York City.

*Chairman of Directors.*

R. T. TRALL, M. D.

## REVIEWS.

*The Illustrated Water-Cure and Health Almanac for 1850.* Stereotyped. Large 12mo. Price ONLY SIX CENTS, or twenty-five copies for a dollar. Published by Fowlers & Wells, Clinton Hall, New York.

THIS is the most complete hydropathic Almanac ever published, either in this or any other country. It contains as much matter as many a half-dollar book, yet it is sold at the exceedingly low price of six cents.

This new Almanac, for the year 1850, contains besides much other highly valuable matter, articles on the advancement of the Water-cure throughout the world, and the various processes of the Water-cure, illustrated with beautiful engravings, showing how to apply this (Nature's) remedy in a great variety of cases. Besides all this, the Almanac contains a choice selection of articles on physiology, anatomy, and various other important and interesting subjects, all of which will be read with avidity by every lover of hydropathy and well-wisher to suffering humanity. The calendars of this beautiful Almanac are adapted to all the meridians in the United States and the Canadas.

We may, in a future number of this Journal, favor our readers with some choice extracts from this unparalleled WATER-CURE AND HEALTH ALMANAC FOR 1850. Early orders by booksellers, agents, and friends of the cause, are solicited.

Agreeable to the announcement in our May number, the work under the following title has just been issued from the press by Messrs. Fowlers & Wells, price only twelve and a half cents, and may be sent by mail to any post-office in the United States or Canada.

*The Science of Swimming, as taught and practiced in Civilized and Savage Nations, with particular Instructions to Learners; also showing its importance in the Preservation of Health and Life.* Illustrated with Engravings.

No individual, male or female, should be without this instructor, an acquaintance with which may prevent the loss of many valuable lives. Read it, read it, one and all; you will never regret it.

Recent calamities on our waters seem to demand the publication and wide dissemination of such a work, which, it is hoped, will enable not a few to save themselves from a watery grave.

## PUBLISHERS' NOTICES.

OUR NEW VOLUME.—Arrangements are now in progress for the beginning of a new volume, to be commenced on the first of July, 1849. Now is the time to subscribe. Clubs are already in course of formation in all parts of the land. The warm season is at hand, and thousands will be glad to avail themselves of the advantages of the Water-cure system, never before so rapidly advancing as at the present time. Those who know the good it has done, will not be backward in placing the same before their friends and neighbors. It is not expected that the opponents of this glorious system will work for it, yet its friends possess sufficient zeal to give it an impetus not to be resisted even by an ARMY of "regulars" combined. In confidence, then, we call on ALL lovers of reform; yes, lovers of LIFE AND HEALTH, to see to it that this work "goes bravely on." We will give you the matter, if you give us the means, and but a short time shall elapse before this incomparable discovery shall be known and practised by the WHOLE CIVILIZED WORLD.

See new prospectus on the first page of our advertising department.

READERS are referred to our advertising department, where they will find a number of Hydropathic Institutions represented, also other matters of interest. We would call especial attention to the advertisement of our friends HITCHCOCK & LEAD-BEATER, who have recently opened a new family dry-goods store at No. 375 Broadway, New York city. From a long and intimate acquaintance with one of these gentlemen, Mr. Hitchcock, we most cheerfully assure our readers that their wants, in respect to dry-goods, may be supplied without any solicitude or apprehension of unfairness. The choicest goods, at fair prices, may always be obtained at this place. See advertisement for full particulars.

A NEW COMBINATION MAGNETIC MACHINE.—It will be seen by referring to our advertising department, that a new instrument for relieving human suffering, and re-supplying exhausted nature has recently been created. It is called the COMBINATION MAGNETIC MACHINE, and is peculiarly adapted to the use of families and physicians, to be applied in such cases as are specified in the advertisement. This instrument has been tested by experienced physicians, and its medical properties and effects clearly demonstrated, and is said to be altogether superior to any other, inasmuch as it COMBINES ALL the qualities of other instruments, and possesses such other advantages as to render it infinitely more desirable.

ADVERTISEMENTS will be inserted in this Journal at \$12 a page, or \$6 for half a page, and ten cents a line for less than half a page. The price for an advertisement in the Phrenological Journal will be \$24 a page, and \$12 for half a page, and twenty cents a line for less than half a page. We regard these terms as moderate, compared with the usual rates, when our immense circulation is taken into consideration. A greater degree of publicity may be obtained in these journals than in most other advertising mediums.

We shall scrupulously avoid all advertisements of improper tendency.

JOHN HARMON, of Ravenna, Ohio, writes as follows: "We find WATER, AIR, EXERCISE AND DIET efficacious in all cases of illness that have occurred in our family for the last four years, during which time we have used THE WATER-CURE exclusively. No deaths, nor long tedious sicknesses have afflicted us, yet we had enough of both before."

Similar unsolicited testimony is daily pouring in upon us from all parts of the land, where the blessings of this incomparably valuable system has been introduced.

A TESTIMONIAL.—I borrowed, a few days since, a number of this valuable Journal; found it such a work as I take pleasure in exerting my influence to bring into notice. For I believe that if the friends of hydropathy would try to procure subscribers for the Journal, in a few years the fraternity of "calomel and jalap venders" would receive a very poor support. I shall probably send for ten or twelve more copies next week. Respectfully yours,  
T. E. O.

L. D. POMEROY, of Ogdensburg, New York, will supply our Canada subscribers with all our publications, including the Journal, at New York prices. Mr. Pomeroy will also supply agents, at wholesale prices, with our own and other publications.

C. R. BROADBENT is now engaged in the philanthropic work of disseminating the principles of health and reform, by circulating our various publications. He is at present in Providence, R. I.

IN ELMIRA, NEW YORK, our journals and other publications may be obtained of SICKLES & FREDWICK, and of F. HALL, booksellers and stationers.

IN PROVIDENCE, R. I., our publications may be obtained of ISAAC WILCOX and O. WILMARTH, agents.

TO CORRESPONDENTS.

**Q. J. S.**—If you can sustain your proposed establishment as a manual-labor concern, all the better. But you will find, we fear, that people are too lazy to work enough to pay their way. Such, at least, has been true of manual-labor schools. For list of the "best works on Water," see advertisement list of the publishers. As with the family you mention, many can say they "have saved in three years more than fifty dollars in medical fees, and an amount of suffering untold." Go on perseveringly in the case you speak of. If the patient has taken an hundred dollars' worth of medicines, nostrums, &c., it will take time to cure her. The rubbing wet sheet, short and frequent hip baths, the wet girdle, and exercise as often as may be done prudently in the open air, will be serviceable means.

**Mrs. C.**—Yes; such complaints have been cured. Wear the wet girdle night and day, and change it often; every three hours at least, by day, and once or twice during the night. This will take down the swelling of the liver and cause better rest. Use the rubbing sheet three times a day. See *Water-Cure Manual* for explanation of this. The nearer you restrict yourself to brown bread and pure, soft water, the better. But you will have to persevere long and hard after taking so much calomel, blue pill, &c., before you can become well. Persevere especially with the wet girdle, although it will at times appear to disagree with you.

**J. G. of Big Spring, Ind.**, informs us that the *P. M.* at that place requires him to pay 2½ cents postage on each number of this Journal, which is *all wrong*. ONE CENT AND A HALF is the lawful charge out of the State in which the Journal is published, and we hope our subscribers will not submit to any imposition of this kind. Most post-masters are our friends, who know and do their duty. We have been obliged to call attention to this subject before, and we now repeat, "This Journal is subject to newspaper postage only."

**J. G.**—Shower twice a day, and use the sitz baths, &c., as now. You are in the habit of over-doing or going to some extreme, particularly when you feel a little better. Your flannel is no advantage, but a disadvantage. No one should ever wear it next the skin. Persevere year in and year out, and you will doubtless get well. Avoid most strictly the evil practices you speak of, otherwise neither water, dieting or anything else will avail you much.

**N. B.**—Are you not eating too voraciously? If so, you will find trouble enough. Increasing from 140 to 209 pounds in a few months is certainly a wonderful change. Eat less and bathe more. Also exercise freely.

**J. G.**—Your post-master has no right to charge you more for the *Water-cure Journal* than for any newspaper, the Journal not being stitched. We thank you, cordially, for your interest in the circulation of our works.

**F. H.** writes that he wishes us, if we can, to send a hydropathic practitioner to set up business at his mineral spring. Pure, soft water is always the best; therefore we would recommend a physician to those places where such can be obtained, and only such.

**W. H. D.**—It is impossible to give an opinion concerning your sister's case before having a full description of it. Chronic rheumatism is sometimes curable by water treatment; often, we may say, but by no means always.

UNPAID LETTERS to our address remaining in the New York Post Office. Binghamton, N. Y., May 20th. Sussex, N. Y., May 27th. Postage on letters should be prepaid to receive attention.

**W. B.**—We give no certificates of agency without suitable references. You will comply with this and receive the desired agency.

**D. W. R.**—Your article on the home treatment in the *Water-cure* is received, and will appear in our next.

**J. F. G.**—Your excellent communication, containing Facts, &c., is received, and will appear in our next.

## VARIETIES.

**TETOTALISM IN EARNEST.**—We suppose that Wisconsin may claim to be the banner state in the matter of legislating against the vending of spirituous liquors. By a recent law, which passed the Senate by a vote of 10 to 4, and the Assembly by 29 to 21, it is enacted that all venders and retailers of spirituous liquors shall give bond to the town authorities, with three sureties, in \$1000, "conditioned to pay all damages the community or individuals may sustain by reason of such traffic; to support all paupers, widows and orphans; pay the expenses of all civil and criminal prosecutions made, growing out of, or justly attributable to such traffic." And it is made the duty of the officer holding the bond to deliver it to "any person who may claim to be injured by said traffic."

The sincere friends of temperance will watch the results of this sweeping legislation with some anxiety. No slight consequences can follow from so thorough a measure. If the experiment proves successful after a fair trial, other states will no doubt follow the example of Wisconsin.

**CONTENTMENT.**—Why this continual harping about contentment, contentment; what does it mean? If it would recommend that we should follow continually in the old-fashioned wake of conservatism, we would prefer to be *discontented*. Were we to adopt this course, no reform, no advancement in science, religion, politics, or anything else, would ever be made. We should recline in our easy seats, content ourselves with that threadbare old saying "all's for the best," and make no effort to improve our condition in life. In fact, were we on a tread-wheel even, our good old-fashioned friends would advise us to remain there! for the height of early happiness consists, in *his* estimation, in perfect contentment. All this is as wrong as it is ridiculous. *Why!* Mr. Conservative—always behind the age. Had we followed *your* example, we should never have discovered the incomparable blessing and advantages of Hydropathy.

**Importance of National Health.**—Health and strength are a nation's best possession in peace, and her surest defense in war. In both, the power of making great, rapid, and continuous efforts is, at least, as important as the possession of ingenious machines and powerful artillery; and the time perhaps, is not far distant when the cost of provisions and mechanical skill and dexterity shall be so nearly equalized, that superiority shall mainly turn on the strength and power of endurance of the mechanic and soldier; and that nation which has best husbanded its living resources, shall be most prosperous in all things.—*Scientific American*.

A more obvious truth was never spoken, so says HORACE HOWARD.

**Squirrels Reared by a Cat.**—The Indiana Whig gives a curious instance of the transfer of maternal affection and solicitude. A young man in Boone county, Kentucky, found a nest of three young squirrels, and on carrying them into the house, he placed them with a bevy of young kittens, and, strange to tell the mother cat adopted the little foundlings into her family, bestowing as much care and kindness upon them as upon her own offspring. The squirrels are now about a month old, and have become entirely domesticated, living upon the same pap, and adopting the habits of the feline brothers and sisters.—*Scientific American*.

**THE PRESS.**—The press is a messenger of truth, the herald of science, the interpreter of letters, the amanuensis of history, and the teacher of futurity. Like the sun, it dispels the gloom of night, irradiates the shade of ignorance, and pours a flood of knowledge on the world; it dilates the perceptions of man, extends his intellectual vision, inspires his heart with sensibility, and his mind with thought,

and endows him with past and present omniscience" (humanly speaking,) it directs his way to the temple of fame, and discovers to him the path by which man may ascend to the highest pinnacle of MORAL AND INTELLECTUAL ELEVATION.

It is seldom we fall upon so many truths in brief, as are contained in the following lines from a philosophical correspondent. They are a short sermon, which we commend to all who are o'ervauling in their ambition:

Our ingress in life is naked and bare,  
Our progress through life is trouble and care,  
Our egress out of it we know not where,  
But doing well here, we shall do well there,  
I could not tell more by preaching a year.

The Editor of the Bangor Ensign says that many of the owners of stores in that city refuse to rent their buildings to rum-sellers. Their example might be followed, with good results, by the store owners of Portland. So says the Transcript, and we would respectfully recommend the "owners of stores" in ALL OTHER places, to do likewise.

A Mrs. Miller of Harrisburg, recently gave birth to five boys, all of whom are "alive and kicking." She had previously given birth to two at one time, and three at another, making ten in four years. This is a growing country!

Verily, she intends to do her part towards "multiplying and punishing the earth."

**How to make Children take Medicine.**—I first coax, then bribe, then threaten, spank, and finally choke; but I think to begin with the choking would be the best way.

So say the "regulars."

The California companies, in camp at Independence on the 21st of April, numbered 25,000 persons, extending 70 miles, and had with them 3000 head of oxen and mules. They were to take up their line of march the ensuing week.

"I killed ninety-nine pigeons at one shot this morning," said an old fowler. "Why didn't you make it a hundred while you were about it?" said his friend. "Do you suppose I would tell a lie for one pigeon?" was the reply.

**Deaths in New York.**—During the year 1843, there were 15,919 deaths in the city of New York. Of these, 8,343 were males, and 7,576 females. There were 7,020 adults, and 8,899 minors.

## THE LAUGHING CURE.

*A Bad Character.*—We always were aware of the importance of preserving a good reputation for truth and honesty, but we have met with nothing lately so well calculated to impress upon the mind the disadvantages of having a bad character, as the following anecdote :—

A mortal fever prevailed on board a ship at sea, and a negro man was appointed to throw the bodies of those who died, from time to time, overboard. One day, when the captain was on deck, he saw the negro dragging out of the forecastle a sick man, who was struggling violently to extricate himself from the negro's grasp, and remonstrating against the cruelty of being buried alive.

"What are you going to do with that man, you black rascal?" said the captain.

"Going to throw him overboard, massa, 'cause he's dead."

"Dead! you scoundrel!" said the captain—"don't you see he moves and speaks?"

"Yes, massa, I know he say he no dead, but he always lie so, nobody know when to believe him!"

*Taking a Shower Bath.*—Doctor—"Well, how did your wife manage her shower-bath, deacon?"

Deacon—"She had real good luck. Madame Moody told her how she managed. She said she had a large oiled silk cap, with a cape to it, like a fireman's, that came all over her shoulders, and—"

Doctor—"She's a fool for her pains—that's not the way."

Deacon—"So my wife thought."

Doctor—"Your wife did nothing of the sort, I hope."

Deacon—"Oh, no, doctor, she used an umbril!"

Doctor—"What! used an umbrella; what the mischief good did the shower-bath do her?"

Deacon—"She said she felt better. Her clothes wan't wet a mite. She sot under the umbril for half an hour, till all the water had trickled off, and said 'twas cool and delightful, and just like a leetle shower-bath in summer. Then she took off her things, and rubbed herself dry arter."

*Snoring.*—My uncle Phil was an awful snorer. He could be heard further than a blacksmith's forge; but my aunt became so accustomed to it, that it soothed her repose. They were a very domestic couple and never slept apart for many years. At length my uncle was required to attend a court some hundred miles distant. The first night after his departure, my aunt never slept a wink; she missed the snoring. The second night passed away in the same way, without sleep. She was getting into a very bad way, and probably would have died, had it not been for the ingenuity of a

servant girl; she took the coffee-mill into my aunt's chamber, and ground her to sleep at once.

*A Horse Fly.*—An English paper tells the following ludicrous story: Two gentlemen, angling in the Thames at Newham, lately, could not agree upon the appearance of one of their baits, the horse-fly, and they agreed to refer the question to a rustic, whom they saw ploughing at a little distance, and accosted him thus: "Boy, did you ever see a horse-fly?" "Whoy," said the fellow, with some astonishment, "noa, dr'at it I never seed a horse fly, but I once seed a sow fall down a precipice."

A country clergyman being opposed to the use of the violin in the church service, was, however, overruled by his congregation, who determined upon having one. On the following Sunday, the parson commenced the service by exclaiming in long-drawn accents, "You may f-i-d-d-l-e and s-i-n-g the fortieth psalm."

A physician having been out gunning a whole morning without killing a single bird, his servant begged leave to go into the next field, for he was sure there were some birds there—and, adds he, "If there are, I'll doctor them." "Doctor them?" said the master—"what do you mean by that?" "Why, kill them, to be sure, sir."

*A Complication of Disorders.*—"What did — die of?" asked a simple neighbor. "Of a complication of disorders," replied his friend. "How do you describe this complication?" "He died," answered the other, "of two physicians, an apothecary, and a surgeon?"

One of those country editors who "print for glory and live on trust," earnestly entreats his delinquent subscribers to decipher the following puzzle, and follow the precept which it contains: RETNIRP EHT YAP.

"Has my client paid your client any money?"

"Not that I know of; but why do you ask?"

"Because," replied the first lawyer, "I'm afraid they will settle the case between themselves, and we shall get no fees."

"It don't weigh as much as I expected," said a countryman, as he took his pig from the scales, "and I always thought it wouldn't."

Why is a blush like a little girl? Because it becomes a woman.

*A Conundrum.*—Why is a printer's last apprentice called "the devil?"

## LITERARY NOTICES.

THE WESTERN OLIVE BRANCH, a family newspaper, published at Cincinnati, has commenced the publication of scientific articles on ANATOMY AND PHYSIOLOGY, by W. MATHEWS, M. D., which add greatly to the interest of the paper. These articles are well written, and adapted to the comprehension of the non-professional reader.

We regard this as one of the "signs of the times." When these subjects become sufficiently popular, they will take the place of the romance and nonsense with which many literary (!) newspapers are now filled. The Western Olive Branch is doing more good than many other papers of much higher pretension. We hope Dr. Mathews will collect these "scientific articles," and print them in another form, suitable for preservation.

BROOKLYN DAILY FREEMAN. Walter Whitman, Editor.  
Price six cents a week.

This is a new, spirited, interesting reformatory daily newspaper, which has recently been laid before the public. Although small in stature, it is clothed with material of the finest fabric, well manufactured, and made up after the most modern fashion in every particular. It belongs to the progressive school, and will not be found away back, behind the lighthouse, on any occasion, on any subject. May its success and patronage be equal to its merits!

HUNT'S MERCHANTS' MAGAZINE continues to attract the attention of statesmen, senators, financiers, merchants, manufacturers, and all classes engaged in business, throughout Europe and the States. In a recent number we find the following: "I regard it as an invaluable work for the use of all who would understand, not merely commercial operations in this extending country, but the fiscal and economical questions involved in the administration of the government. I am, with great respect, your humble servant."  
"WILLIAM H. SEWARD."

THE PORTLAND TRANSCRIPT has just commenced its thirteenth volume, in an entire new dress. The Transcript is one of the most readable papers printed. Its tendency is reformatory, not radical, yet takes liberal views of important questions in politics, religion, temperance, &c. The selections are rich, and possess much real life, spice, and wit—just such a paper as will please everybody.

THE INDEPENDENT. This, as many of our readers already know, is a new religious paper, published in the city of New York. It professes to be independent in everything, although of the Congregational school. It is a very large sheet, and contains probably more matter than any other religious paper in the United States, and is, at the same time, almost exclusively original. From the amount of labor bestowed upon it, we may predict that the Independent will meet with a very large share of public patronage. Terms \$2 50 per year, in advance. Rev. Dr. Bacon, Rev. J. P. Thompson, and Rev. R. S. Storr, Jr., Editors, and Rev. Joshua Leavitt, Assistant—a strong editorial force, truly.

MESSRS. RISO & LEEFE, 18 Cortland Street, New York, have sent us a beautiful Lithograph Portrait, with the following inscription:

"CAPT. SIR JOHN FRANKLIN, F. R. S., K. C. H., born 1788, Commander of the Arctic Expedition in the Polar Seas; sailed from London, 19th May, 1846.

"TWENTY THOUSAND POUNDS (\$100,000) REWARD.—Official Notice.—The undersigned desires to give public notice

that her Majesty's Government offers a Reward of £20,000, to be given to such private ship, or distributed amongst such private ships, of any country, as may, in the judgment of the Board of Admiralty, have rendered efficient assistance to SIR JOHN FRANKLIN, his ships, or their crews, and may have contributed directly to extricate them from the ice in the Arctic Regions.  
"ANTHONY BARCLAY,  
"H. B. M. Consul."

FRANKLIN'S BIBLE CARTOONS, for the school and family, designed by John Franklin; published, in map form, by C. S. Francis & Co., 232 Broadway, New York, price 12 1-2 cents.

The Northampton (Eng.) Herald says: "The idea is a good one, and the work is admirably adapted for the office it is intended to perform, viz: an aid to the study of Scripture."

THE NEW CHURCH REPOSITORY and Monthly Review, devoted to the Exposition of the Philosophy and Theology taught in the writings of Emanuel Swedenborg. Conducted by PROFESSOR GEORGE BUSH.

Whatever may be thought of this new (yet old) philosophy by those unacquainted with it, or by those whose temporary interests it may be to oppose it, we have nothing to say. But to those who wish to examine, investigate, and understand it, we would most cheerfully recommend the New Church Repository. Professor Bush is the leading American exponent of this system of theology, and is, in every respect, competent to impart a complete knowledge of everything relating to the doctrines of Swedenborg.

THE THIRD ANNUAL CATALOGUE and Repository of the V. A. S. Association of the N. H. Conference Seminary, of Northfield, N. H., 1848-9, has been sent us. We have perused it with interest, and have marked, for a future number of the Water-Cure Journal, one of its most valuable articles. The society is represented to be in a good condition.

SYSTEMATIC FLORA.—In a recent number of the Cincinnati Medical Recorder and Surgical Journal, we notice a prospectus of BROWN'S SYSTEMATIC FLORA and Complete Vegetable Expositor, price \$1 00, to be published in numbers. When this work appears, we shall take pleasure in giving it a review.

THE LITERARY UNION is the name of a weekly newspaper recently commenced in Syracuse, New York, edited by J. M. WINCHELL and JAMES JOHNNOT; published by W. W. NEWMAN; price \$2 a year. The contents of this new literary candidate are well adapted to the family circle. Those who read it will be enlightened and most agreeably entertained. We like the spirit of the paper much. It is folded in a convenient quarto form, designed for binding.

Published by FOWLERS & WELLS, Nos. 129 & 131 Nassau st., New York. Sold by W. B. ZIEBER, Philadelphia; BELA MARSH, and T. WILEY, Jr., Boston; STRATTON & BARNARD, Cincinnati; J. C. MORGAN, New Orleans; J. S. TAFT, Houston; C. DONOVAN, London.

Printed by FOWLER and WELLS, New York.