

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

THE CHOLERA AT THE SOUTH.

C. W., of New Orleans, sends us an able article on this subject, with the details of several cases successfully treated by water at different places on the Mississippi last winter, and during its prevalence in 1832. We have not room for the whole article, but, having implicit confidence in the writer, present a condensed statement of his views and experience.

C. W. advocates the hydropathic treatment of cholera on the ground that it is a "congestive" disease, and cold water is a "powerful stimulant," well adapted to "break up congestion." One of the physicians of Vicksburgh, in reflecting on the nature of cholera, came to the conclusion that it was a congestive disease, and having witnessed the remarkably successful results of cold water in congestive fevers, was led to try the same remedy in cholera, and with excellent effects.

We do not regard the theory as of any importance. Congestion is a mere condition of every disease that can be named. It means nothing but a disproportionate accumulation of blood in some organ or part of the body. Congestion always exists somewhere whenever the circulating fluids are irregularly or unequally distributed. The greater the local debility or local inflammation in any disease the greater the congestion. In typhus fevers, cholera, &c.,

both are intense and the congestion is extreme. In bilious fever and simple diarrhoea both are slight. Hence congestion is a symptom of all abnormal conditions of the body; and a mere symptom should not be elevated to a theory.

Although we regard the application of cold water as the best external remedial agency in cholera, we cannot call it a "stimulant" adapted to "break up congestion." Its operation is more electric than stimulant, and the way to remove congestion is to equalize the circulation. This the wet sheet does by *balancing* the nervous energies and circulating fluids, whereas the operation of that class of remedies which the books call stimulants, consists in causing a direct expenditure of vital force.

The explanation, however, is of secondary importance, provided the practice be correct. In the cases related by C. W., the general treatment consisted of cold wet sheet packings for several hours, or the dashing or pouring cold water on the body, principally on the back of the neck and spine, after which the patient was wiped dry, and wrapped in dry blankets. The local medication comprised drinking cold water, cold water injections, and the cold wet bandage around the abdomen. The following case we give in the author's words :

"The most striking case which came within my personal knowledge will scarcely be credited. The child of Judge K——, aged about four years, was seized with cholera. He was treated by his uncle, Dr. —— with all the usual means of remedy; the child, however, sunk to that degree that he was blind, deaf, paralyzed in the tongue, had collapse, retention of the urine, black vomit and hiccups. Which of these symptoms were caused by the disease, and which of them by the drugs which had been previously administered, I do not undertake to determine. So entirely did Dr. —— despair of the child's life, that he told his wife to get ready the dead clothes, and gave orders for the interment, about which there was some difficulty at New Orleans during the period of the inundation. Dr. —— then stated to the father of the child, that there was but one possible chance for him, and it was the cold water-treatment, and that if it was his child he would try it. Judge K—— consented. A quantity of water was made icy cold, and poured over the child, particularly on the spine. The child was then wrapped up in a sheet, dipped in the same cold water, and enveloped in six blankets, and let to lie in them for six hours. When unpacked, the body of the child smoked, like any substance taken from a boiling vessel. Injections of cold water were used, and the bladder was relieved by a catheter. He was then washed in cold water, rubbed dry, and put in warm blankets, and permitted to rest for four hours. He was then treated with the ice-water and sheet. On the application of the water to his body, the little fellow exhibited the first signs of consciousness, by drawing in his breath with a hissing noise, and saying, 'It is very cold.' At the end of four hours he was unpacked, washed, and put in dry clothes. His sight, hear-

ing, and speech, and other functions returned. He was soon out of danger. His convalescence occupied twelve or fourteen days; but his father stated to me that he fully believed that if the wet sheet had been given to him, during three or four days after the first treatment, his period of convalescence would have been greatly diminished."

C. W. very well remarks that the cold wet sheet is, in its ultimate effect, a warming application by the reaction it occasions, and its retention of the animal heat to the surface. The great indication in cholera is clearly to divert the blood from the bowels to the surface. Cold applications, as the dash, cold packing, or cold rubbing-sheets do this by the reaction they occasion. But with applications to the diseased surface of the bowels themselves the case is different. Here we do not wish to excite reaction, but rather to soothe irritation; hence we prefer in most cases, especially when spasms, retchings, &c., exist, tepid water in injections and as drink, to be used copiously and often repeated. In a word, we believe, in the great majority of cases, the skin can be best excited by cold applications, and the bowels cleansed with warm.

C. W. concludes with the following directions for treatment in private families, where the appliances of an establishment cannot be had. The correctness of which we admit with the explanations already made:

"The free use of cold water as a drink, the wet compress on the abdomen, injections of cold water, the cold dash, the wet sheet accompanied by envelopment in blankets. A cheap apparatus for injections can be procured at the India rubber stores, also at Fowlers & Wells. The patient can be laid on a cot on the floor or on boards for the purposes of the col-

dash, which ought not to last more than two or three minutes, and be repeated if the collapse returns; and a coarse linen sheet dipped in cold water, and wrung out, can be used for the purpose of the envelopment. The compress should be applied in all cases of premonitory symptoms, and should be changed three times a day and slept in. The same cloth should never be used a second time without having been washed and rough-dried. Vomiting and purging are the efforts of nature to relieve herself, and the drinking of water should be persisted in, notwithstanding the vomiting should continue, and the injections used notwithstanding the purging."

PHYSICAL EDUCATION.

MELANCTHON.

WE have previously mentioned the change that food undergoes when it passes into the stomach. We here remark that the first change takes place in the mouth, when it comes in contact with the saliva or fluids secreted in the mouth. The teeth are intended to grind the food into the smallest minute particles. The taste is intended to reject all unpalatable and unsavory matters from entering the stomach. The fluids secreted by the mouth are intended to mix with the food, and render the materials of which the food is composed as soft, pulpy, and inoffensive as possible when it comes in contact with the internal coats of the stomach; hence the necessity of chewing the food thoroughly, eating very slowly, masticating and mixing the food with the greatest possible quantities of the juices secreted in the mouth, before the food passes into the stomach. Nature in her operations does nothing unnecessarily, nor does she afford any redundancies of supplies to form and make a perfect, healthy man; therefore all the drain upon the mouth, and the great organs connected with it, in the way of tobacco-chewing, smoking of tobacco, segars, taking and chewing opium, cannot but

have a very deleterious effect on the animal economy, even on the score of exhausting the necessary fluids which are required for digesting of food which is to pass into the stomach; besides, opium and tobacco, in every possible form in which they may be used or disguised, contain an active, violent poison, and the bad effects of which are certain to develop themselves sooner or later, in breaking down the health of the individual. What would we say of a man who had a mill supplied with exactly enough water to keep it running day by day and night by night for a period of ninety years; from which mill he could only obtain his food during his natural life—that is, when the mill stopped the man must die for want of nourishment—yet, this individual knowing all the facts of the case, and knowing that every drop of water was necessary to supply his mill and to preserve his own existence, yet in the violation of clear and certain light and knowledge, this man should go to the fountain-head which supplied his mill with water and there wantonly throw away one-quarter, one-half, two-thirds, or four-fifths of the supply to the mill? We would say that such a man was beside himself; was a fool, was a self-murderer. Yet the man who throws away the natural supplies of fluids from the mouth by smoking opium, tobacco, or chewing these drugs, besides poisoning himself, no less cuts off the requirements of nature for the natural digestion of the stomach, than the man who wantonly throws away the supply of water at the mill.

The next feature in the necessities of the animal economy is a supply of pure and wholesome, and simple food for the stomach, mixed with pure water as a drink; all beyond this is excess, and renders a person unhealthy. Food is converted by a process of mixing, not unlike churning, by the action of the muscles of the stomach, and by the aid of the gastric juice secreted from the vessels of the internal surface of the stomach, into a white or cream-like substance called *chyme*. If this food is in too large quantities, or unhealthy, or indigestible, the powers of the stomach are over-tasked, and they are worn out by hard work; just like the horse in the mill

which is compelled to do two days work instead of one; the result is, the animal breaks down by cruel and unnatural exertion.

From the stomach the food passes into the duodœnum, or second stomach, which is situated right under the great vessel leading from the liver into this part of the alimentary canal; here the food is mixed with the bile, which in a healthy state is poured out and emptied from the excretory duct of the liver; then the food receives another fluid secreted from the vessels leading to the pancreas, called the pancreatic juice; after the addition of the saliva in the mouth, the gastric juice in the stomach, the bile in the duodœnum and the fluid from the pancreas, we find at last that the food is converted apparently into two substances—the one dark, thick, yellow, and like the fœces, which pass down the alimentary canal into the colon or large bowels, and is thrown out by evacuations—the other substance of the food is now formed and separated from the coarse and offensive particles, and converted into a substance apparently like *whey*: this substance is called *chyle*, and is taken up by the absorbent vessels, in the small intestines, mainly between the pylorus and colon, and carried into the thoracic duct, which empties its contents into the left subclavian vein; from thence it passes, mingled with the mass of blood, into the heart; the heart throws the blood to the lungs, where it is purified by contact with atmospheric air, then returned to the heart again, and thence distributed through the arteries to all parts of the body. But nature does not stop short here, but ever ready to relieve the being from difficulties, she throws off the offensive portions of the food by way of urine, and also by way of sweating and perspirations. When the remnants of the food have passed into the great bowels, situated in the lower part of the abdomen, here and in their progress through the alimentary canal, they receive the *debris* of the animal economy, which is cast out by the evacuations. This subject of the debris of the animal economy is a very important one; it is said by the learned physiologists that the whole of the particles, bones,

muscles and fluids of the animal, completely change in a period of from four to seven years; the old particles are daily wasting away and changing, and the food supplies new particles, so that the animal functions are entirely renewed every few years during the life of man. The old, worn-out vesture or garments, as they may be called, are carried off through the alimentary canal, and the other organs which give off quantities of fluids by excretions.

From what is here detailed the facts will appear most obvious, that whenever the lungs become torpid, inactive or diseased, the food cannot be digested and purified in the stomach. A want of health at the lungs produces a want of action at the heart; the want of action at the heart will produce disease of the liver; the want of health at the liver will produce indigestion, and diseases of the stomach and of the whole alimentary canal. The fluids of the stomach now become sour, putrescent and offensive, and hence comes indigestions, dysentery, cholera morbus, and Asiatic cholera, cholics, and flatulencies, which expand the stomach to an unnatural size; this closes the alimentary canal below by constriction, and produces inaction and constipation and sluggishness. All animals who live on simple food and water, and breathe pure air preserve their teeth sound and white to old age; such animals daily evacuate their bowels from *two to four times in twenty-four hours*. This is the natural condition of man when in health, and before he has deranged his functions by violating the laws of nature. And we here observe that a daily constant discharge of the bowels of each person from one to three times in twenty-four hours, is absolutely necessary to health; and without such a discharge no person can preserve their health, or live under any promise of long life.

One of the most celebrated physicians of the day tells us that one half of the diseases which afflict the human family arise from breathing *miasmatic*, or unwholesome and impure air; and if the doctor had said that the other half of the diseases had come from excessive eating and a want of bathing and purification by

water, he would have told us more of the truth. We see the truth of the doctor's declarations when we behold the dysenteries, cholics, choleras, and bilious affections which are sure to afflict the human family who are exposed by living in wet and swampy regions, in factories, and apartments near and under ground. We see the truth of many of the above remarks when we behold a large class of consumptive patients die by dysentery, occasioned by want of a healthy purification of the blood and fluids at the lungs, in the latter stages of the disease; also when people are afflicted by epidemics and contagious diseases in our large towns and cities. The diseases all originate from want of a healthy action of the lungs and a pure atmosphere for their support, and for want of the purification of the fluids of the animal economy. We have said that the air which we breathe is composed of 22 parts of oxygen and 78 parts nitrogen; that the oxygen is principally used to decarbonize the blood in the lungs; but the next question occurs, what becomes of the 78 parts of nitrogen gas of which the atmosphere is composed? That is also, to some extent carried into the lungs by the process of breathing, and there disposed of. When we bring the science of chemistry into our service in investigating the laws of nature, we find many results which enable us to trace the action of those laws. Applying the science of chemistry to the investigation of the laws of the animal economy, we find, first, that the sweat or perspiration which flows from the skin is composed largely of *nitrogen*; second, that the evacuations from the alimentary canal are likewise largely intermixed with nitrogen; third, that the elements which compose the secretions of the urinary organs are likewise similarly constituted; fourth, that the elements of the blood are likewise composed in a great degree of nitrogen. Now, all these results account for the disappearance of the nitrogen when the atmosphere is conveyed into the lungs by breathing. It is carried into the blood and fluids, and then throughout the animal economy. This substance, with oxygen, forms the *nitrous oxides*, or exhilarating gasses, used by the magicians and the

mountebanks to delude their audiences, and to show off the eccentricities of patients under its influence; it forms the basis of the stimulating qualities of *ammonia*; it forms the basis of *nitre*, also of saltpetre. It is at once one of the most stimulating, and at the same time the most *anti-putrid* substance known; its life-preserving qualities are unequalled, and when the acids of nitre are used for disinfecting agents they are unequalled by any substance known. Such a strong stimulant as nitrogen air carried into the circulation, and not discharged by the secretions of the animal economy, must produce serious and alarming consequences. And we find that as soon as the pores of the skin become obstructed, or the bowels become constipated, convulsions and the whole train of nervous disorders exhibit themselves in a frightful catalogue of maladies. Such disorders can only be cured by a restoration of all the natural discharges of the animal economy. Whenever nervous disorders are violent in their attacks, the first remedy is to produce a sweating, by draught, upon the feet; and by use of antispasmodics.

We may add, the sweating process by Water-cure is an equal and efficacious remedy; so of all nervous fevers and complaints; sweating soothes the nervous irritation, on the principle of the offensive matters being discharged from the pores of the skin. So in case of febrile complaints, which fall upon the stomach and bowels, the sweating process will afford immediate relief. We find at the same time one of the most powerful and efficacious remedies to all the whole class of febrile, and nervous, and bilious diseases is a full and free evacuation of the bowels. The idea is universally prevalent in the world, that, when a man is sick he must take a dose of physic, hence the great popularity of the *pill doctors*, but every person who is attacked by disease in any form will soon learn that physic alone will not cure him; hence saith an *ancient writer*, "*Give physic to the dogs.*" The skin needs physic and the pores need evacuation. The *Water-cure* process is almost the only remedy that will reach the diseases of the skin; and many times such diseases are of

a long standing and of a most formidable character; so much so that the external or outward functions of the animal economy almost cease to act, while the whole class of internal vessels along the bowels and in the cavities of the abdomen and chest, including the lungs, and heart, and great blood vessels become gorged and congested with fluids, and are in a state of active inflammation and disease clear beyond any remedy by *drugs and mineral medicines*. The external surface is the first that requires relief; next the pure air of hills and mountains are required to act on the lungs. The next, pure mountain or spring water for daily drink. And lastly, careful and rigid temperance in eating both quantity and kinds of food under the attacks of its numerous enemies. God helps those who help themselves; and when an invalid has resolution faithfully to comply with the requirements of the laws of nature, he seldom goes along far on this journey without receiving the promised blessing.

THE WATER-CURE.*

BY MRS. M. S. GOVE NICHOLS.

HEALTH is the result of the natural performance of all the functions of life. It gives development, beauty, vigor, and happiness; and is characterized by strength of body, power and serenity of mind, and a keen enjoyment of all the blessings of life.

DISEASE is the result of any disorder of the natural functions. It hinders development, mars beauty, impairs vigor, and destroys happiness. It is characterized by indolence, weakness, pain, and misery; and brings a wretched life to a premature and painful death.

THE NATURAL LIFE is one of health, with all its pleasures. There is no *natural death*, save the gradual and painless wearing out of the vital energy in old age. Health is the law of all organic life. Disease is the result of accidental, ignorant, or wilful violations of the laws of nature.

HEALTH, as defined above, is maintained

by a simple nourishing diet, pure air, exercise, cleanliness, and the regulation of the passions. Men cram themselves with the impure flesh and fat of diseased animals, heating condiments and spices, spirituous drinks, and the poisonous narcotics, as opium, tea, coffee, and tobacco—injuring their digestive powers, and filling their systems with poisonous matter; and to these are added a long list of vegetable and mineral poisons, taken as medicines, not one grain of which can be taken without permanent injury to the human organism; we inhale poisons in filthy streets and unventilated buildings, and these poisons are kept in the system; and the skin—the great purifying organ of the body—is weakened, by a neglect of personal cleanliness, which cannot be maintained in perfection without daily bathing in cold water. The poisonous matter thus brought into, and kept in the system, weakens its powers, interrupts its functions, and produces a state of disease. Nature makes a violent effort to cast out these evils—and we have pain, inflammations, fevers, and the whole train of acute diseases. The poisons in the system, and the bleedings and poisonings of the doctors, weaken the powers of nature—and we have the less violent, but more protracted agonies of chronic disease. Such violations of the laws of God, have filled the world with disease and misery. Diseased parents bring forth sick and short-lived children, half of whom perish in infancy, and not one-hundredth reach old age. Thus, “sin came into the world, and death by sin.”

The struggle of the system to cast out its diseases, goes on as long as the vital power remains. Every effort of nature is for health; all pain is remedial; and all the symptoms of disease are caused by the reactive powers of the system. It is the work of the physician to assist and facilitate these efforts; but this cannot be done by drawing out the vital current, and thus weakening the reactive powers of nature; nor by giving additional poisons, to task still more the vital energies. Doctors with lancets and poisons, have joined Disease in a war upon Nature—instead of aiding Nature in its struggle with Disease.

THE WATER-CURE is the scientific ap-

* From a Tract recently issued for gratuitous distribution.

plication of the principles of nature in the cure of disease. It is not the mere application of water, but it enters into all the causes of disease, and assists all the efforts of nature for its cure. It prescribes a pure and healthy diet, carefully adapted to the assimilating powers of the patient; it demands pure air and strengthening exercise, with other physical and moral hygienic conditions. The applications of water, according as they are made, are cleansing, exciting, tonic, or sedative. Water clears the stomach better than any other emetic; produces powerful and regular evacuations of the bowels; excites the skin—the great deterring organ of the system—to throw off masses of impurities; stimulates the whole absorbent and secretory systems; relieves pain more effectually than opium; dissolves acrid and poisonous matters; purifies the blood; reduces inflammations; calms irritations; and answers fully all the indications of cure—to fulfil which, physicians search their pharmacopias in vain. The proper application of the processes of the WATER-CURE never fails of doing good. Its only abuses come from ignorance. The Water-Cure physician requires a full knowledge of the system, and a careful discrimination in applying it to various constitutions, and the varied conditions of disease.

Medicines, too often, instead of aiding, check the curative process of nature. They deaden and stifle diseases, instead of casting them out. Often they change acute affections, which, left to their own course, would result in health, to chronic and incurable diseases. The patient, after being rid of the particular action of the disease, still retains the causes that produced it, with the addition of the medicine he has taken. Often, in the Water-Cure, patients throw off large quantities of mercury and other poisons, which have lain in their systems for years, producing rheumatic, neuralgic, and other nervous and chronic diseases.

As nature is making constant efforts to free the body from disease, and as the Water-Cure strengthens and invigorates all the powers of nature, and assists in its great processes of dissolving and expelling morbid matter, it is applicable to every kind of disease, and will cure all that is

curable. It cools raging fevers, and gives tone and energy to the most exhausted nervous system; it soothes the most violent pains, and calms the paroxysms of delirium; it brings out the poisonous matter of scrofula, and gives firmness to the shaking hand of palsy.

Unassisted nature where there is a large stock of vitality may triumph over both disease and medicine. The success of the Homeopathic practice shows, that the less medicine taken, the oftener Nature asserts her rights. But the Water-Cure equalizes the circulation, cleanses the system, invigorates the great organs of health, and, by exciting the functions of nutrition and excretion, builds up the body anew, and recreates it in purity and health.

Health, once established by the Water-Cure, is maintained by it ever after. It is rare indeed that a Water-Cure family ever needs a physician the second time. The system threatens in this way to destroy all medical practice. Mothers learn to not only cure the diseases of their families, but, what is more important, to keep them in health. The only way a Water-Cure physician can live, is by constantly getting new patients, as the old ones are too thoroughly cured, and too well informed, to require further advice. This is a striking advantage to Water-Cure patients, if not to Water-Cure physicians.

The efficacy of the Water-cure depends always upon the amount of vital energy or reactive force in the patient; and this in low and chronic diseases must be economized with the greatest care. Mistakes and failures in Water-Cure, have come from not knowing how to adapt the treatment to the patient's reactive power. The same treatment that would cure one, might fail entirely with another. The practice of this system, therefore, requires profound science, the best judgment, and the finest discrimination. These are especially needed in chronic, nervous, and female diseases. In all these, the Water-Cure is the only effectual remedy. Thousands of women are every year doctored into premature graves, who might be saved by a knowledge of the Water-Cure. The world is scarcely prepared to believe that its processes relieve childbirth of nearly all its danger

and sufferings—yet this truth has many living witnesses.

The writer has had a large obstetric practice for several years, and has never had a patient who was not able to take an entire cold bath, and sit up and walk, the day after the birth of a child. I need not say, that life would often be the forfeit of even rising from the bed, at an early period after delivery, where patients are treated after the old methods. The water treatment strengthens the mother, so that she obtains a great immunity from suffering during the period of labor, and enables her to sit up and walk about during the first days after delivery. In all the writer's practice, and in the practice of other Water-cure physicians, she has never known an instance of the least evil resulting from this treatment.

Dyspepsia yields readily—slowly often, but very surely—to the Water-cure. There is no patching up, but a thorough renovation. Some of its greatest triumphs are in nervous and spinal diseases; and cases of epilepsy and insanity are cured in so many instances, as to encourage hope for all. In all diseases of the digestive organs, and the nerves of the organic system, medicines are worse than useless. The only hope is in some application of the Water-cure—the more scientific, the better.

The diseases of infancy—as croup, measles, scarlet fever, &c.—lose all their terrors under the Water-cure system. Death, by any such disease, in this practice, is unheard of, and could only result from the grossest ignorance in the physician, or some terrible complication of hereditary disease in the patient. Colic, diarrhœa, and dysentery, in children and adults, are perfectly manageable in the Water-cure, and yield to its simplest applications. Fevers, and inflammations of all kinds, are controlled with so much ease, and are so shortened in duration, as not to excite the least uneasiness. It is a maxim in Water-cure, that one who has strength enough to have a fever, has strength enough to be cured. The small-pox yields readily to the Water-cure, and is cured without leaving the slightest mutilation. In typhus and ship fever it is equally effectual; and in cholera, the writer has never seen a case

that did not yield readily to its applications. The Water-cure is a perfect preventive.

It may be proper to state, that all these acute diseases are shortened, because the system, in the Water-cure, is enabled to throw off as much bad matter in three or four days, as it could get rid of in as many weeks if left to itself, or weakened by medication. Thus, fever-and-ague is cured in four or five days, without danger of relapse, as frequently happens after the poisoning of quinine. In all acute diseases, the Water-cure operates so promptly and effectually, and nature, when not weakened and interfered with by bleeding and drugs, carries on her work so beneficently, that there is not the least fear of an unfavorable termination.

The writer has treated lung, typhus, scarlet, ship, and brain fever, and has never lost a patient; and in only one instance has the fever continued over six days. In measles, varioloid, and small-pox, she has found the treatment equally effective. In one instance, where the patient was fast sinking from suppressed measles—not having slept for seven nights—a single wet sheet pack induced sound sleep, and brought out the measles thickly all over the surface of the body; and in three days' treatment, the patient was comfortable and out of danger. In severe pain, in neuralgia, or tic dolereux, in delirium tremens, and in other severe nervous affections, the wet sheet pack has a more certain soothing effect, than any preparation of opium, or other anodyne, without after bad consequences.

Consumption is considered an incurable disease; but there have been many cases in the practice of the writer, in which it has seemed to be permanently cured, and others in which existence has been greatly prolonged. Her own case is one of perfect recovery from consumptive tendencies of the most alarming character; and there is little doubt, that in most cases the disease might be arrested in the earlier stages of its progress, by the Water-Cure, while drug medication never fails to aggravate the disease and hasten its progress.

The processes of the Water-cure, skilful-

ly directed, are never painful, and seldom disagreeable. If irksome at first, they soon become pleasant, as the nerves acquire tone. They may be gone through at all seasons, and in many cases without materially interfering with the ordinary business and amusements of the patient. They can be applied in all situations where it is possible to get pure water, fresh air and a proper diet. It is desirable, in many cases, to live at a Water-cure house; but many of the best cures are made by patients who apply the water at home under competent advice. Summer is favorable for some cases, winter for others, and spring and autumn for all. A few days' treatment suffices for an acute case, but a chronic one may require weeks and months of persevering attention, according to the vitality of the system and the nature of the disease.

The great trouble with Americans, is they are in too great a hurry. They are in a hurry to eat and drink and to get rich. They get sick as fast as they can, and they want a short cut to health. Chronic disease that has been inherited, or induced by wrong doing through half a lifetime, cannot be cured in a day by any process now known to the world. What we want for Water-cure, is a fair trial for a sufficient length of time.

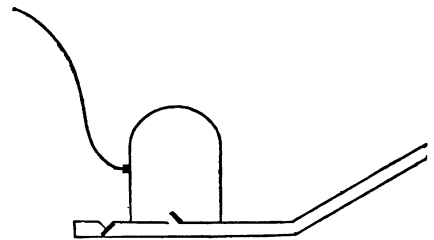
The Water-cure, is the most economical system of medicine. It supports no druggists, and requires few practitioners. Water is everywhere free, and the best diet is cheaper than the worst. The universal practice of Water-cure would lead to universal health. A single consultation and prescription is often all that is necessary; and contrary to every other system of medicine, the means for gaining health are also the means of preserving it. For these reasons, Water-cure is destined to be the greatest blessing ever bestowed upon a diseased and suffering race.

REMARKABLE HEALTH.—The *Hallowell Gazette* says: "We have not had the death of an adult to record in our paper by disease, for three months. Hallowell contains 6000 inhabitants."

[For the Water-cure Journal.]

HYDRAULIC RAM.

TO THE EDITORS:—Among the many excellent articles in your journal, I do not remember having seen any account of the Hydraulic Ram, which I conceive to be the most simple and efficient apparatus for bringing water into dwelling-houses, ever invented. It is an European invention, I believe, and is described in works on hydraulics; but as most of your readers, probably, have never seen one in operation, they will be pleased to have a description of it in your columns. With one of these machines, any dwelling may be supplied with water with but little cost, whenever the house where the water is wanted stands near a running stream, where a *fall* of a few feet can be had for the leading pipe and the waste water to run off. This apparatus, I am told, is made by plumbers in Boston and New York, and it is so simple, that almost any mechanic might construct one for himself. The following draft, with my pencil, will perhaps give an idea of its form.



The cylinder is air-tight, and made of tin, copper, wood, or cast iron. It has a hollow bottom, extending out one side, say six inches, in which are two valves, which open, as shown in the cut. The cylinder may be eight inches in diameter, and eighteen inches or two feet high. The lead pipe which carries the water from the spring or brook to the bottom of the ram, should be an inch and a half, or more, while the pipe that carries the water into the house, is half an inch. The pressure of the water from the descent, above, in the large pipe, acts alternately upon the valves, and forces about one-twelfth part of it up into the cylinder, while the remainder escapes

through the outside valve, and is carried off to waste. The height to which water may be carried in this way, will depend on the size of the ram and the extent of the fall from the brook; but a fall of only a few feet is sufficient to raise water into a house fifty or a hundred feet above the apparatus. And when this life-giving element can be conveyed from the springs, brooks, and rivers which abound throughout our country, into the dwellings of all, both rich and poor, let us hope that the time is at hand when no one will consent to occupy a house where some such apparatus is not a part of it. If the valves would be likely to be frozen in winter, they may be prevented by sinking the ram sufficiently low in the ground to be out of the reach of the frost. And thus we may have, in summer and winter, the year round, a supply of good water for all culinary, hygienic, and therapeutic purposes, and this, too, without the trouble or expense of an ordinary well.

LA ROY SUNDERLAND.

Charlestown, Mass., July 19, 1849.

THE WATER-CURE AT BRATTLEBORO' VT.

A correspondent of the Hartford Courant, writing from Brattleboro', Vt., says in relation to the Water-cure:

A lady was brought here two months since from Lowell, Mass., on a feather bed. She was given up by her physicians, and so low that they were eight days bringing her on; her limbs were utterly useless—so much so that she had not used them for twelve months. She now walks over these mountains as nimbly as any girl; and you would hardly suppose that she had ever been sick.

The water appears to possess the property of ejecting from the system everything impure and not necessary to sustain life. Men are here whose systems are perfectly saturated with mercury, and when they come out of the sheets in the morning, after sweating an hour or so, they are stained with mercury; in fact it brings out every impurity.

The course we have to go through is this—first, sweating in a wet sheet in the morning; from a wet sheet we are plunged

into a cold bath and rubbed down for about fifteen minutes, and then started off to walk some three or four miles before breakfast; at eleven or twelve o'clock a douche bath, or stream of water falling at a distance of from fifteen to twenty feet on all parts of the body; rubbed down, and walk again; at five o'clock a hip bath, and at night a foot bath. During the intervals we walk and drink water to the amount of thirty glasses per day.

For the Water-cure Journal.

WATER-CURE IN CHILDBIRTH.

TO THE EDITORS:—Allow me through the medium of your interesting Journal, to call attention to a late signal case of the wonderful effects of the Water-cure System. Perhaps in primitive ages this would have been thought nothing of, but in these "degenerate" times, when mothers have such protracted periods of "getting up," causing so much discomfort as well as pain, I contend that the following case is a blessed example of the benign workings of this new system.

Upon the 5th inst., my wife, under the attention of that eminent hydropathist, Dr. Shew, gave birth to a large healthy boy. The child was not two hours old, before the mother was lifted from bed and placed in the sitz-bath, and from that time commenced a rapid recovery—suffice it to say, she kept her bed for one day only—the second day she sat up—the third day walked about the upper floor at different intervals—fourth day came down stairs to her meals, and the fifth day took a short walk in the street, and now, though but two weeks since confinement, is enjoying herself with her family, in the country.

Now, some may say that my wife was "only one in a thousand," who could stand it, but although I do not consider myself competent to judge, as to what others can do, yet I can only add that she has suffered as others have in previous "confinements," and "confinements" they truly were—kept in close, hot rooms, for perhaps a month.

As to the treatment, though so effective, yet it was truly simple. She, of course, took no medicine, took daily four or five

baths, enjoyed the refreshing air from open windows, and that absence from nervous languor previously experienced. Her appetite on the fourth day was ravenous, and she enjoyed her usual meals with peculiar satisfaction.

I have been induced to make this family affair public, from a desire to influence others to wean themselves from that dreadful prejudice which leads them to submit to the old-fashioned, lengthy and severe treatment, and to try the effects of the new, simple, but beautifully effective system, as practised by the disciples of Priestnitz. In conclusion, I must here pass tribute to the services of Dr. Shew. We have found him skillful, watchful, and careful. With a tender anxiety, he united a degree of energy, which inspired my wife with confidence, and she relinquished herself entirely to his valuable treatment. I could, would it not appear fulsome, write much in favor of Dr. Shew, for we have seen his skill raise our children from, as we supposed, the point of death, by summer complaints and measles, &c. But I did not sit down to praise Dr. Shew, but to praise the system, and I earnestly invite all who may wish to see me in person as to the foregoing, to call on me at any time at my residence.

JNO. WHEELER, JR.,
81, Clark st., Brooklyn.

Aug. 21, 1849.

WATER-CURE AT HOME.

FACTS like the following are worth more than fine gold, and we are daily receiving such.

Water is everywhere plenty, and this would indicate that it should be used as a universal remedy. Did we but rely upon it sufficiently to apply it for remedies in ALL CASES, we should soon see that Water was made that we may "wash," as well as do other things to "be healed." What parent would not rather make use of this simple, and ever ready remedy, for the relief of their child who had been taken suddenly and violently ill, through the

violation of physical laws, than be obliged to wait till they can send to get some neighbor to go several miles for the doctor in a dark, stormy night, and be obliged to witness agony, which they cannot relieve, merely because they are ignorant of the fact, that they need but apply the simplest, safest, surest, and most easily obtained of all remedies, for which they have but to stretch forth hands, to be supplied abundantly, without money, and without price. But see what our friend says:

"My son, a lad of seven years old, was taken suddenly, on the morning of the 9th instant, (May, 1849.) with extremely violent pains in the upper part of the bowels, which appeared to distress him almost beyond endurance—beyond anything I ever before witnessed, and I have seen much of sickness in the last fifty years. The pain was soon followed by vomiting and purging. We treated him with water—applying cloths wet in warm water to the bowels, packing him twice in a warm wet sheet, giving plenty of water to drink, and at first warm, gave tepid enemata frequently, washed off twice in cold water, and well rubbed, and last, packed him in dry blankets, when he immediately fell to sleep and slept soundly between one and two hours, and awoke at five o'clock, P. M., well, and has so continued to this time. He took no food during the day but a little milk porridge a few times, which he, in every instance, immediately ejected from his stomach, but at 6 o'clock, P. M. was ready to take his meal with the family."

JOHN HARMOR.

Ravenna, Ohio, May 12, 1849.

WATER-CURE FOR FEVER AND AGUE.

LAST summer, an Irish girl, on Long Island, attacked with fever and ague, after being two or three times cured, as it was called, by quinine, impatient at the obstinate recurrence of the disorder, ran in the height of the fever and jumped into a mill-pond with her clothes on, she came out cured; the disorder never returned. An Ohio practitioner of the name of Cook

adopts a similar practice—our readers are aware that with the learned, it is called hydropathy. The editor of the *La Fayette Daily Journal* thus describes the method in his own case :

“He literally dragged me from my bed, forced me under a shower bath, while the chills were full on me, my lips, nose, and fingers purple; my teeth chattering, and my whole convulsed body giving terrible evidence of the severe nature of the malady. There he held me, changing my positions under the dip for more than a minute—AND THE CHILL WAS GONE. It was the second, and of congestive type, that I had had in the space of five hours. Next, he put me under warm blankets. I slept for over an hour. Finding the fever to be consuming me, he again pulled me out of bed, and forced me a second time under the bath. In less than five minutes, all traces of the fever had disappeared; and the bath, from having at first been horrible beyond description, became delightful; and I could have stood under it for hours, wooing the droppings of its congenial waters. I came out a restored man.”
—*Post*.

GENERAL TAYLOR'S VIEWS OF BRANDY-DRINKING IN CHOLERA. It appears that President Taylor has had an attack of cholera, from which he has recovered; and according to a correspondent of the *New York Courier and Inquirer*, (August 18th, 1849,) the old man had, a few days since, while at Chambersburg, Pa., another attack of diarrhoea. “Dr. Wood,” says the writer, “ordered brandy to be given him, but the old man objected. He had never applied the hot, rebellious liquor to his blood in his youth, and was opposed to it now.” The General got better the next day.

BATHING ROOMS IN THE FACTORIES AT MANCHESTER.—Two of the Manchester Corporations—the Amoskeag and the Stark—have done a considerate and generous thing for their girls, in fitting up bathing rooms for their exclusive use. Mr. Gillis, agent of the Amoskeag Corporation, began the movement. His rooms are

fitted up with little expense—such as might be afforded by every corporation in New England—and still they are perfectly convenient. One is better pleased, however, with the appointments of the rooms on the Stark corporation, for their elegance is combined with convenience; the pleasant yard, the neat brick block, and green blinds, without; within, the papered walls, mirrors, dressing tables, the Venetian screens; and behind them, the dressing room; the bathing rooms with their neatly kept baths, for showering or immersion, or for both, as one chooses; and then, further on, the long room, where is the plunge bath—where are plants; while moving here and there, wherever she is needed, is the quiet, kind lady who has the rooms, and all who come hither in charge.

The above is from the *Lowell Offering*, and is certainly a step in advance of any thing of the kind in the whole world. As our government is superior to all others, so is our factory system; and the end is not yet. We believe that the advice of one of our correspondents, in reference to shortening the hours of labor, should be adopted, and a convention of the manufacturers of our country held to concert measures for their own good, as well as the good of their operatives.

This is as it should be. EVERY factory must follow their example, or they will lose favor with the public.

FRUIT.

In alluding to an article in the *Phrenological Journal*, the editor of the *Georgetown Ky., Herald*, says :

“In a recent number of this valuable periodical, we find, among other interesting papers, an article, in which the author advocates the free consumption, by adults and children at proper times and seasons, of fresh and thoroughly ripe fruit. The theory of the writer strikes us as being at least plausible; and we are convinced, from the experience of many summers, in this as well as in warmer latitudes, that the judicious mingling of ripe fruit with the daily diet, is a practice eminently conducive to health. Even in these cholera

times, judging from our own experience, general health may be preserved, and even materially improved, by substituting, in lieu of bull beef, and *ram*-pant mutton, a fruit and vegetable diet. Give it a fair trial, dyspeptic reader, and see if your experience does not coincide with ours. Let the Medico's shake their heads if they will; we all know that experience is a teacher in whose instructions we can rely with entire confidence."

NUTRITIVE PROPERTIES OF BRAN.—M. Millon has communicated to the Academy of Sciences the result of some interesting investigations of his concerning the ligneous matter of wheat, whence it would appear that bran is a very nutritive substance. Though bran doubtless contains from five to six per cent. more ligneous substance than flour, it presents more nitrogenous matter, twice as much fatty matter, and moreover two distinct aromatic principles, one of which possesses the fragrance of honey; and these are both wanting in flour. M. Millon, therefore, thinks that bran and meal ought to be ground over again and mixed with the pure flour, and he has found, by repeated experiments, that this mixture yields a superior kind of bread.—*London Lancet*.

GREAT discovery, just found it out, WONDERFUL! M. Millon could have obtained all this information twenty years ago, from almost any of our New England housekeepers. In fact, it would have been difficult to have found one who did not understand all that M. Millon has communicated to the Academy of Sciences.

HEALTH, HOW TO PRESERVE IT.—Medicine will never remedy bad habits. It is utterly futile to think of living in gluttony, intemperance, and every excess, and keeping the body in health by medicine. Indulgence of the appetite, and indiscriminate dosing and drugging have ruined the health and destroyed the life of more persons than famine, sword and pestilence. If you will take my advice, you will become regular in your habits, eat and drink only wholesome things, sleep on a mat-

trass, and retire and rise very regularly. Make a free use of water to purify the skin, and when sick, take counsel of the best physician you know, and follow nature.

GENERAL McDUFFIE.

"ON a recent visit to this distinguished patriot, at his residence in Abbeville, we were gratified to find him improved in health. He seems at present to be entirely free from physical pain—though unable to walk without assistance. He manifests very little interest in conversation of any kind; but, with the exception of defect in memory, shows that he still retains in clearness his powers of mind."

The above paragraph we clip from the *Edgefield Advertiser* of the 9th inst. This account of General McDuffie's improved health will be very welcome intelligence to his many friends. He has but recently returned from the Water-cure establishment of Dr. Coyle, at Milledgeville, where he remained six months, and was decidedly benefited by the treatment. Had that establishment all the conveniences and comforts for its patients which are possessed by northern Water-cure establishments, it would be capable of much good to the afflicted in our section of the country. We would be glad to see one got up on a scale commensurate with the demands of our people for it. The hydropathic system is gaining ground among us. Men of the most intelligent minds, in this part of the world, are converts to it, and many of our southern invalids go to northern establishments for treatment, who would be glad to patronize one as well-appointed and conducted at home.

We took occasion, more than once, to pay our respects to Gen. McDuffie, while he was at Dr. Coyle's, at Milledgeville, and became satisfied that the hydropathic treatment had been beneficial to him. The paralysis of the lower limbs was partially removed, showing a perceptible improvement. We fear that it is beyond human agencies ever to place him firmly upon his feet again. The distressing symptoms of dyspepsia, under which he has for so many years labored, were

ameliorated. He no longer suffered pain from that cause. His nervous system, which had become utterly deranged, was quieted. The irritability of temper produced by protracted suffering was soothed. His hands were no longer tremulous, and his countenance, relieved from that convulsive twitching formerly so painful to behold, was placid and expressive of a mind at ease, and a body free from suffering. When he arrived at Milledgeville, life was to him but a succession of painful sensations—so much so, that existence ceased to be a blessing. When he left, he was no longer the victim of distressing pains—life was comfortable and desirable. May his remaining days continue serene and peaceful, till the last sands in the glass of his eventful life are exhausted.

We have taken the liberty to enlarge upon this case, not doubting that it will be interesting to his friends generally, and not be considered an improper invasion of his privacy. An additional motive is to give hydropathy the benefit of this testimony to efficacy.—*The Augusta Ga. Daily Constitutionalist.*

What will the "regulars" say to such testimony as this? appearing as it does in a secular paper, not addicted to radicalism, or reforms, either in politics or medicine.

TOBACCO. A NOBLE OFFER.

"A gentleman of Illinois has authorized a draft on him for \$50, when another \$50 can be raised towards a premium for the best Tract on the Physical and Moral effects of the habitual use of Tobacco. Can you find the man who will offer the other \$50? Most heartily yours, . A. R."

Friends of temperance, purity and love! who will add the other \$50? If not *one*, several unite. The above statement is duly authorized from a source of the noblest and purest veracity. A work of this kind is demanded speedily—it might save thousands, yes, *millions!* from cruel bondage, whose chains *clank!* Friends, in this glorious reform, will you not respond? We pledge ourself to do all in

our power to facilitate the publication and send it forth on the wings of the wind!—*Golden Rule.*

The small sum of TWENTY-FIVE CENTS will constitute any individual, a member of the AMERICAN ANTI-TOBACCO SOCIETY, established in New York, for the abolition of the use of Tobacco, in all its forms.

To promote this end, a work with the following title has been published.

TOBACCO, ITS NATURE AND EFFECTS ON THE BODY AND MIND, by JOEL SHEW, M. D. Price 25 cents, mailable.

Those who READ the work will need no further argument, to prove the injurious effects of Tobacco, on the "BODY AND MIND OF MAN."

ANOTHER MAGNIFICENT FOUNTAIN.— Upon the premises of Mr. M'Williams, in this village, a stream of water has been obtained which far exceeds any heretofore found. The depth is 90 feet, and it discharges pure cold water at the rate of 35 gallons per minute—50,800 gallons per day! The pipe through which it discharges is four inches in diameter, and such is the force of the water that gravel stones were thrown out from the bottom, of one to two ounces weight.

In no instance has the operation of drilling for water in this place failed to bring a beautiful flowing stream—cold and pure. Eight of these fountains have already been obtained, and "the work goes bravely on." The cost varies from \$100 to \$140. With such an abundance of pure water the general health of the place cannot fail to be good.—*Fon du Lac (Wisconsin) Journal.*

We copy the above for the benefit of our Eastern friends, who are emigrating West. We regard these advantages inestimable, enough to determine us, were we seeking a location in the West, to visit Fon du Lac before purchasing elsewhere.

COLD-WATER.

Let drunkards extol the sweets of the bowl,
 And ladies sing praises of tea;
 Still, I will sing in winter and spring,
 My song, pure cold water to thee.

In thee my delight, at morn, noon, and night,
 To bathe or to drink, as may be;
 While drunkards at orgies do quarrel and fight,
 And ladies grow pale at their tea.

In thee let me splash my carcass to wash,
 And drink myself full as can be,
 No dangers arise to my nose or my eyes—
 Not so, using BRANDY or tea.

But see the poor sot, his face red and hot,
 His nose as if stung by a bee;
 And see that death's form with tea-cup and pot,
 The sad works of BRANDY and tea.

THOU WATER! thou gem of the cloud!—blessing
 earth
 With health and *each fair thing* we see,
 May I still love thee. *If men knew thy worth,*
 They'd drink neither BRANDY nor tea.

PRISONER IN THE BASTILE.—“I am an old man now; yet by fifteen years my soul is younger than my body! Fifteen years I existed, for I did not live—it was not life—in the self-same dungeon, ten feet square! During six years I had a companion; during nine I was alone. I never could rightly distinguish the face of him who shared my captivity in the eternal twilight of our cell. The first year we talked incessantly together; we related our joys forever gone, over and over again. The next year we communicated to each other our thoughts and ideas on all subjects. The third year, we had no ideas to communicate; we were beginning to lose the power of reflection. The fourth, at the interval of a month or so, we would open our lips to ask each other if it were indeed possible that the world went on so gay and bustling as when we formed a portion of mankind. The fifth, we were silent. The sixth, he was taken away, I never knew where, to execution or to liberty; but I was glad when he was gone—even solitude was better than the dim vision of that pale, vacant face. After that I was alone, only one event broke in upon five years' vacancy. One day, it must have been a year or two after my companion had left me, the dun-

geon door was opened, and a voice—whence proceeding I knew not—uttered these words: “By order of his imperial majesty, I intimate to you that your wife died a year ago.” Then the door was shut, and I heard no more; they had but flung this great agony to prey upon me, and left me alone with it again.”

“DOCTORS.—Hear what the great editor of the London Medico-Chirurgical Review, Dr. James Johnson, says of them:

“I declare my conscientious opinion, founded on long observation and reflection, that if there were not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, or drug on the face of the earth, there would be less sickness and less mortality than now. When we reflect that physic is a “conjectural art,” that the best physicians make mistakes, that medicine is administered by hosts of quacks, that it is swallowed by multitudes of people without any professional advice at all, and that the world would be infinitely more careful of themselves if they were conscious that they had no remedy from drugs—these, and many other acts, will show that the proposition I have made is more startling than untrue. But as it is, drugs will be swallowed by all classes, rich and poor, with the hope of regaining health and prolonging life, and also with the expectation of being able to countenance the culpable indulgence of the appetite and passions.”

There, think of that, ye pill-eaters! ye who are continually abusing your systems in various ways and then run to doctors and quacks for relief, think of this testimony from one of their own craft, and learn to let them alone. I have observed during many years, that those who have the least to do with doctors and medicines, outlive those that are forever nursing and dosing. Good, wholesome food, and temperance instead of overeating, in the use of it, with pure cold water for drink, and to bathe in, with fresh air and plenty of exercise, and a clear conscience will do more to restore or preserve health, and prolong life, than all the doctors and medicines in the universe.—*Pori'd P're Boat.*



SKETCH OF PRIESSNITZ, WITH A LIKENESS.*

ALL LOVERS OF HYDROPATHY, will read this sketch with interest, indeed, the world owes Priessnitz a debt of gratitude, which it can never pay for the incomparable blessings which his discoveries are yet to shed on the human family. Already are his principles being daily put into practice by thousands in all parts of the civilized world, nor will any possible opposition or obstacle impede their progress while the laws of nature remain unchanged. This system is yet to become universal, the world over, and it is absolutely surprising even to the most enthusiastic, to look on and witness the rapid strides which it is making. STATESMEN, DIVINES, LAWYERS. DOCTORS and the NOBLE LORDS OF EUROPE, are not only submitting themselves to this new mode of treatment, but are proclaiming its advantages to the world.

But read what the eloquent and worthy disciple RAUSSE says of the veteran PRIESSNITZ.

"The inclinations and antipathies of instinct are the leading strings by which nature directs man and beast on the road to happiness and health. Man is not ordained to independent emancipation from the bonds of nature; every digression from the voice of nature is a revolt, an outbreak, and their consequences are misery and affliction. A great part of the human race has burst asunder these bonds, and is consequently broken down and loaded with affliction; it is going the way to destruction.

Salvation is alone possible by a return to nature, to simplicity—that is virtue. Health is alone possible by abstinence from everything against which the instinct of a man of nature warns, especially from the poisons which it has pleased man to call Medicines, and from those drinks and potions which the chemical art prepares, and which are enemies to human reason. Care is alone possible by means of the abundant use of the elements Air and Water!

Such are the thoughts, that lighten, as guiding stars, in all the doings and efforts of Vincent Priessnitz. He does not express them, because he is no friend to many words; he treats the path of his thoughts silent and alone, as the extraordinary among mankind have in all times been wont to do.

He is more than a genius in the modern sense; he is a wiser, i. e. a true man, and, in every respect, a man. Whithersoever he might have turned the eye of his radiant mind, there he would have discovered new truths, and opened new paths of life. Destiny assigned to him the healing of man.

Already a mere youth, he perceived, with searching glance in the structure of the healing art, which centuries have in-

herited, and on which millions of workmen have labored, a labyrinth full of murderous deceit and error; already, as a mere youth, he had the unshakable courage to form, express, hold firmly, his own opinions in contradiction to the authority of thousands of years, and the belief of millions of men; ay, and to stake his life upon the truths of opinion. The bold position was won, and with this won, *Va-banque!* was decided that, at some future time, the obscure peasant boy of the remote Sudates will blow into air the old title-dressed, order-bedecked art of poisoning.

A youth of eighteen, he cured himself of inflammation of the lungs, and a serious fracture of the ribs, in an incredibly short time, and, by a course which, according to the old healing-art should have caused his death. So soon as he had obtained these great results, he pursued, with a bold soul eager of discovery, the course he had taken, on an entirely unknown, un-navigated ocean.

The Atlantis, which he was yet to discover, the blessed island of cure, lay afar off, and was veiled and hidden behind the foam of the most fearful breakers. For well may one compare the death-menacing crisis which the water-cure calls up, and through which alone lies the path to the cure of chronic diseases, with the most terrible raging of the waves. Such a crisis, with its burning fever, accompanied, sometimes, with franticness, would have been sufficient to frighten back any common person with terror and trembling from the perplexed path! But Priessnitz remained calm, cool, firm; for to him it was certain that nature never deceives, and never leads man into misery, and he was following the dictates of nature.

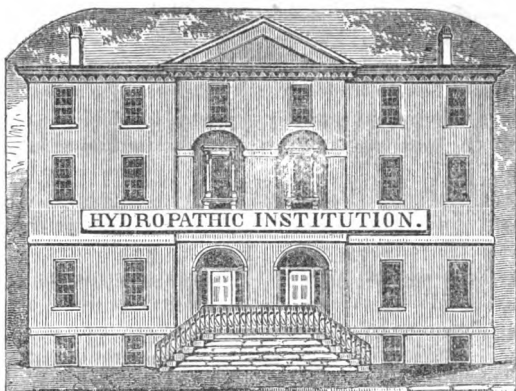
Thus he stood unflinching, a second Columbus; he alone against the barking and ridicule of the old world; thus steered he his bark into the haven of the new.

Now he has the raging and the monsters of the deep behind him; now he stands, the palm-crowned hero, under the palms of the new world, which he has discovered.

Thou that readest this, banish thy smiling until thou hast perused these pages throughout! If then thou still wouldst ridicule, I pray thee desist, go hence to the Sudates, look into the eyes of Vincent Priessnitz, behold the tears of joy of those he has saved, and list to the stammering of their thanks.

Go thither to those mountains; there, high above nations' heads, stand the form of that great man, embracing and upholding with one arm the eternal love-dispensing Nature, reaching forth the other to mankind, and offering it restoration to health, happiness, and a new era."

* "From Water-cure in all Diseases, by J. H. RAUSSE, translated by Dr. C. H. Meeker, Published by Fowlers & Wells, Clinton Hall, New York," price 50 cents, available.



WATER-CURE ESTABLISHMENT.

A VIEW OF DR. KITTRIDGE'S WATER-CURE ESTABLISHMENT AT BOSTON, MASSACHUSETTS. See advertisement for full particulars

NEW-YORK, SEPT., 1849.

For the Water-Cure Journal.
TOPICS OF THE MONTH.

BY E. T. TRALL, M. D.

BOWEL COMPLAINTS.—September almost always brings with it an improved sanitary condition in this latitude. August is usually a fearful month for our infantile population, especially in large cities. Diarrhœa, dysentery, cholera infantum, figure high in the records of mortality. This year we have had *the cholera* superadded. It commenced as an epidemic in May, increased in June, raged most violently in July, and decidedly declined in August. We have reason to expect its cessation in September.

Why some of these bowel complaints come and go as regularly as the seasons, and why a bowel complaint occasionally sweeps over a portion of the earth in a pestilential form, few persons seem to know, and still fewer heed. The impious or superstitious—I hardly know which term is most appropriate—dream of the wrath of God, or the malice of Satan, one or the other of which, has so disordered the order of nature, as to make air, earth, sea, and sky, unfriendly to human life. The learned talk of electricity, magnetism, ozone, subterranean gripes, supernal miasms, cometary influences, and other mystical, moonshiny, imponderable and impenetrable abstractions; and the simple-minded think of confined tenements, foul air, bad provisions, unclean sinks, cesspools, hog-pens, cow-pens, distilleries, swill-milk, slaughter-houses, with the

stench and smoke, and deleterious effluvia of a dozen other nuisances among us.

This last class of causes are with us, amongst us, around us. They are tangible to our senses. They are perfectly within the control of medical men, boards of health, and legislators. But legislators are always subservient to the spirit of trade; boards of health are generally controlled by their medical counsel, and medical men find it much easier to “revel among the stars” theoretically, than to come down to the absolute work of the healing art practically. So the people must bide their time; swallow poisons under the agreeable delusion that they are medicines, and suffer and die as the way of the world is. Happy will it be for the human family, when all the doctors, and all the people, unite in exonerating God, nature, and all the infernals, from the charge of inducing our maladies. Then we will honestly take the blame upon ourselves, and then we will ascertain wherein we have erred, in violating the laws of life and health, and then in correcting those errors, the axe will be laid to the root of the tree of disease, and then will pestilence be known no more.

Advisory, I have but a few words to say in relation to the treatment of bowel complaints. This subject has often been discussed in this journal. To prevent them, the doctors of the drug school, recommend flannel to the skin, occasional tepid or warm bathing, all kinds of food which are concentrated, and tend to “bind up” the bowels, with “checking” medicines, on the first appearance of disorder. All this I regard as

exactly wrong. Instead of weakening the skin by warm water, invigorate it with cold bathing daily. Keep the enervating flannels away from the skin; use more "opening" food, and on the first premonition of disordered bowels, drink copiously of tepid water, using it also by injections; assist nature, not thwart her.

One word about "regular habits." This phrase is not very well defined. I have known persons strictly temperate in regard to alcoholic liquors, regular in their hours of labor and rest, moderate in their quantity of food, simple enough in regard to variety, yet, get the cholera and die. I have invariably found, on investigating the causes, some gross dietetic error. In some cases baker's bread is almost the only farinaceous article employed. This produces constipation invariably, and although the bowels may move "regularly" every day, yet the discharges are never free and natural. In cholera times, when the epidemic influence is strong, this error alone—and I regard it as a grievous one—may occasion the disease. Let no one talk of regular habits in the dietetic sense, unless *some proportion* of his farinaceous food is unbolted, brown bread, cracked wheat, for examples, and *home-made* also.

FEVERS.—As the cool weather comes on in the fall, there is a marked change always in the prevailing type of disease. Fevers, colds, rheumatisms, &c, supersede bowel complaints. The reason is obvious. The weather is now bracing, the digestive organs are more vigorous, the skin is less relaxed; reaction, that is, the circulation from the centre to the surface, is greater. The essential distinction between any one of the bowel complaints I have spoken of, and a continued typhoid, or inflammatory fever, is simply local. In the one it is an inflammation or intense irritation of the mucous surface within; in the other the same condition diffused over the surface by greater reactive energy.

The hydropathic treatment of fevers is extremely simple, and, as far as I know, uniformly successful. I have treated bilious, remittent, intermittent, typhus, scarlet, and ship fevers, and never had a case continue a whole week. The patient may drink as freely as the thirst demands, at any temperature most grateful; while cold external applications, should be applied with sufficient force and frequency to subdue the preternatural heat. Where the heat is irregular, the packing is requisite. As to food, the less the bet-

ter, till the fever abates. The common practice of slopping the patient with mutton or chicken broth, beef tea, &c., is worse than useless.

REGIMEN.—In a dietetic system adapted to the prevention of disease, fresh fruits and vegetables form an important part. It is very difficult to get them in good condition at all times during the summer months; hence bad articles are often employed which produce sickness, and thus the whole vegetable and frugivorous kingdoms come under the anathemas of boards of health. All possible pains should be taken to get whatever articles are employed good and well-grown. Fruits must not be picked green, and then *rotted* ripe in the market house, surrounded by meat and fish stalls. Such fruits absorb the floating putrescency of decaying animal matter, and really become poisonous. I have had fruits and vegetables on my table for invalids, every day through the summer, and in no case has a bowel complaint resulted from them. Those, however, who are not sure of good articles, had better use none, making unbolted farinaceous food, with dried fruits suffice.

In September, however, we need have no trouble on this score. In fact we can have no reasonable excuse for being sick. Apples, pears, peaches, tomatoes, potatoes, turnips, squashes, and the like, are abundant and luxuriously good. The only difficulty now to apprehend is the "fixings" with which they are too frequently dressed up.

A few years ago, I read in a paper called "The Indiana Farmer," an extravagant eulogy on the healthfulness of the tomato. Considering its wonderfully health-giving properties, the paper said that every possible inducement in the way of cookery, ought to be employed to get people in the way of eating them. Therefore, in order to get people to eat them, they ought to be prepared so as to tempt the palate; and to accomplish this, a variety of receipts were given, among which I recollect one about to this effect. "Take six tomatoes peeled, four ounces of hog's lard, a lump of butter about as large as a hen's egg, four eggs, a little vinegar, with sugar and salt to your taste. Stew them all together half an hour, then add black pepper, nutmeg, and cinnamon to flavor."

Notwithstanding the wholesomeness of the tomato in its natural state, it is not wonderful that erysipelas, scarlet fever, and skin diseases prevail where such methods of tempting folks into healthy ways are resorted to. A better

recipe is: Stew the fruit, after being peeled, half an hour in simple water, then add a few pieces of toasted brown bread.

CASE OF FEVER.

BY JOEL SHEW, M. D.

I WAS called the 2d of June, 1849, to visit Joseph Lee, aged eighteen years, living with his parents at Cypress Hills, Long Island. On Monday previous to going to the city of New York, he was attacked severely with chills. Arriving at John street, his father's place of business, severe reaction or fever came on, so much so, that he was compelled to lie for hours on the floor. He declared that it would not be possible for him to return home that day. He was also very stupid with the fever. A physician was called who administered some medicines. He was afterwards conveyed home to Cypress Hills. His mother remarked that he had appeared stupid for two or three days previously.

The young man had been mostly at sea since eight years of age, having sailed twice to China, and twice to England during that time. Leading a sea-faring life, his habits were not good. He had also, like sea-faring men generally, indulged freely in the use of tobacco.

After returning home the day after the attack, he continued to grow worse; but little sleep could be obtained; and that was unrefreshing and disturbed. More medicine was given him, from time to time, by the directions of a physician of the city, but his mother fearing its effects, restrained herself in its use. He experienced no more chills; but the fever and consequent debility continued to grow worse. On Thursday following the Monday of his attack, a ten grain dose of calomel was administered; and also other medicines. He became delirious, remained so during the whole night, and obtained no sleep. The next day, Friday, there was no abatement of the symptoms, and the night was worse than the preceding. In the morning a neighboring physician was called, who administered an opiate. This caused either stupor or partial sleep; the delirium, however, continued the same; he imagined that soldiers were coming after him, firing at him, and he declared that himself and mother must part. He undertook to dress himself and go out, but having no strength to enable him to be up, he was prevailed upon to again take to his bed, and wait until the next train of cars before he should go away.

In this condition I found him. There was high burning fever, wildness, delirium, and the various symptoms usually attending such a state. The pulse was above a hundred; the face was flushed, the eye suffused, and the heat very great. It was about ten o'clock when I first saw him. It should be remarked that water had been given him freely to drink, and cold wet cloths had been used about his head. I think some slight bathing had also been applied.

Treatment.—The first thing done was to bring a wash-tub into the room, with two buckets of pure soft water. The latter was moderated in temperature, so as not to shock the system too severely at first. Patients in delirium are soon quieted by cold water; but it is better to begin a little gradually at first; at any rate there is no need of doing violence to the system. A bucket of cold water was also placed beside the tub, the patient was then raised from the bed, and made to sit down in the tub, the back side of it being a little elevated with a block of wood, and his feet were left outside. By means of cups, water was poured constantly over the surface, from the crown of the head down. Very soon he became as still and quiet as if he were going to faint. This is common with patients in delirium. Finally, cold well-water was poured over him, little by little, a tea cup full at a time the head and back of the neck and spine were especially subjected to this process. Very little rubbing of the surface was practised, as there was no need of this. The great object was to abstract the unnatural heat from the system, and at the same time allow the parched surface to absorb as much water as might be.

The ablution was continued some fifteen minutes or more, at which time, judging from the temperature of the arm-pits, the morbid unnatural heat was, for the time, all removed. A heavy linen sheet, which had before been made ready, was now wound all about him. It was large, so that folded three-double, it passed from the arm-pits to below the knees. It is better in many cases of fever to apply the sheet in this way, as thus the patient can move and be moved far more readily than if the sheet extends over the whole surface. Wet towels may be placed about the remaining parts if necessary. Enough of the sheet was at first wet to pass around the body once, so that there were three thicknesses of the wet. Wet cloths were also placed about the head. Besides this wet sheet, there was only a

single dry one placed over him. The object was *gradually* to abstract the morbid heat. If too much covering were allowed, the heat would accumulate, and thus the patient be made worse. Cold towels were applied to the head and often changed; he was made apparently very quiet and comfortable by these applications. The windows on each side of the room were kept open, and by a pleasant breeze at the time, the air was rendered as pure and fresh as could be imagined. It was not long before sleep came on.

After this the patient appeared more rational; but the heat rising after about two hours, he was again subjected to the ablution. After this the entire sheet was wet and placed about the body as before, so that there were *six thicknesses of wet linen covering about almost the entire surface*. The sheet was left as wet as could be without dripping. We did not at any time chill the patient very much; but if such an occurrence had taken place, we could easily have covered him more; and if necessary have placed moderately warm applications to the feet.

After the second application, which was between three and four o'clock, speaking from memory, he again slept. In about an hour more the surface becoming rather warm, the sheet was changed. He continued to sleep much of the time, and when he awoke appeared to be entirely calm and in his right mind.

I then left at five o'clock in the afternoon, having been present with the patient much of the time for five hours, leaving directions with his very worthy and intelligent mother, as follows; "continue on with the wet sheet a considerable part of the time; one-half at least; re-wet it as often as the patient becomes too warm, and if need be, without any reference to times or frequency; administer the baths to keep down the heat; give all the water to drink the patient desires, but no nourishment of any kind before morning, and not any then unless he calls for it."

The next day I returned between eleven and twelve o'clock, when I found that a most wonderful change for the better had taken place. The patient had rested well during the whole night; had gained strength astonishingly; was perfectly in his right mind, and gradually improving in every respect. It had not been necessary to repeat the bathing very often, but the wet sheet was a number of times applied. Another ablution was given at twelve o'clock, after which the patient rested again in the wet sheet. He was

now able to sit up in bed, having chairs to lean upon a considerable part of the time, and took some light nourishment, very small, however, in quantity.

After dinner, preparing to return home, I left directions that the patient should be bathed and have the wet sheet at least twice a day, and oftener if necessary, to keep down the heat. I remarked that with present prospects, there would be no need of my coming again to see him. The intelligent mother now understood the great indication of treatment, namely, *to keep down the morbid heat*; and she had now more than ever, confidence in the treatment employed. The patient continued day by day, to grow better; and I think the third day of the treatment, was able to walk out. At all events, just one week from the time when I first saw him burning with fever and raging with delirium, so that he had had neither his senses nor any rest for the greater part of three days; he had rode to the city of New York, and could go about like others, comparatively well.

On visiting the patient the second time it was most gratifying to witness how great a change had been wrought. For nearly a week an anxious mother had watched over him by night and day, with all the care and solicitude of which a mother only is capable. It can be easily imagined she was care-worn, fatigued, exhausted, with her anxiety, night-watchings, and toil; but the second day, on coming near the house, her countenance plainly bespoke how great had been the change for the better with her only son. Both he and herself had enjoyed a good night's rest. It is now to be hoped, that this young man will do, as he is determined to cleanse himself wholly from that vile narcotic which has injured him hitherto so much. If he will but do this, and observe good general habits in eating, drinking, sleeping, and everything else that pertains to life and health, then no such attack of fever can ever again come upon him. He will as far as human foresight can know, enjoy, month by month, and year by year, firm and enduring health. No fever, cholera, or other pestilential diseases or maladies of less severity can invade his system while such a regimen is followed.

This case, we have every reason to believe, would have resulted in severe, and perhaps dangerous typhus fever, had it not been arrested by the timely and most vigorous application of cold water.

I will say, in conclusion; let not those who trust themselves to that best of all *febrifuges*, cold water, be at all discouraged if they do not in any case, succeed so well as was true in the above instance. Persevere for days, and weeks if need be, *in keeping down the fever*. Go on thus, and if you do not succeed readily in a day, fly not to drugging and poisoning, as too many are apt to do; but rather, let the patient die, if die he must, a *natural* death.

WINE VERSUS WATER.

THERE are few physicians of the present day, particularly in civilized communities, who are so afflicted with ignorance or the rum-loving propensity, as to go before the public with an attempt at argument in favor of the practice of using intoxicating liquors as beverages. Many doctors, alas, too many, hold on to their employment as medicines; but few are so stupid as to insult the good sense of the temperate class, or so subservient to the vicious appetites of the intemperate class, as to recommend alcoholic grog as a wholesome drink.

In the August number of "The Scalpel," a "Journal of Health," edited by a regular drug doctor, we find one of those "exceptions which forms the rule." The writer quotes Scripture, appeals to history, expatiates on physiology, copies the sayings of great men, great doctors, great poets, and great drunkards, and argues on his own hook, all of which is intended to make out that grog is good, and water dangerous. His own method of ratiocination is slightly amusing, and supremely ridiculous. Substantially, it amounts to just this: Some persons drink too much water and overload their stomachs, therefore wine is good. Some eminent author says, that drinking water largely at meals dilutes the gastric juice too much; ergo, wine is first-rate. Almost every nation on the globe has found out some way of making intoxicating liquor; hence, good wine is excellent. Medical writers have often spoken of the nutritive and exhilarating properties of fermented liquors, consequently wine in moderation is highly necessary, while water in excess is highly injurious.

Such are fair samples of the silly twattle which, under the head of "Wine versus Water," occupies ten pages of a medical journal. If medical journals cannot be devoted to better purposes than falsifying Scripture, history, physiology, reason, common sense, and all human

experience, to perpetuate the horrid practice of drunkard-making among mankind, the sooner they fail for want of patronage, the better.

The article itself would be insignificant enough in its effect, were it not for the fact that the journal is extensively puffed in our city papers. Anything, though, is puffed now-a-days, according to the pay. . .

R. T. TRALL, M. D.

THE SPIRIT OF THE AGE.

THE distinguished poet, C. D. STEWART, now editor of the New York Sun, in alluding to the Spirit of the Age, Mr. Channing's new paper, writes as follows:

"The Spirit of the Age wears a raiment of light—it courses the earth, companion of steam and lightning, bearing science and art upward and onward. It has cast off its cowl and robes of darkness, its old shield of errors, and lies, and tyrannies, and with an intense hatred of falsehood and wrong, it urges the human race to battle with whatever degrades, impoverishes, or desolates mankind. The Spirit of the Age is free, fearless and aspiring. It thirsts for all knowledge; it scorns to stand still; it grasps the elements and transmutes them to all conceivable agencies for the progress of man—his progress in intelligence, wealth, power, freedom and humanity.

"The Spirit of the Age is a hater of dogmatic creeds and crafts—an abominator of empty rituals and forms. It exposes the tyranny of crown and mitre; it knows no sanctity for evil kings or evil priests. Revolution animates and guides it—revolution is its watchword, far as civilization extends. It is the bursting fire in the dank atmosphere, purifying the moral, social, and political heavens. It is the storm and tempest, purging the clouds of abused ages, to get at a clear and serene sky. It is the tramp of earthquakes and the rock of volcanoes, restoring equilibrium to the earth. The Spirit of the Age—look at it! On the seas and on the lands, how beautiful and majestic. What chariots, drawn as it were by fire, and white wings fed by exhaustless winds, bear it to triumph. Truth, justice, mercy, and love are its body-guard, and gazing sunward, it pauses not, though venerable injustice, and cant, and craft, howl in torment as it strides on to the future." For particulars see Prospectus in our advertising department.

IMMERSION OF THE SICK.

UNDER the above caption brother Franklin narates an incident that recently occurred at Connersville; where a Methodist preacher immersed a sick and dying lady, in some trough or other vessel in the house where the sick lay! Brother Franklin seems to express some astonishment at this, as though some strange thing had happened.

But we assure him that such things frequently

occur. A few years ago Squire Richards, of the village of Mooresville, Morgan County, Ind., and a member of the M. E. Church, was sick nigh unto death! the squire sent for the preacher, Rev. Mr. Burt, or some other, and told him that he wished to be immersed, and that he could not die satisfied without. Whether the preacher opposed it or not, we are not informed, but the necessary preparations were made, and the sick man was immersed in some sort of vessel, in his room. But he did not die as was expected, but is now alive: a very zealous and devoted Methodist, so far as we know, and is ready to testify, that it is good to obey the Lord.

If any one wishes to ascertain the facts of this case more fully, they will address "John Richards, Esq., Mooresville, Ia.," and they can learn all the particulars of the case.—*Christian Record*.

Those who understand the philosophy of the WATER-CURE, will be able to account for the recovery of this man. We know the advantages of such immersion, and well were it for the world at large, to know and PRACTISE this same religious injunction. "IMMERSION."—Ed.

PERSONAL MOVEMENTS.

SIR HENRY LYTTON BULWER, the new Minister from England to this country, has been compelled to leave London for the German springs, owing to indifferent health. Immediately after his return from Germany, he will depart for Washington, to enter on his diplomatic functions.

We presume he is now at Graefenberg, from where he wrote the celebrated "CONFESSION OF A WATER PATIENT," which was published in the first volume of the Water-Cure Journal, in 1845.

MR. VAN BUREN.—We understand that ex-President Van Buren is about visiting the Water-cure establishment at Battleboro', to attend his son Martin, who visits it in quest of health.—*Evening Post*.

INDEED, it is an old saying, that "straws show which way the wind blows," but here is something more than straws; what will the "regulars" say when they hear of this? an ex-President patronizing a Water-cure establishment! Intolerable quackery. How can these intelligent people thus neglect the "regulars" when they stand in hungry crowds, "ready to take their change!"

"CHOLERA REPORTS OF THE REGULARS."

NOTWITHSTANDING the opposition of these gentlemen to HYDROPATHY or the WATER-CURE, we

cannot refrain from copying, occasionally, their intelligent (?) reports.

MEDICAL LITERATURE.

THE New York Sun has been dispensing the following pills, for the promotion of a more beneficial state of health of the New York "Faculty" of Medicine. These specimens are taken at random, and given verbatim, from the original reports of cholera cases made to the Board of Health, by various physicians of that city:

"Mr John Louch twenty-two year old son of Mr Philip Louch grocers in the 19th street East died yesterday 13th of this month by five o'clock in the afternoon and was attended by me on the Cholera. L. LAMBERT."

"This may certify that Dick Ryan died this day at No. 96—East 11th street of Cholera born in Ireland aged 45. D. D MARION."

"City of New York, July 20 1849.

"This is to certify that Mary 14 months old born in this city daughter of Mrs Jonas Hawses 203 1-2 Division sts, died to-day of meningitis consecutive of cholera infantum.

"C. HENCELL, M.D."

"Barbara Retling, old 9 months died to-day of paralysis The Vather is not able to defraid the burying expenses. In testimony of it

"P. ALEXANDER."

"This may certify that Mary Braberton aged 20 years Died at 6 Walnut street of the cholera a native of the United States.

"C. M'CAFFREY, M.D."

"Died Marehrata Humer 10 months old died at 19 o'clock last with thee father of Henrey Humer on thee cholera. DR. BECKER."

The Sun adds:

"If other members of the faculty desire it, we may extend our list of specimens. For the present, however, we refer curious philological inquirers to recorded certificates, in which we find the diseases, 'fitts,' 'mesels,' 'cholera,' 'cholero,' 'remetesm,' 'got a fall,' and 'exposure to heat.'"

ANOTHER KICK AGAINST TOBACCO.

THE Massachusetts Methodist Conference, says the Religious Telescope, lately gave its voice against the use of tobacco in the form of the following resolution. We would be glad to see similar, or even more stringent resolutions passed by every ecclesiastical body in the land:

Whereas, true temperance implies a total abstinence from all things injurious to health, and only a moderate use of those things which promote it, therefore

Resolved, That while we advocate and practise total abstinence from all intoxicating liquors, we will also everywhere by example, and on all proper occasions by precept, discountenance the vulgar use of tobacco.

Glory be on the head of this same Methodist Conference, and if this were the only resolution

passed, yea, the only business accomplished, they deserve unbounded thanks for this *one* progressive step, towards a reform so greatly needed, as well for the moral, as the physical good, which would result from the absolute ANNihilation of this most obnoxious, filthy, and degrading weed, tobacco. Talk about a "pure minded," "clear headed," "sound bodied," tobacco-using Christian. How absurd and ridiculous. As well talk about clean filth, sound rotten squashes, good devils, and so forth. Such a thing cannot be. O, that the churches would combine, and give the dirty drug, an ALMIGHTY KICK, that would forever banish it from the earth, and sink it into an oblivion, beyond the capability of human resurrection.

CHOLERA IN BOSTON.

BY E. A. KITTRIDGE, M.D.

READERS will see by the following, from the "Chronotype," that hydropathy "works like a charm," in the cholera, when properly applied.

"Mr. W., aged about thirty, taken Friday evening with severe pains in the bowels, and violent cramps in the feet and legs. Had had diarrhoea for several days. More or less tried to lay the flattering unction to his soul, that charcoal, sulphur, brandy, &c., would prevent the progress of his disease, but the unction would not cleave; the disease did, however; and, at the time specified, took on all the forms peculiar to the cholera, viz, cramps, pains, rice-water evacuations, severe vomitings, cold chills, livid countenance, and 'most death-like feelings.'

"He persevered through the night, using alternately the wet cloths, laudanum, and sulphur pills, and according to all accounts, had a most terrible night of it. All the relief he got, he says was produced by the application of the wet cloths, but for which he must inevitably have died before morning.

"At seven, A. M., Saturday morning, I was called, and found him as above.

"I first of all, of course, stopped all nonsense from going into him, and immediately put him into a sitz bath of cold water—temperature of the water in the city—say about 60. Kept him in ten minutes, rubbing him all the while with the hand, then rubbed him dry with towels, and afterwards used the flesh-brush, till the skin began to glow. Put him back to bed a little after eight o'clock, kept cloths rung out of ice-water constantly applied to the bowels, calves of the legs, &c. Between eight and nine, had copious evacuations of a rice-water color, both from the stomach and bowels, and some very severe cramps. At nine we put him into the wet sheet, having first placed on it thick towels well wet to encompass the bowels, packed him

snugly, and in fifteen minutes he was in a calm sleep—as we anticipated. He slept quietly for a quarter of an hour. We then visited him again, took him from the pack, washed him down well in cold water, gave him freely to drink of ice-water, and again applied the wet-cloths to the spine, bowels, and legs.

"12 P. M., I saw him again, had had no recurrence of the symptoms, save a little cramp in one leg. Had had another hour of quiet sleep.

"Sunday morning, 11, A. M.—found him 'as good as new'—could make no excuse for continuing my visits, and discharged him cured.

"More of the same sort' on hand."

HEALTH REGULATIONS AT WEST POINT.

The following remarks are from the pen of Rev. Mr. Abbott, written to the "New York Evangelist," from "A trip to West Point."

"The discipline of the institution is very rigid, but not injudiciously so for an institution of its character. Special regard is paid to that most agreeable virtue—cleanliness. It is a luxury to be in a place where you meet all around you clean mouths. It is pleasant to talk to persons from whose teeth you are not constrained in nausea to turn your eyes away. No tobacco smoke is permitted to pollute the breezes which sweep over that beautiful esplanade. A visitor cannot pass over the parade ground with a segar, without being informed that he is violating the rules of the place."

A CASE OF CHOLERA UNDER THE WATER TREATMENT.

G. W. GREELEY writes us from Akron, Ohio, giving a description of the remarkable effects of water in a violent attack of cholera, although treated by an allopathic physician. After taking such medicines as were prescribed by his physician, without producing any sensible effect, he says—"As a last resort, a heavy woollen blanket was called for, and dipped into cold water, in which I was enveloped. The effect was truly astonishing. The chords (being in cramps) were immediately relaxed, and from that moment I was perfectly easy and comfortable. I have entirely recovered, and am now most decidedly a convert to the "Water-cure," believing this alone saved my life."

VENTILATION OF SHIPS.

A MR. EMERSON, of Boston, has invented an ingenious and effective apparatus for the free ventilation of ships, and one by which a contin-

ued change of air is produced, carrying a current of air downward at one end of the ship, while an equal one is drawn up at the other end.

It consists of ventiducts, on the top of which, above deck, are fitted stationary caps. These caps will produce the desired result, whatever the weather or the direction of the wind. It may pass across the course of the ship, with it or against it; it may even come down upon the ship at an angle of 90, 60, or 45°, and the current is kept up below decks. This apparatus has been placed on several ships which have recently sailed for California. We hope this ventilating apparatus may be placed upon all our emigrant ships. There is no doubt that it would prevent much of the ship fever that often prevails to so fearful an extent.

The same principle is adapted to dwellings, and should at once be introduced into every church, school, and other public house.

PURE AIR.

Throw open the window and fasten it there !
Fling the curtain aside and the blind,
And give a free entrance to Heaven's pure air ;
'Tis the life and the health of mankind.

Are you fond of coughs, colds, dyspepsia, and rheums ?
Of headaches, and fevers, and chills ?
Of bitters, hot drops, and fumes ?
And bleeding, and blisters, and pills ?

Then shut yourselves up like a monk in his cave,
Till nature grows weary and sad,
And imagine yourself on the brink of the grave,
Where nothing is cheerful and glad.

Be sure when you sleep that all air is shut out ;
Place too, a warm brick at your feet—
Wrap a bandage of flannel your neck quick about,
And cover your head with a sheet.

But would you avoid the dark gloom of disease ?
Then haste to the fresh open air,
Where your cheek may kindly be fanned by its breeze ;
'Twill make you well, happy, and fair.

Oh, prize not this lightly, so precious a thing,
'Tis laden with gladness and wealth—
The richest of blessings that Heaven can bring,
The bright panacea of health.

Then open the window and fasten it there !
Fling the curtain aside and the blind,
And give a free entrance to Heaven's pure air,
'Tis the light, life, and joy of mankind.

MOUNTAINEER.

WATER-CURE TESTIMONY.

DAVID G. WHITE writes us as follows :
"I am a complete convert to the WATER-CURE
DOCTRINE, and am able to judge of its utility and

effects, by personal experience. It has been my only medicine for more than a year. Previous to my conversion, I was in the habit of dosing myself with the common drugs, which only injured me, now I enjoy as good health, perhaps, as two-thirds of mankind."

REVIEWS.

BY R. T. TRALL, M. D.

DURING the last month, two more books have been added to our rapidly increasing reform and hydropathic literature. The first is Dr. Alcott's work on *Vegetable Diet*, published by Fowlers & Wells. The author is widely and favorably known by his various writings on moral, medical, and physiological subjects. The present work brings together the testimony of medical and scientific men, whose minds have been particularly directed to the subject, and the experience of all ages, in favor of vegetable food in preference to animal. It is precisely such a book as the cause of dietetic reform demands. It contains a mass of historical information which one can hardly peruse without benefit. In fact, whether our appetites will conform or not to the reform it inculcates, all who are striving for a better way in the gratification of the organ of alimentiveness, will find abundant counsel and encouragement therein. Truth is always "ultra," and if the vegetable system is true, it is a veritable "ultraism." Dietetic reform is a matter upon which the stomach must be consulted, as well as the head. We may be convinced of the impropriety of indulging false and unnatural appetites, yet want the self-denying principle, the fortitude and zeal which enable us to silence their importunities. But if we cannot entirely overcome our own artificially-induced propensities, we may so modify them as to secure better health, longer life, and greater happiness to ourselves, while we transmit a reformatory tendency to the next generation. No work has lately issued from the press better calculated to secure these ends, than the one we are considering. Appended to the work are outlines of a new system of food and cookery, the recipes of which alone are worth double the price of the book.

The second work alluded to is entitled "*Bulwer and Forbes on the Water-treatment*," edited by Dr. Houghton, of this city. With the excep-

tion of some fifty pages of "Observations on Hygiene and the Water-treatment," by the editor, it is a republication of Bulwer's celebrated letter, Dr. Forbes's able paper on the Water-cure, Dr. Wilson's remarks on Bathing and the Water-treatment, and the opinions of Mr. Mayo and Sir Charles Scudamore, with two or three other medical men, on the same subject. These are all valuable contributions to our sum of testimony from eminent men, and the book is a convenient form for reference. As there is nothing new, we have nothing specially to review. The "Observations" of the editor consist mainly of common-place generalities, which, as they say in advertising old lost documents, "are of no use to any one but the owner." Practical specifications are what the people want in this age of rigid scrutiny, not an endless repetition of stale maxims. He talks with considerable fluency about the laws of life and health, but gives us no theory, system, plan, or why or wherefore. He says "everything in general, and nothing in particular."

One idea, however, savors so strongly of originality, that we think every conscientious hydropathist will dissent. It occurs in the following paragraph, wherein the author undertakes to divide the responsibility of mal-practice between the practitioner and the patient:

"There is strong reason, besides, for believing that a great many patients are the victims of self-induced maladies; and there is but little doubt that quite a large proportion of the errors in medicine, originate solely in the blind, ignorant, and superstitious demand of the great mass of the community for drug-palliation. Whenever there is a strong demand, a ready supply is sure to follow; and it is not so very wonderful that, if people *will* be dosed and drugged, practitioners can easily be found, who, in Dr. Kneeland's phrase, are willing to 'minister to this altered condition.' Again I say, therefore, to all one-sided cavillers against the regular practitioners, do not blame the medical profession *so much as yourselves*; and if you are really desirous of reforming your ways, acquaint yourselves fully with the anatomy and physiology of the human constitution, try to obtain some definite knowledge of the laws of life and health."

Whatever may be said of the *human nature* of such doctrine, its morality is to be deprecated. It is *no excuse* for a doctor to kill people with drugs, because they are "blind, ignorant, or superstitious." His own intelligence, coupled with

his own moral sense, should be his rule of conduct, not the ignorance of his patient. Doctors are employed upon the presumption that they "fully understand anatomy and physiology," and will prescribe accordingly; and if they produce disease by drug-palliatives when they know it is wrong, we will place the blame wholly on their shoulders, whatever may be the ignorance, or blindness, or demands of their patients. The work is published by Putnam, Broadway.

BY HORACE HOPE, M. D.

HYDROPATHY; OR THE WATER-CURE. ITS PRINCIPLES, PROCESSES, AND MODES OF TREATMENT. Compiled in part from the most eminent authors, ancient and modern, on the subject; together with an account of the latest methods adopted by Priessnitz. Illustrated with numerous cases of cure. By JOEL SHEW, M. D. Third edition, revised and enlarged. John Wiley, New York. Price \$1.

The publication of the first edition of this work of Dr. Shew's, about five years since, is to be considered as having been the first grand impetus to the new system of hydropathy in this country. Indeed, at that time, the Water-cure had been heard of among us by only a few. The first, a large edition, was sold in a few months. Since that, however, owing to the fact that numbers of smaller works have been published on the subject, its sale has not been so rapid.

The present edition is a material improvement on both of the former. The author remarks in the preface, "this will be found to contain about *one-third* more matter than the last, while at the same time the price remains the same."

The author refers also to an improvement, in this issue, thus:

"There is one feature of the present edition which, it is believed, will render it a much more acceptable one than either of the former. While on a second visit at Graefenberg, in the winter of 1847-8, the author was careful to obtain of Priessnitz his methods of treating the principal diseases to which the human system is subject. These were not trusted to memory, but were written down on the spot. These methods, simple as they may appear, are the results of this great man's experience, gained through many years of persevering toil. His opinions must necessarily have great weight with all who have confidence in the new system of water."

This book is now stereotyped, and is beautifully printed on good paper. It contains 360

pages of large 12mo, and is cheap considering the amount of matter it contains. Any one remitting one dollar, free of postage, can receive it from the office of the Water-cure Journal, by mail. No family, we think, should be without this highly interesting and practical work.

As peculiarly appropriate at this season of the year, we make from Dr. SHEW the following extract :

ACUTE DYSENTERY, DIARRHŒA, CHOLERA MORBUS, AND OTHER DISCHARGES FROM THE BOWELS.

"The treatment Priessnitz recommends in diseases of this kind is very simple. Suppose it a bad case of dysentery in a child. The great reliance with him is the hip-bath, always cold, if the patient is not already very weak. No time should be lost, and the treatment should be persevered in until the discharge is arrested. Cold injections he also uses if the hip bath does not readily arrest the discharge. The wet girdle about the abdomen is to be kept on constantly during the intervals when the other means are not used. As much water as the patient desires to be taken, and at frequent intervals.

"As to general ablutions, sufficient daily for cleanliness is all that he recommends in these cases; no half baths, no wet sheets, or means of that kind as a general thing. The sitz bath, injections, wet girdle, and the drinking, with spare and cooling diet—these are the means which Priessnitz has found in his great experience to be the best. If the patient is very weak, the water should be moderated a little in temperature, as at from 80 degrees to 70 degrees Fah.

"In the house where I lodge at Graefenberg this winter (1848,) there is a little boy, five or six years of age, that has been under the treatment for some weeks. He has just had the measles. As the disease passed off, a severe diarrhœa came on. He was of scrofulous tendency, often had the croup, and also chronic tonsillitis (inflammation of the tonsils.) Priessnitz's directions for the diarrhœa were hip baths cold, every three or four hours during the day, for twenty minutes each time; and if the discharges come on in the night, the hip-bath was to be given the same as during the day. There was also practised in the case a light general treatment, such as would be suitable in any case where the measles were passing off, viz., slight general ablutions once or twice a day, with water at 70 degrees Fah. The sitz bath had evidently a very marked effect in arresting the discharges.

"Priessnitz holds that almost every conceivable case of acute disease of this kind may be readily cured by the simple processes we have here described, if it is treated in season and with sufficient perseverance. There must be no half-way work in the matter, and there is as much need of a doctor who understands his business, or of an old woman, or some one who is perfectly competent to take charge in the matter, and see

that it is properly carried out; and how many foolish, ignorant persons, wise enough in their own conceit, do we have to encounter in almost every case of water-treatment in acute diseases. The mode we have described will seem a harsh and dangerous one, no doubt, to many, and there will be doctors, wise men enough, who, if they take the trouble to investigate these things at all, will declare that such a mode would be perfectly hazardous—quite certain to kill. Let these ignorant pretenders, (and they are plenty enough in our country,) I say let them first learn the A, B, C, of the water-treatment before they assume to pronounce so sagely concerning the opinions and well-earned experience of the noble philosopher of Graefenberg. I myself have been annoyed not a little in the city of New York, by having my patients told by these would-be wise men that the water-cure would be certain to kill them. "Your system has not the power of reaction," that convenient word, as little understood as it is common to use; you will surely get your death by the water." Such are not unfrequently the expressions of those miserable specimens of humanity who know not yet the first principles of the laws that govern the human system, or of the water-cure, as practised by its founder.

"But to return. In our cities, our hot, unhealthy, American cities, where, in the summer season, such multitudes of infants and children drop off suddenly with these bowel complaints, I fear that in many cases death will be the result of such attacks, in spite of all that the best skill and judgment can dictate. So unhealthy is a great city like New York in the hot season, with its ten thousand filthy and pestilential emanations, from streets, gutters, privies, butcheries, and the like; and so unwisely, too, are children reared, starved now and then, but generally over-fed, crammed, as people do with their housed geese and turkeys before Thanksgiving or Christmas; dosed with paregorics and other poisonous compounds from the first hour of life onward; swathed and girted up so that they could scarce exist, even if all other things were right about them; I repeat, any practitioner that has to deal with such cases, and under such circumstances, will have trouble enough, and if I am not mistaken, will often be tempted to flee forever from a calling which is by many so thoughtlessly appreciated and yet more thoughtlessly rewarded.

"But in the practice of the water-treatment, I have often been astonished at the results obtained in these unfavorable cases, and sometimes when the patient has been given over to die, when dosing and poisoning had been carried to the full extent.

"If a child of my own should be attacked in a dangerous manner with dysentery, or any of the bowel complaints, I presume I should use a more powerful and energetic treatment than I should dare to use elsewhere, so great is the prejudice of the people against water, and so ignorant are physicians of its use. Why, sup-

pose a man loses a patient, and is sued for malpractice. It might have been the best treatment that could possibly be, yet the patient is lost. Now come the wise gentry of the profession to testify—the child was killed—and then comes the indictment, or to say the least, a heavy fine; for the value of human life is often measured by money in this world. Thus it is; if we of the water-system lose a case, no matter of what kind, ten to one if we have not killed the patient. But in the calomel and bleeding practice, it is another thing. A man may kill a score of patients in as many days, and so that each one be well crammed with poisons, and sent hence with the last-repeated dose undigested on its stomach, all is well—the patient died *scientifically*. There is a charm in that; but we of the new practice, believing honestly and truly in what we do, and that the system is the greatest of all improvements that have yet come to man—we will undertake to teach people to die, as well as to live, by the water-treatment. Let future times determine whether we succeed.

"I must mention a fatal case of dysentery I had in the past year, 1847. A very worthy friend was the father of a second child, an only daughter, whom he worshipped. She had been reared with great difficulty to seven or eight months by hand. She was not my patient at first. Being taken ill of dysentery, medicine was given. Then I was called upon. We practised the water-treatment, and then again some medicine was given. At last the child died; and now this friend, who is theoretically tired enough of the old mode, can never forgive himself that other means were not used. 'Why,' says he, 'when one thing fails, we should try something else.' This perpetually 'trying' something else! Alas! how many are tried upon until they are sent to the grave.

"The following case was furnished by our pupil, Seth Rogers, last summer, 1848:

"OYSTER BAY, 8th mo. 7, 1848.

"At this season of the year, when thousands are dying with the diarrhoea and dysentery, it seems proper to state a simple method by which these diseases can, as a general fact, be readily cured. By the proper use of water, immediate relief is almost invariably afforded.

"While in the city of New York, a few days since, I found a married lady of my acquaintance suffering very severely with the last-named disease. The irritation and pain had been increasing for two days, and during the night before I saw her, the discharges consisted principally of blood. Her strength was fast failing, and it was evident that something must immediately be done. She had too much confidence in the power of water to listen to those kind friends who advised her to use other remedies; yet she did not understand its rightful and full application. But I have heard some one remark that "water, even if not well applied, is far better than drugs," so in this case, the more alarming

symptoms were soon arrested by a very slight use of it.

"It was toward evening when I saw the lady. I recommended her to have the lower part of the body and limbs thoroughly rubbed in the half-bath ten minutes. The water was nearly 70 degrees Fah., summer or rain-water temperature, and four or five inches in depth. The bath gave considerable relief. She then used injections of water at the same temperature, in quick succession, until the pain entirely ceased. Gallons were used. That night she slept as soundly, and was as much refreshed as in ordinary health. The night previous, she did not rest at all. The next morning I advised her to commence very moderately with diet, but her appetite was excellent, and she partook quite freely of plain food and berries during the day. She walked considerably in the open air; her strength gradually returned, and she found no further difficulty. On the following day she experienced some nausea, occasioned by over-eating, but it was remedied by omitting a meal.

"S. ROGERS."

"EDITOR'S REMARKS.

"It will be seen that the treatment in the above case was somewhat different from that uniformly adopted by Priessnitz in such cases. The patient was a good deal weakened by the agony she had suffered, and the loss of blood. Still Priessnitz would have used water much colder. For persons of little experience, such as are not thoroughly versed in the heroic modes, the more moderate course is the better one. Every family should have first-rate injection instruments—for clysters are of great service in all these complaints.

"Fasting has a great power over diseases of this kind. We have cured many a case of bad dysentery at sea, depending principally upon entire abstinence from all food and drink other than pure water. A patient may be kept for days, a week or more, without any food, and yet run no risk of injury on that score. Many a person is killed by a relapse brought on by improper diet in such cases."

A NEW WATER-CURE ESTABLISHMENT has recently gone into operation, under the direction of J. H. STEDMAN, M. D., at Bethesda, Tioga County, New York. Thus we have another accession to the "new mode" of curing disease. May it be a blessing to the people. These Water-cure establishments will soon wash the pill, sarsaparilla, and drug doctors, out of every place where they may be located.

VARIETIES.

MRS. FARNHAM.

MUCH has been written and published in relation to Mrs. Farnham's expedition to California, yet few seem to have fully understood the circumstances which induced her to go. For the benefit of the uninformed, we will briefly state them.

In September, 1848, her husband, Thomas J. Farnham, died, at San Francisco, leaving property belonging to her, and his children, which she very much needed. The collection of this property rendered a visit to that country necessary.

Being a woman of great intellectual capacity, she wished to accomplish something more than simply to attend to her private affairs. In accordance with the advice of her friends, she issued a circular, inviting unmarried ladies to accompany her thither, with a view of locating. Men were emigrating in thousands, and it was considered "not well for man to be alone," especially when sick.

Accordingly, arrangements were made with a number of ladies to sail with her in the fine SHIP ANGELIQUE, on or about the first of May, 1849. Previous to the sailing of the Angelique, several other ships were "put up" in competition, and, in order to secure passengers, reports unfavorable (and untrue) were circulated to the injury of Mrs. Farnham and her ship, and many who had agreed to sail with her, (between fifty and a hundred,) were persuaded to take other ships which sailed about that time.

The abandonment of the Angelique by many of her fair passengers, has led many to suppose that the whole affair was a failure, whereas it was entirely successful, so far as the emigrating of the ladies was concerned. Besides a large number (probably several hundred) of unmarried women, many married women have been induced, in consequence of Mrs. Farnham's movement, to accompany their husbands to that country, intending, of course, to remain, should the climate and other circumstances prove favorable.

Thus we have given the origin and objects of Mrs. Farnham's expedition to California. We deem it a worthy and every way proper enterprise.

STRANGE INSTINCT OF THE DEER.—The large American panther has one inveterate and deadly foe, the black bear. Some of these immense bears will weigh 800 pounds, and their skin is so tough that a musket-ball will not penetrate it. As the panther invariably destroys all the young cubs which come in her path, so does the she bear take great pains to attack the panther, and fortunate, indeed, is the animal who escapes the deadly embrace of this black monster. The following exciting and interesting scene is related by an eye witness:

"A large deer was running at full speed, closely pursued by a panther. The chase had already been a long one, for as they came nearer, I could perceive both their long parched tongues hanging out of their mouths, and their bounding, though powerful, was no longer so elastic as usual. The deer having discovered in the distance a large black bear, playing with her cubs, stopped a moment to sniff the air; then coming still nearer, he made a bound with his head extended, to ascertain if Bruin kept his position. As the panther was closing with him, the deer wheeled sharp around, and turning back almost upon his own trail, passed within thirty yards of his pursuer, who, not being able at once to stop his career, gave an angry growl and followed the deer again, but at a distance of some hundred yards; hearing the growl, the bear drew his body half out of the bushes, remaining quietly on

the look-out. Soon the deer again appeared, but his speed was much reduced, and as he approached towards the spot where the bear lay concealed, it was evident that the animal was calculating his distance with admirable precision. The panther, now expecting easily to seize his prey, followed about thirty yards behind, its eyes so intently fixed on the deer that it did not see Bruin at all. Not so the bear. She was aware of the close vicinity of her wicked enemy, and she cleared the briars and squared herself for action, when the deer, with a beautiful and powerful spring, passed clean over the bear's head and disappeared. At the moment he took the leap, the panther was close upon him, and was just balancing himself for a spring, when he perceived to his astonishment, that now he was faced by a formidable adversary, not the least disposed to fly. He crouched, lashing his flanks with his long tail, while the bear, about five yards from him, remained like a statue, looking at the panther with her fierce glaring eyes.

"One minute they remained thus; the panther, its sides heaving with exertion, agitated, and apparently undecided; the bear perfectly calm and motionless. Gradually the panther crawled backwards till at a right distance for a spring, when throwing all his weight upon his hind parts, to increase its power, it darted upon the bear like lightning, and fixed its claws into her back. The bear, with irresistible force, seized the panther with her two fore claws, pressing it with the weight of her body, and rolling over it. I heard a heavy grunt, a plaintive howl, a crashing of bones, and the panther was dead. The cub of the bear came to ascertain what was going on, and after a few minutes examination of the victim, it strutted down the slope of the hill, followed by its mother, which was apparently unhurt. I did not attempt to prevent their retreat, for among real hunters in the wilds there is a feeling which restrains them from attacking an animal which has just undergone a deadly strife.

"This is a very common practice of the deer, when chased by the panther—that of leading him to the haunt of a bear. I have often witnessed it, although I never knew the deer turn as in this instance.—*Pittsburg National Reformer.*

COFFEE TRADE.—An official statement shows that during the year ending September 30th, 1821, the quantity of coffee used in the United States was 11,886,083 pounds, valued at \$2,402,311. The quantity used during the year ending Jan 30, 1847, was 160,332,992 pounds, valued at \$8,758,43. The quantity is very much increased, while the price has greatly decreased.

There are no fewer than 140 different calculations as to the interval between the creation of the world and the birth of Christ. Some chronologists make it 3,616 years, others 6,484. Through the aid of science, accuracy may yet be obtained in this matter. However, it is not a question of much moment to the present age, not worth the time devoted to its solution.

HUNG.—Charles H. Smith, convicted of the murder of Abraham O. Taylor, was recently hanged at Hickman, Ky. The poor criminal suffered a double penalty through the carelessness of the sheriff, who used first a small cotton rope, which broke, and secondly one so large that the noose would not tighten.

COST OF TEA IN GREAT BRITAIN.—Up to 1845, the cost price of 19,000,000 lbs. or 20,000,000 lbs. of tea was £3,500,000. At present 46,000,000 lbs. cost £3,000,000 or £500,000 less than used to be paid for 19,000,000 lbs.

The Post Master General, in his report, recommends the total abolition of the franking privilege. Right—the post-office should not be an electioneering machine.

SMOKING A FRESHMAN.—Some of the dignitaries of the Sophomore class in old Yale, soon after the late assemblage of the students, undertook to initiate a Freshman in some of the mysteries of the school by the ancient process of smoking. For this purpose, five of them visited the room of a young Freshman, with pipes in their mouths, smoking lustily, at the same time anointing the hot stove with *assaftida*. As no compliments had been passed, Freshy very coolly rose, walked out of the door, turned the key, and left the smokers to enjoy the fragrance which they had created. After an hour or two, Freshy called to inquire how they had spent the evening, when the Sophs cried for quarters and were suffered to depart. They did not like *assaftida* at all, and thought it rather dangerous to jump out of a two story window.

MINISTERS.—What is more provoking than to go to church and hear an inexperienced and almost beardless youth, when you expected to hear a sermon from a man? Milk for babes is not what we want from the pulpit. We have altogether too many fops and simpletons in the ministry. Because a minister happens to have a son, it is no reason why he should go to college and become a preacher. He may or he may not possess suitable talents for the important office. No wonder so little good is effected now a days from the teachings of the pulpit. We have an effeminate, sickly ministry—mere collegians who strive to show off. What possible good can they accomplish? Men attend church to be instructed and not to be amused.

They wish to hear sound preaching from talented heads, and not declamations from practising sophomores. They care not whether a man understands Greek and Latin, if he can produce new thoughts, or old ones even, clothed in fresh language. Our settled pastors do an injury to their congregations when they permit men of little experience and great presumption to supply the pulpit. If it were not for the bad examples hundreds would leave the house rather than to hear common place remarks and witness fantastic displays.—*Boston Olive Branch.*

Doctor Horace Howard says that those are "his sentiments" exactly. He says, "Old men for counsel, and young men for work."

COURTESY, A MEANS OF SUCCESS.—Uncourteous habits have prevented many a man's success in life. Hasty, hot-brained, care-for-nobody individuals often plunge themselves into difficulties in consequence of their clownish, arrogant, or overbearing manners, or their rude or ungentlemanly language, though it may be thoughtlessly expressed. It is often not the great but the little acts of incivility that are treasured up and remembered. Great men have usually had occasion to attribute their success in life to their uniform courtesy. Washington was always distinguished for courtesy of manner, as the anecdote of his politely returning the bow of a negro slave beautifully illustrates. Boys, whatever be your station in life, do not be fearful, but be courteous, be polite, be affable. The tradesman who has the politest clerks, does the largest business.

POLITICAL REFORM IN MAINE.—The Portland Advertiser says, "At the last session of the Maine Legislature, the Homestead Exemption bill passed both branches, and has been signed by the Governor. It exempts real estate to the value of five hundred dollars, and if a debtor is not the owner of real

estate to that value, then five hundred dollars worth of personal property, to be by him selected in addition to the specific exemptions already provided for."

We rejoice in this new measure. It is one of the "signs of the times." Who will say we are not progressive?

HINTS TO YOUNG MEN.—One of the most disagreeable characters on earth, is that of the grasping, avaricious, penurious man. Generosity is perfectly compatible with economy; and the most noble-hearted, generous men, who do so much to benefit mankind, obtain means, not by close-fisted penuriousness, but by economy. The distance is not greater beneath the zenith and the nadir, than between the covetous and economical man—the first banishes every just and honorable feeling from his heart, the latter fosters and ministers to them all.

VEGETABLE DIET.—Mr. Samuel Slick met a Grahamite in his travels, and thus describes him: "His skin looked like a full-blown bladder after some of the air had leaked out, kinder wrinkled and rumped like, and his eyes as dim as a lamp that's living on a small allowance of oil. He puts me in mind of a pair of kitchen tongs, all legs, shaft, and head, and no belly; a real gander gutted looking creature, as hollow as a bamboo walking cane, and twice as yaller. He actually looked as if he had been picked off a rack at sea, and thrown through a gimblet hole.

Wonder if Sam ever saw any but a Grahamite in a similar condition? What system, in religion or philosophy, whether true or false, has not been ridiculed in the same manner? We can assure Mr. Slick, that we have as fine specimens of men and women amongst the Grahamites as can anywhere be found.

TO CURE OR KILL.—The following, from the "Knickerbocker," is just as good as new, and is very characteristic of some people, who never had the jewel of consistency.

"I must tell you a 'good one' which happened this summer on the same day that I went up the North River on board the Hendrick Hudson. After the passengers had retired to their berths, the following dialogue ensued in the ladies' cabin, of which the door was left partly open to promote the circulation of air. A rheumatic lady and an asthmatic old lady could not each be satisfied with reference to the door. They kept singing out in alternate strains from their night-caps: the rheumatic, 'Chambermaid, shut the door! I shall die;' the asthmatic, 'chambermaid, open that door—I shall die!' So the contention went on for some time, and the yellow maid, with a bandana handkerchief on her head, was fairly flustered. At last an old gentleman, disturbed by the altercation, and not willing to show any partiality, sang out from his berth; 'Chambermaid, for Heaven's sake open that door and kill one of those ladies, and then shut it and kill t'other!'"

An old bachelor being ill, his sister presented him a cup of medicine. "What is it?" asked he. She answered, "it is elixir asthmatic, it is very aromatic, and will make you feel very ecstatic." "Nancy," he replied with a smile, "you are very syster-matic!"

"My dear Polly, I am surprised at your taste of wearing another woman's hair on your head," said a man to his wife. "My dear Joe, I am equally astonished that you persist in wearing another sheep's wool on your back."

NEW BENEVOLENT EFFORT.—Ragged churches, as well as ragged schools, are opening in some English and Scotch cities. The vagrant juvenile population are cleaned and fed, and then taught the elements of education and religious and moral duties.

This is encouraging. We hope the "rags" will soon be dispensed with, and the money now devoted to useless purposes in church display, be appropriated, in procuring comfortable apparel for the unfortunate classes.

A down-easter is about to secure a patent for a new style of spring cushions, mattresses, &c., to be stuffed with—*live grasshoppers*.

TOO GOOD TO BE LOST.—The Philadelphia correspondent of the Boston Age and News, in a late letter tells the following story. We hope Thornly wont blame us for publishing it.

I heard of a case of extreme modesty the other day; so extreme that it could not be understood. A lady went into Thornly's India rubber store, and inquired of the fascinating Mr. T.

"Have you any India rubber elegy encirclers?"

"What did you say ma'am? said the store-keeper slightly confounded.

"Elegy encirclers," repeated the lady with a blush.

Thornly looked round the store, first at the great piles of India rubber, then at gutta percha, then at India rubber cloth, and so on, but without seeing anything corresponding to the name.

"You're sure it's made of India rubber?" said Mr. T., inwardly declaring that there was nothing made of that article that he had not seen.

"Oh, yes," replied the lady.

"Do you see anything like it?" at length returned the bewildered fellow.

The lady looked round the well-filled store, and at length her eyes rested upon a box, which she blushingly pointed to. What do you suppose it contained?

Garters.

She was soon helped to a pair, and as she took her leave, it all at once occurred to Mr. Thornly that garters were *L-e-g encirclers*.

HINTS TO AUTHORS.

1. Be brief. This is the age of Telegraphs and Stenography.
2. Be pointed. Don't write all around a subject without hitting it.
3. State facts, but don't stop to moralize. Its drowsy business. Let the reader do his own dreaming.
4. Eschew prefaces. Plunge at once into your subject, like a swimmer in cold water.
5. Condense. Make sure that you really have an idea, and then record it in the shortest possible terms. We want thoughts in their quintessence.
6. Avoid all high flown language. The plainest Anglo-Saxon words are the best. Never use stilts when legs will do as well.
7. Write legibly. Don't let your manuscript look like the tracks of a spider half drowned in ink.

HOUSTON ON WOMAN.—Senator Houston delivered a political address lately at Nashville, Texas, and concluded with the following tribute to woman:

"He owed his reformation to the ladies (a good many of whom were present)—*to woman!* And he was proud to

make it a boast everywhere, that in Texas the rights of woman were more securely guaranteed than in any other State in the Union. To the credit of her sons be it said, that they most highly appreciate the worth and influence of the ladies. He attributes all the bad habits of the Texans to the want of female population. That evil was removed, and we were another people. Woman exercised an illimitable influence in giving caste to the mind of man, and in forming his character. In health she adorns and embellishes his habits; in sickness she is a balm and a solace to the weary and worn spirit."

A Western editor thus notices a little event which transpired in his family on the 4th of July last: "Private and confidential. Joy to the world! Sound the hewgag!—the event happened on the glorious *birth-day* of American independence! It will add new lustre to the 4th of July in after ages!! It is an uncommon noun!!! singular number!!!! masculine gender!!!! And it shall be called George Washington Jefferson Jackson Hancock Tom Benton Martin Van Buren Quincy Adams Benjamin Franklin Fourth of July Jenks, so it shall."

CANADA AND THE UNITED STATES.—The Quebec Mercury says, the emigration of the French Canadian population to the United States is largely on the increase. Many are selling out their property, and with the product of the sale moving westward.

WHAT NEXT?—Bennett refers to his thirty years standing in society in this city, as a proof of his respectability. Professor Combe once stated, in a lecture, that a sow probably thought herself the neatest animal in creation. He spoke from Phrenological observation. Hadn't Fowlers better examine Bennett's head?—*Day Book*.

The Moravian brethren, though mostly poor, contribute on an average from four to six dollars annually for missionary purposes.

It is often the case that those who think most, talk least, and those who think least talk most.

☞ There are two sides to everything except the religion of a hypocrite, and that is all *outside*.

CHOLERA LITERATURE.—A few days since the Governors of the Alms-house received a Physician's certificate, which stated the patient died of a "*bowling complaint*," and yesterday the City Inspector received two certificates, one of which stated that a patient had died of "*a severe and short illness*," and the other that one had died of "*phits*." This last one must have had a very bad spell, we should think. [*Mer. Day Book*].

A fellow, after being distanced in a foot race at length succeeded, when he exclaimed, "Well, I am first at last, but I was behind before!"

A verdant youth from the country was recently dismissed by a young damsel in this city, on the ground that she had been advised to avoid everything *green* during the prevalence of the Cholera.

TAKING IT COOLLY.—The N. O. Delta of the 14th says, "We had the pleasure of visiting a friend yesterday, on Howard street and found him sitting on the top of a cup-board fishing for catfish in the parlor."

An Irishman who lives with a Grahamite, writes to a friend that if he wants to know what "Illigent living" is, he must come to his house, where the breakfast consists of nothing, and the supper of what was left at breakfast.

When Dr. Franklin was serving an apprenticeship to the art of Printing, he was allowed 37 1-2 cents per week for his board. Of this he expended 17 1-4 cents. What he saved was expended for useful books.

DEPRAVITY.—It is said that even the most honest girls are in the habit of *hooking* each other's dresses!

A man being arrested for beating his wife, complained of "interference with his peculiar domestic institutions."

The Massachusetts Board of Education have officially thanked Hon. Horace Mann for his twelve years service as Secretary, and complimenting him very highly.

Mr. Greeley, being asked by a correspondent at what season of the year a gold hunter should start for California, replies, gravely, "We consider the first of April as good a season as any."

ENFORCING THE LAW.—A man in Providence sold a quantity of wine for the *communion service*, and was prosecuted and convicted of violating the license laws.

INSANITY.—Dr. Brigham, Superintendent of the N. Y. Insane Asylum, says the "want of sleep is almost a sure precursor of mental derangement."

PUBLISHERS' NOTICES.

THE LIBERAL POLICY.—We find the plan of lending "SAMPLE NUMBERS" of the Journal "GRATIS" to be most satisfactory. No individual wishes to pay his money for an article that he has not seen. We therefore repeat, "all who wish sample numbers to show or present to their friends shall be furnished Gratis on application to the publishers, or by mail. Letters ordering sample numbers should be post paid and directed to FOWLERS and WELLS, Clinton Hall, New York.

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CORRESPONDENTS, will please be particular in writing the NAMES, POST-OFFICE, COUNTY and STATE, distinctly in all letters, addressed to the publishers. This will prevent delays, mistakes and omissions.

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A more extended notice will be found in our Review Department, of the present number.

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The Number for August contains a good likeness and phrenological description of Father Matthew, the great apostle of temperance, together with a brief biography.

The September number gives us a likeness, phrenological description, and biography of Kossuth, the moving spirit in Hungary; also, George Copway, an Indian chief of the Chipeway tribe—and is a very interesting number.

THE ECLECTIC MEDICAL AND SURGICAL JOURNAL—Published monthly, at one dollar a year, by Kinney & Masters, Syracuse—commences a new era in New York; being the only advocate of medical eclecticism in this State. It is intended for the popular reader, and its language is adapted to the understanding of all classes

Each number contains thirty-two pages, and is afforded at the low price of \$1 per year. We advise all, to obtain what knowledge comes within their reach on physiology, medicine, and Surgery; whether from books or journals; which will enable them generally to avoid disease, as well as to prescribe for their friends, without the aid of a physician. The eclectic may not advocate hydropathy, yet we shall look to it for an exhibition of a liberal spirit, and hope it will be wise in giving the best of all methods.

THE FONETIC ADVOCAT is the title of a paper published in Cincinnati, by LANGLEY & BROTHER, in the Melodeon Building, Fourth street, west of Walnut street.

It is devoted to Education, particularly that branch called the Phonetic Reform; is an interesting readable paper, and we bespeak for it an extensive circulation. It was formerly named the Phonetic Magazine, and is printed in the phonetic characters, issued semi-monthly, at one dollar a year, invariably in advance.

ANSWERS TO CORRESPONDENTS.

W. H. We cannot give you the particular information on the subject of water-cure in Paris which you desire. We have made such arrangement with our London correspondent that we shall be able to communicate through the Journal all advances in Hydropathy which may be made from time to time, in Europe. We expect something "rich" from "head-quarters," "Graefenberg," soon.

P. S. The Water-Cure Journal may be ordered separately,

or in connection with the Phrenological Journal. Terms the same.

H. D. S. writes as follows:—My wife's health is poor. Five years ago she was severely salivated, and has not been well since. She is able to be about; she eats but little. The doctors say she has the lowest pulse of any person they ever saw, and continue about the house. She has a moving pain in her left shoulder, side, and hip. We have no water-doctor in this region to apply to, we will have to be our own physician as it regards water-cure. Can you advise us what to do?

ANSWER.

Your wife should use the wet sheet to eradicate the mercury from her system, which will also tend to strengthen her, and probably remove the pains.

For directions in the use of the wet sheet, see Water-Cure Manual.

A DIRECTORY.

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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.