

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

CHOLERA.

GENERAL ADVICE FOR SELF-TREATMENT AT THE FIRST SYMPTOMS OF CHOLERA, COLIC, DIARRHŒA, FEVER, OR ANY OTHER ILLNESS.

Have immediate recourse to repeated frictions in the wrung-out sheet. When attacked with shivering, those frictions should be continued until the shivering is subdued. If there be pains in the bowels, take a clyster of pure tepid water, and immediately afterwards have recourse to the sitz-bath, until the pains are relieved, or until too much chilled or exhausted to continue longer in the bath; in which case the patient must be placed on the bed, and have the abdomen well rubbed with wet hands; and if the pains continue, he must be again placed in the bath when reaction has been restored. The wet bandage should likewise be placed round the body when reaction takes place. In case there should be much inflammation in the bowels, a sheet half-wetted and doubled up should be substituted for the ordinary bandage. After every *outward* application of water the patient should get water to drink; and when there is thirst, the patient *should never be stinted*. In general there is sufficient time, in cases of cholera, by the aid of the foregoing applications, to cut the disease short, *most cases not setting in suddenly, but being characterized by premonitory symptoms*. Some years since a friend of my own died of cholera, *considered by the faculty a very sudden case*. Immediately after breakfast he felt very chilly and uncomfortable; the chill increasing towards eleven o'clock, he went to a large kitchen fire, which failed to afford him any warmth. Soon afterwards violent pains in the abdomen came; he went to bed, had medical attendance, and was dead at four P. M. Now it is manifest that in this case there was sufficient time to have had recourse to the applications indicated above; and it is my firm conviction that, if they had been vigorously employed, his life would have been saved.

VOL. VIII. NO. II. AUG.

ENGLISH CHOLERA.

A Russian general at Graefenberg attacked with this complaint, whilst suffering great torture, was treated as follows:

"A wrung-out sheet was thrown over his body, and rubbed outside by the attendant for several minutes; this was replaced by a dry sheet, and friction outside of it. A few minutes were allowed to elapse, and the treatment was repeated a third and fourth time; the patient was then put to bed for half an hour, and well covered up, to promote a reaction; then he took a cold sitz or sitting-bath for forty minutes; this over, a wet bandage with a dry one over it was placed round his loins; he drank plentifully of cold water, and walked a little. This one application effected a cure, and he ate a hearty dinner; had it not, the treatment was to have been repeated in the afternoon."

COLIC.

Colics invariably give way to wrung-out sheets, sitting-baths, clysters, waist bandages, and drinking water. An Austrian officer was attacked with violent pains in the abdomen, which extended through the back, with great heat and pain in the head, attended with cold feet. The pain was so severe that the invalid, not being able to stand, threw himself on the floor, and his cries were heard in the street.

The only remedy prescribed was the following: Priessnitz wetted the body all over with cold water, particularly the feet; and without drying the parts thus wetted, ordered the patient to take a sitz-bath for an hour, quite naked, with no covering of any sort, near the window, which was to be open, his servant to rub the body with wet hands, and the patient his abdomen the whole time.

After the expiration of the hour, the patient was covered up well in bed, to produce reaction. When heat was returning, the pains were as severe as the colic. However, this one appli-

cation put an end to the attack, and the patient was out and well next day.

The singular part of the treatment was, exposing the body to the inclemency of a Siberian winter, wet and naked for an hour. When asked why he resorted to such positive measures, Priessnitz said, because there was a great tendency to intestine inflammation, and I was resolved to stop it at once.

A. was taken with sickness, griping pains, was cold, and could retain nothing in his stomach.

Injections of cold water were first resorted to; one not being sufficient, another was administered in half an hour, and it subsequently became necessary to resort to eight more during the day.

Two wrung-out sheets, followed by tepid sitz-baths, fifteen minutes, (62° Fahr.) were applied early in the day; abdomen well rubbed with wet hand all the time, followed by waist-bandage and drinking water.

This treatment, administered twice more the same day, at intervals of four or five hours, put an end to the attack.

SEVERE PAIN IN THE BOWELS.

A patient for this was ordered a tepid sitz-bath for half an hour to an hour, with much rubbing with cold wet hands on the back, stomach, and abdomen, whilst in the bath. No exertion of mind or body; ate only one thing; drank much water. This treatment was repeated two or three times during the day. The waist-bandage was worn and changed often. Had the case been obstinate, recourse was to have been had to wrung-out sheets and clysters of cold water.

RELAXED BOWELS.

Relaxed bowels, attended with pain, are very often relieved by simply lying on a bed, and placing a large wet towel, covered with a dry, on the stomach and abdomen, changing it when hot, and drinking cold water. If the case assumes a more serious character, apply three wrung-out sheets, with intervals as before described, followed by a sitz-bath for twenty minutes, waist-bandage, and drink water. This treatment may be had recourse to three times a day; if not better on going to bed, administer a cold-water clyster, and renew the treatment next day.

A patient suffering from pain in the bowels for some days was ordered injections three times a day, notwithstanding the bowels were perfectly free.

DIARRHŒEA.

A patient had diarrhœa for two days, when Priessnitz said, "If not in pain, do nothing; if in pain, take a wrung-out sheet, followed by a cold sitz-bath for three-quarters of an hour; three hours after repeat the same; let some hours elapse, and take another sitz-bath; wear the waist-bandage, drink plentifully of water and take little exercise.

DYSENTERY.

A young lady attacked with dysentery, attended with great pain, took four sitz-baths a day of an hour each, also in the night; these chilled her exceedingly. Priessnitz said that ought to be so. This treatment cured the patient in three days.

In cases of dysentery begin with one or two wrung-out sheets, and cold injections every quarter of an hour for two or three hours. Then tepid sitz-baths, (64° Fahr.) for half an hour, wear a large bandage wet with a dry one over from hips to armpits doubled several times; change this every ten minutes; let the covering of the bed be light, but keep the feet warm; drink large quantities of cold water. When the bandage has been changed five or six times and the patient is better, let him remain quiet; otherwise repeat the treatment; no exercise.

COLD SHIVERING BY DAY, AND FEVERISH HEAT WHEN IN BED AT NIGHT.

Ordered three wrung-out sheets on rising in the morning, and the same in the afternoon; wear the bandage, and drink plentifully of water. Symptoms returning, three additional wrung-out sheets were ordered before going to bed. In a person attacked with a shivering-fit, five wrung-out sheets, with intervals of five minutes between each, put an end to it for the time; the shivering returned again, when the same remedy was applied, and effectually put an end to the fit. It is the common practice in intermittent fever, to use these rubbing sheets in the cold stage; it is astonishing how soon reaction follows their application.—*Cholera—its Prevention and Cure.*

EXTRAVAGANCE IN A NEW REPUBLIC.—The President of the French republic receives about \$20,000 a month, nearly the salary of the American President for the year! Verily there is need of "reform" in this matter. It is almost as bad as to have a king. It will never do to pay such wages, to such a man, for such service, as Louis Napoleon is now rendering.

(Continued from our last Number.)

MRS. GOVE'S EXPERIENCE IN WATER CURE.

INFANT MORTALITY.

THIS is a subject of the first and last importance, and whoever has the instinct of paternity or philanthropy in his heart will feel that he has duties connected with it. Last year, during the four hot weeks of July, 1,702 corpses were buried in the city of New York, and 802 of this number were infants, under five years of age. In 1847, out of 15,788 deaths, 7,373 were of children under five years old, and of 3,519 deaths in July and August, the number of 1,843, or more than one-half, were under the same age.

Here is this frightful infantile mortality staring us in the face, and who raises the voice of explanation or reprehension with regard to its causes? And few are awake to the subject, and know that "the curse causeless cannot come," but the majority know nothing of causes or remedies. They only know that they suffer, and they go on besieging the doctors for poisonous drugs, and Heaven with prayers that their children may be saved. The fatal season to infants is approaching, and many an anxious mother is casting about for the best preventive of disease. One gets some soothing syrup or some lozenges, another some tincture of rhubarb or blackberry cordial, or some of the many patent nostrums which enable quacks to build themselves palaces with the money of the ignorant. Some of the orthodox in the medical faith give their children mercury in the form of blue mass, or send for a doctor at the slightest appearance of illness. What we wish to understand and explain to the public is the origin and nature of the fatal diseases of infancy; their causes, appearances, progress, and results; the treatment usually pursued in these cases, and the reasons why it is unsuccessful; and lastly, the means of avoiding or preventing such diseases, and the proper mode of treating them to produce a successful result. If the different schools of medicine would investigate the subject and give the people the information they so much need, they would show cause

why the public should honor the medical profession.

A large proportion of the causes of infant mortality begins with the constitution of the mothers. The ignorance and consequent violation of the laws of life by mothers insures the death of half the children in the civilized world, before they have reached the age of five years. Ignorance of our duties to ourselves and our children is steadily, day after day, month after month, and year after year, doing its work of death in the world.

No mother can give health to her child unless she is herself healthy. Women enter the married state weak from the confinement of a boarding-school, having been squeezed into the vice of corsets till their poisoned blood has been unable to circulate sufficiently to nourish the body, much less to keep it in health. They have half-breathed and half-lived, and been crammed with useless knowledge and regular or quack medicines, till life is as much a burden, as death is a terror. With no dependence for health, but upon a doctor, who cannot create it in the midst of their wrong habits, they marry and enter upon life. They are old in their youth—they are sick and languid—they want to lounge upon a sofa because they have no strength for the duties of life. Many have spinal disease and falling of the womb to begin the world with. Women who have to bear the responsibilities of maternity are afflicted in almost nine cases out of ten with headache, or languor, and a sort of lazy debility, with pain and weakness of the back, especially at the monthly period. Very likely the sight is impaired; then, there is the faint, hollow stomach, especially in the morning, which is accompanied with a debility of the abdominal muscles, and a dragging down of the internal viscera, which causes the sufferer to bend forward, and thus cramps the lungs and prevents their being properly inflated. Instead of four pints of air, perhaps three are inhaled, and thus one quarter of life is sacrificed at every breath—years are thus taken from life, but what is the loss of years to the loss of health, which is the crowning joy of existence? When these sick ones, who call themselves

well fifty times a day, if they are asked as many times "How do you do?" are afflicted with dyspepsia, and costiveness, and piles, and a general weakness and inability to depend on themselves, which are most painful to bear, and then when they begin to become conscious that another being is growing within them, instead of feeling a thrill of joy that a new love is nestling under their heart, they feel a more deathly sickness than I can describe. Most truly it may be said, that children are born at fearful cost. The mother wrestles with pain, and nausea, and weakness, through the period of gestation—and often with death at the time of birth—and she knows no way of escape. She complains to her friends, perhaps, and they smile and say that "women must have a thousand and one pains if they have children; these things are to be expected; they are a matter of course; whoever heard of having babies without suffering?"

The doctor recommends patience, takes a little blood, that is, takes a little of his patient's life when she so much needs all she has, and cheers her as much as he can, and the hapless mother suffers on the allotted time, and then, perhaps, has milk leg, or puerperal fever, or an abscess in the breast, or a permanent falling of the womb. And women think that all these horrors are the legitimate consequence of the fulfilment of the command to increase and multiply. And they are not aware that they cannot give a healthy life to their children, whilst thus prostrated in their own best energies by disease. How many times must the plain truth be uttered in the world's ear—ye cannot give away what ye do not possess?

It is not one class, or two classes of mothers who are thus afflicted, and who bear babes to swell the frightful mortality. Those who live in luxury and idleness, and those who live in want and hard labor are the most diseased and the most wretched; but, everywhere those who violate the laws of life suffer the inevitable consequence of wrong. The feeble mother, of necessity, gives birth to a child more or less diseased, or with tendency to disease. It is true, that the vital powers of the sick mother are exerted in the best possible

manner for the child, so that often comparatively healthy children are born of sickly mothers. But after all, the children are only comparatively healthy, and great care is needed in the first years of their life to preserve them from the often fatal diseases of infancy. The child is born, and consigned to some ignorant nurse, who swathes its body tightly with a band, so that it cannot breathe with any healthy freedom. Its stomach is nauseated with an unmentionable potion, and its head is smothered in bed clothing, so that the close air of the sick room is rendered closer and more unhealthy still, by being breathed again and again, under smothering clothes. Its dress seems purposely contrived with pins, and straps, and belts, and many garments to make it uncomfortable, and its feet are rolled close in a pinning blanket, so that it cannot get the benefit of the little exercise of kicking its little feet. But, perhaps, the worst wrongs that baby has to encounter are the poison of drugs, paregoric and the like, and its sick mother's milk. It is not a month since I was called to lance an abscess on a poor woman's breast, and her babe was nursing from the same breast. She had what the doctors called a milk leg, which ultimately ulcerated and broke, and discharged some pints of corruption. Can we expect a babe born of such a mother and nursed on such food to live many months? Will not the filth of the city, sending up its plague steams in the hot summer weeks, poison the last wretched remnant of its little life? We may be sure of it.

Those children who are thus born and reared cannot live. The dysentery with them is death. The ill-made vital organism is worn out. The disease is the sure prognosis of death in many cases. No earthly means can save. I have been called on in hot weather in several instances to such cases among the ignorant poor. The mother, a pale, consumptive, creature, or a bent bilious-looking being, who seemed hardly to have strength to hold her miserable infant in her arms; the child, with the stamp of death on every feature, as the mother thought, perhaps, only slightly sick of summer complaint. They had heard of water-cure,

and though not in a state to fulfil one of the conditions of the cure, they had sent for me, with a vague sort of notion that I would work some miracle for their child, and keep off death from it. I always deal frankly in such cases. I say, your child *must* die in the city, and probably will die in the country; but your only chance is to take it into the pure air of the country, and to take it from the breast, and feed it on good milk, and care for it properly. They would listen to me, and presently ask me if I would not take charge of the case, though I had just assured them that the child must die in the city. Perhaps they would go into the country for a day or two, well supplied with paregoric, and when the child grew worse they would return and send for two or three doctors.

Intelligence is as necessary to the proper treatment of children and the adoption of the water-cure, as the water itself; and though a great number of intelligent people may resort to drugs and doctors, yet no really ignorant person will be devoted to water-cure.

The *first* cause, then, of infant mortality is the ill health of mothers—the fact that children are born with half lives and less than that. Then they are fed on the sick milk of the mother, or the milk of unhealthy cows, or on other bad food. I have known mothers who were well informed on most common subjects, who still did not know any better than to give their young children flesh as food, and even pork—and when fever comes to the child, or the ulcerated sore-throat of scarlatina, or when they have scrofula in its many loathsome forms, destroying the beauty of the skin by foul blotches, taking away sight and hearing, and producing death by consumption, king's evil, or some other disease—they never once think that they have brought these ills upon their children, by depriving them of their natural and proper food, and giving them the fat and flesh of sick animals. For let it be known everywhere, that a large portion of the flesh of animals brought to market is diseased, and we have good reason to believe that all pork, fattened as it is ordinarily, is full of scrofula.

The air that many children breathe is

close and unhealthy. The open air of confined localities would be bad even if they were suffered to go out and breathe it, but they are shut up often in what is worse, without the benefit of exercise. Sometimes they live through the first months with no apparent disease—they are only what is termed “very cross children;” but when the period of dentition comes, then the time of trial begins. Then comes the dreaded diarrhœa, which is met with quack medicines, the base of all of which is opium; or with doctors' drugs, which, whatever they may be, can hardly be worse. The poor child, with its half life, is doomed to do battle with fearful odds—all the evils of city life, and medication besides. If it lives through the dysentery or summer complaint, there are measles, whooping-cough, scarlatina, and other maladies, and death often comes as attendant, or consequence to these diseases.

The first duty of mothers is to render their own health firm. By practicing water-cure through the period of gestation, the nerves are strengthened so that the suffering from nausea and weakness and other evils of pregnancy is escaped, and the pains of parturition are greatly abridged; and sometimes an almost entire immunity from suffering is obtained, and the health of the infant is secured as much as that of the mother. The confinement and dosing of the sick room are also escaped at the time of birth. In all my obstetric practice for several years in New York, I have never had a single case where the mother was not able to walk from the bed to the cold bath the day after the birth of her babe, and in no case has any after ill consequence come to the mother or infant, from this course—and the children of such mothers have passed through teething without difficulty, have escaped dysentery altogether, or have had it lightly—have had whooping-cough, measles and scarlatina with no danger at all, and but slight inconyeniencie.

In the management of children, the first rule is, avoid drugs of every kind and quantity. The nursing infant takes medicine whenever its mother takes it. Get pure air, and plain, simple, healthful food for your child. In his first years the child

PHYSICAL EDUCATION.

BY "MELANCTHON."

should eat no animal food. Bread, fruit, milk and vegetables should constitute the infant's nourishment. Flesh, gravies, grease, sweets, pastry, and condiments should be especially avoided. Grown people should be sparing in their use, but they should give none of them to children. The clothing of children should be loose, easy, not too much nor too little, and flannel should not be worn next the skin. All clothing worn during the day by infants, or adults, should be removed on going to bed, and one long cotton garment should be worn in the night. Day clothing should be thoroughly aired at night, and night clothing during the day. When flannel is worn by infants or adults, it should not be worn next the skin. It irritates and harms the skin. Exercise in the open air is as healthful for infants as for grown people. Thorough cold bathing should be used daily for children from infancy, and if they have any illness, the water-cure will assist nature to throw it off rapidly, and in a manner to secure the future health of the child, whilst drugs remain to poison and oppress the system for we know not how long.

One of the pleasantest fruits of knowledge is that we become self-dependent. The mother who has had her health restored by water-cure and who has learned to prevent and cure disease in her family, is relieved from a thousand nameless fears. She is not frightened out of her common sense at the illness of her infant, but she manages it wisely and its sickness is soon past. And the saving of expense for doctors is no trifling consideration.

M. S. GOVE NICHOLS,
46 Lexington Avenue, New York.

WOMEN AND TOBACCO.—A sensible contemporary says: "The women ought to make a pledge, not to kiss a man who uses tobacco, and it would soon break up the practice; and a friend of ours says they ought also to pledge themselves to kiss every man that don't use it—and we go for that too."

Ditto for us, where they are pretty.—*Madison Visitor.*

Supposing she takes snuff, how then ?

THE trunk of the animal frame is divided into two apartments, or chambers; the one is called the cavity of the abdomen, the other the cavity of the chest; these two apartments are necessary to the existence of the human economy, and without such an arrangement man could not exist.

The two cavities or apartments of the human frame are divided by a partition called the diaphragm.

In the upper part of this frame, and in the upper cavity, are placed the heart and lungs and great blood-vessels which contain the blood and fluids, which are acted upon by the atmosphere.

The more capacious the chest containing the heart and lungs and large blood-vessels shall be, the more will the atmosphere be admitted freely into the lungs, the more will the fluids and blood be purged of their impurities and become vitalized; the more perfect will be the health and strength of the individual, both mental and physical. The broader and straighter the chest the better; the full breast, the erect head, the straight carriage, the broad shoulders, will scarcely ever exhibit a case of consumption, or organic disease.

This partition between the upper and lower chambers of the trunk of the human frame is called the diaphragm or midriff.

The surface downwards towards the abdomen is concave, and that upwards towards the chest is convex.

When a person draws in his breath and fills the chest, the diaphragm falls down or rather it descends, not unlike the piston head of a steam engine cylinder; when the air is sent out of the lungs, it rises up, forming thereby a perpetual ascending and descending motion from the third or fourth rib of the chest down to the sixth or seventh, according to the condition of the individual, and the position of the chest, whether bending or erect.

If the abdomen is filled full with food, flesh, or fat, by high living, the diaphragm will descend but a small part of its distance downward when the breath is drawn

in, and will rise up to an unnatural height when the air is expelled from the lungs.

The cavity of the chest now becomes diminished to a small and unnatural compass, and the great blood-vessels around the heart become embarrassed and loaded with fluids, and work slowly. The heart almost ceases her palpitations; hence diseases, congestions and inflammations of the chest, consumptions of the lungs, apoplexies, dropsies, pleurisies, and debilities of the frame.

To remedy the diseases of the chest we find that the first thing is to get rid of the difficulties at the abdomen, give room and space in the lower and upper cavities.

Those who train horses for the course, begin by reducing the abdomen of the animal to the smallest possible circumference.

The food and training is such that all the spare fluids, and flesh, and fat about the abdomen and the bowels are gradually absorbed, and the limbs and body are cleared of all the flesh and weight possible, so that the animal shall weigh almost **A FEATHER**. The object of this treatment is twofold; first to disencumber the animal of all possible weight; second, to enable the lungs to draw in the largest possible volume of air at each inspiration to supply the animal with strength for the great effort which it is soon to be called upon to make; and we have witnessed by this process of training, in a few weeks, a most wonderful expansion of the chest, and agility of the limbs, all from the fact that the refuse flesh and fat and fluids of the abdomen have been expelled and exhausted by training, and the capacity of the chest has been thus enlarged, and the lungs rendered capable of consuming a very great quantity of air at each respiration.

If a man wants to breathe a great quantity of air, and every person must do so to recover from debility and disease, and acquire health, he must eat sparingly, the abdomen must be made comparatively small, and the capacity of the chest be enlarged. The pure and unadulterated atmosphere of the heavens must be taken into the lungs constantly, and in great quantities.

The individual must enjoy the rain and

the sunshine, and the rocking of the winds and tempest. He must walk and run and ride over hill and dale, and climb the high mountains.

Sedentary occupations will invariably produce disease.

The mortality among clerks, tailors, shoemakers, seamstresses, and those who spend their lives in shops, manufactories, warm rooms, and unventilated apartments and damp situations, is very great and fearfully increased by eating excessively, and especially among our female population, who follow the customs of lacing and corseting; woman is in her pride and glory when nature is unadorned.

The heart is formed of two organs, and four chambers, brought together, and the large blood-vessels flow off from it in four branches. One side of the heart receives the veins containing the blood drawn from the extremities, and by contraction forces the blood to the lungs. Here it should be borne in mind, that the office of breathing is to expand the lungs, and to suck up, and to bring the blood in contact with the air, and accordingly the lungs are so constructed as to allow the largest possible quantity of black or deteriorated blood to enjoy the fullest intercourse with the largest possible quantity of vital air; each air-cell of the lungs is one-hundredth part of an inch in diameter, and as these cells are almost innumerable, it is said that the lungs furnish a surface in their natural state to the atmosphere, equal to about 20,000 square inches, or 30 times the surface of the human body; and when the lungs are thus supplied with air, the blood finds itself passing through the lungs in millions of small vessels, each air-cell meets a small vein of dark blood; and here the air purifies the blood. The air-cells form a *net-work* of wonderful skill and mechanism.

The air comes in on one side of the *net-work*, the blood on the other. This *net-work* or membrane is of an immense surface, contains a finer organization than the most of all delicate laces or gauze, and through this membrane the oxygen and nitrogen of the atmosphere strain themselves and unite with the blood, while the blood, on the other hand, throws off its dark and color-

ng matters in the form of carbon and water.

The blood now loses its dark venous character, and assumes a *bright scarlet red* or arterial hue; it now becomes fitted to carry life and vigor to every part of the frame of the animal and mental economy. Two large vessels now take the blood into the other side of the heart or its left side; here by the contraction of the heart the *red blood* which has been purified in the lungs is now driven through the arteries down into the lower limbs, and up the chest into the brain, which is now supplied with pure and wholesome food.

The mind is revived, and thus re-illuminated, at every pulsation. Whatever brings the blood to the brain imperfectly purified, beclouds and darkens the intellect, and destroys the faculties of man, and produces mental disease in a greater or less degree.

FREE BATHING HOUSES FOR THE POOR IN CITIES.

THE New York Mirror, of recent date, says: "It is a miserable piece of economy on the part of our city government, after New York has been at the expense of millions of dollars to introduce the Croton in her streets, for the sake of a few thousand dollars to deprive the people of the full benefits of pure water, which has cost them so dearly to bring to their doors. In all the first-class houses of the city the Croton is introduced, and those who live in them may indulge in the daily habit of bathing, which is so essential to the preservation of health. But, to the greater part of the inhabitants of New York a bath is a costly luxury. This should not be so. No means should be neglected for preserving the health of the people; it is among the most imperative duties of government to furnish all the requisite aids to health, as well as to provide securities against the introduction of contagious diseases among the people; and among the essentials to perfect health and the enjoyment of life, daily bathing is now reckoned foremost. The rich have baths in their houses, but the poor classes are denied the free use of the pure water which flows through our streets, enough of it running to waste to supply the full wants of the

entire people. The construction of bathing houses sufficiently large to accommodate the present population of the city would not cost, probably, more than two hundred and fifty thousand dollars—a sum so inconsiderable, when compared with the cost of the Croton, and the benefits which would be derived from its use in this manner, that it is hardly supposable there could be any objection on the part of the people to its outlay for such a purpose. There are several well-conducted private bathing houses in the city which would in no manner suffer from the establishment of free bath houses. In addition to the Croton baths for the use of the people, there should be, on each side of the city, suitable places for salt water bathing—the lack of them leads to an improper exposure of full-grown boys and men, at all hours of the day, in the summer months, along the wharves and docks, where ferry-boats and steamboats are continually passing.

"Among the bills passed by the last legislature of this State was one entitled, 'The People's Bathing and Washing Association Bill for New York.' The particular provisions of this bill and its aims we are not acquainted with, but, from its title, it is probably meant to partly meet the want of public baths in the city. But bathing houses for the people should be free, and we trust that among the many important measures which the Whig government of the city will introduce, free bathing houses may be one. In London similar establishments have been opened by benevolent individuals; but the only proper way is to establish them by the city. The people themselves should bear the expense of all measures intended for the benefit of the people.

"Public baths would convert the whole city into a great water-cure establishment, and the good effects of such blessings would be visible in the improved appearance of the miserable denizens of our filthy streets and alleys, many of whom

'Do not live out half their days,
For following of dirty ways.'

"If cleanliness be next to godliness, as an old divine says, this matter of free baths

ought to be advocated from every pulpit in the city, and the Tract Society, instead of issuing tracts against dancing, should publish one on the good effects of bathing."

With the above we fully concur; next to life in importance is health, which cannot be secured without cleanliness. "WASH AND BE HEALED" is an old command, and well were it for thousands, now groaning under disease, to practice this incomparably healthful luxury. The Mirror is quite right, when it says, "Free baths ought to be advocated from every pulpit," and that tracts should be issued on the subject. It is all NONSENSE to preach morals to a dirty or a hungry man. FIRST, wash, clothe and feed the poor object of charity, and he will then be prepared to appreciate and receive such moral and religious admonitions as may be presented to him, either in the shape of tracts or sermons.

CASES OF DOMESTIC WATER-TREATMENT.

To THE EDITOR: I beg, through the medium of your valuable periodical, to bear my humble testimony in favor of the water-treatment, in certain cases which come pretty near my "own business and bosom."

BRUISE BY FALLING.

Case first; that of a step-daughter of mine, in her tenth year. Falling, she injured some of her ribs; in a few days she complained of a great pain in the side, accompanied by much swelling, and inflammation; her mother first applied a druggist's *specific*, which increased the pain, &c. I recommended cold water inwardly and outwardly. This, persevered in for a few days, resulted in a complete recovery. Some of the neighbors were very skeptical as to the treatment adopted, and equally as credulous respecting an unhappy issue. But we had a full persuasion that we were moving in

the right direction by practicing hydro-pathy.

FALL FROM A CARRIAGE.

Case second; that of my wife, who was subject sometimes (since she was precipitated from a carriage the winter before the last) to an unusually painful sensation across the forepart of her head, nothing similar to a common headache however. She had often expressed her fears to me that the pains of her head would result in the deprivation of reason at some future time, unless there could be obtained some remedy in the matter. I advised her to apply wet cloths to her head when going to bed. This she did for a few nights, and, to her agreeable surprise, it afforded an entire relief from the *roasting sensations*, (as she termed them,) that afflicted her.

BILIOUS COLIC.

Case third; that of my own self: I came from Long Island to Canada in Nov., 1847, enjoyed good health (being a teetotaler) until September following, when the ague attacked me. This held on at intervals to the beginning of December. In the latter part of January I was taken dangerously sick of bilious colic, and subsequently had three other attacks, though not so violent in the course of last summer. The "fever and ague" also returned, with the return of warm weather last spring, clinging to me more or less until June. As might be supposed, the consequence of all these things was that of being miserable in health and emaciated in appearance. My principal disorder, the leading cause of other ailments, I believed was "biliousness." It astonished my friends to witness the quantities of bile I voided; and during all this season I took a large amount of nauseating drugs and medicines. Happening to meet with the "Manual"* at a friend's house, I took it home, and giving it an attentive perusal, I resolved to give the "water-cure" a fair trial; and, sir, it has not been "found wanting," though I should honestly confess I have not gone the whole length of a thorough

* Published by Fowlers & Wells, New York.

hydropath, in renouncing tea and coffee, &c. I drink a tumbler of cold water every morning, when rising, and wash my whole body in the invigorating element; since the commencement of this process, upwards of six months ago, I have not taken a particle of any medicine, while prior to this course, pills, or salts and senna were esteemed indispensable every two weeks. I now enjoy excellent health, and have endeavored to speak well of water to friends in various places. Some, believing, have used it, and received benefit invariably. *I would not take a thousand dollars and abjure the cold water-treatment for one year.*

D. W. ROWLAND, Baptist Minister.

A WARNING TO SMOKERS.

THE following paragraph has been widely copied, by the English and American press, as an argument against smoking merely; yet, to our mind, it illustrates another principle quite as important, namely, the necessity of WELL VENTILATED ROOMS for all purposes, as well for those in health as in disease; and under no consideration should an individual suffer himself to remain, or especially to sleep, in apartments not well ventilated.

"A singular case of asphyxia is related in one of the French journals. A youth of the name of Lemoine paid a visit to an uncle, who is a farm laborer in the neighborhood of Havre. This man occupied a small and ill-ventilated apartment. The nephew, at eight o'clock in the evening, went to bed in the room. Soon after the uncle and two companions entered the room, and all fell to smoking. The youth was asleep. At midnight the visitors withdrew, and the uncle went to bed. Laying his hand upon his nephew, he found him unnaturally cold, and endeavored to awake him, but without effect. Help was called; some faint indications of life appeared, and a physician directed operations for the recovery of the patient. All proved vain, the next day he expired. A post-mortem examination was made,

and the physician pronounced that he had died of congestion of the brain, caused by the respiration of tobacco smoke during sleep."

THOUGHTS ON WATER. NO. 2.

In a former communication, I called the attention of your readers to the fact, that water forms a large proportion of all our ordinary food; and quoted Dr. Lee of your own city, as saying, that a vegetable eater receives, with his food, some five pints or pounds of water daily.

Now it must also be remembered that the atmosphere in which we live contains water, the quantity varying somewhat according to temperature and other circumstances, but sometimes considered as averaging ten or eleven grains, troy weight, to a cubic foot. So that if we inhale fifty-seven hogsheads of air a day, we may receive not far from another pint or pound of water in this way.

I have said we *may* receive it thus, because in a perfectly normal state of the system, it is not quite certain very much water is absorbed through the air-cells of the lungs. That, like the skin, they have the power to absorb, as well as to transmit water, I suppose there can be no doubt, but how far they do this has not, that I am aware, been sufficiently proved. I mean in a healthy state.

When, however, there is an imperious demand in the system for water beyond what can be obtained in other ways—that is, in the way of food and drink—there is good reason for believing that the system has power to supply itself, in part, through the lungs; and probably in a much greater proportion than at the rate of ten or twelve grains at every inhalation. For though we inhale, in ordinary circumstances, but about a pint of air, yet the lungs always contain more, and may be acting on, and absorbing air from, several pints of air continually.

On this subject, among many others, I have made several experiments.* I have

* These experiments it is that I referred to in a former communication, and which have been so strangely misunderstood, not to say perverted.

abstained from all drink, and nearly all liquid food, properly so called, for more than six months, in one instance seven; in another, nine; and two-thirds in another. My food, of course, as it has been now for almost twenty years, was exclusively vegetable food, with the exception of milk, which I sometimes used as a condiment, to the extent perhaps of two or three gallons (not more) in a year.

Yet during all these experiments, and two of them were made with an interval of only two days between them, making up with little interruption an experiment of fourteen months, I had as little thirst as usual in similar circumstances. In summer, in one instance, I labored hard in the field daily; and in the winter often lectured for much of the time, from one and a half to two hours an evening. I will not say that I never felt any thirst, but I still say, it was as little as when at other times I drank freely. My perspiration was gentle but free; my renal secretion nearly as usual; and during the first experiment, that of nine months and nineteen days, I gained flesh. My appetite and sleep were as good as usual during the whole time.

Suppose, however, I took a few pints of water in my food, as Dr. Lee says, and as is probable. My perspiration would hardly have been less than three pints, and my renal secretion must have been more than two. My belief is that the two united must have equalled seven pints in twenty-four hours, especially in haying and harvesting. But if so, whence came the additional two pints of fluid? I am the more particular in detailing these facts, because I wish every reader to understand them, and make the right inference, if he can. He need not, of course, infer that I abjure cold water, because I abstain from it to make a patient experiment. He may take them as experiments on the power of the lungs to absorb water from the atmosphere, in extreme cases, for as such I regarded them. Never for one moment of my life did I believe, with Dr. Lamb and others of the same school, that man is not a drinking animal. I would as soon attempt to show that he is not an eating, or a breathing animal. True it is, he can abstain from water better than from food and

air, because nature provides for its reception in the two ways of which I have now spoken, especially through the medium of food.

It is a different question, however, whether it is *best* for man—best for him in all the departments of his nature—best for him as a race, to abstain from drink, and compel his system to obtain a full supply of fluids for all its numerous wants by means of food and air. This is a question which a few experiments of even more than nine or fourteen months by half-a-dozen men like myself would not entirely settle. God has made man susceptible of accommodating himself to a thousand conditions, at least for a time, that are not best for him. But on this subject I may say something more hereafter.

W. A. ALCOTT.

West Newton, Mass., 1849.

CHRONIC OPHTHALMIA.

MR. L. B. of Farmersville, N. Y., age 22, came to our institution last February. He had a taint of scrofula in his constitution, and was of *nervo-bilious* temperament. His eyes had been greatly inflamed much of the time, for a year and a half, and for three months preceding his trial of the water-cure he was nearly blind. When he commenced treatment the edges of the eyelids and the conjunctiva, generally, were intensely inflamed, and a large part of the left cornea quite opaque. A slight exposure of the eye to the light caused a copious secretion of scalding tears; a darkened room alone was comfortable. His general health had also begun to suffer. Appetite and digestion not good, bowels irregular, nervous headache, and a weak and irritable nervous system. The old school remedies he had faithfully and patiently tried.

The water treatment was commenced with two dripping sheets, one long sitz bath, and wet sheet envelopment daily; head baths were also given to derive from the congested and swollen eyes, to relieve headache and stimulate the cutaneous circulation of the head. In about two weeks the half bath was taken in place of the sitz, and the plunge in place of the dripping

sheet. At the middle of the third week the cold eye douche was added; the stream first used was the size of a small brass pin, which was directed with considerable force against the outer face of the lids, then against the inner face and upon the ball of the eye. This acted as a powerful tonic to the capillaries of the part, and reduced the inflammatory congestion rapidly. At the fifth week a douche was taken in place of the half bath, first with a fall of ten feet, afterward seventeen; head baths discontinued, the indications for their use having ceased. Diet was simple, yet generous, butter and salt eaten very sparingly, tobacco, of which he was fond, at once proscribed. Vigorous exercise and free water-drinking enjoined. Water for baths used at 70° at first, and gradually lowered. He left at the end of the seventh week, *well*—the language of the blind man in the gospel he could justly adopt. "Whereas I was *blind*, now I see." Some traces of the "film" on the left eye could still be seen upon near inspection, which, however, continued rapidly to vanish after he left us, as I had opportunity to know from personal examination. The same treatment which gave back his sight, also gave firmness and tone to the nervous system, and perfectly restored his general health. This is an immense and *peculiar* advantage of the water-cure, that while a local disease is being cured, the constitutional health and vigor are also renovated.

P. H. HAYES, M. D.
Cuba, New York.

REDUCING THE TEMPERATURE OF BATHS.

BY S. O. GLEASON, M. D.

I HAVE found in my experience decided and happy effects produced from reducing the temperature of baths some number of degrees while the patient is occupied in a bathing process. Very many, particularly on commencing treatment, are chilly if the temperature is not considerably elevated. Hence, it is decidedly better, and more practical to commence moderately with the use of water than to hurry the treatment. There is a strong tendency to do this among new beginners in the cure.

The same earnest desire is manifested by many patients to rush furiously into the water, that is exhibited in all our business movements. All are in haste to get well; and are hence liable to press the matter too earnestly for their safety and ultimate good. Patients are in too much haste usually. Hence the necessity of information among the people in regard to the safest and most judicious methods of administering water. To be safe in the use of sitzs and half-baths, it is vastly better to begin with a temperature of from 75 to 80 degrees; and if it be well borne, reduce the bath to 65 or even 60 degrees while in it. There is not so much of a shock induced in this method of administering a bath, as in taking one at a low temperature at first; and if I am not mistaken reaction is more easily secured. This accords with my observation and personal experience.

In cases of severe headache, a sitz bath of from 85 to 90 degrees, taken some ten minutes, then gradually reduced by putting in cold water at intervals of some five minutes, and continued from one half to three quarters of an hour, is often efficacious in a high degree. The feet may be kept in warm water, if at all inclined to be cold at the same time. If the head should be hot, as is usually the case, let it be kept enveloped in a wet towel or a cap made of several thicknesses for the purpose. Moderate pouring on the head is often of great utility while in the bath. We may often afford relief in this way, when, if a cold bath was at first given, injurious instead of beneficial results might be obtained. The same remark will hold good in many cases. Patients sometimes commence at home with altogether too cold water. Such a circumstance happened a short time since within my own knowledge. The patient was feeble, delicate, and extremely nervous. A cold sitz was taken at first, and the result was some pains in the abdomen which prostrated and came well nigh inducing inflammation of the bowels. It is vastly better to begin moderately, and with water somewhat elevated in temperature, than to be injudicious and impose serious injuries upon the constitution. A more decided

derivative effect may be obtained in this method of reducing the temperature while in the bath in cases where the patient is feeble, than can be by keeping them in a bath of the same temperature from beginning to end. This I have seen most admirably illustrated from the decided and happy effect of sitz baths administered in this manner in the insanity of the typhus fever, as treated under my personal care. When the patient was highly excited and felt strong, and would wish to get up and walk, a sitz, after the manner described, would calm, soothe, and entirely allay the great irritability of the brain and nervous system, and secure rest. This bath is of great value in strong determinations of blood to the brain, where a cold sitz is not at first admissible.

Some of its superior advantages are manifested in dyspepsia, where the patient is feeble and cannot bear cold well; as we get in this way a more powerful derivative action than could be obtained by a cold bath, since it could not be endured; while a warm one of long continuance would tend to debilitate and weaken the patient. This too, is a safe method of giving baths in home treatment, where there is little definite knowledge of the practice.

On cold, damp days, it is better to elevate the temperature of baths a few degrees, than to take them at the same degree as in clear, fine weather. Invalids are so susceptible to minute atmospheric changes that great care and accurate observation are essential to success in hydro-pathic treatment. Much is often lost by imposing too severe tasks in damp, unpleasant weather upon patients. They cannot resist atmospheric influences, and take the same amount of cold treatment as in fine weather.

Nervous patients do much better on this plan of treatment, than to keep the baths at the same temperature from beginning to end. The system sooner answers to this form of applying water, than any other method in my experience. They come under the influence of full and vigorous treatment with less difficulty, more safely, and the system is more agreeably affected than by any other method of ap-

plying water. The same remark holds good in the treatment of persons advanced in years. Here let me ask of others who may chance to read this article, who have had experience in the water-cure, to add any new suggestions in the direction of *elevating* the temperature of baths while the patient is undergoing a bathing process, as well as any information that may be of value in *reducing* temperature. I have seen but little on this subject, and should be glad to get the experience of others in this direction.

Glen Haven, N. Y.

For the Water-Cure Journal.

CONFESSIONS OF A TOBACCO-CHEWING DOCTOR.

I WAS highly pleased to learn from the April No. of the Water-Cure Journal, that a National Anti-Tobacco Society has been formed. I wish that Society much success. I hope auxiliaries will be formed in every town, and that such efforts will be put forth, as shall speedily drive from our land and world, so great an evil as the habitual use of tobacco.

Surely, man is a very strange being! Claiming (and rightfully, too) to be "lord of this lower world"—to possess attributes and faculties far above those of any other inhabitant of earth—to be

—"near allied
To angels on his better side"—

he is, nevertheless, in some respects, the greatest fool "in all creation!" Place before one of the brutes a temptation to violate a law of its being, and it will treat the temptation with perfect neglect—it will not give it even a passing notice. Offer *alcohol* in any of its forms, *opium*, *tobacco*, or even *tea* or *coffee* to a horse; and he will refuse to touch it. Undertake to force either of these substances down his throat, and he will resist to the utmost, killing himself and the operator too, if possible, rather than yield the point, and take the "vile stuff" voluntarily.

Man, however—vain-boasting MAN—will take the utmost pains and trouble, subject himself to the most distressing sickness, the most painful retching, the most loathsome vomiting; and all that he may

force his system into a toleration of one of the most unpalatable, disgusting, and poisonous of all substances—that the organs of his body may become so perverted in their functions, as not to reject and drive from the system an article which will slowly, though surely, destroy their vitality, and bring the deluded victim to a premature old age and an untimely grave!

But, kind reader, I did not take my pen to write a physiological or pathological lecture, nor yet a dissertation on the properties and effects of tobacco; but most penitently to confess my own sins in respect to the *nasty stuff*, and convince you, if possible, that, inasmuch as I have reformed, “the vilest sinner may return.”

In the far-famed Washingtonian temperance movement, which occurred a few years ago, it was very common for “*old toppers*”—those who had been “*hard cases*”—to relate their own personal experience in the use of alcoholic drinks, and also in breaking away from so vile a habit, in order that others might be encouraged to undertake so desirable a reformation. In like manner, and for the same reason, I propose to give a little of my experience in the supremely dirty business of using tobacco.

I learned to “*chaw*” and *smoke* more than twenty years ago, and when a mere boy. I learned for the same reason that many others have learned—that I might become a MAN!—and in the process of learning, I experienced those *peculiar sensations, that indescribable state of feeling,*

“Which none but he who feels it knows,”

and which most other fools experience in learning the same filthy business. An apprenticeship, however, of two or three years in this delectable business was sufficient to convince me, *green* as I was, that to “*chaw*” and smoke too, was quite too extravagant for a boy; and that if I would retain the little flesh that remained on my bones, the little vigor that was left in my muscles, or what little of “*gumption*” might yet have a seat in my brain, I must reform in *part* at least. Accordingly, the pipe and segar were abandoned, they being more easily given up, inasmuch as their companionship

had not been so constant as that of the “*chaw*.” But the abominably dirty, filthy habit of chewing continued until January, 1849, a period of about twenty-four years; becoming stronger and stronger every year, and daily diminishing the probability that I should ever break loose from a tyrant whose demands were so imperatively urged, or sever a chain that seemed fastened to my very “heart-strings.” True, I was sometimes sensible, even when a lad, that this practice of tobacco-chewing could not be called *genteel*, or even a *necessary* quality of a man; but then, my father, my teacher, and most of the men whose habits I knew, either chewed, smoked or snuffed, and why might not I? True, I was more than half convinced when a student of medicine, that the habitual use of so powerful a narcotic as tobacco, could not be altogether harmless; but then, my private preceptor, my public teachers, and most of the physicians and students with whom I had intercourse, used tobacco in some form, and why should I abstain, especially, when to do so must cause me so much distress? True, when in the course of a somewhat extensive medical practice, I have been obliged frequently to listen to the tale of suffering and distress, poured into my ear by some poor dyspeptic or hypochondriac, whose chief trouble I could trace to the use of an article which my own mouth was wont to contain, and which I well knew would sooner or later, unless abandoned, bring upon myself a like trouble; when reading some philosophically drawn arguments, or well-directed satire; when, as was frequently the case, on being inadvertently caught in a nicely carpeted parlor, destitute of spit-box, fireplace, or other convenience, with a “*chaw*” in my mouth, I have been obliged to nod, or shake my head like a mute, on being asked a civil question, or else suffer all the horrors of an eruption produced by an effort to speak, with cheeks ready to burst from internal pressure; and when, on a certain occasion, my wife, (kind soul,) in order to strengthen a half-formed resolution, silyly moistened my tobacco with a solution of tartar-emetic, by which I was made “*dreadful*

sick;" I resolved that at some future time I would break the chain that bound me to so vile a habit, and proclaim my freedom from so hard a master. But alas!

"Procrastination is the thief of time,"

and habits long indulged, are seldom broken up. Though sensible of the slavery to which my appetite had reduced me, and of the sin which I was committing against the laws of my own being, I continued still to chew, hugging the chain that bound me, and "rolling the sin" of which I was self-convicted, "as a sweet morsel upon my tongue." But the day of my deliverance at length arrived. It was a cold evening in January. I had seated myself with my family near the fire, and commenced reading audibly from the *Model Worker*, a weekly newspaper. My eye soon fell upon the following stanzas, which I believe were copied from the *Boston Chronotype*:

Chaw—chaw—chaw—
Till the glands and muscles ache,
Chaw—chaw—chaw—
Till your snaggies rot and break,
Chaw—chaw—chaw—
Till the filthy juice runs down,
O'er your beard and o'er your shirt,
Making many a lake of brown,
On the bosom pure and white;
Oh, the laundress! what a pity!
How her heart sinks at the sight,
Envyng hostlers in the city.

Spit—spit—spit—
From morning dawn till dark,
Spit—spit—spit—
At some awful dirty mark,
Spit—spit—spit—
On the Brussels covered floor,
To relieve your bursting cheeks,
When no window, fire or door
Offers egress to your flood,
Spitting till you suck and drain,
All the vigor from your blood,
All the gumption from your brain!"

As I read them, every member of my family was convulsed with laughter. Tears of penitence and shame rolled down my own cheeks, and I resolved *then* and *there* that no more tobacco should ever again pass between my lips. It was no half resolution; but so full and perfect was it, and so deep in my inmost soul was its starting point, that I have had but little trouble from temptations to break it. I did, in-

deed, occasionally feel something of the "horrors" for a period of three or four weeks; but a repetition to myself of the last stanza, "Spit, spit, spit," &c. was always sufficient to cure me. I am now entirely free from any remnant of my old appetite. Tobacco in every form is supremely disgusting; even the breath of those who use it is so offensive that I can scarce endure it. Oh ye who chew, smoke, or snuff, ye know not the pleasures connected with a freedom from every vicious appetite. Come, then, with me, and I will do you good. I broke away from alcohol many years ago; I next bade adieu to my coffee and my tea, and now I have dismissed my tobacco. "Go thou and do likewise," and we will together raise the shout,

"I'm not a slave any more."

Perinville, N. Y. April, 1849.

LIGHTNING vs. WATER.

AN ESCAPE.—An occurrence took place in the village of Portchester, N. Y. on Friday evening of last week, which has excited no little sensation. During a severe thunder-storm, a Mrs. Mackey, while closing a window shutter on the second floor of her dwelling, was struck by lightning, and found senseless a moment after, and her clothing on fire. COLD WATER was immediately applied to her face, and repeated in rapid succession, with force, until she was restored to consciousness. Her right side, on which she received the shock of the electric fluid, was paralyzed for more than an hour, and upon examination it was found that her body was burned from her elbow to the armpit, and from thence down her person to her foot. It then passed off, bursting her shoe, and passed into a nail on the wall, near the floor, burning a place about an inch in diameter, and finally found an exit in the opposite corner of the house, cleaving off a small quantity of the plastering.—*Universe.*

What other remedy could have been applied with success in this case? NONE. Water was the only medicine that could possibly have saved her.

PHYSIOLOGY AND ANATOMY OF THE
HUMAN BODY. NO. VII.

THE HEART—ITS STRUCTURE AND OFFICE.

This organ is located at the top, and nearly in the middle of the chest, or between the shoulders, its apex pointing downwards and towards the left side.

It consists, in common with the stomach, of three coatings—a peritoneal, a muscular, and a villous, serous, or mucous.

It is divided into four chambers—two above, called auricles, the contraction of which draws in the blood; and two called ventricles, which force it out. Nature has also divided it up and down into right and left lobes, the right upper chamber, or right auricle, pumping in the blood by suction from the veins, and the right lower chamber, or right ventricle, forcing it out into the pulmonary or lung arteries and capillary structure, while the left upper chamber, called the left auricle, withdraws, on the principle of the suction pump, the blood from the lungs, and empties it into the left lower chamber, called the left ventricle, the contraction of which upon it forces it into the arteries and throughout the system.

This ever-acting organ contracts, in healthy adults, about seventy times per minute, or a little more than once per second, though slower or faster according to the general and temporary activity of the subject, often doubling this number, and forces out at each pulsation into both lungs and arteries somewhere from two to three ounces of blood, according to its size and power; so that as the blood weighs from twenty-five to thirty pounds, more or less, in different subjects, all the blood of the body passes through this organ and throughout the system about twenty-nine times per hour, or once in about two minutes. The heart, therefore, sends throughout the system nearly two hundred ounces every minute, or some seven hundred pints per hour, and above EIGHT TUNS every twenty-four hours. Think what tremendous power is required to withdraw from the veins, pump into the lungs, withdraw from the pulmonary veins, and then send round the system—thus handling these eight tuns four times over,

equal to imparting motion to above THIRTY TUNS diurnally—these eight tuns of blood. And to impart so MUCH force as to send it throbbing and rushing throughout the entire body, and into all those minute capillary vessels through which it passes! How little do we realize either the amount of power this organ puts forth or the good it effects!

The reader may comprehend and fix this circulatory process effectually in his mind by remembering—

1. That the right side of the heart, auricle and ventricle, have to do wholly with the dark or venous blood, and the left with arterial or red blood.

2. That the two auricles, or upper chambers, draw the blood into the heart and empty it into the two ventricles, or lower chambers, which drive it—the right into the lungs, and the left throughout the system. Or thus:

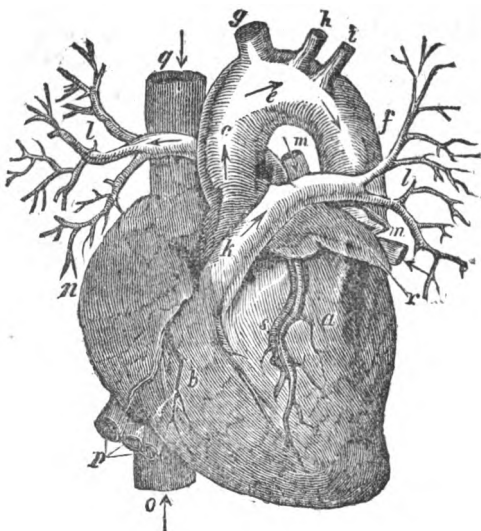
3. That the right upper chamber withdraws by suction the blood from the veins, and empties it into the right lower chamber, which, contracting upon it, forces it into the lungs, (1) while the left upper chamber or auricle, withdraws it from the lungs, and empties it into the left lower chamber or ventricle, which propels it throughout the system.

THE LUNGS—THEIR STRUCTURE AND
FUNCTIONS.

RESPIRATION AND ITS IMPORTANCE.

The fibrine, carbon, oxygen, nitrogen, iron, and other substances which the blood derives from food, constitute hardly half its freight. True, life cannot proceed without them; nor can it with them alone. We must eat; we must also BREATHE. And the elements furnished to the blood by breathing are even more, and more perpetually, indispensable to life than those derived from digestion, because we can live longer without the latter than the former. Starvation is terrible; and soon fatal, but suffocation is worse, dispatches its victim a hundred-fold more quickly and certainly. Indeed, mankind can live but a few minutes—from five to eight—without breath; and those die the soonest when deprived of it who are the most ac-

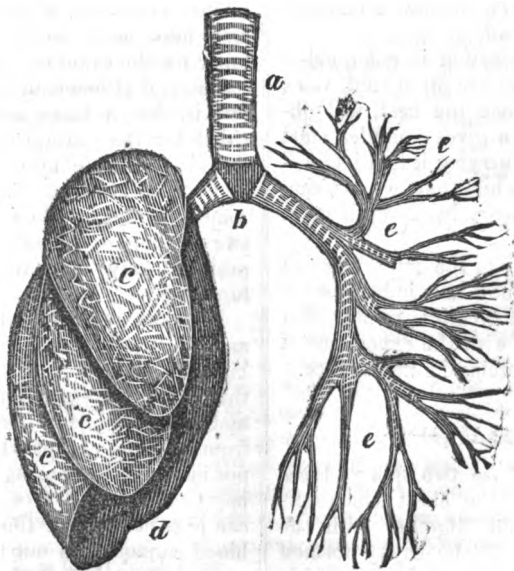
THE HEART AND LUNGS.



THE HEART.

a, the left ventricle; *b*, the right ventricle; *c e f*, the aorta, the great artery that goes off from the left ventricle; *g k i*, the arteries that are sent from the arch of the aorta; *k*, the pulmonary artery, that goes from the right ventricle to the lungs; *l l*, branches of the pulmonary artery, going to the two sides of the lungs; *m m*, the pulmonary veins, which

bring the blood back from the lungs to the left side of the heart; *n*, the right auricle; *o*, the ascending vena cava; *q*, the descending; these two meet, and by their union form the right auricle; *p*, the veins from the liver, spleen, and bowels; *s*, the left coronary artery, one of the arteries which nourish the heart.



THE LUNGS.

a, the trachea, or windpipe; *b*, its branch to the right and left lung; *c c c*, the three lobes which compose each lung; *e e e*,

the air-cells of the lungs dissected; *d*, the pulmonary arteries, or entrance and egress of the blood from and to the heart.

tive. Thus, the slow-moulded Malay can stay under water from seven to eight minutes, and then rise, whereas the more active Caucasian suffocates if he remains under five or six minutes—the difference being one quarter in favor of the sluggish, and for this reason—the more active the subject the more rapidly he consumes the energies derived from breath as well as from food, and therefore the more frequent and copious must be this re-supply. The faster we live, the more and oftener we must breathe. As the snake, frog, alligator, and other cold-blooded, sluggish animals can live a long time without breath, especially while torpid, so the more stupid the human animal the less breath he requires. Hence, ability to hold the breath a great length of time is a poor recommendation.

Breathing thins the blood so that it circulates, and the reason why the absence of breath suffocates, is that it allows the blood to become too thick to circulate. Let the reader notice his own pulsations—their rapidity and power—when he breathes fully, compared with them when he holds his breath, and he will find them weaker and less frequent the longer he holds it, till it ceases to flow, soon after which life takes it exit.

Those whose circulation is not good—whose hands and feet are often cold, veins blue, and health none the best, will observe that inspiration gives a sudden start to pulsation, both hurrying it and increasing its power, but while they are expiring their breath, the heart beats both more slowly and feebly.

But why dwell upon the importance of respiration? All know how indispensable a constant supply of breath is to life. Nor can words compare with the experience of every reader in enforcing its importance.

STRUCTURE OF THE LUNGS.

The lungs are those two spongy lobes in the upper part of the chest which surround the heart, and, together with the latter, fill up most of the cavity formed by the ribs. They consist of a very thin and light membrane, permeated by two sets of tubes, one set formed by the branch-

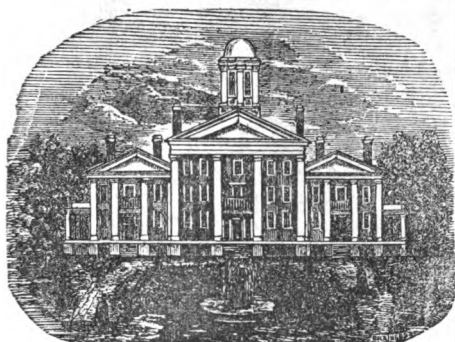
ing and re-branching, almost to infinity, of the trachea or windpipe, till their porous structure becomes too small to be traced with the eye, even when aided by the most powerful magnifying-glasses yet invented. The other set of tubes is formed by the branching and re-branching to the same degree of capillary minuteness of the pulmonary arteries and veins—those ducts which convey the blood from the heart to the lungs and back again. Only a very thin, though tough membrane separates between these capillary air-cells and blood-cells, yet so minute are its ramifications, that an ordinary sized pair of lungs contain, or have folded up in them, a surface of about twenty thousand square inches. Nature is a great economist in everything, space included, and by this folding up of the membranes of the lungs it is, that she contrives to present so large an amount of surface in so small a compass—a contrivance akin to that by which she has folded up the intestinal canal, and still further folded its mucous surface so that a great amount of surface may be contained within a small compass. But for this folding arrangement, the size of the lungs must have been immense; just as, but for the similar folding structure of the intestines, mankind must have been six or eight times taller for the same weight than now.

The end attained by this plating structure is, that a large surface may be provided for the juxtaposition of the air in the air-cells, side by side with the blood in the blood-cells. The right lung is somewhat larger than the left, and the two envelope the heart so that this juxtaposition may facilitate their combined functions.

We thus see in what manner the air, and of course the oxygen of the air, is brought alongside of the blood, only a thin membrane separating them. Yet this membrane, while it prevents the blood from escaping except when ruptured, does not intercept the passage of oxygen, a gas more subtle than the air itself, so that it can pass in through this membrane, while blood cannot pass out through it, nor air pass in through it to the body.—*Physiology, Animal and Mental.*

WATER-CURE ESTABLISHMENT.

HOMŒOPATHIC ALLOPATHY.



A VIEW OF THE WATER-CURE ESTABLISHMENT AT CLEVELAND, OHIO. For full particulars, see advertising department.

NEW-YORK, AUG., 1849.

For the Water-Cure Journal.

DEAR FRIENDS:—I gladly comply with your request so far as I can, to write for your widely extended and useful journal. The subject of hydropathy is now getting to be a most popular one, and every man at all friendly to the cause of reform, should do all that in him lies for the advancement of the glorious cause. I am most happy to announce to your many readers, that the doctrine of the immortal Priessnitz is gaining ground everywhere, where common sense and the light of the new Gospel shines. Like "Iser, rolling rapidly," the new dispensation spreads, and all men seem to rejoice thereat hugely. Men, who for nearly threescore years have been subject to the bondage of drugs, medicines, and dye-stuffs, are now casting off their yokes, and crying aloud for water. Diseases which for years and years have been the opprobrium of the profession, now yield, as if by magic, to the all-healing power of the water-cure, and by virtue of its prophylactic powers, diseases which for ages have been common in many families, are now forever banished. In short, hydropathy is working wonders all over the land; some of its doings in these parts it shall be mine to recount to the readers of your paper at a future period.

Yours, for the truth as it is in cold water,

E. A. KITTRIDGE, M. D.,
24 Franklin street, Boston.

BY E. T. TRALL, M. D.

In theory the difference between the way of doctoring folks called allopathy, and that other plan denominated homœopathy, is like north and south; but in practice they run into each other and amalgamate like the positive and negative forces of electricity. When the champions of these two schools talk about the philosophy of medical science, they are as far apart as the poles; the more they philosophize the further they go from each other; but when they come to clinical experiment, to the bedside of the patient, to absolute dosing, it is impossible to tell where homœopathy and allopathy begin, and *vice versa*. The homœopathist runs his prescriptions up from the thirty-three millionth part of a drop of veratrum to an ordinary table-spoonful of salts or castor oil, while the allopathist runs his quantities down from a hundred grains of calomel to drops and parts of drops of a solution of arsenic or corrosive sublimate. Thus the line of demarkation, so conspicuous in theory, is utterly obliterated in practice.

Whether this meeting of extremes is useful or otherwise to third parties, is not my purpose to argue. But allopathy is a positive system; it "deals destruction round the land" with a potency which means something. It trusts nothing to nature, but does its own curing or killing. It commissions its drugs and chemicals to go forth and act—war upon the disease when they can, and upon the patient when they must. Its missiles, therefore, are not to be trifled with. Such is allopathy, practiced allopathically.

Homœopathy, when practiced homœopathically, is mainly a negative system. It attends to some of the outward conditions of health, and leaves the great physician, Nature, to do the principal work within the domain of organic life. It is frequently useful, sometimes efficacious, generally harmless. Allopathists may practice homœopathy with impunity, but homœopathists cannot do the same with allopathy, for the reasons just intimated. Before they meddle with allopathic doses, especially with the mineral or narcotic tribe of agents, they must understand well allopathic toxicology. They must acquaint themselves with the symptoms which distinguish the operations of a poison from the manifestation of a disease.

Let me illustrate. A few days ago I was called to a child in Brooklyn, between three and

four years of age, who had been running down rapidly with scarlet fever for four days. She had been attended by a homœopathist. The great homœopathic remedies for scarlet fever are *belladonna* and *aconite*, two powerful narcotic poisons. They are usually given in such small doses that their specific operation on the system, which occurs when given in large or allopathic doses, is not perceived. The only rational homœopathic explanation of the *modus operandi* of these remedies in scarlet fever is this: The vital powers, in their effort to throw off the poison, absolutely get rid of the disease, throw it off also more readily or rapidly than they would or could do without being roused up to expulsive endeavors by the introduction of an enemy. We, hydropaths, however, prefer another plan. We prefer to incite nature's remedial efforts by natural, instead of artificial means. But let that pass.

In the case of the child above-mentioned, the physician had selected *aconite* as his leading curative. Unfortunately, he overdosed; he gave, ignorantly or designedly, the allopathic quantity. Now, all allopathic physicians know, and all homœopathic physicians who overstep the modesty of infinitesimal proportions ought to know, the effects of full or extreme doses of narcotics on the brain. All narcotics—*belladonna*, *aconite*, opium, camphor, henbane, and the like—in what are called in the books specific doses, produce stupor, giddiness, and dizziness in the head, a fixed, contracted, or dilated state of the pupil of the eye, with a tendency to retch and vomit upon every effort to raise the head from the pillow.

All these symptoms of *narcosis* the child had manifested for two days. The physician finding his first doses ineffectual and the disease perversely obstinate, had increased the power of his medicament by concentrating allopathically instead of diluting homœopathically. The consequence was, keeping the brain of the patient constantly narcotized. Not aware of the nature of these appearances, he imputed them all to the violence of the disease. His own drug kept up so continued a determination to the brain, that he became alarmed lest the disease should terminate, as scarlet fever often does under *bad* management, in dropsy of the head! In this exigency the doctor expressed his discouragement, and as all parties seemed to be well satisfied with each other, withdrew from the case.

Under hydropathic management all the symptoms of the much-dreaded hydrocephalus (dropsy

in the head,) vanished in a few hours. A few general bathings with tepid water, and a succession of cold wet cloths to the head, soon reduced the fever; and by the time the immediate effect of the *aconite* was off, the load of oppression was gone from the brain. The child experienced considerable languor and listlessness for a day or two, owing more to the operation of the drug on the brain than the effects of the disease upon the system; yet in three days was running about comparatively well.

The moral I would indicate from this case is simply this. Let every doctor stick to his own text. Let allopathists go the drug system as seemeth to them good; let homœopathists use their remedies according to the teachings of their own school, or not at all; and let hydropaths, when they undertake to cure a disease with the water treatment, dabble with nothing else. Let us have no mixing up of opposing systems. Either system is all-sufficient of itself, or it is no system at all.

For the Water-Cure Journal.

WATER-CURE AT COOPERSTOWN.—A CASE.

WITH a capacity moderate as mine, I cannot make any display of high-sounding technical terms, in giving you the outlines of my case; but since a Greek or Latin word, which certainly sounds much more scientific, does not go a bit further to represent or establish truth than plain English, I feel encouraged to lay before you my unembellished statement.

My general health has been poor for the last four years, subject to frequent colds, which settled into bronchitis as a regular visitor during winter. To this came early this year a severe attack of palpitation of the heart and rush of blood to the head, for which I was bled, with a repetition of the same attack six weeks later, for which I was bled again. I was besides troubled with piles for the last twelve years; my digestion was not altogether right, there was something wrong somewhere—inactivity of the liver, dyspeptic, &c. Suffice it to say, that after all drugging, dosing, and bleeding were done, there was no hope of relief left but to have an issue between the shoulders to relieve my head. I had become so reduced that I could not leave the house, my strength vanished, and I was what is generally expressed by "failing fast." I had nothing before me but an early grave! Oh, Mr. Editor, it is

asily written, it is more easily read; how quickly the eye glances over these simple words, "early grave!" But what an age of misery—what an agony of soul lies in the realization of leaving those we love and cherish, our best and dearest friends on earth, while this world looks so glorious! It is a hard, hard struggle for the wife and mother, that can only end in death! Thanks to God, my sick bed was surrounded by sincere friendship and pure affection, and in looking for remedies to cure my disease, Water-Cure arrested our attention; we fairly investigated its merits, and having all to gain, our resolution was quickly taken to give it a trial. The morning of my departure arrived. I was carried from my couch to the carriage, and plainly could I read in the tearful eyes of my neighbors, they did not expect to see me return. Well, we set out, and by dividing our stages leisurely, I recruited so far, that after the first two days, traveling became less fatiguing, and I arrived safely at Cooperstown, New York, with Dr. Philip Roof, who received us most cordially, and it did not take us long to find ourselves perfectly at home with him, his good lady, and household. Dr. R.'s establishment is particularly pleasant; he takes but a small number of patients, to be the better able to attend to them, and the situation (close to the lake) adds to its healthiness materially. My case was soon stated to the doctor, and a mild course of treatment ordered; cooling cloths to the head, and a foot-bath of cold water, (about 70°, but to me icy, used as I had been to blister my feet in hot water, with mustard and salt,) appeared to me an extraordinary proceeding; in fact, I thought it could do me no good, and I might as well have stayed at home; but I soon became sensible of my error; from the very first foot-bath I may date the commencement of my recovery, my head became relieved, my whole frame invigorated, my appetite returned, and I began to feel a perfectly different being. To give you a detailed account of my treatment is unnecessary; many would undoubtedly smile at it; to the unbelieving, I can only say, come and try—yes, try; if, weak and helpless as I have been, you can, after a month's treatment, walk fifteen miles in a day, as I have done, and a woman of forty, at that! Sir, it cannot be done without cold water, which is becoming one of the greatest blessings to the human family. I have now been under treatment six weeks, and to my great regret, am forced to return home, but I

have gained beyond my most sanguine hopes, and have every prospect of my entire recovery under continuance of treatment on my arrival at home.

To all invalids, and to all those who may have experienced with me the feelings of the sick chamber, to whom Cooperstown is within reach, I would offer the pressing invitation to come and stay with dear Doctor Roof, (I cannot help expressing myself thus,) to whose judicious and careful treatment I am so deeply indebted, and in whose family they will find all and every comfort they can expect next to their own homes. Besides, Cooperstown is a most lovely spot, situated in a valley on the southern shore of Lake Otsego; the surrounding country is most delightful, and particularly adapted for the water patient, who meets on all his walks with springs of refreshing and soft water. Rise, as I have done, early, and creep up Prospect Rock, or Vision Hill, on the west side, while the sun is rising in the east, first gilding the distant hill-tops opposite, and by degrees shedding his rays on the lake and the remarkable pretty white houses of the village below, and you will at once behold a view which, in miniature beauty, can scarcely be surpassed; and as you are gaining in strength, take a walk after supper to Leather-Stocking's Cave, about two miles distant, and be there within an hour of sunset, or row your boat to the three-mile point, on the western shore of the lake, about the same time towards evening, and you will be gladdened with a prospect more extensive and magnificent. Reader, I have enjoyed these rambles; they have filled my soul with perfect rapture, and I have deeply to lament that I am not gifted with the descriptive ability of a Cooper to do justice to this lovely scenery. True, it does not present the ruins of the Rhine, nor the awful grandeur of the Alps, but there is a peculiar and quiet rural beauty of its own, not easily forgotten if once beheld. I had intended to describe many more of my excursions round Cooperstown, but I fear I have already trespassed upon your patience, and in bidding you and your patient readers a hearty adieu, I remain, A BUCKEYE.

WATER-CURE TESTIMONY.—The Editor of the *Fond du Lac Journal* says: "We believe that pure water, properly applied, possesses greater power to heal disease than anything else, and as a preventive of disease we know it to be unrivalled."

CHRONIC RHEUMATISM CURED BY WATER.

GENTLEMEN,—I am happy to congratulate you on the fact, that the admirable system of water-cure treatment laid down in your journal is rapidly securing a most favorable opinion in the public mind. The number of subscribers in this immediate vicinity is rather limited; yet it is doing much in the way of reform by proxy. The people begin to practice and appreciate the great utility of cold water. The columns of our country newspapers frequently contain extracts from the pages of your most invaluable journal; nor can they bring before the public mind anything more effectually calculated to ameliorate the condition, and enhance the happiness of their subscribers.

Having received so much benefit from the application of its principles myself, which combined with the numerous testimonials of others contained in its columns, have been the means of converting several of my friends to an ardent faith in cold water as a remedial agent; and as "a single fact is worth a ship-load of argument," I give the following, as an instance amongst many that have contributed to my faith in the water-cure practice. And be assured that it is with the deepest sense of gratitude to the Giver of every good and perfect gift, that I look upon and appreciate the privilege of doing so. From the autumn of 1833 to about the middle of the past year, my father was afflicted with a most obstinate chronic rheumatism; his pains would abate and recur at intervals; thrice, during the time, he was confined to his room for months, without being able to move his body without enduring the most excruciating pains; nor did he pass a single day, during the whole time, without suffering rheumatic pains to some extent. At first he was loth to resort to the horse-doses of allopathic treatment; but finally, finding his domestic applications prove abortive from first to last; he resolved to abandon all further applications and let nature have her work; whether he did so, strictly speaking, I am not prepared to say; at all events, she had no doubt been chiselled out of it prior to the subsequent difficulties. Towards the close of '47, however, his pains became more alarming than ever. Under this discouraging state of affairs he consented to take, do, or submit himself to almost anything to obtain relief; and accordingly, under the directions and suggestions of a lot of quacks,

who are ever ready to guarantee a cure to secure a fee, he swallowed a most incredible amount of stuff under the cloak of medicine, and all to no purpose, but to derange his system. I should have mentioned that up to this period his appetite and digestion were both good; it was then only that he felt willing to test the efficacy of COLD WATER in his case, and that, too, in the most simple method of applying it imaginable. He commenced bathing his feet in a tub, containing about twelve inches of fresh water, for thirty minutes, every night before retiring: immediately on taking his feet out of the water he would rub them dry, and then swathe them in flannel bandages, which he let remain until morning; before he had persisted in this a single week, he felt relief—at the expiration of a month his pains had nearly left him; and, at the end of three months' continuation of the same simple practice, he was enabled to dispense with his cane, walk with more pleasure than he had done for near sixteen years, and attend to his business with perfect ease, to the surprise and astonishment of all who knew him. He has since then had slight attacks from over-exposure and change of weather, which he never fails to remedy by the usual application of the cold foot-bath. I doubt not, but if the above fact were generally known, it would at least detract much from the present amount of human suffering. My father is a farmer, residing in Montgomery county, Penn., and will take pleasure at any time, in giving you a more complete description of his case.

Yours, truly,

JNO. F. GRAFF.

CLEVELAND (OHIO) WATER-CURE ESTABLISHMENT.

WE would take occasion to direct the attention of our readers to the advertisement, in another column, of this eligible establishment. We are assured by a friend who has spent some time there recently, that for an institution of the kind it is unsurpassed. The air is cool and bracing, and the supply of pure spring water very abundant. Dr. Seelye, the proprietor, is a gentleman of large experience and intelligence, and with the assistance of his amiable lady, imparts to the place the charms of a comfortable home. —*Cincinnati Daily Globe.*

FACTS AND EXAMPLES.

PROF. J. HADLEY, one of the faculty of our (allopathic) Medical College, has a daughter, whose case has for several years baffled the skill and poisons of the whole faculty. Last spring he sent her to Rochester, at the institution of a "quack" hydropathist, and in six weeks she came home in perfect health; and the few who rise early enough, may meet her, if they try, some two miles from the village, on foot, every morning, putting in practice the lessons of quack (!) wisdom which she learned at Rochester. There have been several cases here of years' standing, which have derived the same benefit at the same establishment.

Another fact: J. M. PAGE, one of the most extensive manufacturers of Homœopathic globules, and dealers in homœopathic medicines in the United States, has a son at present under the Water-Cure treatment here, and says he is getting better; his case is one of SCROFULA, and of course all other treatments have failed entirely; but he now thinks there is hope of his son's recovery. May his hopes be realized, and may the Water-Cure Journal continue to spread farther and wider the same health-preserving and health-restoring doctrines. J. H.

Geneva, N. Y., July 9th, 1849.

TO THE EDITORS.—I regret to announce to you the fact that our Hydropathic Institute, at Green Spring, has been closed. I hope the closure will only be temporary, and that it will be reopened next season, either by myself or some other person, whose engagements will render attention to it, in person, more convenient than with me. It would be a great loss to the cause of medical reform, as well as to the afflicted of this section of the country, should an establishment presenting so many natural, as well as artificial advantages, remain long inoperative.

In making this announcement to you, I owe it to Dr. Rogers, the physician of the Institute, to state, that its closure has been no fault of his. He has performed the duties of his responsible post in a manner which has not only given satisfaction, but which also has proven him to be a gentleman well qualified to carry out the principles of the beneficent system to which he has devoted his life, with an enthusiasm of purpose concerning which I need not speak to one who knows him so well as yourself.

Without referring particularly to private concerns, which could be of no possible interest to the public, suffice it to say, that the difficulty which has eventuated so disagreeably to me, was one of those which are incidental to partnerships

in human pursuits, and which not unfrequently involve those who are, themselves, chargeable with no mismanagement whatever.

Hoping that some one may be found able and willing to join me in a speedy revival of the institute, or else to take it wholly out of my hands, I subscribe myself,

Truly yours and the cause's friend
and obedient servant,

F. J. PETEL

Baltimore, July 14th, 1849.

SPINAL WEAKNESS UNDER WATER TREATMENT.

As practical information is most needed for the prevention and cure of the "ills that flesh is heir to," and as the Water-Cure Journal is the organ for that mode of treatment, I make application to your journal for the following statement of the cure of spinal weakness in a child—a girl four years old. The parents of the child moved from this place in October last, a few miles west, and soon after the child was taken with weakness in the back and limbs. An apothecary was called in, and ordered purging, draughts, &c., all to no purpose. (The charge for this one visit was five dollars.) She continued very weak from the time she was first taken, (in October, 1848,) until the latter part of February, when they came back to Ceresco; during the whole time the child was very weak, could not walk or stand, was restless, uneasy, and in much pain. She could not turn herself in bed, nor raise one of her feet without help. The following March two other physicians were called in; one said her case was hopeless, and ordered blistering; the other said showering in cold water once in twenty-four hours perhaps would help her. This rational advice was taken, and in addition to showering, a bandage of cold water was applied, and renewed every two hours, with immediate relief. The showering was increased to six and four hours. Within three weeks the child walked about the house and was doing well. A rash followed the wet bandage, and finally boils from different parts of the body. My object in sending this statement is for the encouragement of your patrons, and to benefit the world generally. Be assured, the WATER-CURE JOURNAL is doing wonders in the West; for bathing is becoming as common as eating and drinking (water.)

STEPHEN BATES.

Ceresco, Wisconsin.

THE COLD WATER CURE.

BY A SHAKER.

The following lines were written by a young Shaker sister at Canterbury, N. H., who had been much afflicted with lameness, or what is called crick or catch in the back. She had tried many prescriptions without relief, until going through the cold water process. The lines occurred to her while enveloped in a wet sheet.

A spasm of the muscle is the worst of all ills;
It fills one with horrors, with heats and with chills;
It completely unfits you for every thing
That requires the exertion of a hitch or a spring.
You can't lie or sit, you can't walk or stand,
Can't move to your liking arm, leg, foot or hand;
You can't cough or sneeze, and all this in fact
Is because you have dropp'd a stitch in the back:
You are to a fraction envelop'd in pain,
You are down in the mouth, you are sick and you're lame.
And suppose you're like me of a business turn,
Some means to get well you'd be trying to learn.
Why you'd spend all the silver and the last piece of gold
That your purse ever did or ever will hold,
To again be restored to your once former track,
Again be possess'd of a well and strong back.
The evils are many that occur in your path,
You're so held in bondage you're endanger'd to laugh;
You can't go out doors to breathe the pure air,
For the fact it is this—you cannot get there;
You can't go to meeting and there dance and sing,
Which to the believer is worth every thing,
To unite with the brothers and sisters so true,
And pray, who could help sympathizing with you?
Can't e'en be permitted with the family to dine,
Oh! the ills that attend you are ninety and nine!
So I find it in vain to rehearse them to you,
But when you are taken, you'll find my words true.

PART SECOND.

Well, suppose now you'd like, I'll simply tell you
When in this condition what you'll have to go through,
(Provided you'll prove a friend confidential,
Which thing it is certain is very essential.)
Well, the first thing in view is the COLD WATER-CURE,
Though in as much agony as you can endure;
You'll find them preparing cold water a plenty,
With linens and flannels a dozen or twenty,
With a sheet for a lientuch as big as a bed,
And smaller nice linens to apply to the head;
Many duffels and puffs, and feather beds too,
In handy good shape, then they'll call on for you.
As bad as you can be—you cannot be worse:
No use in opposing, or making a fuss,
You are helpless they know, and can do as they please,
Can manage you now with the greatest of ease.
As it were before thought, from your neck to your feet,
You are most completely wrapped in a sheet,
Placed on to the bed, and bedding piled on,
Layer upon layer, and the tucking begun,
And that you are human, one would think they'd for-
getten,
For you look to appearance like a great bale of cotton.
The choicer fine linens next applied to the face,
Neck and head with wet bandages modestly grac'd.

A glass of pure water comes next to your lip,
From which with great caution you freely must sip.
You will wonder what next to the lientuch will come,
Well, to use Priessnitz's term, 'tis the cold abriebung,
And the dry sheet comes to fill up its place,
Rub well and dress up, then take a good race.
This is only one process you'll have to endure,
If you're a subject of the Cold Water-Cure.

CORRECTION.

Dr. Trall thinks animal food a preparation for cholera.—*Lynn Pioneer*.

Friend Pioneer, you read very carelessly,—I said no such thing. I did, and do say, quoting the exact language you so unaccountably misunderstood, that "a greater proportion of animal food than is usually taken," is rather a preparative for than PREVENTIVE against cholera. The reason I assigned was, that "people ordinarily use too much." If the Pioneer man had read the whole article he would have found the following: "The diet may be all vegetable, provided the materials are good, and properly prepared; or it may be a mixed diet of animal and vegetable provided it is simple and plain."

R. T. TRALL, M.D.

OPIMUM EATING IN ENGLAND. It is said that this pernicious practice seems to be alarmingly on the increase in England, and is evidently extending to all ranks of society. By the reports of the Board of Trade down to the 5th of May, 1848, it is shown that the consumption of opium has been doubled in England in one year. The imports of this drug for the past year amounted to 24,929 lbs. The paupers in the alms-houses are said to be much addicted to the fatal indulgence of opium-eating. A still greater proportionate increase than the above in the use of opium, was known immediately to follow the Washington temperance movement in New England. This is a hard lesson for temperance men. Avoid ALL stimulants, if you desire to become truly, permanently temperate, and proof against temptation to strong drink.

A HEALTHY CITY.—The entire number of deaths in New London, Conn., for the year ending July, 1849, was, according to the *Chronicle* ninety-three. This is believed to be the smallest bill of mortality for a population of between ten and eleven thousand, which can be found in the United States, or in any part of the world.

PUBLISHERS' NOTICES.

ENCOURAGING.—Nobly have the friends of Hydropathy exerted themselves at the commencement of our new volume, to give the Journal an impetus, which will not be soon forgotten. Already our subscription list contains the names of several thousands of new subscribers, and our old friends are not slow in renewing. In fact those who have read the Journal are unwilling to do without it, and they have only to show it to their friends and neighbors to secure an additional number of subscribers. Thus we go on to increase, and shall expect before the close of another volume to outnumber, by far, any other HEALTH JOURNAL IN THE WORLD.

TO NEW SUBSCRIBERS.—Back numbers, from January, will be furnished to those who may wish to have their subscriptions commence at the beginning of the year; otherwise, it will be understood that new subscribers will commence with the July number. We can furnish only a few complete sets of the Journal, from the commencement, as volumes ONE and TWO are nearly out of print.

"THE SPIRIT OF THE AGE."—Under the head of Book Notices, may be found a prospectus of a Weekly Newspaper, edited by WILLIAM HENRY CHANNING. We regard the mere announcement of this fact alone, a sufficient recommendation. All who know Mr. Channing, will be rejoiced to hear of this new medium of mental communication. We most ardently wish the editor great success, in representing truly, "The Spirit of the Age." For particulars, see Prospectus.

THAT PREMIUM.—We find the offer of "A PREMIUM" to have a good effect. Already have we received many new subscribers in clubs, and orders for large quantities of the Almanac. Think of it, a year's subscription to this Journal for less than FIFTY CENTS, as follows:

For \$10, we will send twenty copies of this Journal one year, and one hundred copies of the WATER-CURE ALMANAC for 1850.

We regard the circulation of the Almanac an excellent means of introducing Hydropathy where its principles are yet unknown. The Almanac being stereotyped, we can furnish all that may be wanted, even if the demand should exceed nine hundred and ninety-nine thousand.

THE NEW JERSEY JOURNAL contains the following:—
"FOWLERS & WELLS, of 131 Nassau street, New York, are among the model publishers of the present age. They issue the Pitenological and Water-Cure Journals monthly, and at prices so entirely disproportioned to their value that we should think every family in the land would be represented on their subscription lists."

According to present prospects, the time is not far distant when this will be the case in fact. It is only necessary that the "people" should become acquainted with the value of these publications, to render them UNIVERSALLY desirable.

AGENTS and others, who may have occasion to order our various publications, to sell again, may depend on having all orders filled PROMPTLY, and on precisely the same liberal terms that would be obtained were they present to attend the purchases themselves. We make it a principle to consult the interest of the purchaser, as well as our own, nor do

we remember an instance where perfect satisfaction has not been given to the absent purchaser.

THE GOLD DOLLAR has been found exceedingly convenient to enclose in a letter to pay for a year's subscription to the WATER-CURE JOURNAL. A five dollar gold piece may also be enclosed in a letter and sent to the publishers, with perfect safety, and without increasing the postage.

W. O. McCLUER, of Rome, New York, will supply those who may wish, with our publications.

TO THE FRIENDS OF HYDROPATHY IN AMERICA.—
OUTLINES OF A NEW THEORY OF DISEASE, applied to Hydropathy; showing that Water is the only true remedy; with Observations on the Errors committed in the Practice of Hydropathy; intended for Popular Use. By H. FRANCKE. Translated from the German, by ROBERT BAIKIE. Republished by John Wiley.

It becomes our duty to advise our numerous readers of the imposition, which many would be likely to suffer, should we remain silent. This work is no other than a different translation of WATER-CURE IN EVERY KNOWN DISEASE, and THE ERRORS OF PHYSICIANS, IN THE PRACTICE OF THE WATER-CURE. By J. H. RAUSSA; and were translated from the German, by Dr. C. H. MEEKER, in 1847, and published by FOWLERS & WELLS, Clinton Hall, 129 and 131 Nassau street, New York.

Several editions of these works have already been bought by the friends of the Water-Cure in this country, who will have no occasion to purchase the SAME WORK under a new title. Mr. Wiley was evidently ignorant of the fact that these works were one and the same thing, until after he had printed his new "THEORY AND PRACTICE OF HYDROPATHY," with which the American public have already been liberally supplied.

P. S. Since writing the above, Mr. Wiley informs us that he had no knowledge of our work; and that he simply copied from the English edition. This, of course, exculpates him from all blame in the matter; and the only regret is, that another title should have been given to the same work by the English translator.

We repeat, all who have obtained "THE WATER-CURE IN EVERY KNOWN DISEASE; or, THE ERRORS OF PHYSICIANS IN THE PRACTICE OF THE WATER-CURE," by J. H. RAUSSA, will not suffer themselves to purchase the same work under the title of "Outlines of a New Theory of Disease," by H. FRANCKE.

REVIEWS.

THE DOMESTIC PRACTICE OF HYDROPATHY; with Fifteen Engraved Illustrations of Important Subjects, from Drawings by Dr. Howard Johnson. By EDWARD JOHNSON, M. D. New York: John Wiley.

ALL who are acquainted with the subject of Hydropathy are aware that Dr. JOHNSON is one of the foremost and ablest advocates of Hydropathy in England. His Theory and Practice of Hydropathy has been circulated extensively; so also his later work, the Results of Hydropathy, which was republished in this country some three years since.

The title of the present work is an index to its import. The author has undertaken that important matter of teaching the mass in reference to health. On this point he remarks:

"One object has been to bring the benefits of Hydropathy as much as possible within the reach of the *poor*. The accomplishment of this has always appeared to me in the light of an imperative duty; and I can but regret that I could advise no better or more effectual means of achieving it than by the publication of some such work as this."

But Dr. Johnson would not be understood as encouraging the idea that people are in all cases to dispense with the physician. On this subject he observes:

"It forms no part of the objects of this work to lead the suffering to believe that they can altogether dispense with the services of medical men. In many slight cases, indeed, they may do so; but in severe forms of disease, I recommend no one, especially in acute disorders, to use this, or any other treatment, without professional guidance, *if they can get it*. So, also, there are many forms of chronic malady—as, for instance, those of the respiratory, circulating, and nervous systems—in which the hydropathic treatment should not be administered, without first taking professional advice as to its propriety; and, if proper, as to the *degree* in which it may be used; and, above all, as to the *sort* of hydropathic treatment which it is proper to adopt. For, it must be remembered that, in diseases of these three fundamental systems, the three prime organs of life are involved, viz, the heart, the lungs, and the brain, with its appendage, the spinal marrow."

The design of the work is well explained in his own words:

"It contains, first, a very minutely-detailed description of the various hydropathic processes, and directions as to the proper manner of performing them: with an enumeration of the several kinds of baths in use—their comparative powers,

their individual effects, their temperature, the manner and times of taking them; observations regarding diet, clothing, sleep, and exercise, with necessary cautions concerning all these subjects. Secondly, it contains general observations on the hydropathic treatment, its mode of action on the living system; with remarks on the nature of general and local disease. Thirdly, it contains a detailed description of the symptoms by which each disease is recognized, with its appropriate treatment; and particular directions as to diet exercise, clothing, &c."

Among our author's remarks on-diet are the following:

"I do not attach so much importance to meat, however, as some do. So far as mere nutriment is concerned, there is much less difference between bread and meat than is commonly supposed. I do not at all believe that meat is essential to health and strength in the temperate latitudes; except perhaps in very severe winter weather. With many invalids, meat is too stimulating. In others, it seems to oppress the vital powers, and produces drowsiness and lassitude, with a dry skin. It is too *highly concentrated*. And most certainly I do not agree with those who believe lean meat to be more easily digestible than bread and other farinaceous articles.

"One of the principal arguments advanced to prove that man is a carnivorous animal, is the fact that he is furnished with tusks, commonly called the eye-teeth or dog-teeth. 'These tusks,' say the advocates of meat, 'were clearly given for the purpose of tearing flesh.' But as the *horse* happens to be furnished with tusks also, this argument does not seem particularly weighty.

"The history of the earth and its inhabitants however, clearly proves that as man is capable of inhabiting all latitudes, he is also capable of supporting himself on the kind of food which each latitude most readily and abundantly yields.

"If the Esquimaux refused to eat fish, they would starve.

"There are many other viands which are, in themselves, not unwholesome. But, though not unwholesome, they are certainly unnecessary. They are only taken for the sake of variety, or because one is particularly fond of them; and, in either case, are only so many inducements and temptations to eat too much. Fish, puddings, &c., come under this head of unnecessary; and are only bad in their character of seductions to excess. All this, however, only applies to persons in health; for, among invalids, we sometimes meet with cases in which it is desirable that the appetite should be provoked by every possible means. We have others for whom a pudding diet exclusively is proper; others, again, for whom an exclusive diet of lean meat is required.

"Pastry of all kinds is bad in every sense of the word.

"Condiments, excepting salt, are always forbidden in hydropathic establishments. There is, perhaps, a little unnecessary exclusiveness, an extreme and somewhat trifling punctiliousness,

in this matter of condiments. If so, it is at all events an error on the right side.

"For breakfast and supper there is nothing better than bread and butter. But the butter should be as small as possible in quantity

"When the bread at any meal is ordered by weight, that weight is irrespective of the butter, the quantity of which should always be too small to be of any significance."

Dr. Johnson holds that the best hours for eating are "about eight o'clock for breakfast, half-past one or two for dinner, and seven for supper." Here the query might, with propriety, be raised, If night is the natural time for sleep, why should the meals be put at so late hours? Would not six A. M., twelve M., and six P. M., be more appropriate times? It were better that six hours should elapse between the meals; hence, the times we have mentioned would be more in accordance with physiological principles. But if his statements were made to suit the convenience of idlers, and such as go to bed late and rise late in the morning, that is another thing. We have no doubt he would agree with us in reference to the physiological principles here concerned.

While we indulge in a little criticism on Dr. Johnson's work, we will notice his treatment of toothache. It is this:

"The foot and hand baths will sometimes relieve the agonies of toothache. If this fail, the head douche should be tried. Holding cold water in the mouth is sometimes effectual. Sometimes a hot linseed-meal poultice. Sometimes a drop of creosote, on cotton, introduced into the hollow of the tooth, will act like a charm. Occasionally a leech applied to the gum will relieve the pain; and sometimes a cold sitz-bath for a few hours."

We can hardly expect that people generally, especially "the poor," can have a douche bath. Besides, a douche, on the *head*, (unless it be a very insignificant and trifling one,) is in all cases whatever a remedy of very doubtful utility, to say the least. Are we to use the small douche or large? Our author does not tell us. Moreover, he must know that a powerful douche on the head would be a very dangerous remedy in the hands of people generally. Long-continued effusions of water on the head, or the head bath, we say modestly, would be not only a better means than the douche, but incomparably more safe. Foot and hand baths are good enough, but only small helps. Holding *warm* water in the mouth, as well as cold, is often effectual. Thus the patient can easily try for himself; if one does not suit the other will.

Creosote is a dangerous remedy, inasmuch as persons have been killed by it; that is, by swallowing accidentally a few drops of the poison. It is also a very destructive agent on the teeth, causing them to decay rapidly.

People generally cannot have access to those abominable creatures, leeches, and it is well they cannot; there are always better means at hand.

Priessnitz's treatment of toothache is, we think, altogether better than that of Dr. Johnson. It is thus:

"Tepid water is held in the mouth until it begins to grow warm, when it is changed; at the same time the face, neck, cheeks, and parts behind the ears, are rubbed briskly with the hands, which are dipped frequently in very cold water. It is well also to rub the gums till they bleed. Sometimes it is necessary to add cold, shallow foot-baths."

We will here venture to put forth a plan of our own concerning the treatment of this troublesome affection: Abstain from all food whatever until the pain ceases; and drink only water. Thus the most violent toothache will generally be cured in less than twenty-four hours. The patient should drink water to retain his strength. This course does not preclude the uses of water above-mentioned, but will aid them much in their effects.

Our author has given but very few words on the treatment of those very common injuries, wounds, bruises, scalds, and burns. Indeed, we see nothing on the first-mentioned; and bruises, scalds, and burns are but poorly treated of. On the important subject of a *domestic* work, Dr. Johnson's work is certainly imperfect in these particulars. Scalds and burns are, as every one knows, of frequent occurrence. There can be no cases in which the use of water is more salutary or safe than in these. Neither are there any cases in which the great power of water to relieve pain is more signally demonstrated than in scalds and burns.

We regret these imperfections in so able a work. But notwithstanding these, and various other faults that might be enumerated, the book will do much towards establishing in the public mind the principles of Hydropathy. This is equivalent to recommending it to our readers. It is moderate in price, (\$1 25,) considering the amount of matter it contains.

This work may be obtained at the Journal office, of Messrs. FOWLETS & WELLS, New York.

DISEASES OF WINTER. ON CONSUMPTION, COUGHS, COLDS, ASTHMA, AND OTHER DISEASES OF THE CHEST; THEIR REMEDIAL AND AVERTIVE TREATMENT. By R. J. CULVERWELL, M.D., Author of "Guide to Health," "How to be Happy," etc. J. S. Redfield, New York.

We would recommend all the "Regulars" to read this book. It is not adapted to hydro-paths. It is true, bathing is recommended, yet in so feeble a manner, that few, not otherwise convinced of its advantages, would adopt the practice, except in particular cases of disease.

In regard to DIET, the author says—

"At a period eminently practical, like the present, when the connection between cause and effect is so closely scrutinized as to make the discovery of the one follow the development of the other, I cannot dismiss this subject without reiterating that to maintain or recover health, a careful attention must be paid to *diet*, which is, after all, the alpha and omega of the materia medica; and I am bold to prognosticate that fashion and authority will be compelled to descend to the steps of plain common sense, and submit to a radical reform in this particular. I am enough of a visionary to anticipate, and of a philanthropist to desire, a period when life shall be at a higher premium than it is now; when every organ of the senses shall be perfected by a sane and graceful temperance, till respiration itself shall be a pleasure; yes, more than a pleasure—even a thanksgiving, a devotion to the power that made us—when all those hinderances to domestic happiness and social good which exist under the guise of perverted temper, clouded intellect, imbecile stillness, or mischievous activity, or even disease itself, which may be traced up to stomach obstructions, or biliary derangements, shall be scouted into oblivion. In a word, when '*ill health*,' to borrow the expressive language of one who, having gladdened, would also lengthen life, '*shall be disgraceful*.'"

Besides this, we could extract many other "good things," but we prefer to leave it to the discrimination of those who may wish to read the entire work.

WATER!

BY G. S. BURLEIGH.

Life-blood of the mighty earth!
Flowing from creation's birth;
Throbbing, infinite and free,
In the heart-beat of the sea;
Pulsing down each river vein,
Of the green enameled plain;
Stealing up from deep repose
Through the crimson-bosomed rose;

Glorious thou, in all thy forms!
Whether whirled in midnight storms,
Or by wavelets rocked to rest
On the snow-white lily's breast.

On thy pearly curtain-fold,
Fringed with amaranth and gold,
Sunset, as her coursers linger,
Writes her tale with rosy finger;
And a blush is on thy mist,
As its brow is warmly kiss'd
By the opening lips of morning,
In the fresh love of its dawning;
Midnight saw its waveless deep
Like an ocean stretched in sleep,
With the dark green trees and highland
Rising o'er its breast like islands.

Bride of Light! O, Protean water,
Lo! the rainbow is thy daughter,
Clasping thee in radiant arms,
Even in thy hour of storms;
And in many glittering hues
See! the million-orbed dews,
Sisters of the glorious arch,
Dance along thy showery march;
And the grass gives odors sweet,
Bathing all their "twinkling feet,"
As it bends along their track,
Till the light winds call them back.

Every old and gnarled trunk
In whose roots thy stream is drunk,
Feels along its breast a thrill,
Creeping unperceived and still,
As the sun with magic art,
Melts into its frozen heart,
Till its warm and hueless blood,
Crowding into leaf and bud,
Clothes in green each giant limb,
Gorgeous as the robes that swim
Round the knights of Fairy-land;
By the breath of roses fanned.

O, thy coming down is sweet,
When, oppressed by summer's heat,
Bowing, every herb and flower
Prays thee for the pleasant shower;
See! each thirsting plant holds up
For thy gift its little cup;
While on every grassy spear,
Hangs in light a grateful tear,

Orbs of beauty bathed in gold
On thy sun-lit way are rolled,
Each fair orb a mimic world
Through the sky in splendor hurled,

Dripping down the mossy well
Where the cold frog loves to dwell;
Bubbling in the granite urn
Where the day-beams never burn;
Tinkling in the pebbly run,
Grass-defended from the sun,
Rustling in the little fall,
Thou art sweetly musical;
Never bird or voice divine
Hath a gladder tone than thine,
Man hath richer earth-gift never—
Ne'er more purchased was gift or giver.

WATER THE GREATEST OF ALL TONICS.—The *Boston Transcript* says: "Water is Nature's great invigorator, the most genial, and yet the most powerful of tonics. There is nothing in all the world beside to compare with it in giving life and energy to the frame. It has been said poetically of that vast expanse of water, the ocean, 'It is the breath of God condensed on what were otherwise a cold and barren mass of rock—a breath which has communicated fertility, and beauty, and life.' When struck down with severe disease, the strength all exhausted, and the individual unable to move, there is not in all nature beside any substance, or any combination of substances, that has a tenth part of the vivifying and life-giving power of water." You are right, neighbor Transcript, and the world is "JUST BEGINNING" to find it out.

BATHING.—The *Portland Transcript* discourses thus: "The *Manchester Messenger* says that two hundred persons availed themselves of the luxury afforded by 'Mr. Hall's bathing establishment, in the space of twenty-four hours!' Think of that, and blush for shame, ye water-shunning citizens of Portland. Why, here a bathing establishment cannot obtain that amount of patronage in a whole season! No wonder we tremble at the approach of the cholera!" Don't be too hard, friend Transcript. "It is only a short time since the Portlanders have had the light of the Water-cure Journal shed upon them. "Wait a little longer," and see if a change will not come over them, when they shall have learned the REAL USES of water.

TO CORRESPONDENTS.

P. J. Common cistern water is just as good for drinking and bathing as any water, if it is clean. Lead pumps are not considered objectionable.

B. W., GENEVA, ILL. Your friend O. B. could be much improved, probably cured, by Water treatment. He requires active and vigorous treatment; a powerful douche is desirable. The wet sheet and half-bath are the next most important. Strict diet is indispensable. For these reasons he would do better one month at an establishment, just to learn and test the application under supervision of a physician; afterwards he might follow up the treatment successfully at home.

S. H. sends us \$10, and wishes us to send twenty copies of the Water-Cure Journal to MOUNT VERNON, forgetting, however, to name the county or state in which he resides. As there are no less than FIFTEEN Mount Vernons in the United States, we are not Yankee enough to "guess" which Mount Vernon he means. Please give us the particulars and the Journals will be forthcoming at once.

MRS. J. O., CLINTON, ILL. Your son has been paralyzed, if not stunted with opium. This case requires *general* treatment mainly. The wet sheet packing once a day, one or two tepid washings daily, wet cloths often changed to the inflamed parts, and plain diet, particularly cracked wheat and brown bread. As soon as he is accustomed to the baths leave off the opium. There is no danger of a too violent crisis in his case. Should a severe crisis come on, you have only to suspend treatment a few days.

"A FRIEND TO THE WATER-CURE," writing from St. Louis deploringly of the ravages of Cholera, and the "grossly defective treatment," tells us that a competent Water-Cure physician is greatly, *grievously* wanted. No doubt; and ditto of a thousand other places. When the people are sufficiently educated in physiology to demand them, they will be supplied. Until then people will live in a "grossly defective" way, swallow whole cargoes of grossly *effective* drugs, while pestilence will ever and anon sweep over the earth, aided too often by the "effect defective" which comes because of drugs and doctors.

E. J. C., CENTREVILLE, MISS. Good yeast can be made as follows: take half a pint of milk, half a pint of water, a tea-spoonful of salt, and a table-spoonful of flour. Keep it at a temperature near blood heat, (not higher,) till fermentation takes place. Brown bread is made like white, except being mixed a little softer and baked half an hour longer.

O. S. P., HARRODSBURG, KY. "Is not washing the hair in cold water injurious to its color, and how can its growth and preservation be promoted? I have an itching humor in the scalp of my head, which occasionally annoys me, and have tried ablutions—perhaps it would be best to wear the wet night-cap. I would thank you to give me some advice in the Journal. I may some time next winter pass a month or two with you, as I have no doubt I have some calomel in my system."

Where the hair is long and thick, frequent wetting it may sometimes impair its color. Females should therefore use a "showering cap," always taking care to wet the forehead and crown when bathing, and wet the whole hair occasionally. Gentlemen, while undergoing active treatment, should wear the hair quite short. In eruptive affections of the scalp the hair should be cut very close, and the wet night-cap employed more or less. In these cases an opening, unconcentrated diet, is particularly important.

VARIETIES.

CAPT. SMITH'S BEAR STORY.—A correspondent of the Newark Daily Advertiser gives the following receipt for getting rid of one's neighbor's hogs:—About the year 1830, I settled at the Lower Peach Tree, in Wilcox County, Alabama, and cultivated a few acres in corn and cotton, besides a small potato patch, and bit of garden, as was usual in those days. My nearest neighbor, John Champion, being hater off than the rest of us, had a nice gang of hogs, and feeling a tittle above his neighbors on account of his wealth, and being a rather overbearing man too, was not particular whether his stock broke into other peoples' fields or not. My crop was too small to feed my family and John Champion's hogs too: so I complained to him several times, but got no relief; when, being at old Erasmus Calpeper's house one day, I heard him say that if a foot, or an ear, or even a piece of bear skin, was thrown down in a place where hogs use, that they would never show their snouts there again. I went home and got the skin of a bear, which I had killed some time before, and having supplied myself with some corn, I went out and saw about twenty fine year-olds, munching away in my field. I "toll'd them up," and catching a good runner, sewed him up in the bear skin, and then turned him loose, when he ran after the rest, who flew from the supposed bear. The last that was seen of them was at Bassett's Creek, near forty miles from my house, only two being alive—one running from his fellow, sewed up in the bear skin, and he trying to catch the other. The rest were found dead in the road, having lit-rally run themselves to death. It is needless to add that John Champion's hogs staid at home after that.

LAUGHTER.—Without it our faces would have been rigid, hydra-like; the iniquities of our heart, with no sweet antidote to work upon them, would have made the face of the best among us a horrid, husky thing, with two sullen, hungry, cruel lights at the top—for foreheads would then have gone out of fashion—and a cavernous hole below the nose. Think of a babe without laughter—as it is, its first intelligence! The creature shows the divinity of its origin and end by smiling upon us. Yes; smiles are its first talk with the world, smiles the first answer that it understands. And then, as worldly wisdom comes upon the little thing, it crows, it chuckles, it grins, and shakes in its nurse's arms, or in waggish humor, playing bo-peep with the breast, it reveals its high destiny, declares to him with ears to hear the hireword of its immortality. Let materialists blaspheme as gingerly and acutely as they will; they must find confusion in laughter. Man may take a triumph, and stand upon his broad grins; for he looks around the world, and his innermost soul, sweetly tickled with the knowledge, tells him that he, of all creatures, laughs. Imagine, if you can, a laughing fish. Let man, then, send a loud ha! through the universe, and be reverently grateful for the privilege.—*Douglas Jerrold.*

A parishioner complained to the parson that his pew was too far from the pulpit, and that he must purchase one nearer.

"Why?" asked the parson; "can't you hear distinctly?"

"O, yes, I can hear well enough."

"Can't you see plainly?"

"Yes, I can see perfectly."

"Well, then, what can be the trouble?"

"Why, there are so many in front of me, who catch what you say first, that by the time your words reach my ears they are as flat as dish-water."

BATHING.

Do not omit, ye who would health secure,
The daily fresh ablation that shall clear
The sluices of the skin; enough to keep
The body sacred from indecent soil.
Still to be pure, even if it did not conduce
(As much as it does) to health, were greatly worth
Your daily pains: 'tis this adorns the rich;
The want of this is poverty's worst foe.
With this external virtue, age maintains
A decent grace: without it, youth and charms
Are loathsome. *Art of Preserving Health.*

LAUGH.—"A laugh is worth a hundred groans in any market," said Charles Lamb—and so say we. There never was any good resulting from despondency; and when we see a man trying to "groan" himself out of difficulties, we conclude him rather weak in the upper story. When you get into a tight place, first look things in the face, and then get out the best way you can—but don't "groan."

The following pun is said to have been made upon a certain Dr. I. Letsem.

When patients sick to me apply,
I physics, bleeds, and sweats 'em;
If after that they choose to die,
What's that to me? I. Letsem.

SEVEN HUNDRED AND THIRTY PERSONS DROWNED on our waters during the year 1848, besides many others, engaged in the United States service in other countries. It will hardly be believed, yet it is a fact, that many of our seamen NEVER LEARNED TO SWIM. This, however, cannot be said of those who are educated for the service.

Voltaire says—"The more married men you have, the fewer crimes there will be. Examine the frightful columns of your criminal calendars—you will there find a hundred youths executed for one father of a family. Marriage renders a man more virtuous and more wise. The father of a family is not willing to blush before his children."

GOOD.—Two well-dressed shoemakers being in company, were asked their profession by a very inquisitive personage. Says one of them, "I practise the healing art." "And I," added the other, "labor for the good of men's soles."


NEAT.—An exchange speaks of a lady who entered her carriage with *so much powder* on her face that she blew up the driver!

STREET SMOKING.—Miss Van Valkenburg, and sixty other ladies, have petitioned the Common Council of Albany for the passage of a law prohibiting street smoking.

MIRTH.—Harmless mirth is the best cordial against the consumption of the spirits; wherefore jesting is not lawful if it trespasseth not in quantity, quality, or season.

The principal study pursued in a *school of whales*, is supposed to be elocution—as they are often caught *spouting*.

To what color does a flogging change a boy? It makes him yell-O!

 Tall aches from little toe corns grow.—Then put your foot in the water.

BOOK NOTICES.

PROSPECTUS OF THE SPIRIT OF THE AGE.

This Weekly Paper seeks as its end the Peaceful Transformation of human societies from isolated to associated interests, from competitive to co-operative industry, from disunity to unity. Amidst Revolution and Reaction, it advocates Reorganization. It desires to reconcile conflicting classes and to harmonize man's various tendencies by an orderly arrangement of all relations, in the Family, the Township, the Nation, the World. Thus would it aid to introduce the Era of Confederated Communities, which, in spirit, truth, and deed, shall be the Kingdom of God and his Righteousness—a Heaven upon Earth.

In promoting this era of peaceful transformation in human societies, *The Spirit of the Age* will aim to reflect the highest light on all sides communicated in relation to Nature, Man, and the Divine Being—illustrating, according to its power, the laws of Universal Unity.

By summaries of News, domestic and foreign—reports of Reform Movements—sketches of Scientific Discoveries and Mechanical Inventions—notices of Books and Works of Art—and extracts from the Periodical Literature of Continental Europe, Great Britain, and the United States—this periodical will endeavor to present a faithful record of human progress.

The Spirit of the Age is edited by WILLIAM HENRY CHANNING, with the aid of a large number of contributors. It is published every Saturday, at Clinton Hall, 131 Nassau street, New York, being neatly printed on a super-royal sheet, folded into sixteen pages, and forming two large octavo volumes a year. The subscription price is \$2, payable in all cases in advance.

Please address all communications, post-paid, to FOWLERS & WELLS, Clinton Hall, 129 and 131 Nassau street, New York.

HUNT'S MERCHANTS' MAGAZINE, for July.

The present number of this favorite head-quarters of statistics is adorned by a portrait of the worthy editor. We thank him, even more than we do his artist. The latter has converted the genial Freeman into too hard a Puritan. But he is most truly *Freeman* Hunt, a man not bound by creeds or conventionalities. The picture is too severe. Still we are thankful for so much of a likeness of a man worth any ten of the mere merchants, about whose doings he is so busy, and to whose success he contributes so much. The number is, as usual, rich in things good to know and to keep.—*Boston Chronotype*.

THE AMERICAN JOURNAL OF INSANITY, edited by the Officers of the New York State Lunatic Asylum, at Utica, New York.

No. 1 of vol. iv., for July, has been received. This is a work devoted to a great and noble cause.

When we look upon the ruins of a castle or splendid edifice, it fills us with awe; how much more should we be affected, when we contemplate the ruins of the human mind, erected by the Almighty Architect of the universe! From the violation of physical law, it becomes chaotic—a mass of ruins. We can contemplate no subject of greater interest; and we almost venerate those noble, self-sacrificing spirits who have chosen to work in this much neglected field of human suffering. God speed the day when DISEASED MIND may be suc-

cessfully treated, and man, "the noblest work of God," be again put in possession of his "RIGHT MIND."

THE POWER OF KINDNESS, inculcating the Principles of Benevolence and Love. By CHARLES MORLEY. New York: FOWLERS & WELLS. Mailable. Price 25 cents.

Who has not experienced the all-powerful effects of kindnesses? They are almost miraculous; and yet but little understood, and seldom applied. Through their influence only, can man be permanently converted.

When this principle predominates in the human mind, all war will be banished, and man will regard his brother man in the light of a TRUE CHRISTIAN.

COMSTOCK'S PHONETIC TELEGRAPH, edited by ANDREW COMSTOCK, M. D. and MRS. ALEXANDER PANTOLEON. Philadelphia, Pa. Terms, Fifty cents a year, in advance.

This is a large sheet, in the usual newspaper form, published monthly, and devoted to the reading and spelling reform. We look upon all movements calculated to improve and simplify our facilities for teaching and studying the English, as well as all other languages, with great interest. We believe the paper under notice well calculated to advance and promulgate such knowledge. Dr. COMSTOCK has been long in the field, and has published numerous works on the subject.

COMMON SCHOOL ADVOCATE, published monthly by NEREUS MENDENHALL, GREENSBOROUGH, NORTH CAROLINA, price 50 cents a year, in advance.

We regard this "an omen." A low-priced "Common School Advocate" published in NORTH CAROLINA! We hope every planter in the State will patronize this educational journal, for the benefit of his "whole family."

THE USES AND ABUSES OF AIR, Part III. Showing its influence in sustaining life and producing disease; with Remarks on the Ventilation of Houses, and the best methods of securing a pure and wholesome Atmosphere inside of Dwellings, Churches, Court-rooms, Work-shops, and Buildings of all kinds. With suitable illustrations. New York. J. S. Redfield.

In our January number we gave extracts from this most meritorious work, as our readers will remember. The name of the author is not given to the public. Why, we cannot imagine. It evidently came from the pen of a man who has given the subject great attention. We wish it an unbounded circulation, commensurate with its excellence.

ON THE OPERATION OF PHYSICAL AGENCIES IN THE FUNCTIONS OF ORGANIZED BODIES, with Suggestions as to the nature of Cholera. By Dr. G. RUSSELL, of Montreal, Canada.

Dr. Russell is a graduate of the Geneva, N. Y. Medical College; and is known as a liberal, intelligent, high-minded man. Those who read his pamphlet will not fail to derive advantage from the numerous and well-founded suggestions which it contains.

ZOOLOGY FOR COMMON SCHOOLS AND ACADEMIES, conveying a Knowledge of the Animal Kingdom, with a list of the different Species found in the State of New York. Scientifically and systematically arranged. By Professor B. JAEGER. D. Appleton & Co. New York.

Being personally acquainted with the author, we take great

pleasure in recommending it as a work of rare merit to our readers. The subject is deeply interesting; and the simple manner in which it is treated by Prof. Jaeger, will render it easily understood by all.

BIBLE WATER-CURE.

"Then will I sprinkle clean water upon you and ye shall be clean: from all your filthiness and from all your idols will I cleanse you."—Ezek. xxxvi. 25.

"That he might sanctify and cleanse it with the washing of water by the word."—Eph. v. 26.

"Shall lead them unto living fountains of water."—Rev. vii. 17. "And whosoever will, let him take the water of life freely."—Rev. xxii. 17.

"Drink waters out of thine own cistern and running waters out of thine own well."—Prov. v. 15

"Ho, every one that thirsteth, come ye to the waters."—Isaiah lv. 1.

"Living waters shall go out from Jerusalem."—Zech. xiv. 8.

"He that watereth shall be watered also himself."—Prov. xi. 25.

CLEVELAND, (OHIO,) WATER-CURE ESTABLISHMENT.—This establishment is now open for the reception of patients. The success which has attended it thus far, gives bright hopes for the future, and enables the subscriber to say with confidence, to all who wish to make a practical application of the HYDROPATHIC, OR WATER-CURE TREATMENT, that they can pursue it here under the most favorable auspices for the removal of disease. The LOCATION, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired.

There are connected with the establishment some forty acres of native forest, which seems to have had its birth in one of Nature's fancy freaks—so wild and fantastically has it been thrown together—making one of the most beautiful and romantic places for walks and amusements that can be conceived. The water is very pure, soft, and abundant. Some of the springs are very cold; one in which the thermometer stands at 48 degrees Fahrenheit, in summer.

THE MAIN BUILDING is 68 feet long by 40 wide; piazza in front 8 feet deep. Two wings are attached to the main building, each 84 feet long by 26 feet wide; the one is devoted exclusively to ladies, the other to gentlemen. In one of the wings is a large BATHING ROOM and PLUNGE BATH, through which pure cold water is constantly flowing. A spacious PIAZZA is attached to two sides of each wing, making a fine promenade. The most experienced German bath nurses are in attendance.

The subscriber intends, as the location of his establishment is second to none in the country, to have the reputation second to none.

Patients should bear in mind, that, as the restoring of health will be the SINE QUA NON with HIM, so it should be the great desideratum with THEM. Everything else should be made subservient to that great object.

The price for Board, Medical Advice, and all ordinary attendance of Nurses, is \$8 00 per week, payable weekly.

All communications must be post-paid.

T. T. SEELYE, M.D., PROPRIETOR.

GREENWOODS SPRINGS WATER-CURE—CUBA, ALLEGHANY CO., N. Y.—This institution is located in one of the most healthy sections of Western New York. Standing on an eminence one or two hundred feet above the valley of Cuba, overlooking the village and surrounding hills, covered with flourishing forests, it combines the advantages of a pure and healthy atmosphere, with wildness and beauty in natural scenery.

This establishment is opened exclusively for the treatment of disease according to the Water-Cure mode, as practised by the highest German and English authorities.

It is now under the proprietorship and supervision of Dr. P. H. HAYES, as Physician, and J. E. BALL, as Manager of the domestic and boarding department.

Dr. H. is a graduate of Jefferson Medical College, Philadelphia, and has had experience in Hydropathy, both in this and other institutions in this country.

Terms will be from \$5 to \$8 per week, according to accommodations furnished, and personal attendance necessary.

P. H. HAYES, M. D., J. E. BALL, Proprietors; E. C. WINCHESTER, Secretary. Cuba, May 17, 1849.

REMOVAL.—Dr. E. A. KITTRIDGE has removed his office to his new Hydropathic Institution, No. 24 Franklin place, Franklin street. Vapor and all kinds of Unmedicated Warm and Cold Baths, always in readiness at the Establishment.

Transient boarders in acute diseases can, if desired, find the best of care and treatment at the house, till restored. For such, two dollars per day, and upwards; for permanent boarders, from one to two dollars per day, according to rooms, &c.

A DIRECTORY.

PROFESSIONAL CARDS OF WATER-CURE PRACTITIONERS.

JOEL SHEW, M. D., New York.
R. T. TRALL, M. D., 15 Light street, New York.
M. S. GOVE NICHOLS, 46 Lexington Avenue, New York.
Dr. C. H. MEEKER, South Orange, N. J.
E. A. KITTRIDGE, M. D., Boston, Mass.
S. O. GLEASON, M. D., Glen Haven, N. Y.
Dr. BEDORTHA, New Lebanon Springs, N. Y.
Dr. DENNISTON, Northampton, Mass.
Dr. DAVID RUGGLES, Northampton, Mass.
M. W. GRAY, M. D., Springfield, Mass.
Dr. PHILIP ROOF, Cooperstown, N. Y.
T. T. SEELYE, M. D., Cleveland, Ohio.
Dr. WESSLEHOFF, Brattleboro, Vt.
P. H. HAYES, M. D., Cuba, N. Y.

WORKS ON HYDROPATHY,

PUBLISHED BY

FOWLERS & WELLS, CLINTON HALL, N. Y.

All of which are available.

The Water-Cure Journal, monthly, a year,	\$1.00
The Water-Cure Manual,	50 cents.
Water-Cure in all Diseases,	50 "
Water-Cure for Women, &c.,	25 "
Water-Cure in Cholera,	25 "
Errors in the Practice of the Water-Cure,	25 "
Curiosities of Water, (A Medical Work,)	25 "
Philosophy of the Water-Cure,	25 "
Practice of the Water-Cure,	25 "
Water-Cure for Young Men,	25 "
Water-Cure Almanac for 1849 and 1850, each,	6 1-4

For either of the above, or any other works on Hydropathy, please address, post-paid, Fowlers & Wells, Clinton Hall, 129 and 131 Nassau street, New York.

N. B.—Agents and co-workers will find it to their interest to engage in the sale of these and our other publications, on which a liberal profit may be realized.