

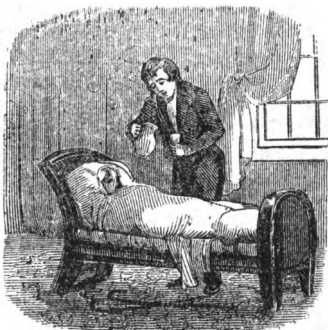
THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

THE WATER-CURE PROCESSES ILLUSTRATED.

BY R. T. TRALL, M. D.

AMONG the hydropathic appliances may be reckoned all the usual methods of warm, tepid, cold, and shower bathing, besides a variety of processes peculiar to the water-cure system itself. The most important of these are the following :

THE WET-SHEET PACKING.



This is admirably calculated to answer two general indications, which are manifestly leading ones in a long catalogue of maladies both acute and chronic, viz: to reduce the heat of the body and the force of the circulation, and, as an alterative, to correct morbid and restore healthy secretions. It produces also, incidentally, a powerfully detergent or cleansing effect, and generally exerts a wonderfully sedative or soothing influence on the whole nervous system. The first disagreeable sensation of cold is usually soon followed by a pleasurable warmth over the whole

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surface. It is capable of superseding, to advantage, bleeding, antimony, salts, hydriodate of potassa, (iodide of potassium,) calomel, and opium, and a hundred other more or less injurious agents.

In fevers, and in all acute inflammatory disorders, it may be employed with a freedom exactly proportioned to the degree of morbid heat and strength of the pulse; that is, continued with frequent changes until the temperature and circulation are reduced to the natural standard, and the skin becomes soft and perspirable. Much sweating is not to be desired.

In nearly the whole range of chronic complaints there is one prevalent morbid condition, ever varying in intensity, yet consisting essentially in a deficiency of blood in the superficial and capillary vessels, and a disproportionate accumulation in the large internal vessels, with consequent congestion in some one or more of the viscera. To reverse this condition, relieve the overcharged organs, and supply the deficient, the wet-sheet process, aided by proper auxiliaries, is the best known remedial agent.

If any one doubts the purifying efficacy of this process, he can have a "demonstration strong" in the following experiment: Take any man in apparently fair health, who is not accustomed to daily bathing, who lives at a first-class hotel, takes a bottle of wine at dinner, a glass of brandy and water occasionally, and smokes from three to six cigars per day. Put him in the "pack," and let him "soak" two hours; then take him out, and the *intolerable stench* will convince him that his blood and secretions were impure, and

that the excretory functions have become unusually free.

The time for remaining "packed" varies greatly in different cases. Thirty to sixty minutes is about the average time; though fifteen minutes is long enough for some cases, while some few may require two hours. Persons of highly nervous temperament, and active though feeble circulation, and those laboring under great debility, accompanied with considerable irritability, should only remain enveloped until the body becomes tolerably warm and comfortable. Those of more torpid circulation and phlegmatic temperament, unattended with much debility, may remain a much longer time.

Much of the comfort or disagreeableness of the process depends on the skill and dexterity of the attendant. There is science in applying wet cloths to the naked body, as well as rubbing in an ointment, or putting on a blister. A person may be "packed" so slowly, loosely, and unevenly by an awkward hand, as to find the whole affair from beginning to end exceedingly uncomfortable; or the clothing may be so rapidly and nicely adjusted, as to give the patient an hour or so of actual enjoyment.

Light cotton, hair, or sea-grass mattresses, or even straw for those accustomed to very hard beds, may be used for "packing." On one of these spread from three to five large thick comfortables, then a pair of soft flannel blankets, and, lastly, the wet sheet lightly wrung out so as not to drip. Two pillows placed on the mattress are necessary for the head. The patient, laying down flat on the back, is quickly enveloped in the sheet, followed by the blankets and comfortables. A light feather bed may be thrown over the top, in which case two comfortables less will be required. If the feet remain cold, bottles of hot water should be placed to them. Headache is prevented or removed by the application of cold wet cloths. In wrapping up the patient, great care should be taken to turn the clothing snugly and smoothly around the feet and neck. For very delicate persons, the sheet should at first be wrung out of tepid, or even warm water. On coming out of the "pack,"

the plunge, douche, rubbing wet sheet, or towel washing may be employed, as either is specially indicated.

THE DOUCHE.



The primary object of this process is to arouse the absorbent system, and this it certainly accomplishes in a most powerful and effectual manner. It is well adapted to chronic enlargements of the viscera, tumors, swelling and stiffness of the joints, local attacks of gout and rheumatism, obstinate constipation, the incipient stage of tubercular consumption, and many other disorders. The force of the stream and time of application should always be carefully adapted to the strength of the patient. Very nervous persons, and those subject to a determination to the brain, must resort to it with extreme caution. I suspect some patients of a high degree of nervous irritability have been injured by using it with too much force, too frequently, or too long. The stream should generally be directed to the back of the neck, spine, hips, shoulders, and joints. A moderate stream may be directed against the chest and abdomen, when indicated.

THE RUBBING WET SHEET.

This produces a strong and general determination to the whole surface of the body. The shock is slight, and is rapidly succeeded by a vigorous reaction, which is maintained as long as desired by active friction. It is applicable to all cases where a strong diversion from the internal viscera, or the mucous membrane of the alimentary canal, to the skin, is required.

It is more or less serviceable in nearly every case where the patient has sufficient reactive energy to prevent a permanent chill. In the forming stage of fevers, and in the early stages of bowel complaints, diarrhœa, dysentery, cholera, etc., it is particularly valuable. In these cases it should be applied several times a day, and the skin rubbed energetically and perseveringly. In the great majority of skin diseases, it is among the best resources of hydrotherapia.

When used drippingly wet, a large tub or dripping-pan is necessary for the patient to stand in. The sheet is thrown suddenly around the body, which it closely envelops from the neck downward, and the body is thoroughly rubbed by the hands of the attendants outside the sheet. In ordinary cases, from five to ten minutes are sufficient.

THE SITTING BATH.



This answers the double indication of a tonic and derivative. In affections of the head and chest, it proves an efficacious revulsive measure; and in weakness, irregularity, obstruction, and torpor of the lower organs of the pelvis and abdomen, it serves as a powerful corroborant or strengthening process. Any common wash-tub will answer for its administration, though it is more convenient to have vessels made for the purpose, the bottom raised a few inches from the floor, the back side raised to rest against. The water, as a general rule, should cover the hips and lower portion of the abdomen. It may be of any temperature, from very warm to extremely cold, according to the

case; and the time of application varies from five to thirty minutes. The cool and cold sitting baths are far the most frequently indicated, and the usual time is from ten to fifteen minutes.

In the cold stage of fever, the warm sitz bath very much mitigates the severity of the chills, and, if followed by the cold rubbing wet sheet when the hot stage of the paroxysm supervenes, will often break up the attack in a few hours. In acute inflammations of the liver, stomach, bowels, spleen, and kidneys, they should be used very frequently, conjoined with the plentiful use of tepid or cool water in injections. Debility of the external muscles of the abdomen, caused by the excessive use of tea and coffee, or crooked positions of the body, evinced by short breath, weakness in the small of the back, and trembling of the knees, is greatly benefited by this process, used as cold as can well be borne. A blanket is usually thrown around the patient during this bath.

THE HALF BATH.



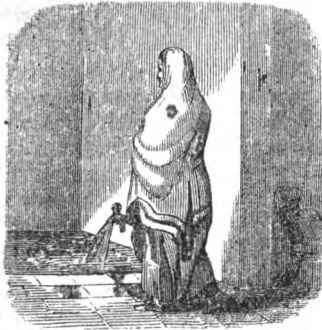
This is recommended in those cases where the strongest determination from the upper parts of the body is necessary, as in consumption, inflammation of the brain, lungs, and heart, quinsy, croup, asthma, etc. Though its employment seems directly at variance with the commonly received medical theories of the day, experience has sufficiently attested its virtue. It is also used where the full bath is deemed too powerful for the reactive ability of the patient. The temperature and duration must be governed

by the circumstances of each case. In private families, any tub large enough for the patient to sit upright in will answer. The water should cover the lower extremities and principal part of the abdomen. The body should be well rubbed by the attendant, assisted by the patient himself.

THE DRY PACKING.

This is used mainly as a sweating process, or to warm up the body preparatory to other applications. It is not employed by hydropaths as often as it formerly was, though in some conditions it is highly advantageous. The packing is done precisely as in the former case, with the exception of the wet sheet, which is left out. In patients who do not react well after a plunge, douche, or sitz bath, and who are too feeble to exercise by walking, I have found excellent effects from a half hour's dry packing after coming out of the bath. It is also serviceable in cases of great exhaustion, in persons unaccustomed to the application of cold water in any form, to both precede and follow the cold application, until the system acquire some degree of reactive power.

THE PLUNGING BATH.



Immersing the whole body up to the neck quickly, where the patient has room and opportunity to exercise himself under water, is all that is essential to the full benefit of this process. The shock produced is much less than most persons would at first expect; while the reaction is generally sudden, equal, and agreeable. It may be advantageously employed, more

or less, in the great majority of chronic diseases. It is one of the best morning baths, taken on first rising from bed, and is very frequently the most appropriate application on coming out of the wet sheet "packing." The only conditions which appear to contra-indicate it are extreme debility, excessive nervous irritability, and too strong determinations to particular parts.

THE FOOT BATH.

Most persons are aware of the intimate connection between the whole nervous system and the feet, manifested by the extraordinary susceptibility of the soles of the feet to external impressions; and such persons must readily appreciate the importance of this remedial appliance. The potency of mustard, onions, garlic, vinegar, ginger, pepper, and other pungents, applied to the feet in a variety of aches, pains, cramps, and spasms, has long been celebrated among physicians and nurses. The intelligent hydropath will admit the importance of the principle—sympathy—upon which the employment of those articles has been based, while he will produce every desirable result of them all with simple water. As a derivative in affections of the head and chest, it is often used in connection with the sitz bath, with which it may be advantageously alternated. To prevent or remedy habitual cold feet, it is absolutely indispensable in a hydropathic course. Active exercise, in this case, should generally precede and follow the cold foot bath. The rules given for the regulation of the sitz bath will apply to this. Any vessel large enough to admit the feet, and water enough to cover them ankle deep, will answer.

LOCAL APPLICATIONS.

Under this head may be included head, nose, eye, mouth, and other topical baths, fomentations, wet bandages, etc., for which we have not room for a more lengthened notice. They are all indispensable parts of one remedial whole, and are not only substitutes for, but a great improvement on, blisters, setons, issues, leeches, scarifyings, plasters, caustic, liniments, and the

like. Warm cloths or hot fomentations are applied to relieve pains from spasms, contractions, etc., and cold ones frequently



renewed, as adapted to local pains from inflammatory affections. The latter also act as corroborants to weak muscles and joints, for which purpose they should always be changed as often as they become warm or very dry. In consumption, bronchitis, and other affections of the chest and throat, the wet jacket—a piece of crash cloth made to fit the upper portion of the body, and covered with a dry cloth of soft Canton flannel or muslin—should be worn constantly. In dyspepsia, liver complaints, and constipation, the abdominal wrapper is used. Wet bandages to the whole lower part of the abdomen are essential auxiliaries in the hydropathic management of most female diseases. Topical inflammations require the wet bandages applied as near the seat of disease as possible, and changed very often.—*From the Water-Cure Almanac for 1850.*

FRESH AIR ON THE SABBATH.

Churches should be thoroughly ventilated at the close of each meeting, windows and doors thrown wide open for several hours. The same also should be done on Saturday. Even pure air shut up in a close room soon becomes poisonous, unfit for use; it lacks the principle also of life, vigor and elasticity. It induces dullness, drowsiness, deadness, and renders the services comparatively barren and unprofitable. For this reason, there should be a constant and free circulation of pure fresh air during the exercises of the sanctuary.

MRS. GOVE'S EXPERIENCE IN WATER CURE.

(Continued from our last Number.)

To all who are interested or uninterested in water-cure, I have something to say; for all are interested in health. We fall little short of the truth when we say that the whole world is sick. I have hesitated somewhat as to what portion of my experience I should give to the public in the present number of the Water-cure Journal. I have decided to speak to women, and mothers particularly, being satisfied that I cannot achieve a higher good than to enlighten these as widely as possible with regard to the conditions of health and disease. I have endeavored to give plain, practical, *home* directions. Many women are ill and wretched, and feel life to be a burden instead of a blessing, who cannot go to a water-cure house to recover their health. But they have wells and springs of pure water at home. What they want is instruction. Many of them display a heroism in the endurance of suffering equal to that of Washington, or Bonaparte; and give them knowledge, and that same heroism will save them—will restore them to health and usefulness.

And for every individual thus relieved, an added joy will spring in my life, whether I know the fact of such relief or not. "We are all members one of another," and the universal life-spirit circulates in every heart more freely and joyously, for every new influx of wisdom, and goodness, and consequent health that is received by the world.

The following directions and cases are written for my sisters in all plainness of speech. I love truth too well to conceal it, and thus obstruct its blessings. I had hoped to speak in this number on the causes of infant mortality. This must be deferred to the next number of the Journal. But all must see that the health of children is intimately connected with, and absolutely dependent on, the health of mothers.

PARTICULAR DIRECTIONS TO WOMEN.

Women have too long contemplated their diseases as the atheist contemplates the world—as coming without a cause. There is much hereditary disease, and ten-

dency to disease; aside from this, we are responsible for our illness, and this responsibility, which I am now contemplating, is not removed from us because we are ignorant of the laws and conditions of health. If we take poison we are responsible, whether we do it ignorantly or advisedly; that is, the body is responsible, and we cannot escape. Our ignorance of physical laws never lessens our suffering when we violate them.

Women have many troubles, of which they know neither the cause nor the cure. They think these things come upon them because they are women.

The most common diseases of women are painful and obstructed menstruation, fluor albus, and prolapsus uteri. Properly speaking, these are all symptoms attendant on a weakened or prostrated nervous system.

The causes of these affections are various. Hereditary disease comes first, then the ignorance and errors of mothers, as to the training of their children; tight dressing, impeding the circulation of the blood and nervous energy, excessive amateness and its indulgence, either social or solitary. All these causes, and many more, waste the vital or nervous power, and the result is, what are called female diseases, such as fluor albus, or whites, obstructed or painful menstruation, piles, prolapsus uteri, or falling of the womb, and general neuralgic affections, such as tooth-ache, and other facial pains, and a great many other miserable aches.

The question first to be answered by each woman who finds herself suffering from either of the above maladies is—what is the cause of my disease? Is it tight dressing, improper food, or drinks; late hours, the round of fashionable dissipation; or is it excessive labor, or mental anxiety, or excessive indulgence of amateness?

We must not hide from ourselves the fact that solitary vice in young persons, and the too great indulgence of amateness by married partners, are powerful producing causes of all nervous diseases. We must look life in the face, and meet its evils. In all cases of female weakness, the

cause or causes must be first ascertained and removed; then the different applications of water are rapid in curing the disease. In whites, and falling of the womb, the sitz bath, vagina syringe, and wet compress about the abdomen, will often cure without other applications of water, when the cause is removed.

Interrupted menstruation is often a cause of great alarm, but it is only a symptom of weakness, or disturbance in the vital economy, and as soon as the strength is restored, or the disease overcome, the vital energy is again at liberty to cause this secretion. In water-cure, menstruation is often suspended for some months, with much advantage to the patient, as the nervous power required to produce this fluid is employed in building up and restoring the body to health, when the menses will again become regular.

The different processes of water-cure, with the exception of the douche, are passed through at the period of the menses, not only with safety to the patient, but with great advantage. Ladies have often made inquiry of me relative to the use of baths during the menstrual period, and I take this method of replying to all at once. Baths, with the exception of the douche, should be used more at this time, if there is any difference, than at any other.

CASE OF UTERINE DISEASE.

Mrs. ——— had been several years afflicted with falling of the womb and nervous debility. She was a woman of great natural energy, had borne several children, and felt the strongest wish to take proper care of her family. But her unfortunate disease baffled all her wishes, and the skill of the physicians to whom she resorted. She had constant leucorrhœa, piles, and pain across the back, with the dragging-down sensation in the abdomen and back, which so generally attends prolapsus. She had also painful and irritating dyspepsia, whatever she might eat. So capricious and unhealthy was her appetite, that she took whatever she fancied, and suffered accordingly.

When she came to me for advice, she said she could not go from home to a

water-cure house to be treated. Whatever she did, must be done with such slender means as she could have at home. I saw at once that I might trust to her energy, when once she had the requisite knowledge.

I gave her advice. The following is a copy of the directions in her case—

Thorough sponge bath on rising, with much friction with a soft flesh brush.

Put a wet bandage about the abdomen; pin it quite low, so as to support the uterus. Wet this bandage three or four times a day. Mid forenoon take a sitz bath, beginning with tepid water; take it fifteen minutes, and gradually cool the water. In a week use the water cold. Mid afternoon repeat this bath. Move the bowels with the syringe every morning; use the vagina syringe four times, injecting a pint of water each time, cold.

Eat no pork, fat meat, or gravies; no pastries, and no condiments, except a little salt.

Drink only cold water. Eat fruit and brown bread. Sleep on a mattress. Wear no clothing in the night that you have worn during the day. Ventilate your rooms thoroughly. Make all your clothing loose.

These directions the lady followed to the letter. In a few weeks an eruption appeared upon the abdomen, which was succeeded by a plentiful crop of boils, which extended over the surface covered by the wet bandage. The bowels recovered their tone and regularity. The piles ceased. The distressing leucorrhœa was cured. The digestion became good. The uterus recovered its contractile power. The pain in the back, the languor and weariness, were gone. In a word, the patient was *well*, and that by a course of domestic treatment, and in less than five months.

CASE OF UTERINE AND NERVOUS DISEASE.

Mrs. ———, a lady of large brain and very active temperament. She was piously educated, and with large benevolence and conscientiousness, had the most intense desire to be useful. But all her wishes were rendered abortive by the state of her

health. In early childhood she became addicted to the solitary habit, so prevalent amongst children and young people, and so very hurtful. The result was, that at the period of maturity there was entire prostration of the tone of the nervous system. The uterus was so weakened, that there was flooding about three-fourths of the time. The commencement of the menstrual illness was marked by severe pain, and the dullness, languor, weakness, and despondency which were present the remainder of the time, kept the patient much of the time confined to her bed. I first saw the patient in the summer of 1840. She was then florid from determination of blood to the head, and a good deal bloated from a dropsical affection, owing to the loss of blood. A superficial observer would have called the lady very healthy. The pupils of the eyes were much dilated, owing to the weakness of the nerves of vision. This gave the eyes a very brilliant appearance, and added to the general impression that the lady was in good health.

She had attended one of my lectures, in which I spoke of the effects of solitary vice upon the nervous system. This was the first light she had had on the subject. She was interested and appalled. She seemed to herself to have taken the very first lesson in self-knowledge. She immediately came to me for advice, with the frankness and earnestness of a true woman and a Christian. She told me everything in her case that seemed needful to be known. I gave her general directions, such as she could follow at home. The principal of these were, to lie on a hard bed, to resolve firmly not to be seduced into a single repetition of the fatal practice, to live on simple diet, to drink only water, and bathe daily. In the winter of 1846 she again called on me. She had married meanwhile, but had not waited till her strength was restored. The consequence was, she had suffered a miscarriage in an advanced stage of pregnancy, and was reduced to great weakness. Her state was about the same as when I first saw her. This condition of weakness and uselessness, to one who has the nature of an apostle, who would do and

suffer all things to make the world better, was very terrible. If she only had been obliged to submit to suffering and privation in consequence of her illness, she would have borne it very patiently, but the sting of her disease was that it hindered her from doing the good that her heart continually impelled her to do.

I was greatly affected by the earnestness and loveliness of spirit, and at the same time the utter powerlessness of this dear lady. I recommended her to come at once under full water treatment at my house. She came, and began immediately to gain strength. She went on progressing very rapidly for some time, when she became pregnant. She then returned home and kept up mild treatment, suited to her state, till the seventh month of pregnancy, when she was seized with whooping cough. Thinking it only a cold, she neglected to call on me till she became very bad; she then came to me. At this period I never saw whooping cough so violent. The accessions of the cough were such, that I feared miscarriage momentarily. I put her under treatment, which consisted principally of a succession of wet sheets and pouring baths. In one week the cough was so far cured, that it was not even an inconvenience. But the concussion of the cough had been too violent for the weakened and delicate uterus. She was taken with labor in another week, when seven and a half months advanced, and bore one dead and one living child. The labor was four and a half hours, and *very* severe. The birth of the children was greatly complicated by the rupture of the membranes, which occurred at the very commencement of the labor, and the fact that there was unnatural presentation with both. A quarter of an hour after the birth, she was washed in cold water, and slept. The next day she arose and walked to the sitz bath, and after the bath she sat up some time.

The lingering illness of the infant was a very great injury to her health, as she exerted herself greatly in its care. Its death occurred after some weeks, and then she immediately recovered her strength by the proper application of water.

The year after she bore another child

with comparatively light suffering. She was able to walk to the cold bath the next day after the birth of this child, and to go out of her room in one week. She continues to enjoy comfortable health.

CASE OF RUPTURE AND PREMATURE DELIVERY.

The following case is illustrative of the terrible sufferings to which women are liable from their diseases, and the malpractice of physicians; and though in some of its features it is of an extraordinary character, it is but one of hundreds, in which women unnecessarily suffer, first from their own ignorance of the laws of their being, and next from the deplorable and inexcusable quackery of pretenders to medical science.

Mrs. D., a lady of New York, was afflicted with inguinal hernia, (rupture in the groin,) during the seventh month of her pregnancy. The family physician was consulted, and, instead of using the proper means for reducing the hernia, he decided that it could not be done without first bringing on labor, which he proceeded to attempt by the administration of ergot! The operation of this poison upon a diseased nervous system, was terrible and disastrous. The unnaturally excited efforts of the uterus to expel the fœtus, did not produce the desired effect, but brought on the most frightful convulsions, and after three days of indescribable sufferings, the whole system sunk, and the action of the uterus entirely ceased, nor could the deadly ergot excite it to another effort. At this stage the fœtus was extracted with instruments.

After this scene of wrong and outrage, in which this delicate, diseased and nervous lady had been a victim, and in which she had suffered a thousand deaths, besides the wholly needless murder of her offspring, I was called to attend her in a second pregnancy. Her recent sufferings had weakened an already diseased constitution, and the retchings and vomitings were so severe as to threaten abortion. She was treated with the half pack in the wet sheet, constant fomentations of wet linen to the stomach, sitz baths and injections. In a week, the sickness at the

stomach was gone. In the seventh month of pregnancy the intestine again descended, and symptoms of miscarriage appeared. Pressure immediately reduced the rupture, a wet bandage and wet compress were applied, and secured so as to fit properly. The half pack was again resorted to. The nervous system was thus soothed, and strength restored. The patient, from being in much suffering and unable to sit up at all, became very comfortable in health, and able to sit up, and walk about without any inconvenience.

Those who had recommended doctors, and trusses, and medicines, were greatly disappointed and troubled, when they saw her supported by a simple compress and bandage, fashioned of cloth, (properly, of course,) and saw her pain relieved, and her strength restored, and simply by the aid of water in its various applications.

The delight of my patient at this happy change may be easily imagined, for the remembrance of her former sufferings was awfully vivid, and no persuasions could induce her again to trust herself in the hands of a physician, though but few, holding the same rank in the regular profession, it is to be hoped, would treat a case of hernia with ergot and a miscarriage. For the honor of humanity, it is to be hoped that more would vote for the indictment of such a practitioner, than would defend his practice.

I attended the case to its termination. A constant and persevering application of the proper processes of water-cure increased the health and strength of the patient. Her labor was attended with but little suffering, and no inconvenience from the rupture; and she was able to leave her room on the third day after delivery, and mother and child have got on as well as could be desired.

Those who accuse water-cure physicians of speaking harshly of the poisonings and malpractices of allopathic doctors, need but to be acquainted with such facts as the above, to sympathize with us in our impatient feelings, and with their abused patients in their needless sufferings.

M. S. GOVE NICHOLS,
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PHYSICAL EDUCATION.

BY "MELANCTHON."

THE subject of respiration, or breathing, is one that imperiously demands the attention of every person who expects to be benefited by Physical Education.

The process of respiration is that of drawing air into the lungs and throwing it out again.

Respiration is essential to all animal existence.

Wherever the work of drawing pure air into the lungs, and forcing it out again, is to be carried on with any tolerable degree of facility, all other things being equal, the animal economy of man will exhibit him in a state of perfection both mental and physical, so far as it can be obtained in this lower world.

A person of ordinary size consumes about thirty cubic inches of oxygen gas in a minute; he breathes twenty times in a minute, and every time he breathes takes into his lungs fifteen cubic inches of atmospheric air, which contain three cubic inches of oxygen gas; so that one half of that which is inspired disappears in every act of respiration; this will amount to about two thousand cubic inches in an hour, and forty-five thousand cubic inches in twenty-four hours. Thus one man will consume in twenty-four hours all the oxygen contained in a space of three hundred and twelve square feet. Whenever an individual shall breathe air that is adulterated with impure or noxious matters, although he may obtain the requisite quantity of air in volume, yet the laws of nature are violated, and his health must suffer; so if the volume of air is rarefied by heat, the quantity of oxygen to supply the blood through the lungs will be diminished, and the individual lose his strength and become enfeebled. A hot climate destroys the physical powers of man, while,

on the contrary, a cold climate, by condensing the atmosphere into a small space, and affording a greater quantity of oxygen in a given number of square feet, surprisingly increases the faculties of the being called man.

The earth is surrounded by an atmosphere supposed to be about forty-five miles in height.

This atmosphere is formed of countless millions of atoms of oxygen and nitrogen gases united in the proportion of twenty-two parts of the former to about seventy-eight parts of the latter, in a quantity of one hundred inches, or a greater or smaller quantity.

At the surface of the earth the temperature is above the freezing point; were it not so, the whole earth would be covered with an eternal mantle of ice.

In the latitude of New York, at about four or five miles above the surface of the ground, there is a perpetual icy arch of the atmosphere, or the air is in the temperature of eternal frost. The peaks of mountains which penetrate it are covered with perpetual snow. This arch is highest under the equator, where it is between fifteen and sixteen thousand feet; that is, a mountain which rises sixteen thousand feet from the level of the ocean under the equator, will show the top covered with perpetual snow.

The height of this arch above the earth grows lower as we approach the poles from the equator, until it meets the earth a few degrees this side of each pole, where there is constant snow and ice.

In latitude 50° north, the distance from the earth to this perpetual region of snow is about six thousand feet; in latitude 55° north, it is about five thousand feet; in latitude 80° north, it is scarce five hundred feet; and in latitude 85° it is scarce one hundred feet. At the poles water must

have remained solidified or congealed into ice since the creation. Under this state of things we see that the atmosphere is more condensed as we pass north from the equator, and contains a greater quantity of the vital principle. The human family becomes more athletic and vigorous; indeed, northern nations always conquer southern, or those which inhabit warm latitudes.

People who move from the cool bracing climates of the north, soon fall into feeble health, and depreciate as they approach the equator.

In latitude 45° the atmosphere contains far more of the elements of life than in latitude 20° . The people born within the tropics are smaller and feebler in frame, digest their food imperfectly and in smaller quantities; the lungs and heart and liver are of a less weight by some two to three pounds than those who inhabit the highest latitudes.

While the capacity of the brain diminishes, the mind appears to lose much of its resolution and courage, and we see a strong disposition in the human family born within the tropics and warm climates, to submit to conquest and slavery, while as we proceed northward we find a race of warriors seeking glory at the *cannon's mouth*, capable of great endurance of hunger, fatigue, cold and heat, and, when convenient, capable of feeding on the higher and stronger kinds of food, such as fats, oils and tallow of animals, and digesting this food with facility and impunity.

Doctor M. Smith, in performing a series of experiments, came to the following conclusions:

1st. The volume of air ordinarily present in the lungs is about twelve pints.

2d. The volume of air received by the lungs at an ordinary inspiration is one pint.

3d. The volume of air expelled from

the lungs at an ordinary expiration is a little less than one pint.

4th. Of the volume of air received by the lungs at one inspiration, only one fourth part is decomposed at one action of the heart, and this is so decomposed in the five-sixth parts of one second of time.

5th. The blood circulates through the system, and returns to the heart in about one hundred seconds of time, which is exactly the time in which the whole volume of air in the lungs is decomposed. These circuits are performed every eight minutes; five hundred and forty circuits are performed in twenty-four hours.

6th. The whole volume of air decomposed in twenty-four hours is two hundred and twenty-one thousand eight hundred and eighty-two cubic inches, exactly five hundred and forty times the volume of the contents of the lungs.

7th. The quantity of blood that flows to the lungs to be acted upon by the air at one action of the heart is two ounces, and this is acted on in less than one second of time.

8th. The quantity of blood in the whole body of the human adult is twenty-four pounds avoirdupois, or twenty pints.

9th. In twenty-four hours fifty-seven hogsheads of air flow to the lungs.

10th. In the same time twenty-four hogsheads of blood are presented in the lungs to this quantity of air.

11th. In the mutual action that takes place between these quantities of air and blood, the air loses three hundred and twenty-eight ounces of oxygen, and the blood ten ounces of carbon.

The blood, as it goes round the system, leaving a little bony matter here, a little muscular there, supplying the nails, and the hair, and the skin, and everything with the particles which, in the wear and tear of the machine they have lost, loses

by degrees its bright, scarlet and arterial color, and by the time it comes round again to the lungs, is no longer fit to perform its duty; it has been robbed of all its principles most essential to life, and it must be renewed and prepared afresh before it can be of any further use. This is done in the lungs; and this process is what physiologists call the vital part of respiration.

Some of these remarks have been selected from the excellent treatise of Dr. Charles A. Lee, at pages 252 and 253. They show the indispensable requisite of every person who wishes to enjoy health to be supplied with a great quantity of pure, cool and wholesome air to breathe—always in the open air, giving health and strength. People who dwell in cellars and basements, or low, damp apartments, never can enjoy health, and are sure to become diseased in body and enfeebled in mind; indeed, such is the deleterious effect of imperfect ventilation upon the animal economy, that medical authors tell us that parents who reside in cellars soon contract disease and are afflicted with children born with malformations. So common are these misfortunes that seventeen out of one thousand births will present an offspring with a want of a hand, arms, legs or feet, or sight or hearing.

It therefore becomes of the highest importance that the lungs should be supplied with abundance of pure, cool, and wholesome air.—(*To be continued.*)

A GOOD SENTIMENT.—The following was recently given at a public meeting, by J. H. Burnham. **THE COLD WATER PRACTICE**—No quack medicine—it will cure the delirium tremens.

By a Son of Temperance. **COLD WATER**—No liquid is so pleasant to the unperverted taste, except the LIQUID-ation of the Sons' claims on the hearts of the Daughters of Temperance.

THOUGHTS ON WATER. NO. I.

BY W. A. ALCOTT.

I have been sometimes thought a little heretical on the subject of drinks; more so, I believe, than in regard to food. The president of a collegiate institute, several years since, denounced me as an "impracticable," because, as he intimated, I taught the doctrine of Dr. Lamb, of England, that man is not a drinking animal.

Now, whatever may be my real heresies, Mr. Editor, I am, without doubt, as orthodox on the subject of drinks as yourself or any hydropathist could desire; and this the said president might have known had he taken pains to read for himself the statements to which he appealed. They were the accounts I gave of certain medical experiments made about the year 1840; and were carefully published in the Boston Medical and Surgical Journal, the New England Farmer, and my own Library of Health.

Man, to be healthy, needs a great deal of water in his system. It is more necessary to him than solid food. Pereira, in his work on Food and Diet, at page 30, justly represents air as the most important element of human existence; but *water next*. Water has something more than a merely negative influence on animal life and health. It cools and dilutes the fluids, to be sure; but it does much more. It invigorates the whole frame-work. Were it not so, it is almost impossible to believe that all kinds of ingesta would contain it, in such large proportion. Dr. Lee, of New York, in his appendix to Dr. Pereira's work, at page 277, tells us that such is the abundance of water in most vegetable substances used for food, that "the vegetable eater swallows five pounds of fluid daily." But he might have almost included the flesh-eater in that statement; for animal food, except the fat, contains about three parts in four of water, according to the best authorities.

Permit me, for the benefit of a part of your readers, such I mean as me, who may not have access to the best authorities on this subject, to present the following table, the object of which is to show what bountiful provision the Creator has made

for furnishing the most indolent with water:

	Per cent. of water.
Wheat, dried, contains about	14.5
Rye,	16.6
Barley,	13.2
Oats,	20.8
Corn,	18
Peas,	16
Beans,	14.11
Potato,	75.9
Turnip,	92.5
Beet,	87.8
Carrot,	87.6
Cabbage,	92.8
Cucumber,	97.14
Cantaloupe melon,	90
Peach,	80
Gooseberry,	81
Cherry,	75
Plum,	71
Fig,	16
Date,	24
Rice,	5 to 7
Milk,	87 to 88
Egg, white of	85
Egg, yolk of	53.77
Flesh,	74 to 78
Blood, (in flesh and elsewhere)	80
Fish,	76 to 80.5
Rye Bread,	31 to 33

Not a few readers may be surprised at the vast amount of water found in potatoes and other roots, and in the fruits; but still more so, perhaps, at the almost equally large proportion of water found in milk, eggs, flesh and fish. They will also notice, with some surprise, the comparatively small quantity of water in rice, rye, wheat, corn, barley, &c. But then they will immediately recollect that in the form in which these substances are brought to our tables the proportion of water is greatly increased. A pound of rice, for example, though in its dry, uncooked state it contains but 5, 6 or 7 per cent. of water, absorbs in cooking some two or three times its own weight of this fluid; and the same is true in the preparation of very many of our dishes from wheat, corn, rye, &c. Even plain rye bread, as we see from the table, is about one-third water.

It is worthy of remark that the water in

our food is somewhat adapted to the necessities of the season. Thus, in the hot season, when we perspire most freely, the water we receive through the medium of our food is greatly increased. Observe that the substances which we use most in winter—the grains and their products, with rice, peas, beans, figs, dates, &c., have far less of water in their structure than melons, cucumbers, peaches, gooseberries, currants, cabbages, beets, carrots, turnips, &c. Observe, too, that of all substances named, those are most abundant in water which are most perfect about the termination of the great heats of summer, when they are most useful and agreeable.

But the subject upon which I have entered is a broad one; and I must close my remarks for the present.

NEW LEBANON SPRINGS WATER CURE ESTABLISHMENT.

BY N. BEDORTHA.

It has been now four years since the opening of this house for the treatment of invalids on the hydropathic system. During that time there have been upwards of five hundred invalids, afflicted with every variety of disease, who have visited this institution and received treatment. The public have been, in some measure, apprised of the facilities which the place affords for the water-cure treatment, and also of the success which has attended it. For a summer resort no place has superior advantages. Surrounded by mountains, and being on a hill, it enjoys all the advantages of pure air, delightful scenery, and retired and romantic walks, that the invalid or pleasure-seeker could ask or wish for. If a person has sufficient strength for the task, he can find mountains, wild and rugged enough to tax all his powers; and if he be a lover of the beauties in nature, he will be amply rewarded by the extended prospects of observation. The Catskill mountains; the valley of the Hudson River, with the intermediate and opposite scenery, will lie open before the vision. The tower, which commands a view of all this scenery, is a common resort in the summer. If any one prefers to ride, an extended valley lies in close prox-

imity to the springs, and is under a high state of cultivation. The Shaker village and gardens, which are easy of access, are sources of great interest and curiosity to every one; also a beautiful lake, in which fish abound, is in the vicinity, to which many resort for diversion and amusement. Water-cure guests are generally of the class that need recreation and diversion. Dyspepsia and Hypochondria, and many other ills are more than half cured by a cheerful spirit, which results from a pleasant home and inviting scenery. This place again promises to be a safe retreat from those pestilential and contagious diseases which threaten to visit the cities the coming season. During the year of the cholera, in 1832, the place was thronged by people who fled from the cities, but no case of cholera occurred. Health generally pervades the place. Water-cure is no longer an experiment: thousands have tested its reality, and stand forth before the world as witnesses of its efficacy. This season gives again an opportunity to the invalid to test for himself the virtues of the water-cure.

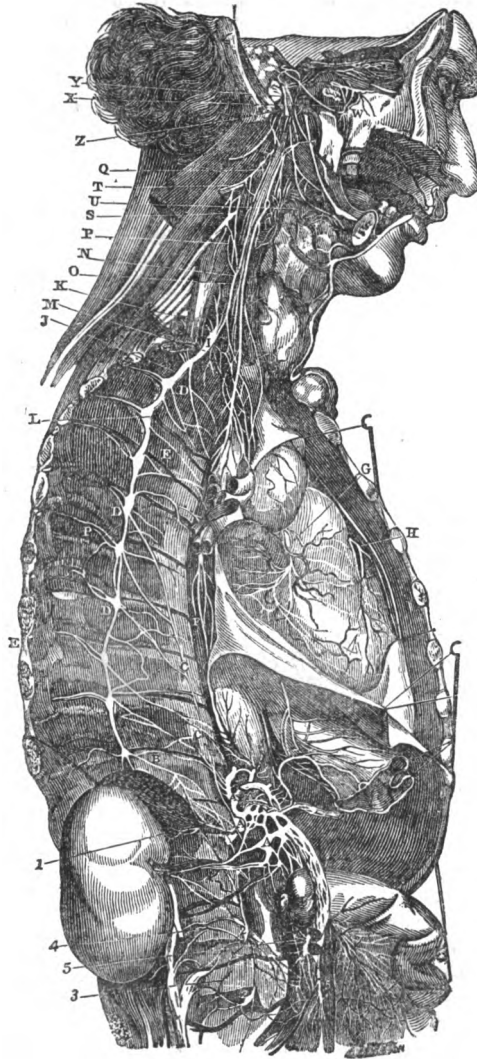
Brains and no Brains.—A shallow-minded, tyrannical pedagogue asked a boy who was dull at his "letters," how long a person could live without brains. "How long has ye lived *yerself*, sir?" was the retort.

J. H. C.

HOME.

That old and knotted apple-tree
That stood beneath the hill!
My heart can never turn to it
But with a pleasant thrill.
Oh! what a dreamy life I led
Beneath its old, green shade,
Where the daisies and the buttercups
A pleasant carpet made.

I am thinking of the rivulet,
With its cold and silvery flow—
Of the old, grey rock that shadowed it,
And the peppermint below.
I am not sad, nor sorrowful;
But memories will come;
So leave me to my solitude,
And let me think of home.



THE GREAT SYMPATHETIC NERVE, OR GANGLIONIC SYSTEM OF VEGETABLE LIFE.

AAAA Semilunar Ganglion and Solar Plexus. The ganglion is placed upon the base of the two pillars of the diaphragm, one being on each side, and the right generally larger than the left.

B Small Splanchnic Nerve. Consists in the union of two or three twigs, furnished by the last thoracic ganglion.

C Great Splanchnic Nerve. Formed by the junction of three, four, five, or eight twigs, coming from as many thoracic ganglia.

DDD Thoracic ganglia. Ten or eleven in number, corresponding with the posterior part of the lateral side of the body of the dorsal vertebrae; most of them rest on the head of the ribs; others correspond with the level of the intercostal space.

E Internal Branches. All of them are attached upon the

body of the vertebrae, and advance, ramifying and communicating with each other, towards the median line, where they are distributed over the œsophagus and the aorta.

F External Branches. Two for each ganglion, very different from each other; one large, red, pulpous, and going to the intercostal nerve; the other much smaller, white, giving off no twigs, and passing from the intercostal to the ganglion.

G Right Coronary Plexus. Passes between the pulmonary artery and the aorta, and accompanies the anterior coronary artery.

H Left Coronary Plexus. Passes before the left branch of the pulmonary artery, goes to the posterior side of the heart, and accompanies the left coronary artery.

I Inferior Cervical Ganglion. Placed behind the vertebral artery.

J Inferior Twigs. Commonly a single branch communicating with the first thoracic ganglion.

K External Threads. Very slender, and communicating with the last cervical and the last two dorsal pair: some filaments pass round the subclavian artery.

L Internal Twigs. Very minute, and distributed to the longus colli, upon the anterior part of the spine: some of them descend to the pulmonary plexus.

M Anterior Threads. Two or three in number, constituting the inferior cardiac nerves.

N Middle Cervical Ganglion. Placed on a level with the body of the fifth or sixth cervical vertebrae, and covered by the internal jugular vein.

O Interior Twigs. Three or four in number, all passing over the interior cervical ganglion.

P External Twigs. Vary much in number, and give off ramifications communicating with the cervical pairs and the phrenic nerve.

Q Superior Cervical Ganglion. Situated on the anterior and lateral part of the second, third, and fourth cervical vertebrae.

R Superior Branches. Two in number, and placed behind the internal carotid artery.

S Inferior Branch. Rarely double, and descends upon the great rectus muscle as far as the middle cervical ganglion.

T External Branches. Their number very variable; they communicate with the first, second, and third cervical pair.

U Submaxillary Ganglion. Situated upon the internal side of the submaxillary gland, a little below the stylo-glossal muscle.

V Vidian Nerve. A branch springing from the posterior side of the sphenopalatine ganglion.

W Naso-palatine Branch. One of the internal branches of the sphenopalatine ganglion, entering the nasal fossae by the sphenopalatine foramen.

X Sphenopalatine Ganglion. Placed in the summit of the zygomatic fossa.

Y Ophthalmic Ganglion. Situated in the orbit, and occupies the external side of the optic nerve.

Z Auditory Nerve and Membrane of the Tympanum, containing, within its cavity, four small bones, viz., the stapes, the incus, the malleus, and the os orbicularis.

1 Renal Plexuses. Furnished by threads coming from the solar and coeliac plexuses, and from the last dorsal ganglion, the first lumbar, and the small splanchnic nerve.

2 Lumbar Ganglia. Commonly four or five; the first corresponds with the body of the first lumbar vertebra, the last with the fifth.

3 Internal Branches. Numerous; go downwards and inwards to the aorta, where they are lost in the aortic plexus.

4 External Branches. Two of these, at least, arise from each ganglion; they follow a course more or less flexuous towards the anterior branches of the lumbar nerves.

5 Aortic Plexus. Formed by threads from the solar plexus, superior mesenteric, renal, small splanchnic nerve, and internal branches of the lumbar ganglia.

Dr. Newman, in his work on Fascination, remarks as follows: The cut shows the ganglionic system of organic life, giving a general idea of the two lives, vegetable (organic) and animal, that belong to our system.

The body and the mind can exist independently of each other. In concussion of the brain, sensation, thought, and locomotion, the functions of animal life are entirely passive, while the organic continue with the usual activity and regularity. Sleep, which I will refer to again in a short time, affords a less striking instance.

Dr. Good remarks that in cases of suspended animation, by hanging, drowning, or catalepsy, the vital principle continues attached to the body after all the vital functions cease to act, often for half an hour, and sometimes for hours. In the year 1769, Mr. John Hunter, being then forty-one years of age, of a sound constitution, and subject to no disease except a casual fit of the gout, was suddenly attacked with a pain in the stomach,

which was shortly succeeded by a total suspension of the action of the heart and lungs. By the power of the will, or rather by violent striving, he occasionally inflated the lungs, but over the heart he had no control whatever; nor, though he was attended by four of the chief physicians of London from the first, could the action of either be restored by medicine. In about three-quarters of an hour, however, the vital actions began to return of their own accord, and in two hours he was perfectly recovered. Sir Everard Home observed that in the attack there was a suspension of the most material involuntary actions; even involuntary breathing was stopped, while sensation, with its consequences, as thinking and acting, with the will, were perfect, and all the voluntary actions, were as strong as ever.

Dendy mentions cases in which this power of disconnection was voluntary. Colonel Townsend's case was one of undoubted authority. That officer was able to suspend the action of both his heart and lungs, after which he became motionless, icy cold, and rigid, a glassy film overspreading his eyes. As there was no breathing, the glass held over his mouth showed no apparent moisture. Though all consciousness would pass away, yet the colonel could re-animate himself when he chose. Dr. Cleghorn relates the case of a man who could stop the pulse at his wrist, and reduce himself to the condition of fainting by his will.

Though it is only in rare cases that the will has any power over the nutritive organism, yet the emotions always exercise a very considerable influence. Every one has experienced the manner in which ill news spoils the appetite. Some cases of the effects of imagination, in producing fear, and thus exciting disease, we have already reviewed, but a few more will not be out of place here. Platerus tells us of some girls playing near a gibbet, when one of them threw stones at a criminal suspended on it. Being violently struck, the body swung, and the girl, believing it was alive, and was descending from the gibbet, fell into violent convulsions and died.

Wesloff was detained as a hostage by the Kalmucs, and was carried along with them in the memorable flight to China. His widowed mother had mourned him as dead, and on his sudden return, the excess of joy was fatal instantaneously. In the year 1544, the Jewish pirate, Sinamus Taffurus, was lying in a port of the Red Sea called Orenoe, and was preparing for war, being then at variance with the Portuguese. While he was there, he received the unexpected intelligence that his son (who, in the siege of Tunis, had been made prisoner by Barbarossa, and by him doomed to slavery,) was suddenly ransomed and coming to his aid with seven ships well armed. He was immediately struck as if with apoplexy, and expired on the spot. The same effect was produced upon the door-keeper of Congress during the revolution, who, on hearing the news of a victory won by his countrymen, fell back and expired in ecstasy.

NEW-YORK, JULY, 1849.

TO THE FRIENDS OF HYDROPATHY.

WITH this number we commence the EIGHTH VOLUME of the WATER-CURE JOURNAL AND HERALD OF REFORMS. A few brief statistics will interest our readers and patrons.

In April, 1848, the undersigned assumed the publication of this Journal. Instead of thirty-two, it then contained only sixteen pages monthly. Its circulation at that time did not amount to a thousand copies. In fact, it was less than nine hundred. In the course of four months, (to July, 1848,) it reached TWO THOUSAND, and in December, 1848, FIVE THOUSAND, and in the next six months, up to July, 1849, it had reached TEN THOUSAND.

In consequence of this rapid, unexpected, and unprecedented increase, we have been obliged to reprint several of the back numbers in order to supply our subscribers.

We shall commence the present volume with TWENTY THOUSAND copies, not doubting a corresponding increase on previous volumes.

We take no credit to ourselves for this HYDROPATHIC TRIUMPH. The real merits of the cause, together with the good efforts of our friends, have not only placed this Journal on a firm foundation, but have secured for Hydropathy a place amongst the SCIENCES AND REFORMS OF THE AGE.

FOWLERS AND WELLS, Publishers.

CHOLERA IN NEW YORK.

BY JOEL SHEW, M. D.

ABOUT the middle of the month of May of the present year, soon after cholera broke out in the Five Points, in this city, I went to some extent among the subjects of that dread disease. Most of the inhabitants at and about the district mentioned are among the lowest and most abandoned of the human race. Nearly all are intemperate, and always drink liquor when they can by any possibility obtain it. The first victims of the disease appeared all to be drunkards, and such as had been living long in habits of inebriety.

CASE I. I found, at No. 25 Orange street, second story, and in a dark back room, a woman named Mary Leonard, apparently about thirty years of age, and who had already been nearly twenty-four hours in cholera. There was not a single article of furniture in the room; and some

old rags of bed clothing, upon the floor, was all she had to lie upon. The evening before, when she was attacked, some male friend started for a physician. He had not yet returned, having probably got drunk on his way. This not unfrequently happens in the Five Points: the husband or other near friend starts for a physician in a case of emergency, and for days does not return. Thus the poor sufferers are left often without either medical attendant or nursing, except such as their neighbors choose to afford them.

This patient had clearly marked symptoms of cholera, namely: vomiting, and purging of rice-water discharges, cramps, severe prostration, great oppression at the stomach, distress in the head, and cold sweats. She was as nearly pulseless as could be; indeed, at times no pulse could be felt; thirst was raging; she had no medicine, but took water or some similar drink, according as thirst demanded. She had a great craving for buttermilk. I told her to drink buttermilk and water, half and half, all that she desired, and that I would return in a short time and see her again. It was with difficulty that she could be roused sufficiently at all to speak.

On going back to the place, I found the patient had grown warmer; in other words, reaction was coming on, without which recovery could not possibly take place.

By this time the authorities had succeeded in arranging a temporary hospital in Anthony street. From the extreme filthiness of the place, and the utter impossibility of pursuing anything like a good treatment in such a place as where the patient was, I became convinced it would be better to have her sent to the hospital, where she would have, to say the least, good nursing. The foul air of her dark room was of itself quite sufficient to make any one sick. I reported her to the authorities, but could not persuade her to go willingly to the hospital. She was evidently improving; but in the evening it was thought best to remove her, even against her will. I saw her from time to time in the hospital; a mild treatment was pursued, and she recovered gradually. There can be no doubt, however, but that she would have recovered sooner without any medication whatever, good nursing being all that was needed to effect a cure. To the credit of the attending physician, it is to be remarked that he caused the patients to be made clean as soon as circumstances would allow.

CASE II. In an adjoining room to the one above,

a woman, (whose case had been reported by the authorities, as being one of cholera, a week previous, she having just removed from No. 20 Orange street, where the disease first commenced,) told me she took no medicine, and only drank great quantities of water, and buttermilk and water, and that she thus recovered. She, also, was of very intemperate habits, and lived in a cellar, probably as filthy and pestilential as any in the city. She said the muscles of her limbs were in different places drawn up so much into knots by the cramps as yet to remain very sore. In a day or two more, a large swelling came upon the arm, resulting in abscess. I saw her two or three times; and then having to leave the city, directed her to send for one of the Dispensary physicians, who are employed by the city to attend gratuitously upon all such persons. She went to Bellevue Hospital, and I have not heard from her since.

CASE III. I saw a child, three years old, in Anthony street, near Five Points, the same day (toward evening) of finding Mary Leonard, above spoken of. The child was attacked the day before. Both of its parents had already died of cholera. It was in a miserable attic room when I found it; an aunt was nursing it, lying on the floor on some dirty rags; the aunt's husband was intoxicated, and did far more harm than good. One of the city physicians, I was told, had been there in the morning; and some medicine, I know not what, had been given. The child was growing worse, however, and appeared actually to be struck with death. Its eyes were rolled upwards; the pulse was gone at the wrist; and the breathing as near suspended apparently as could be, and yet remain. I advised the aunt to give it as much water, with a small spoon, as it would take. She wanted a certificate, in order that she might get it buried. I told her to wait, for it was possible it might recover; although no such result could be reasonably expected, judging from all appearances in the case.

In about an hour I returned again, in company with the very efficient Health Warden, Mr. OWENS, and two other gentlemen, at which time the child appeared to be slightly better; afterwards, the physician who had seen it in the morning came. I saw it three times in all, that afternoon and evening, after which it was removed to the hospital; but previous to this, considerable reaction had come on. The child soon recovered—whether

by the aid of medicine, or in spite of it, is a question which is quite settled in my own mind; but is not, however, capable of positive proof. Be that as it may, the child was running about in less than a week's time, comparatively well.

CASE IV. In Cross street, near the Points, a woman was taken down the same day with Cholera, in the street; a kind-hearted and able physician, who had much experience in the disease when it raged in New York before, and was also in the Hospital at Glasgow, Scotland, during the past winter, when Cholera raged there to a fearful extent, found her, and had her conveyed up stairs into an attic room, where some females undertook the care of her. The physician, whose name I do not feel at liberty to use, remained with her an hour and a half, sent for some medicine at his own expense, and then went elsewhere. Falling in with him, he accompanied me to the residence of Mary Leonard, and also to the place where the child, above spoken of, was. He regarded both of these cases as perfectly hopeless. We returned to see the patient in Cross street; and by some means the medicine ordered had not been received. He again remained with the patient some time, and there appeared to be hopes of her recovery; but she died—I think, either late that night or early in the morning, about the time she was conveyed to the hospital.

CASE V. Mrs. D., a worthy woman of this city, residing at 95 Columbia street, had, about the twentieth of May, an attack resembling slight cholera. She experienced nausea, with great thirst and purging, like cholera. There was, however, no vomiting; there were, at times, cramps in the stomach. She took no medicine, and ate little or nothing for three days. The third day, being the first I knew of her case, I advised the free use of tepid injections; also water drinking, as much as was desired; and the application of wet compresses about the abdomen. She was probably slightly better at the time of my giving this advice. The applications appeared to act favorably; and she gradually recovered.

It would hardly be proper to call this a case of cholera; but it was apparently more nearly that than anything else; and doubtless, a little imprudence in the way of eating, drinking, or the taking of medicines at the time, would have thrown her into a very dangerous condition. Her health is naturally feeble.

CASE VI. On the 5th of June I was called to visit Mrs. W., of Columbia street, South Brooklyn; her husband had had cholera the week previous; and she, taking the principal care of him, both by night and day, became very much exhausted. Monday, the day before I was called to see her, she had done a heavy washing; she was taken the same afternoon with symptoms of cholera—that is, with purging and vomiting—first of bilious matter, and afterwards the rice-water fluid. Extreme prostration very soon came on. Having confidence in the water treatment, and the Water-Cure Manual being at hand, she determined to do what she could for herself. During the night she took cold hip baths; injections of cold water, and had cold wet cloths put upon the abdomen. Every application made her more comfortable for the time; but they were not, however, as often resorted to as would have been desirable. In the morning she was growing rapidly worse. At this time I was sent for; but the family, not knowing positively whether I could be obtained, a homœopathic physician, living very near, and who had attended her husband, was called in. In consultation we agreed that the water application should be used to the fullest extent I desired, and also, that at the same time, homœopathic medicines in an attenuated form, should be given, as he should deem best. It was remarked, however, that in connection with the water-treatment it would be very difficult, if not quite impossible to ascertain whether these medicines would produce any effect. The water applications would be far more speedy in their actions, and thus it would not be possible to tell whether the medicines would prove of any service.

For the cramps heavy wet towels were laid upon the parts affected; over which hard, brisk friction, with the hands, was applied; and in every instance where cramps came on, as in the calves of the legs, the thighs, and the feet, these applications were sufficient, in her case, to cause entire relief in a very short time, often in a single minute. Whenever a desire to evacuate the bowels was experienced, a full injection of water, two quarts, or more, as much as the patient could retain, was given. This would cause an immediate movement; and after resting a few minutes from the fatigue, very decided relief was, in every instance, found to follow the application. There was also, at times, a sensation of great weight and oppression, as the patient expressed it, be-

tween the stomach and bowels. This was also always mitigated very much by the injections. Drinking to the full extent of the thirst was all the time allowed. Ice alone was taken whenever it was desired; at other times ice water (very pure rain water was used), at other times the water without the ice. Wet cloths were kept upon the abdomen as much of the time as the patient desired; and she wished them almost constantly; and also upon the thighs. These cloths were changed frequently.

After about four hours of the treatment, the system had been so completely saturated with water, both externally and internally, the raging thirst which the patient had experienced was very nearly gone. The tendency to cramps also quite disappeared. At different times great relief was caused, by the free drinking of lukewarm water, to promote vomiting. This method is good in all diseases in which nausea is experienced. The water hastens the vomiting, and renders it far more easy, and by its cleansing effect upon the stomach, always prolongs the periods, and makes the patient better, and more comfortable in every respect.

At evening, Mrs. W. began to ask for food. A little light water-gruel of Indian meal, with a trifle of salt, was given. It should be remarked, she was able to sleep somewhat in the afternoon. During the night, the second of her disease, she continued to improve, and in the morning was apparently free from all danger. I told her that with their own knowledge of the matter, and their very excellent family physician being so near, it would not be necessary for me to call again.

CASE VII. Margaret Dunphe, a worthy servant girl, nineteen years of age, short built, of strong muscular frame, one year from Ireland, and who had lived with me the past summer, but who was now at No. 95 Columbia street, in this city, at service, was on the morning of the 6th of June, at about 5 o'clock, attacked with severe vomiting and purging. The discharges, I was told, became watery and light colored, like those of cholera. She was seized with trembling and great prostration, and was doubtless to a certain extent under the influence of fear. She expressed herself as having cramps in the stomach, and a very bad feeling in the head—then there would be a period of more ease, and then again the cramps would return. She had also great

thirst; and having unbounded confidence in water, and knowing something of its modes of application, (she having been a good deal among water-patients,) drank all she desired. This doubtless benefited her very much.

I at once had her removed to another part of the city, where her sister was staying, so that she might receive proper attention, the family being sick where she resided. An entire tepid bath was given, with a good deal of pouring cold water upon the head; this latter application made her more comfortable, and she practiced it of her own accord. The bathing, pouring of water on the head, and the water-drinking, appeared wholly to arrest the disease, except that she felt weak.

Here, by some means, came a great change in a very short time; for when the patient was at Columbia street, the cramps were so severe as to cause her to fall upon the floor and faint, for how long a time she could not tell, as she was alone. As I before remarked, she had unbounded confidence in the water-treatment, as well as in the physician who prescribed it. These circumstances, no doubt, had much to do in the matter. The evening of the same day of her attack, she took again a general bath, and a trifle of nourishment in the form of water-gruel; she slept well during the night. The next morning she took another bath, and although somewhat weak, was able again to go to her place of service. No injections were used in this case, no other means save those I have mentioned. The case is to be regarded as one of a mild attack of cholera. But doubtless many a case like it has been made a very bad one by the pernicious effects of injudicious medication.

I cannot conceive that it would have been possible for Margaret Dunphe to have been attacked with cholera, could she have lived, as was her custom and choice, when at our establishment. She had for some months been in the habit of eating fine bread instead of coarse, and rich food generally instead of the plain and simple. She had also been without baths. Doubtless, the habits she had practiced while with us, would account in some measure for her very rapid recovery.

From what I have seen of cholera, I have, to say the least, no less confidence in the water treatment in this dread disease, than I had when publishing my lectures on the subject six months

ago.* I believe, moreover, that a large majority of cases would recover without any other treatment than *ad libitum* water drinking and good nursing.

Let not our readers be frightened now in the cholera season at every little attack of bowel complaint that may come on. These are often only the normal efforts of nature to expel morbid matter from the system, and should not, therefore, be at all interfered with. Above all, let me urge upon all such as desire to keep free of cholera, as well as all other diseases, to adopt that course of diet and general regimen I have laid down in the lectures referred to.

RESULTS OF HYDROPATHY.

BY E. T. TRALL, M. D.

THOSE who have made themselves acquainted with the philosophy of this truly "reformed" system of the healing art, need no prophet's ken to perceive that, vast as have been its beneficent results thus far, wide-spread as have already become its doctrines and advocates, and mighty as has been the revolution it has already worked in the minds of hundreds of thousands as regards their views of the prevention and cure of disease, yet, still happier results, still greater effects, still mightier changes are among those "coming events" now unmistakably "casting their shadows before."

Hydropathy dates back only a quarter of a century. Ten years ago it was scarcely talked of in the United States. It was discovered by the plain, matter-of-fact, unsophisticated observation, and modeled into a system by the careful experience and practical judgment of an illiterate German peasant—illiterate as far as the schools of medicine are concerned. Happily for its unparalleled success and prospective triumph over the accumulated errors of three thousand years, his mind remains unoccupied with the learned jargon of medical books, and untrammelled with the conflicting vagaries of their authors to this day. The water-cure system never could have been as well developed by a mind once biased by the speculations, and "cabined, cribbed, confined," by the approved theories of what is called

* Lectures on Cholera, by JOEL SHEW, M. D. Fowler & Wells, 131 Nassau street, New York, publishers. Mailable. Price 25 cents.

regular orthodox medical science. It wanted just such a man as Vincent Preissnitz.

What is Hydropathy? Not as many suppose the mere use of *cold*, wet sheets, douches and plunges, and other *watery* appliances; but the external and internal employment of water of all appropriate temperatures in every remedial way, together with a general physiological regimen and the regulation of all the voluntary habits according to the laws of life and health. In plainer parlance, it is the adaptation of water, temperature, air, exercise, clothing, food and drink, to the preservation of health and the removal of disease. It contemplates the use of Nature's *materia medica* according to her own laws.

Why should not such a system meet the most uncompromising opposition from all who are established in and satisfied with the existing order of things? Why should not prejudice, pride, ignorance and interest join in one loud clamor against it. The "old system" has all the charm of impenetrable mystery; its language is vague and indefinite to its professors and pupils alike; its subjects are relieved from all thought and responsibility for the sufficient reason that it is wholly beyond their comprehension, while its practitioners, to prove their science and skill, have only to talk utterly unintelligible, and write prescriptions in a language which is a dead letter to the rabble. Hydropathy proposes to demolish the whole vast superstructure of a system built on false principles, to rest itself on the simplest, clearest truths of nature, to address the common sense and common reason of all persons, and enable all persons to be their own physicians if they please, or to live so as to need none if they choose. Why should it not be opposed, ridiculed, contemned—everything except *reasoned* against?

What has Hydropathy done? It has cured three-fourths of all who have thoroughly tested it, after having been doctored for years to their disadvantage, or pronounced incurable. It has reformed some scores of conscientious physicians out of their practice. Some who have become familiar with this treatment will not prescribe drugs at all. Others, once in the habit of using them "heroically," have reduced the quantity to infinitesimal proportions, with a tendency still onwards towards the "last dilution." It has spread its institutions over the three most enlightened

nations of the globe; and it has everywhere found its patrons among the reading, thinking, self-made portions of community. It has relieved thousands of families from the trouble of running constantly after the family physician, and taught them that the stream of small change continually flowing from their pockets into the apothecary's sub-treasury, has been a little worse than wasted. Above all, it has, in connection with its kindred reformatory sciences, Phrenology and Physiology, presented the philosophy of life and health to the public mind in a way that the great masses can understand, and will ultimately appreciate and practice.

What can Hydropathy do? Let me illustrate this position by a supposed case, which shall represent the real state of affairs in the medical world.

A. B. has been an invalid. His case was most deplorable; his malady was most inveterate; his disease was as obstinate as diseases treated *secunden artem* usually are. He had consulted all the greatest doctors of the country. Ten different physicians, all regularly bred and legally diplomated, had carried him through their "cures." One thought he had the *liver complaint*, and gave him a course of blue pill and taraxacum. Another conceived his case to be *mucous dyspepsia*, and prescribed a course of ipecac and opium. The next thought the dyspepsia was more of the *nervous* character, and recommended nitrate of silver and conium. The fourth imagined the whole trouble was *nervous debility*, and dosed the patient with tincture of iron and quinine. The next in order, strongly suspected that all originated in a *chronic constipation* of the bowels, and put him through a vigorous course of scammony and gamboge. The sixth regarded the complaint as *chronic hepatitis*, and bled and blistered. Seventh, considered it might be a *spinal irritation*, and ordered plasters and issues to the back. The eighth concluded it most decidedly an example of *enlargement of the mesenteric glands*, and administered a course of salts and antimony. The ninth pronounced it a clear case of *marasmus*, or wasting away, and energized the vital functions with arsenic and wine. The tenth declared it a *complicated malady*, and, beginning at the first page of the pharmacopoeia, prescribed in regular order all the formulas to the end of the book, when, to his great amazement he discovered that it was one

of those very extraordinary cases where it is necessary to "throw physic to the dogs" and advise a change of climate.

This last prescription the patient could not avail himself of, for the reason that his "substance was all spent," so, in very despair, he applied to a hydropath. The water doctor could find no name for the complaint more learned than that of *physical* infirmity. With this view of the case he went to work. He bathed, soaked, and rubbed his skin, which gave his pores a little breathing room, and helped his marasmus and nervous debility. He also applied the "packing" to the whole body, and the douche to his back, which relieved his liver complaint, mesenteric difficulty and spinal affection. He gave the patient plain, simple, natural food, and water to drink, took off his flannel, changed his feather bed to a cool mattress, and gave him a bountiful supply of air and exercise, which cured his constipation and dyspepsia; in fact, what the doctors had left of him was well.

But the consequences of this affair do not stop here. Men will naturally enough reason—if these simple agents were so managed as to effect a cure after such powerful doctoring had failed, could they not have cured more readily still in the first instance? Nor will the inquiry cease at this point. It will be further suggested—if these same means could have cured in the first instance, why could not they have prevented the disease entirely? Nor yet is the investigation closed. If these means can cure or prevent such a complicated disease, why not do the same with many other diseases? Yet one step further—if they can prevent or cure many other diseases, why not *all* other diseases? "To this complexion it *will* come at last."

There is one point in the application of Hydro-pathy very generally misapprehended. Because it has been thus far mainly confined to the treatment of chronic diseases, to patching shattered constitutions, to lengthening out the lives of those who have been doctored almost into their graves, to ridding the systems of broken-down invalids of the double poison of disease and drugs, to treating diseases abandoned as incurable by everything else, many people suppose this is its appropriate field. It is a great mistake.

The great advantage of this system is its perfect adaptation to acute diseases of all kinds, to every-day disorders, to persons in the meridian

of life suddenly attacked with dangerous complaints. The lengthened catalogue of deaths from consumption, fevers, inflammations, bowel complaints, convulsions and other infantile diseases, might be nearly erased from our bills of mortality by a timely resort to the water-treatment. It has been tried in many places with almost uniform success in small-pox, measles, scarlet, typhus, ship and bilious fevers; in fact, in all the most prevalent diseases known.

Its crowning glory is, however, as already intimated, the application of the laws of life and health to the prevention of disease. Very few persons will ever resort to drugs who have once thoroughly acquainted themselves with the practical details of the water-treatment, whatever accidents befall or complaints attack them. They will find in their own voluntary habits the chief sources of their afflictions, and in their proper regulation they will find ample remedial powers.

THE GREAT PHYSICIAN.

BY J. H. COOK.

CHRIST came on earth to rescue *mind*,
Give sound and sight to deaf and blind,
And elevate the soul;
To cleanse the leper, cast out sin,
"Make clean the cup" without, within,
And make his patients *whole*.

No drugs or nostrums did he vend;
Pills, lancet, powders never kennd;
Ne'er killed, but *always* cured;
Old Jordan's crystal waves possessed
A panacea! *all* were blessed
Who to its banks were lured.

His *matchless* will, *inspiring* eye,
Could "cast out devils," and defy
The serpent's fatal sting;
"Go wash," said he, "in Siloam's pool,"
So *salutary*, bland, and cool,
Where angels dip their wings.

He rescued thousands from the grave,
By WATER'S potency to *save*—
Ye convalescents sing!
Ye M.D.s of a *wiser* (?) school,
Was he a "granny," "quack," or "fool?"
"To dogs" (?) *your* "physic fling."

Ye learned (?) Doctors of the land,
Your "colors strike"—*you've* run astrand—
Deliver up your arms
To Christ, "the heathen," (?) and Presentists;
Don't go into such murderer(ue) fits—
Submit to water's charms.

CASES OF TYPHUS FEVER, TREATED BY ALLOPATHY AND HYDROPATHY.

That "facts are stubborn things," is incontrovertible, and the following *fact* will speak for itself, and needs no comment from us.

The writer of the following communication is a personal friend of ours, and a man of good sound judgment, as well as of undoubted veracity, and those who will dare to follow the "path that he has trod," will find ever afterward that it will require more courage to follow the steps of his *first*, than his *last* experiment.

Springfield, Mass.

S. R. WELLS, Esq.—DEAR SIR: Since I wrote last, I have passed through a "right smart" attack of typhus fever, and have "come off conqueror," through the divine instrumentality of PURE COLD WATER. As you have to some extent interested yourself in the success of water-cure in this country, a brief account of my case may not be wholly without interest. That the merits of the water treatment may be the more apparent, I will contrast my condition under the same disease, in the one case treated by drugs administered by hands reputed skillful, and in the other and last case, by cold water only. One year ago, last October, I was prostrated by this disease, and although my judgment had been convinced that water would be the safest and most efficient remedy, when properly applied, yet I knew nothing of its *practical* application, and at that time there was not a physician in the place but was in this respect equally ignorant. What was I to do? The disease was making alarming progress. Friends advised to send for the doctor. I consented, and he came.

The *cause* of the disease he said was "a derangement of the nervous system of organic life—that my liver was in consequence entirely torpid," and added that he should have to give me "a thorough portion of calomel." How calomel could produce a re-arrangement of "the nervous system," and thereby *remove* the *assigned cause*, I confess I was unable to comprehend. How potent are the dicta of an M.D., especially when clothed in the technicalities of his profession!

As the case stood, I foolishly thought that I had to choose between the horns of a dilemma—death or calomel—and I made choice of the latter. Eleven doses of that detestable drug were taken, with sufficient opium and laudanum given to prevent insanity! I had, however, during the operation now and then a lucid moment, when, like Dives, I would "wake up in torment." It seemed as if molten lead were pouring through every vein of my system, and yet there was no Lazarus permitted to offer "a drop of cold water." Between me and that element there was a "great gulf fixed." Never will the impressions of that horrid period be effaced from my memory; they will ever remain a lively foretaste of the miseries of the damned.

Owing to a naturally strong constitution, in spite of the disease and the medicine, I weathered the storm, though somewhat damaged. Since then I have felt that my vitality was well-nigh consumed—the vigor of youth departed.

Whether the *same causes* have been in operation to produce this disease again, or not, I will not take it upon me to affirm. Yet within the last fifteen days I have had a renewal of the visit.

I at once resolved to treat my guest in a wholly different manner. I was conveyed to a water-cure establishment recently fitted up in this place; and through the treatment there, the fever entirely left me within twenty-four hours.

During the course of treatment, the calomel that had been for months snugly quartered among the bones and muscles, received an imperative notice to quit. Thanks to water, its ejection is now complete! Like other bad tenants, it made all the trouble it could before leaving.

I will not weary you with a detailed description of the difference in my present health and feelings, when compared with their state under drug administration, but simply say that I *now* feel *young*; but I *then* felt *old*. Then I could scarcely "drag my slow length along," now I would risk a small wager that I can outleap—Colonel Fremont's woolly horse.

Truly yours,

JOHN BROWN, Jun.

"Cold Water has not only thrown down the glove, in bold defiance of the power of Alcohol, but it has flung a gauntlet in the faces of the physicking faculty, that will ere long cause them to acknowledge its well-known power."—*N. E. Washingtonian*.

It has already caused many of the "physicking faculty" not only to acknowledge its power, but to apply it instead of drugs, pills, or other worse than useless remedies, so called; and all others who value their reputation for intelligence, will not be slow in availing themselves of this infinitely superior mode of medical treatment.

Dr. FORBES, "the great gun" of the British and Foreign Medical Review, says: "Medical men must examine into the Water Treatment, and draw from its list of means, remedies against some diseases at least;" and we repeat, those who do not avail themselves of this improvement in medical science, "will be left behind the LIGHT HOUSE."

A FACT.

"COLD WATER.—The Springfield Republican mentions the case of a gentleman who was, from a paralytic stroke, unable to walk for nine years; one of his legs and one arm being useless and almost fleshless. Three weeks at a water-cure establishment has put him on his legs again."

Why will people be so foolish as to apply the water-cure, when nothing else can possibly restore them? This is strange, indeed. Think of it: "NINE YEARS unable to walk," and yet a few weeks, under the water treatment, cured him!

A FEVER.

MANY of our readers, who have suffered from the fiery flames of fever, without the privilege of quenching it, will be able to realize the truth of the following picture, by DR. HARNAY.

FEVER DREAM.

A fever—scorched my body, fired my brain!
Like lava, in Vesuvius, boiled my blood,
Within the glowing caverns of my heart,
I raged with thirst, and begged a cold, clear draught
Of fountain water.—'Twas with tears denied.
I drank a nauseous febrifuge, and slept;
But rested not—harassed with horrid dreams
Of burning deserts, and of dusty plains,
Mountains disgorging flames—forests on fire,
Steam, sunshine, smoke, and boiling lakes—
Hills of hot sand, and glowing stones, that seemed
Embers, and ashes, of a burnt-up world!

Thirst raged within me.—I sought the deepest vale,
And called on all the rocks, and caves, for water;—
I climbed a mountain, and from cliff to cliff,
Pursued a flying cloud, howling for water:—
I crushed the withered herbs, and gnawed dry roots,
Still crying, Water! water!—While the cliffs and caves,
In horrid mockery, re-echoed "Water!"

Below the mountain, gleamed a city, red
With solar flame, upon the sandy bank
Of a broad river.—"Soon, oh soon!" I cried,
"I'll cool my burning body in that flood,
And quaff my fill."—I ran—I reached the shore.—
The river was dried up. Its oozy bed.
Was dust; and on its arid rocks, I saw
The scaly myriads—fry beneath the sun!
Where sunk the channel deepest, I beheld
A stirring multitude of human forms,
And heard a faint, wild, lamentable wail.
Thither I sped, and joined the general cry
Of—"water!" They had delved a spacious pit,
In search of hidden fountains—sad, sad sight!
I saw them rend the rocks up in their rage
With mad impatience, calling on the earth
To open, and yield up her cooling fountains.
Meanwhile the skies, on which they dared not gaze,
Stood o'er them like a canopy of brass—
Undimmed by moisture. The red dog-star raged,
And Phœbus, from the house of Virgo, shot
His scorching shafts. The thirsty multitude
Grew still more frantic. Those, who dug the earth,
Fell lifeless on the rocks they strained to upheave,
And filled again, with their own carcases,
The pits they made—undoing their own work!
Despair, at length, drove out the laborers,
At sight of whom, a general groan—announced
The death of hope. Ah! now, no more was heard
The cry of "water!" To the city next,
Howling, we ran—all hurrying without aim:—
Thence to the woods. The baked plain gaped for moisture,
And from its arid breast heaved smoke, that seemed
The breath of furnace—fierce, volcanic fire,
Or hot monsoon, that raises Syrian sands
To clouds. Amid the forests, we espied
A faint and bleating herd. Sudden, a shrill,
And horrid shout arose of "Blood! blood! blood!"

We fell upon them with the tiger's thirst,
And drank up all the blood, that was not human.
We were dyed in blood! Despair returned;
The cry of blood was hushed, and dumb confusion reigned.
Even then, when hope was dead!—past hope—
I heard a laugh! and saw a wretched man
Rip his own veins, and, bleeding, drink
With eager joy. The example seized on all;—
Each fell upon himself, tearing his veins,
Fiercely, in search of blood! And some there were,
Who, having emptied their own veins, did seize
Upon their neighbor's arms, and slew them for their blood—
Oh! happy then, were mothers, who gave suck.
They dashed their little infants from their breasts,
And their shrunk bosoms tortured, to extract
The balmy juice, oh! exquisitely sweet
To their parched tongues! 'Tis done!—now all is gone!
Blood, water, and the bosom's nectar,—all!

"Rend, oh! ye lightnings! the sealed firmament,
And flood a burning world.—Rain! rain! pour! pour!
Open—ye windows of high heaven! and pour
The mighty deluge! Let us drown, and drink
Luxurious death! Ye earthquakes, split the globe,
The solid, rock-ribbed globe!—and lay all bare
Its subterranean rivers, and fresh seas."

Thus raged the multitude. And many fell
In fierce convulsions; many slew themselves.
And now, I saw the city all in flames—
The forest burning—and the very earth on fire!
I saw the mountains open with a roar,
Loud as the seven apocalyptic thunders,
And seas of lava rolling headlong down,
Through crackling forests, fierce and hot as hell,
Down to the plain—I turned to fly—and waked!

PUBLISHERS' NOTICES.

NUMBER ONE.—We send this number to all subscribers who commenced in July, 1848, and whose subscriptions expired in June last, hoping they will not only re-subscribe themselves, but induce their neighbors to join them in a club, for another year.

Our terms being payable in advance, we shall send no more until ordered. All who wish to continue will do well to make their remittances soon.

OUR ENGRAVED TITLE.—Reader, how do you like it? We think you will agree with us after examination, and say, "IT IS BEAUTIFUL." Is it not reviving even to look at a picture so pleasant and cooling, this warm weather? Imagine yourself crisped up by a fiery or intense hot sun, then to be immersed in pure cool water, would it not give new life to an almost exhausted system? We are indebted to WILLIAM HOWLAND, of our city, for this most appropriate and beautiful engraving.

POSTMASTERS AND ALL FRIENDS OF HYDROPATHY may "FORWARD THE CAUSE" by sending us the names of their neighbors and acquaintances, to whom we will send sample numbers of this Journal, through which they may learn how to save themselves the useless expense of "Doctors' bills."

REVIEWS.

SWIMMING.*

Agreeable to promise, we make a few extracts from this excellent little work, which should be in the possession of every man and woman, boy and girl. It will serve as a GUIDE to the inexperienced, and teach them how to save the lives of their friends and themselves. Besides all the particular instructions given on the art of swimming, the work contains much PHYSIOLOGICAL advice, which will be found of importance to all who read it.

The author says :

"The art of swimming appears to be as natural to man, as it is useful, and, in some cases, necessary for the preservation of his life.

"Cleanliness and exercise, both so necessary to health, are combined with a high degree of enjoyment in the practice of this art.

"The importance of frequent ablutions can scarce be overrated. In fact, the Water Cure has become a popular remedy for most of the diseases to which humanity is liable. But, however excellent the various kinds of bathing may be for curing diseases, there can be no doubt that in preventing them they are still more efficacious.

"Those who swim daily in summer, and continue the use of ablutions in some form in winter, are not liable to sudden colds, or inflammatory diseases, and rarely, if ever, suffer from chronic complaints. Their bodies become indurated, their skin is healthy, and all the functions of life are carried on with healthful vigor.

"They who merely bathe, without being able to swim, lose half the pleasure and more than half the benefit which arises from frequent ablutions. Swimming is an exercise which brings more muscles into action than any other; and the body being supported by an equal pressure on every part, their action is harmonious—none being relaxed, and none overstrained. This exercise gives vigor and form to the limbs, and to the general system. It is probable that the ample exercise which the muscles and lungs obtained in the frequent bathing of the ancients, gave their chests that round, full form, which is so observable in their statues. All flat and narrow-chested children should be taught to swim, as nothing is more likely to counteract a tendency to consumption.

"The most beautifully developed forms now to be found in the human species, are those of the South Sea Islanders, who bathe at least twice a day, and are almost as much at home in water as upon the land; and where the vices and diseases of civilization have not been introduced, it is rare indeed to find among them a case of sickness, of premature death, or of decrepitude, excepting from extreme old age.

"Among the Greeks and Romans, swimming was considered an important branch of education, and 'He can neither read nor swim,' was a re-

* The Science of Swimming, as taught and practised in Civilized and Savage Nations; with Particular Instructions to Learners: also showing its importance in the Preservation of Health and Life. Illustrated with engravings. By an Experienced Swimmer. New York: FOWLERS & WELLS, Publishers, Clinton Hall, 129 and 131 Nassau street. 1849. Mailable—price twelve and a half cents.

proach for the last degree of ignorance. Cæsar was a good swimmer; Cato taught his son to cross dangerous gulfs; the Emperor Augustus taught his nephew to swim. As the navies of Greece and Rome were manned by soldiers, and their battles were hand to hand encounters, to be able to swim was of the last necessity, and required of every soldier.

"In more modern times, Charlemagne was renowned for being a good swimmer, and Louis XI. often swam in the Seine, at the head of his courtiers—a better example than is often set by monarchs.

"The capability of the human race, civilized or savage, for swimming, is generally understood. The human form is better adapted to it than that of any animal not absolutely aquatic; and the inhabitants of warm latitudes excel most amphibious animals in the water, fighting with the shark, diving with the alligator, and remaining for a long period in profound depths in search of coral, pearls, and other treasures of the sea.

"The pearl-divers of Ceylon will descend to the depth of sixty feet; and although such diving is accompanied with a great pressure of water and violent exertion, they do not seem to suffer from it, as they make forty or fifty plunges a day, and at each plunge bring up about a hundred oysters.

"The swimming couriers of Peru cross the continent, hundreds of miles, swimming down the rivers, their dispatches enclosed in a turban on their heads. They swim day and night, aided only by a light log of wood.

"In Prussia, swimming has long been a military exercise, whole regiments being instructed to swim in line, fully equipped, to wheel in column, and even to load and fire in the water.

"A few years since the Viscount de Courtivron exhibited some experiments of this character in the Seine at Paris. He went into the water, accoutred as an infantry soldier. After swimming thirty fathoms from the boat, he raised himself in the water, and fired a musket, at which signal one of his pupils sprang from the Pont Royal, a bridge into the Seine, from a height of sixty-four feet, and carried to M. Courtivron a tin box containing dispatches. He read the papers, gave a signal, and was joined by a class of sixty-four pupils, who, in the water, executed a series of military movements.

"Dr. Franklin was an excellent swimmer, and his instructions for learning to swim, being some of the best ever given, are copied at full length in this work.

"Lord Byron was an excellent swimmer, and prided himself much on his aquatic feats. In imitation of Leander, he swam the Hellespont, a narrow strait which divides Europe and Asia, in an hour and ten minutes, with a strong tide against him. He swam the Tagus in three hours, and afterwards swam four hours and twenty minutes without rest, at Venice.

"Dr. Bedall, an English gentleman, swam for a wager, between Liverpool and Runcorn, in 1827, a distance of twenty-four miles, which he performed at the rate of six miles an hour—with the tide, probably!

"A French sailor was washed overboard from a sloop at nine o'clock, in September, 1820, and picked up next morning, and this, be it noted, in a rough sea.

"How important is it, in a country like ours, that every man should learn to swim! Storms strew our vast sea-coasts with wrecks—steam-boats are liable to accidents from collision, explosions, or fire, on our rivers and lakes—pleasure-

boats frequently upset, and numerous accidents occur from the sudden breaking of ice in winter. The necessity of saving one's own life by swimming, or the opportunity of saving the lives of others, may happen to any one, and to many these things must often occur in the course of their lives.

"At the burning of the steamboat Erie, on Lake Erie, of the hundred or more persons lost, every one might have been saved, had they been able to swim. The captain of the boat was indebted to a negro, who could swim, for an oar which saved his life. In a hundred such melancholy disasters on our great lakes, rivers, and the ocean, valuable lives might have been saved by a little pains in learning to swim.

Nothing is so important in learning to swim as a confidence in one's powers, and in the buoyancy of the liquid element; and perhaps one acquires a confidence in himself by no means sooner than by knowing what can be done by others. I shall therefore give a few additional examples of the skill in swimming to be acquired by habit, begging my readers to remember, "Whatever man has done, man can do," and that we do not vary, in any important degree, in physical organization, from those who have this art in the highest perfection.

The Caribs are expert at all gymnastic exercises, and particularly at swimming, as if they were born in the water, and formed for it. They swim like fish, and the women are as skillful as the men. When a canoe overturns from carrying too much sail, they never lose their baggage, and drowning is never heard of. On such occasions, the children are seen swimming around their mothers like so many little fish, and the mothers support themselves in the water with infants at the breast, while the men bale out the canoes. In 1679 a vessel was overset in a squall off Martinique, in which was one Carib, the rest being Europeans. All were lost but the Carib, who, after supporting the violence of the tempest, as well as hunger and thirst, for sixty hours, reached the land in safety.

But some of the most beautiful descriptions of bathing and swimming are given in Mr. Melville's narrative of his residence in Typee, a valley in the Marquesas, one of the finest groups of islands in the South Seas. I shall be pardoned for quoting, at some length, from his interesting pages. By the operation of the "taboo"—a religious prohibition—the use of canoes is not allowed to the females of Marquesas: "consequently, when a Marquesan lady voyages by water, she puts in requisition the paddles of her own fair body.

"We had approached within a mile and a half, perhaps, of the foot of the bay, when some of the islanders, who by this time had managed to scramble aboard of us, directed our attention to a singular commotion in the water ahead of the vessel. At first I imagined it to be produced by a shoal of fish, sporting on the surface, but our savage friends assured us that it was caused by a shoal of 'whinhenies,' (young girls,) who in this manner were coming off from the shore to welcome us. As they drew nearer, and I watched the rising and sinking of their forms, and beheld the uplifted right arm, bearing above the water the girdle of tappa, and their long dark hair trailing beside them as they swam, I almost fancied they could be nothing else than so many mermaids."

Through the Typee valley runs a clear stream of fresh water, in which the whole population, old and young, bathe morning and night. Describing his first bath, our author says: "From the verdant surfaces of the large stones that lay scattered about, the natives were now sliding off, diving, and ducking in the water, the young girls springing buoy-

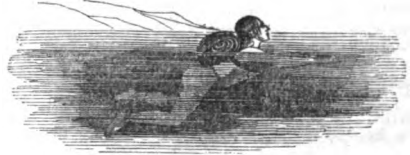
antly into the air, with their long tresses about their shoulders, their eyes sparkling like dew-drops in the sun, and their gay laughter pealing forth at each frolicsome incident.

"The ease and grace with which the maidens of the valley propelled themselves through the water, and their familiarity with the element, were truly astonishing. Sometimes they might be seen gliding along just under the surface, without apparently moving hand or foot; then throwing themselves on their sides, they darted through the water, revealing glimpses of their forms, as in the course of their rapid progress, they shot, for an instant, partly into the air; at one moment they dived down deep into the water, and at the next they rose bounding to its surface."

The education of these islanders in their aquatic accomplishments commences with their birth. Infants but a few days old are daily taken into the water by their mothers, and swim long before they can creep or walk. "I am convinced," says Mr. Melville, "that it is as natural for a human being to swim, as it is for a duck! And yet, in civilized communities, how many able-bodied individuals die, like so many drowning kittens, from the occurrence of the most trivial accidents!"

The author then goes on to give practical hints and instruction to the beginner; also showing the effects of bathing on the health, the best times and places for swimming, and so forth.

AIDS IN LEARNING TO SWIM.



Probably one of the best ways of learning to swim is to go, with a competent teacher, in a boat in deep water, this supporting the body more buoyantly than that which is shallower, and preventing the constant tendency of beginners to touch bottom; which here is of course impossible.

The teacher should fasten a rope carefully around the waist, or, better still, to a belt, which can neither tighten nor slip down. The rope may be fastened to a short pole. Supported in this manner, the pupil may take his proper position in the water, and practise the necessary motions, and the support of the rope may be gradually lessened, until the pupil finds himself entirely supported by the water.

SWIMMING WITH A PLANK.



Swimming with the plank has two advantages. The young bather has always the means of saving himself from the effects of a sudden cramp, and he can practise with facility the necessary motions

with the legs and feet, aided by the momentum of the plank. A piece of light wood three or four feet long, two feet wide, and about two inches thick, will answer very well for this purpose. The chin may be rested upon the end, and the arms used; but this must be done carefully, or the support may go beyond the young swimmer's reach.

SWIMMING WITH THE ROPE.



The rope is another artificial support, which has its advantages. A rope may be attached to a pole, fastened—and mind that it be well fastened—in the bank, or it may be attached, as shown in the engraving, to the branch of an overhanging tree. Taken in the hands, the swimmer may practise with his legs, or by holding it in his teeth, he may use all his limbs at once. The rope, however, is not so good as the plank, as it allows of less freedom of motion, and the latter might easily be so fixed as to be laid hold of by the teeth, and held securely.

PLUNGING OR DIVING.



In leaping into the water, feet first, which is done from rocks, bridges, and even from the yards and masts of lofty vessels, the feet must be kept close together, and the arms either held close to the side, or over the head. In diving head foremost, the hands must be put together, as in the engraving, so as to divide the water before the head. The hands are also in a proper position for striking out.

It is wonderful how easily the swimmer directs his course under water. If he wishes to go down or come up, or swim to the right or left, he has but to bend his head and body in that direction, and after a little use he will do this almost unconsciously, as if his movements were the result of volition alone.

TREADING WATER.

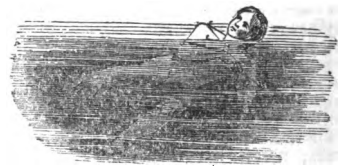
This is a favorite position in the water, and useful as a means of resting in swimming long dis-

tances. The position is perpendicular; the hands are placed upon the hips, as in the vignette, or kept



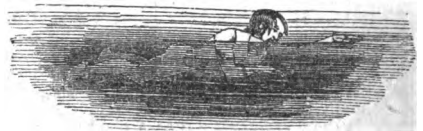
close to the side, to assist in balancing the body, being moved like fins at the wrist only. The feet are pushed down alternately, so as to support the head above water; and the body may be raised in this way to a considerable extent. While in this position, if the head be thrown back, so as to bring the nose and mouth uppermost, and the chest somewhat inflated, the swimmer may sink till his head is nearly covered, and remain for any length of time in this position without motion, taking care to breathe very slowly.

SIDE SWIMMING.



In swimming on either side, the motions of the legs have no alteration, but are performed as usual. To swim on the left side, lower that side, which is done with the slightest effort, and requires no instructions. Then strike forward with the left hand, and sideways with the right, keeping the back of the latter to the front, with the thumb side downward, so as to act as an oar. In turning on the other side, strike out with the right hand, and use the left for an oar. To swim on each side alternately, stretch out the lower arm the instant that a strike is made by the feet, and strike with the other arm on a level with the head at the instant that the feet are urging the swimmer forward; and while the upper hand is carried forward, and the feet are contracted, the lower hand must be drawn toward the body. This method is full of variety, and capable of great rapidity, but it is also very fatiguing.

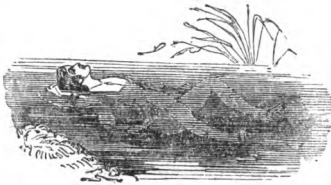
THRUSTING.



This is a beautiful variety of this exercise, and much used by accomplished swimmers. The legs and feet are worked as in ordinary swimming, but the hands and arms very differently. One arm—say the right—should be lifted wholly out of the water,

thrust forward to its utmost reaching, and then dropped upon the water with the hand hollowed, and then brought back by a powerful movement, pulling the water toward the opposite arm-pit. At the same time the body must be sustained and steadied by the left hand, working in a small circle, and as the right arm comes back from its far reach to the arm-pit, the left is carrying in an easy sweep from the breast to the hip. The left arm is thrust forward alternately with the right, and by these varied movements great rapidity is combined with much ease.

SWIMMING ON THE BACK.

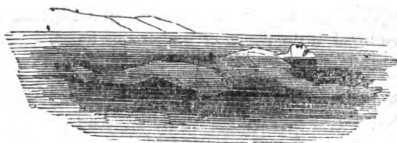


This is the easiest of all modes of swimming, because in this way a larger portion of the body is supported by the water. It is very useful to the swimmer from the greater exertion of more rapid methods, and especially when a long continuance in deep water is unavoidable. The swimmer can turn easily to this position, or, if learning, he has but to incline slowly backward, keeping his head on a line with his body, and letting his ears sink below the surface. Then placing his hands upon his hips, he can push himself along with his feet and legs with perfect ease, and considerable rapidity.

The hands may be used to assist in propelling in this mode, by bringing them up edgewise toward the arm-pits, and then pushing them down, the fingers fronting inward, and the thumb part down. This is called "winging."

The hands may be used at discretion, the application of force in one direction of course giving motion in the other; and the best methods are soon learned when once the pupil has acquired confidence in his buoyant powers.

FLOATING.



This is so useful a part of the art of swimming, that it cannot be too soon obtained. In salt water, nothing is easier; and in fresh, to most persons, it requires but the slightest exertion. The feet should be stretched out, and the arms extended upward, so as to be at least as high as the top of the head, and under water. The head must be held back, the chin raised, and the chest expanded. The hands will easily keep the body in this horizontal position, and, by breathing carefully, a person may float at ease for hours. Could a person, unable to swim, but have the presence of mind to take this position, he could never drown.

Then follow all the other varieties and modes of swimming, such as to swim under water, dog-fashion, and all other fashions; closing with some excellent remarks on the causes of drowning, how to save persons from drowning, and resuscitating the partially drowned. The importance of these things cannot be overrated; and we again advise our readers, one and all, to purchase this book and learn to swim.

SWIMMING IN NEW YORK.

Dr. Rabineau, long connected with the bathing establishments of this city, assures us that there are not less than three thousand ladies in New York who are excellent swimmers, and who might, with entire safety, at any time plunge into the water to save the life of a drowning person.

At the principal swimming baths, teachers are engaged expressly to teach the patrons of these useful establishments, especially in the ladies' department; and if three thousand have learned so useful an accomplishment, there is no reason why every female in the city should not be able to enjoy the same elegant recreation.—*Science of Swimming.*

ANNOUNCEMENT OF NEW BOOKS.

Tobacco; its History, Nature, and Effects on the Body and Mind; with the Opinions of Rev. Dr. Nott, L. N. Fowler, Rev. Henry Ward Beecher, Hon. Horace Greeley, Dr. Jennings, O. S. Fowler, R. T. Trall, M. D., and others. By JOEL SHEW, M. D. Large 12mo., price 25 cents; available. FOWLERS & WELLS, publishers, Clinton Hall, 129 and 131 Nassau street, New York.

This excellent work is now stereotyped, and will be issued from the press on or before the Fourth of July, 1849. We shall, in a future number, refer to it again. We can at present only advise every CHEWER, SNUFFER, or SMOKER of Tobacco to read this book.

A PREMIUM.—For the encouragement of those who wish to extend a knowledge of the WATER-CURE by circulating this Journal, we make the following offer:

FOR SEVEN DOLLARS we will furnish ten copies of this Journal one year, and fifty copies of the Water-Cure and Health Almanac for 1850. FOR TWELVE DOLLARS twenty copies of the Journal, and one hundred Almanacs.

THE HARBINGER, in alluding to the Water-Cure Journal, says, "Every one on reading it, will be inclined to the opinion that drugs are in danger, and that water will yet make a clean sweep through the apothecaries' shops."

VARIETIES.

PRINTER'S DEVIL—CONUNDRUM ANSWERED.

In the last number of your valuable Journal, you ask the following question: "Why is a printer's last apprentice called the Devil?" The question is evidently a hard one, and beyond our power to give the satisfaction required. The exact year and place in which the art of printing was first invented and applied to its present use, are somewhat involved in mystery. The merit of the invention has been claimed by several persons. It is generally conceded, however, to have been invented at Metz, in Germany, by a John Guttenberg. Owing to the pecuniary difficulties of its inventor, it is supposed to have been practised with the strictest secrecy for a considerable time; but through the assistance of John Faustus, or Faust, a wealthy citizen of Metz, he was enabled to accomplish his art. Faust became a sharer in the honor as well as the profits of the new invention, and subsequently carried on the printing business himself.

They had so far improved the art, that about the year 1450 they succeeded in publishing an edition of the Bible. This was the first great effort of the new art, which has long since become perfect. The slow process of transcribing books, and the amount of labor required for the purpose, rendered them beyond the reach of almost all classes of society.

John Faust took a number of the printed Bibles to France, where the art was not then known. He first offered his Bibles for the price usually received by those who followed the business of scribes, which was about five or six hundred crowns. But he afterwards reduced the price so exceedingly low, and produced so many and such uniform copies, that it excited the wonder and suspicion of the French, and he was cast into prison. They declared that he was in some way connected with the Devil, and the red ink with which they were embellished was supposed to be his blood; which circumstance gave rise to the tradition of "the Devil and Dr. Faustus." In order to save himself from an unmerited fate, he was obliged to make known the mystery of the new art. Whether Faust was distinguished thereafter by the title of "Devil," and whether, at his death, that title was conferred upon the last apprentice, in order to perpetuate the tradition, it is not the purpose of the present writer to determine; but he sincerely wishes that some one will feel sufficiently interested in the matter to give that point an investigation. A READER.

OLD TIMES.—In the reign of Henry VIII. seventy-two thousand executions took place for robberies alone, exclusive of the innumerable religious murders, amounting on an average to six executions a day, Sundays included. Who believes the world is growing no better?

"Father," said a four year old child, "I think you are a fool."

"Why, my child?"

"Because you have brought that baby here when mother is sick, and you have to get a woman to take care of it."

"Go rock the cradle Lucy, no more of your jabber."

SHAKING HANDS.—I love a hearty grasp; it speaks confidence and good will. When a man gives me his hand loosely, and it hangs in mine like a mere rag, I am apt to think that he is either unfriendly or incapable of friendship—cold-hearted, calculating and unfeeling.

A MODEST MAN.—Horace Mann says: "I once heard the same sentiment expressed in the pulpit, from the lips of an eminent divine: 'I am right, and I know I am right, and I know I know it.'"

A Dutchman bid an extraordinary price for an alarm clock, and gave as a reason that, as he loved to rise early, he had now nothing to do but to pull a string, and he could wake himself!

An Irishman, who had just landed, said the first bit of meat he ever ate in this country was a roasted potato, boiled yesterday. "And if you don't believe me, I can show it to you, for I have it in my pocket now."

A fellow who had been hooked by an unruly cow, limped in his gait. A lady remarked that the man appeared to be intoxicated. "Yes," replied her beau, "the poor fellow has taken a couple of horns."

A Baltimore editor thinks it is true that "children receive their first impressions from their mothers," as he has very often seen impressions upon them in the shape of a woman's hand.

A correspondent asks us if "we wear a moustache." Not that we are aware of. And yet, when low-spirited, we always feel "a little down about the mouth."

☞ If a ship is of the feminine gender, why are not fighting vessels called *women of war*, instead of men of war? Answer that, will you?

Great eaters never live long. A voracious appetite is a sign of disease, and not of health, as is generally supposed.