

THE  
WATER-CURE JOURNAL,  
AND  
HERALD OF REFORMS.

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COLD WATER IN SURGERY.

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"Never is surgery so beautiful and brilliant as when obtaining a cure without destruction of any organ, without plunging the bistoury into quivering flesh, and without causing the effusion of blood."—LISFRANC.

CASE.—Thomas H——, aged seventeen, while occupied in feeding a large chaff-cutting engine, had his left arm caught by the rollers, and drawn in under the knife, which, entering a little to the outside of the insertion of the deltoid muscle, cut through the integuments, muscles, and bones, to a point a little below the elbow-joint. The flap of skin and muscles, together with the excised portions of the bones, was found lying upon the floor.

Two medical men were called to see him immediately after the occurrence of the accident. A tourniquet was placed upon the arm, and *immediate amputation recommended.*

The patient, having refused to submit to an operation, was conveyed by his friends, on the following day in a car, from his home, a distance of about fifteen miles, to a lodging near my residence. I saw him for the first time, the tourniquet had been screwed tight, and left in that state for about twenty-four hours. The lower part of the arm, the forearm, and hand, were greatly swollen, and in a state of extreme congestion. The integuments, muscles, and bones were, as before described, completely removed from the exterior part of the arm, leaving a wound measuring eight inches in length by five in breadth. On introducing a finger, the elbow-joint was discovered completely laid open, and its ligaments torn asunder.

The humerus (the long bone of the upper arm) was, moreover, fractured transversely an inch above the articulation, its superior portion projecting backward into the wound. I must confess that when I had fully examined this frightful injury, I believed it almost hopeless to expect that the limb could be preserved. I explained to the patient and to his friends that his life might be endangered by mortification, which might very speedily take place; and also that, should he be fortunate enough to escape that peril, excessive suppuration might occur, and render amputation inevitable. The patient, however, earnestly implored me to make an attempt to save the limb, and consented to submit to an operation whenever I should deem it absolutely necessary. I therefore resolved to try what the reparative powers of Nature could effect in this instance. I reduced the fracture of the humerus, gently approximated the edges of the gaping wound, by strips of adhesive plaster, placed the limb in an extended position upon an iron splint, *and ordered folds of linen, dipped in cold water, to be kept constantly applied to the part.* The patient expressed himself greatly relieved after the dressing, and appears to have suffered less than one could have expected from the effect of the shock.

The patient's arm is now quite well, but ankylosed (without motion), the joint being firmly fixed at a right angle. Not the slightest degree of swelling can be perceived on either the arm or forearm.

REMARKS.—The continued external application of cold water, by which the super-vention of violent inflammatory action was

effectually checked. This is one circumstance which may appear rather startling to those practitioners who are more or less guided by early prejudices, and who instinctively pursue the principles laid down in surgical books—namely, venesection, which has always been looked upon as one of the most powerful means of subduing inflammation.

The result of my observations, however, has taught me that the most serious injuries can be successfully treated without having recourse to the lancet. That my experience in the management of injuries has not been small, will appear evident when I state that I have had, for more than sixteen years, independent of other practice, the exclusive care of more than two thousand men employed in a slate quarry.

The general practice hitherto of most medical men has been to open a vein, with the intention of either preventing inflammation, or, should such have already taken place, of mitigating its violence. But few, perhaps, have taken the trouble to reflect, that *every bleeding changes the constitution of the blood, increases the quantity of the serous portion, and proportionally diminishes the coagulable part, thus rendering the vital fluid more unfit to perform those reparative processes by which alone a diseased or injured part of the body can be restored to a healthy condition.* Blood-letting has, besides, *another most serious disadvantage—it invariably renders convalescence more tedious.* This important fact ought never to be forgotten, especially in the treatment of severe injuries, which so frequently produce a most debilitating effect upon the constitution.

I cannot conclude this paper without expressing an anxious hope that the perusal of this case may induce practitioners, when called upon to treat accidents of a similar nature, to hesitate before they proceed to amputation.

It is indeed true, that many surgeons obtain a high reputation, and often deservedly so, by the performance of dazzling operations; but a higher degree of praise ought to be bestowed upon those who, by the exercise of judgment and skill, are enabled to preserve a limb which

by many would have been condemned to the operator's knife.—*London Lancet.*

#### MRS. GOVE'S EXPERIENCE IN WATER-CURE

I HAD intended to give my experience in cholera in the present number of the Journal, but as important facts are daily coming to my knowledge, I have concluded to defer the publication of my observations till the November number of the Journal.

This much I will say now: my cholera practice has not been large, but it has been sufficient to show me clearly what the disease is, and what are the means of cure in curable cases. I have lost no patient with cholera, and the more I have seen it, the less I have feared it, and the stronger and more entire has my trust become in judicious water-cure treatment.

On the 30th of July I left the city with my husband and daughter, for the interior of the State. I was very much worn with labor and anxiety, and longed for rest in the country, which, after four years' unremitting labor in water-cure, seemed to me to be my right. My practice had been uncommonly laborious through the hot weeks, and my sympathies and fears had been constantly excited.

I can never come to regard my profession as so much mechanical labor. I am obliged, by the constitution of my nature, to love my patients, to sympathize with them, and pray for them, as earnestly as I work for them. Thus, often my labor becomes doubly exhausting.

We went by railroad to Binghamton, where we spent the night; we inquired for a bath at the hotel, and were told by an Irish servant that one of the boarders had a bath, but that he was absent and had the key. We were happy to compromise for a pailful of water.

From Binghamton we went to Norwich, where several of my patients reside, and where an earnest young woman lives, who has been studying with me for some time, to qualify herself as a water-cure physician. She and her sister had formed a class of ladies, to whom I was expected to lecture every day, and soon so great a number of patients came to me, that I

found myself quite as effectually robbed of rest as if I had remained in the city. During two weeks I gave thirteen lectures, and consulted with over forty patients, and left Norwich as much worn as I had reached it. The interest in water-cure is large, and growing daily.

Whilst at Norwich I visited the Eagle House Water-Cure, located at Pitcher Springs, eighteen miles from Norwich. It is under the care of Dr. A. A. Mason, whose restoration to health by water-cure, from long-seated chronic disease, and the habit of taking some twenty grains of morphine in a day, seems as miraculous as almost any water-cure miracle I have ever known or heard of. He was an allopathic physician, and appears to be a truly honest and earnest man. Having been cured himself, he had an ardent wish to cure others. Pitcher Springs has for some time had a limited celebrity, on account of its sulphur springs, and it was for the accommodation of patients who believed in the virtues of the "mineral water," that Dr. M.'s Water-Cure House was erected some years since.

In process of time, however, people lost faith in the filthy water of these nauseous sulphur springs, and the little village that had sprung up in a sort of basin scooped out amongst the hills, fell into decay. The disciples of water-cure are now busy in rejuvenating the place. It is a good place, with mountains enough to satisfy Priessnitz, plenty of pure water, and a good man at its head. They want no advertisement, for, from all the country round about, people are flocking to "Pitcher Springs," to try the water-cure. The head nurse of the establishment, a woman who was daily achieving an amount of labor that would look formidable to a strong man, had been cured of a paralytic affection in this water-cure house, by Dr. Mason, to whom she is now rendering such efficient assistance. For the first three months after she was brought here, she had to be carried up and down stairs, and to the baths, being entirely unable to walk.

A great many different diseases are congregated here, from those who have been unable to leave their beds for years, to those who look ruddy and are active, but

who are so "nervous" that they are sure the heart stops beating often, and will stop entirely soon. Of course, these "fidgety folks" are really ill—perhaps as much diseased as the helpless ones, though they make us smile oftener than sigh, over their fancied diseases. I lectured twice at Pitcher Water-Cure House, and talked over water-cure pretty thoroughly with Dr. Mason, who is a gleaner in the highway of life, determined to learn all he can, and who deeply feels his responsibility to his numerous patients.

I was struck with the number of cases of pulmonary disease in this region. I have always a large proportion of consumptive patients, owing to the fact that my own lungs have been restored by water-cure from such serious disease. One fruitful cause of disease among the farming population is the fact, that women bear a family of children amidst the hard labor of their families and dairies. "Help" is hardly to be got at any price, and servants are unknown.

After more than two weeks of hard work, I went to Vermont, where, amongst the mountains, and beside the lakes, I drank in the fresh air for a few days in peace, with little thought, and less labor, for climbing hills and picking berries was no labor to me.

The green hills, the forest-clad mountains, the broad, clear lakes, and the ever-varying and beautiful clouds, are pictures painted on my soul—an everlasting gallery that I shall carry with me in the dusty, noisy city, and they will be always a sweet memory, when my brain aches with many anxious cares, and my frame is wearied with long watching, and much exertion. Oh, that all the world was *well*! What a heaven would be our planet then! Surely our world is far enough removed from heaven now, with its wars and tumults, its deserts and swamps, its cities with their distilleries and Five Points, and apothecaries' shops, and industry that kills men to give them a living; a sad world, and a great way from heaven. But as men must become "wise unto salvation," in other words, must know the truth before they can live in obedience to it, one of the first conditions of the world's improvement is, that

all who know the truth should spread it before the people.

God said, "Let there be light."

When we first went into the country all Nature was in a fever from the long-continued drought. The fields were dry, crisp, and brown, and their aspect was really very saddening. But at the end of two weeks, heavy rains came on, the parched fields rejoiced in the water-cure, and farmers ceased their lamentations over "light oats" and "small potatoes." One would think that men who live all their lives with Nature, and see, year after year, such revivifications, such *water-cures*, would sometimes take the hint from their gardens and fields. I learned two lessons from animals that I cannot refuse to record. A farmer where we were staying had some time since an unruly horse. He tied his head to his feet to keep him from jumping. There came on a rain, and shrunk the rope so that the horse fell, and was unable to rise. Some time elapsed before he was found. His struggles had sawed the rope deep into his neck. He seemed nearly dead, but his master was too much attached to him and too kind to kill him. He released him from the rope and left him to die. At some distance a large stream of water was conducted into a trough, and fell from a height. The poor maimed horse dragged himself to the trough, and held his neck under the spout, letting the stream of water fall directly on the hurt neck. A large portion of the day he held his neck under this stream of water, and finally got well,—thanks to his own sagacity.

The other instance of instinctive cure I witnessed myself. A gentleman, where I was staying, had a dog who was injured by being thrown under the wagon wheels. Two of his legs were so badly hurt, that it was with difficulty that he could walk with much limping. A day or two after he was hurt, I rode out with his master. He followed the wagon with the worst sort of a limp, and as we drove slowly, I observed him go into every brook, and stand in deep water as long as he could, and overtake the wagon. This bath he repeated several times, and when we had driven three miles, I noticed that

he put all his feet to the ground, and ran quite briskly.

Surely the time is come for man to open his eyes, and see what is going on in the world around him. Many centuries the world's fevers have been cured by the rains. Flowers have been revived by water, whilst human flowers have been burned up with calomel, caustic, blisters, and the like. The animals have escaped suffering and died a natural death, whilst men have paid their fellows to poison them into wretchedness whilst they lived, and secure them a premature grave. When men know the fearful meaning of apothecaries' shops, and an M. D. attached to a name, they will know the depth of the world's darkness and misery, and not till then. People say that it is wise to conciliate the Medical Profession, that we should be prudent in expressing our opinions, &c. For one, I have got in the habit of speaking the truth to physicians and others, and though I have much kindness and friendship for many doctors, I have none for their dogmas, or drugs.

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#### THOUGHTS ON WATER—NO. 3.

BY WILLIAM A. ALCOTT.

I AM no enemy to water, as the readers of this Journal must have seen already. Sick or well, I use a great deal of it, both externally and internally. Sick or well, I said; I here refer to my practice with others, especially my own family. For myself, I am not now in the habit of being sick. From the age of eighteen to that of twenty-eight, I took as much medicine as I should now give to one thousand persons in the same circumstances, and had as much sickness as any one thousand persons ought ever to have. I then changed my habits, and though I have but a feeble constitution, yet up to the limit of my muscular and nervous powers, I enjoy the most remarkable health, and have done ever since that time.

Members of my family are sometimes sick, though rarely. As we do not keep medicine in the house, we are not tempted

to throw obstacles in the way of their getting well again, and they, accordingly, get well immediately.

Once, indeed, to gratify an importunate (I might say impertinent) friend, I carried home from Boston a bottle of Mrs. Kidder's cholera cordial. My child was suffering under a complaint to which the cordial seemed most admirably adapted. Another person in the house was slightly affected in the same way. In less than forty-eight hours they were both rapidly recovering. It is needful, however, to add, that the cork was not drawn from the cordial bottle. The sick got well, as sick persons usually do when they get well at all, *in spite* of medicine, and not on account of it.

Our doctrine is, that if a person is suffering from sickness, he is suffering under just law, and we are not over anxious to remove the disease, if it were in our power. We let him alone; we take care, it is true, to see that he infringes on none of the Creator's laws any longer; nay, we put him at once under *all known laws*, physical and moral. This is the way in which we let him alone.

If the air he breathes is bad, we supply its place by that which is better, as soon as possible. If there is internal irritation, say in the stomach, we take care not to add to it. We endeavor to have him "shut up shop," so to speak, at once. If he is cold, we endeavor to warm him; and if he is hot, to cool. We are particularly careful to apply water both internally and externally, if he seems to require it. We also do all we can, honestly, to encourage and cheer him.

My daughter was sick in Connecticut, only a few weeks ago, while absent from home on a visit to some friends. There was much gastric irritation, great nausea and severe pain, and a very high fever. Mrs. A——, who is as strong a believer in orthopathy as I am, and who was with her, gave her water in great abundance, for which she was very clamorous; bathed her hands and head, and once, in a moment of trepidation, gave her warm water, to produce emetic; but this did not succeed. There were some bloody evacuations. The next day she had turns of vomiting. Stimulating applications were

made to her feet, food and medicine prohibited, and water continued, and in two or three days she was restored.

This is about a fair sample of our treatment of disease, except that we often make much use of the warm and cold bath, and especially of showers of cold water. We discard medicine, properly so called. If there is too much activity of the bowels, it soon disappears; if too little, we patiently wait nature's movements, and she seldom disappoints us.

In health, as I have said already, we make a free use of water, both inside and out. True, I do not use it at meals, and I endeavor to dissuade others from its use. But at rising in the morning, at about the end of the work of chymification in the stomach, and at all times when the stomach is empty, or when there is reason to believe an irritant is present on the intestinal surface, whether in the form of condiment, medicine, undigested food, or morbid secretions, I encourage the free use of water; I like it, as a means of diminishing gastric irritation; I like it, to dilute the blood; I value it, as a means of cleansing or depurating the whole internal surface; I like it, as a means of excluding by its presence other and more doubtful draughts; but I like it, above all, for its *positive tonic* effects. These, I am confident, have been much and often overlooked. We have only aimed at the water treatment (I speak now of its use in health) as a mere negative. But the time has come when its friends should say more of its *positive* effects, in the way of imparting tone and vigor to all the tissues, and aiding daily and hourly in the great work of renovation.

I have something to say to your readers on this subject; but before I begin, allow me to add a few thoughts more concerning its remedial efficacy. When I here say remedial, I use the term in a much larger sense than is usual, as will be seen.

As the consequence of frequent and frequently-repeated acts of disobedience, in one form or another, we are most of us, at all times, more or less diseased. We have inhaled bad gases or unhealthy emanations (it may be tobacco smoke) till there is a slight general disturbance

in the system. We have overtaxed the skin by undue exposure, or by too much clothing, till it is greatly crippled, and the mucous lining of the alimentary canal, by endeavoring to act in its behalf, is crippled also, and it forms morbid or diseased matter, instead of that which is healthy. Or we have, it may be, mingled medicine with our meals or our potations, till every part of the system is affected by it, or, in other words, till every part is in a greater or less degree diseased.

Now, under these circumstances, nothing is better in the world than rest and water. Water, by diluting or sheathing the acrimonious particles which are present in the system, prevents the terrible consequences which might otherwise follow. Hence, as people in general live, much water is not only useful, but indispensable.

He who lives the most simply receives more or fewer of what I have called medicated or poisonous particles into his system, every day. And though it is true that such a person may go on very well for months, and perhaps years, without any perceptible injury in abstinence from all drinks, yet it is highly probable that even such a man would do better to use rather more water than he receives through the medium of the most succulent food. But he who lives in the usual manner, constantly transgressing nature's laws, with a *medicine-chest always at his table*, if not with one *in the upper and left side of the abdomen*, must drink freely of this beverage, or not *live out*, even if he should *drag out*, more than half of his days.

#### WATER-CURE IN ENGLAND.

"Facts are stubborn things."

TO THE EDITORS :—In the spring of 1843 a splendid hotel and water-cure establishment was opened at Ben Rhyding, in the romantic valley of Wharfedale, North Leeds, Yorkshire, England. The building and grounds cost £20,000, about \$100,000. The medical attendant was Dr. Rischaneck, formerly a pupil and patient of the celebrated Priessnitz. The outlay of so much capital on a new system of treating disease evinces great faith and enterprise on the part of the projectors and proprietors ;

but the surprise vanishes when it is known that Hamer Stansfield, Esq., formerly Mayor of Leeds, one of the principal proprietors, had experienced in his own person a remarkable cure at one of the Hydropathic Institutions. When he left his home and friends for the Continent, he was so emaciated, that his voice was lost, being able only to speak in whispers ; and when his friends bid him adieu, they all feared that it would prove the final parting. To the surprise and gratification of his numerous friends, he returned after a few months, with his constitution renovated. James Silk Buckingham, Esq., in alluding to the astonishing change in Mr. Stansfield's health, testifies that his voice was strong and sonorous, and that he spoke at a crowded anti-corn law meeting soon after his return, for nearly two hours, without his voice faltering in the least degree in its tone. This striking demonstration of the utility of the water-cure in conjunction with the uniform success of the treatment at Graefenberg, induced Mr. Stansfield and a number of his wealthy friends to erect the establishment at Ben Rhyding, where the water is abundant and pure, and the scenery delightfully picturesque and panoramic. From one locality, a short distance from the establishment, the view of the surrounding scenery is so commanding and enchanting, that it is appropriately designated "The Panorama." I was one of the early patients, the first who took the douche, and at a subsequent period, when affected with a severe chest affection, threatening consumption, I was three months under the water treatment ; and to its success in removing the complaint, I attribute, under God, the preservation of my life.

My sister had a severe spinal disease—the touch of a feather on the spine induced fainting ; and hope of recovery was well nigh gone. Encouraged by the strong assurances of cure, on her case being submitted to Dr. Rischaneck, we were induced, as a last resort, to give hydrophathy a fair trial. She was unable to walk more than a few yards after her first bath, and on one occasion fainted in the bath. In two weeks she ascended the mountain to the well, about a mile distant,

before breakfast. After four months' treatment her health was so recruited that she returned home, and has since attended to her household duties. During my stay many remarkable cures were effected, the narration of which would occupy too large a space. Mr. Laycock, of Keighley, a methodist preacher, had an attack of nervous rheumatism, which caused his arm to shake continually like an aspen leaf. After three weeks' treatment he left perfectly cured. Cases of rheumatism, St. Vitus' dance, dyspepsia, general debility, &c., I saw yield in a remarkably short period to the curative power of aquæ puræ externally and internally applied.

The past success and present position and prospects of the water-cure in America has afforded me much gratification, especially the unprecedented increase in the circulation of the Water-Cure Journal, since it came under the management of its present spirited publishers. Having aided in the circulation in England of two cheap editions of Claridge's work on Hydropathy, I rejoice to find that through the medium of the Journal, thousands and tens of thousands may be supplied, at the small charge of one dollar per year, with information of the various modes of treating disease hydropathically, and be cheered with the records of success.

The repeated recommendations of water injections in the Journal will be productive of much good. The superiority of this method of regulating the bowels to the use of aperient medicine is indisputable, and many practitioners of the old schools now recommend their patients to use injections. In the incipient stages of disease, water injections to regulate the bowels, and a bath to open the pores and induce a healthy action of the skin, will be sufficient to arrest the progress of the complaint.

The best syringes for injections which I have seen, combining cheapness, portability, and efficiency, are those manufactured by the Union India Rubber Co., and can be procured at the Journal office of FOWLERS & WELLS. The female syringe made by the same company, with India rubber bag and ivory tube, is an excellent article, and in extensive and successful use in those

complaints peculiar to the gentler sex. Wishing a wider circulation to your excellent Journal and good speed to the water-cure,

I remain yours truly,  
HUMANITAS.

From the Newark Sentinel.

#### CHOLERA AND THE COLD-BATH.

As the rod of Aaron swallowed up all the other rods of the magicians and sorcerers, even so doth the epidemic which is abroad among us, absorb all other topics for anxiety and conversation. Under these circumstances, we think that we cannot render a more seasonable or a more acceptable service to our inquiring and deeply interested readers, than by laying before them a few facts, leaving it to themselves to draw the obvious inferences. We are by no means thorough-going hydropathists, howbeit we have some faith in the water-cure, and we do verily believe, that the command of the man of God to Naaman, to "go and wash seven times in Jordan"—the stepping into the pools of Bethesda and Siloam, were significant types, and were intended to convey more meaning and more instruction than are dreamt of in the short-sighted philosophy of us poor mortals, who see, as "through a glass darkly," the inscrutable wisdom of God's good providence.

We are led to these remarks by a paragraph which lately appeared in some of the leading French journals.

It is a fact, recorded on official authority, that during the summer of 1832, when the cholera raged so fatally throughout France, and also during the present visitation, out of 16,218 subscribers to the public baths of Paris, Lyons, Bordeaux, and Marseilles, only two deaths among them could be traced to cholera. When it is considered, that among these 16,218, of both sexes, there must have been persons of all ages, and of all temperaments, we do think that this remarkable fact speaks trumpet-tongued in favor of bathing.

In hot seasons a public bath is unquestionably a public benefit, but it is pre-eminently so in seasons of extraordinary sick-

ness and mortality; and when, under the broiling heat of a midsummer's sun, we look forth upon our glorious bay of salt-water, we are filled with astonishment that the young and the old, among the inhabitants of New York and Brooklyn, do not avail themselves more frequently and more abundantly of the inestimable and luxurious blessing, which shines so invitingly cool before their eyes.

Our boards of health and city authorities are zealous in recommending the cleansing of streets and the whitewashing of dwellings, and they are careful to depute their officers to see that the streets are cleansed and the dwellings whitewashed. All which is undoubtedly very praiseworthy. "This ought ye to have done, and not to leave the other undone."

After all, a man's body is more peculiarly the house which he lives in. To become fully aware of the vital importance of cleanliness to the enjoyment of perfect health, a *thinking* man need but read "Combe on the Constitution of Man," or "Wilson on the Skin," a book recently published in London, by an eminent physiologist.

This able work, coupled with the vast amount of good which has resulted from the public baths of Paris, and other large towns in France, and the recommendations of the first physicians in England, led to the establishment of cheap baths in London, Liverpool, and Manchester.

Of late, the public journals have teemed with so many *sure* preventives against cholera, and so many *infallible* nostrums to cure it, that a man might almost be tempted to wonder how any one could die of cholera with all these means and appliances at hand.

Some of these prescriptions are not a little powerful, but desperate diseases do no doubt demand as desperate remedies. Brandy, calomel, and quinine may be valuable specifics, and may, peradventure, have achieved marvelous cures in certain disorders; albeit, it cannot be denied that these potent drugs do sometimes leave behind them effects which embitter the remainder of life. And it may be even so with some of these thousand and one cholera prescriptions. The disease, or that

which is sometimes wrongly taken for the disease, may be obliged to give way before such irresistible adversaries, but may not these same adversaries plant, what the apostle terms, "a thorn in the flesh," and sow the seeds of much future suffering and misery?

The present times are not the times of all others to be tampering and trying experiments with the human stomach; but in keeping open the pores of the skin, by frequent and thorough ablutions, a man can be running no risk, "for cleanliness," saith the proverb, "cometh next after godliness," and in this particular, we Christians might be taught a lesson of prudence and of wisdom, by the examples set us by the believers in the Koran. Our parting words are to be found in the dictate of Reason, in the voice of Nature, and in the word of God—"WASH AND BE CLEAN."

J. SUCH.

The above article has so much of truth and sound sense that we copy it entire. We may disagree with the writer respecting calomel and its adjuncts as curative remedies, but as he gives these "desperate remedies" good justice as to their ultimate results on the constitutions of their *victims*, we have no desire to expurgate the article.

For the Water-Cure Journal.

#### CHRONIC INFLAMMATION OF THE LIVER, AND OTHER DISEASES.

MR. EDITOR:—I had the pleasure of spending the month of July at the far-famed Saratoga Springs, and as I felt much interested in the water-cure reform movement, for which you are doing so much, I embraced every opportunity to collect facts upon the good or bad effects of this potent remedy. I also used water freely in treating a case of chronic inflammation of the liver, then and now under my charge, and a case of extreme female weakness, caused by violent uterine hemorrhage, etc. First for the facts reported: A gentleman from the State of Georgia, (Mr. Boynton,) who is now a planter, owning about one hundred slaves, while speaking in commendation of hydropathy, said, "A few years ago I returned from a North-



ern tour, and immediately upon reaching my residence I was informed that a male child on the plantation had been taken very ill with inflammation, and was even then at the point of death; accordingly, I set out in all haste, and drove to the plantation immediately. In twenty minutes I was with the child, but upon seeing it all hopes of its recovery fled. It was apparently in the agony of death; the eyes were turned up and firmly set; the inflammation upon the brain and lungs was extremely severe; decidedly the most severe I ever saw, and nature seemed to be making a last effort to throw off the almost fiery destroyer; but her struggles were now in vain, the remaining spark of vital power seemed like a small parcel of fuel before the raging element; death seemed inevitable, and I believed it was of no use to call the physician, but I resolved to try the efficacy of cold water in my own way. I ordered a bucket, pure and cold from the well, laid the child upon the floor, and with a dipper commenced to lead the water upon the chest of the boy, and continued to do so without intermission for twenty minutes; I then gave him a hasty washing, rubbed the body dry, and covered it warm in bed. I returned in twenty minutes, expecting to find him dead, when I was agreeably surprised and astonished to find him in a beautiful perspiration. This course was continued, and in two days the patient was well. In addition to water, nothing was given except a little ipecac. once."

It will be proper for me to say that Mr. B. is a man of superior mind, and that he studied medicine in early life, but circumstances changed his profession, and he has only practiced in his own family, which is surely large enough now to require much skill.

In addition, I could, if it were necessary, cite many other cases of different names, but it would be wasting space to produce facts to prove a principle well understood by every physician of learning, sound judgment, and experience, viz., that cold water is the best remedy for inflammation of every grade.

During my visit at Saratoga I was introduced to the excellent Dr. Hamilton, of

the Water-Cure Institute there. The Doctor, himself, is a complete treatise on Hydropathy, for he enjoys excellent health, and has a countenance beaming with benevolence and affability. I know not whether to attribute this last quality to nature, education, or to the tonic effects of pure water; but I do know that nature's beverage removes all obstructions to the free exercise and full development of those man-ennobling faculties. Oh, I would rejoice could I tell every human being how it gives freedom to mind and body, how it removes obstructions, and how it purifies man physically, intellectually, and morally; but I am already encroaching upon your pages too much. As I had the pleasure of visiting the above institute frequently, I became conversant with many cases under the treatment, and particularly acquainted with Dr. Daley, an eminent surgeon from Porto Rico, who was at that time the most doubtful case I ever saw. I was with him during the grand crisis, and I do believe that although a detailed explanation of this case would not be interesting to most non-professional men, yet it is the duty of practitioners to examine and record the *modus operandi*, and the issue of such cases, for the benefit of students, and the advancement of the science of medicine. In reference to this case of paralysis and congestion of the brain, I can only say that it removed all doubt as to the water treatment from my mind. The case was doing well; and I expect soon to hear from friend Daley, and there is no doubt that the news will satisfy the most sanguine expectations of all his friends. Such facts, and theories founded upon such facts, cannot fail to make a mighty breach in the ranks of drug advocates of every school; and I thank God that the day is at hand when the long list of poisons (formerly called remedies) will be allowed to remain upon the shelves of the druggist. And if asked why this will be so, I answer, because men are publicly teaching the mass, and the mass are beginning to learn physiology; they begin to know that they have a stomach, lungs, etc., and when they know these things the work will be done; they will throw medicines to the dogs, and allow nature to heal her-

self. Men of science are embracing the doctrines of hydropathy everywhere, in spite of their education and habits; and they must do so if they possess common honesty. When I commenced the study of medicine I never thought of water as a useful element in fever, and my tutor never suggested that it might be used, but on the contrary, it was always kept as far from the patients as possible, and when a case of inflammation of the brain was to be treated, nothing was allowed to touch the burning brow save a little warm vinegar and water. Irrational! I then began to believe that ice-water to such a brain would be far more reasonable; and yet I believed my tutor knew almost *everything*. But the substance of it is this, I soon began to study nature, and give audience to the views of reformers, and I found facts so overwhelming and doctrines so reasonable, that, notwithstanding my early views, education, and the eyes of public opinion, I have been forced into cold water quarters, and I find it so agreeable, consistent, and beneficial, that it would take an army of pro-calomel and lancet men to get me out of it.

I would gladly record the success that has always attended the application of water, in my practice; but I can only refer to one or two cases at present, leaving others for future numbers; and should it be agreeable to the editor, I may from time to time report interesting cases.

I was called to prescribe for a lady who had for a long time been declining; she was decidedly scrofulous, and was suffering extremely from uterine hemorrhage, the stomach rejected food, etc. I gave her advice as to diet, exercise, etc., and directed a sponge bath night and morning and a wet bandage to the lower part of the body. After I had done she asked if she would require no medicine; I gave a negative answer. She followed my directions, and the alarming hemorrhage was checked immediately, and she continues to improve up to this day. A young gentleman was attacked with diarrhoea and cramps. I was consulted. The patient was alarmed, and the disease had already assumed an alarming aspect. In fact, I banished that powerful agent, fear, as

much as possible, put him in a tepid bath, rubbed, and put him in bed; to quench thirst ice-water was used; by the application of water, again the blood was brought to the surface, and the bowels were relieved at once; a cold shower and friction was applied as often as the temperature of the body indicated, at the same time all food was prohibited; and in a few days the patient was entirely well, and a dangerous case of cholera morbus was rendered comparatively mild and harmless. I have two cases of chronic inflammation of the liver, and one of fever, now under a similar treatment, all doing well.

Convinced as I am that a great improvement in the practice of medicine is called for, and that the water-cure is one of the best reforms of the age, I have determined to spend my life in opposing the use of drugs, and in promulgating a knowledge of physiology and the laws of life, even if I remain comparatively poor by so doing. Let physicians teach community the science of man, the philosophy of health, and how to preserve it, and we may, with the poet, exclaim,

“How much of human woe would then  
Be banished from our race,  
And all our acts would meet the smile  
Of God's approving grace.”

With the permission of the editor I will be pleased to prepare a series of articles upon some important branch of physiology, for the readers of the Journal. I am engaged to deliver several courses of lectures upon the subject during the ensuing winter, and shall ever be ready to recommend and extend the circulation and usefulness of your valuable Journal and Herald of Reforms. May it be found in every family, and read by every member of community. Yours, &c.

DR. B. FLOWER.

AN American printer, named Morton, has recently died in Paris, bequeathing \$200,000, if we may believe the rumor, to any one who will construct a printing-press that shall strike off 10,000 copies of a paper in an hour.

WATER, AND ITS EFFECTS.

BY J. BERRY.

MR. EDITOR—Water covers the greater part of the earth's surface, and penetrates its most hidden recesses. It circulates through the veins of the various minerals, forming, changing, perfecting them. Petrifications of wood and animals are its work. Ever in motion, it purifies whatever it comes in contact with, and by its motion restoring its own purity and gathering strength. If confined, it swells the globe—splits the rock—lifts the greatest weight—turns the wheel—bursts the dam—or sends the iron horse snorting through the forest.

Water frozen in the clouds, purifies the air; in the form of snow and ice, it enwraps the earth in a "fleece mantle," keeping it warm, and preparing it for sustaining vegetable and animal life. Through its virtues, the trees grow, the flowers bloom and smell, and the grass springs fresh and green. It develops the garden, the field, the forest.

It is the natural drink of all animals—the fleetest, the most sagacious, the strongest, most ferocious, and most gentle. It supplies the wants of birds of the finest plumage and the sweetest song.

Man, in a state of innocence, in Eden, needed no other drink but water, and men used it as their principal beverage till within about one thousand years; and in some countries till the present time. Some of the ancients worshiped water, and it has been used in the most sacred ceremonies of all religions, in all ages and countries; by some as an emblem of purity, by others as possessing sanctifying virtues. Jews, Pagans, Mahometans, and Christians still continue to venerate it.

Modern science acknowledges its redeeming power in giving vigorous health, cheerful spirits, public comfort, and social peace and happiness. Hydropathy performs its wonders in curing and preventing disease. Legislation defends its cleansing effects in cities where crime abounds or cholera threatens. Man has long refused to be blessed by it. Though it gave strength to the lion, fleetness to the deer, sagacity to the dog, docility to the lamb,

and innocence to our first parents, yet he disbelieved its strength, disregarded its universal goodness.

What Christian needs a stronger argument in favor of total abstinence, than that the parents of the human family had no other drink than cold water bestowed on them? If it was necessary for man then, how much more so now, when the world is deluged with liquid poison—when the cheek of innocence blushes, and the eye of virtue and beauty weeps over its devastating effects?

Like the silent dew shower which is now falling on the physical world, water will descend on the moral world, dispersing its fogs of gloom, refreshing the landscape of society, revealing the sun of temperance, and reviving the withering flowers of humanity.—*Mass. Cataract.*

HYDROPATHY—WATER-CURE.

BY N. BEDORTHA, M.D.

THE public mind seems hardly willing to receive with any degree of credulity the statements that have been made relative to the cures by the water treatment. People generally regard it as one of the humbugs of the age, and most are expecting that its popularity will be as ephemeral as its progress has been rapid. Truth and error, virtue and vice, have alike their advocates, who endeavor to sustain their conflicting and opposite theories by what they call facts. So many of these so-called facts have been presented to the public, to call their attention to some wonderful specific in the form of a "syrup," "balsam," or some other empirical preparation, so many of which are known to be libels or forgeries, that an honest man almost endangers his reputation by daring to appeal to this much abused course to obtain the ear and attention of the community. But the abuse of a thing is not a sufficient reason in itself why it should not be used, and the press is the only adequate means known to promulgate truth. We are not willing, then, to abandon the power of the press to the enemies of truth, nor yield the fields of enterprise to the foes of righteousness, because they have presumed to occupy them.

We are willing to accord to every man his rights, leave truth to grapple with error, and to believe, with Jefferson, that "error is (comparatively) harmless, if truth is left free to combat it." The people *must* have *facts*, and the discipline which they have received by the many impositions must serve to sharpen their perceptions, so that they can discern more readily between truth and error.

The first case I will mention is that of a young man about twenty-five years of age, of a good constitution. He was of a nervous, lymphatic temperament, and had always been accustomed to hard work, being by trade a blacksmith. The disease with which he was afflicted came on him gradually and insidiously for several months, before he became so prostrated as to be unable to attend to business. When he first applied to this establishment he was laboring under the following symptoms: His appearance was that of general dropsy. Pulse small and very frequent, 110 to 120 per minute, appetite very poor, secretion from the bowels and kidneys very scanty, face bloated, the lips and tongue, with the face, were nearly bloodless. He was in a semi-lethargy most of the time; suffered no pain, being disposed to sleep a great deal. He had gradually sunken into this state for three months, when he seemed to be, as it were, on the point of dissolution, at the time he was put under the water treatment. He was put upon a mild course at first, consisting principally of the packing, followed by a tepid half-bath with the cold douche. Hip baths tepid, and dripping sheets. In the course of a week there seemed to be some disturbance in his system, and an appearance of crisis. The treatment was moderated, and soon a general fever supervened. The arterial action was violent, and the volume of the pulse greatly increased. He sank into a comatose state, in which he remained for several hours without any consciousness. There being so much appearance of death, his friends were sent for, and a physician of much experience, with whom I occasionally counseled, who was favorably disposed to the water-cure. After examination, the physician pronounced it

an entirely hopeless case, and said that nothing could be done to any avail. The wet, cold compresses were now principally depended upon, with thorough friction to the body. These compresses were changed according to the amount of heat, the object being to guard the vital organs, and to keep the circulation as equal as possible. After about twelve hours, a bloody, watery discharge took place from his mouth and nostrils, in which nearly two quarts were thrown off. He remained unconscious all this time, but a short time after the hemorrhage there seemed to be a return of consciousness. He gradually improved through the day, the circulation being established on the surface, and color being restored in a small degree to the tongue and lips. The treatment consisted now mostly of sponging, friction, and wet compresses, and a continued improvement was the result. In a few weeks his health was quite restored; and now, about one year since his visit to this institution, I understand his health is as good as usual.—*Eclectic Med. and Surg. Journal.*

#### THE BLACKBERRY.\*

THIS exceedingly useful and wholesome fruit is too much neglected. A surprising prejudice prevents families from making use of it for domestic purposes. But we have grown older and wiser, and have learned by experience that the blackberry can only be despised by those who have no taste for the simple, yet delightful, and withal luscious banquet which Nature in autumn so amply spreads around. To us there is an indescribable charm in leaving the dusty highway, where the berries are coated in drab; to wander by the hedge-row whose resplendent bunches hang in rich profusion, inviting the taste by the beauty of the appearance.

We like to renew the joyous feelings of youth, and to allow youngsters to participate in the glorious treat of a day's blackberrying, whenever the opportunity occurs. Year by year we were wont to wander with a party of schoolboys to some favorite spot where the berries grew luxuriantly on an ancient hedge, long undisturbed by

\* From the W. C. Journal, and Hygienic Magazine.

the hedger's bill. Here with hooked stick we pulled down the jetty bunches, and filled our baskets with winter store, for our enjoyment did not cease with the day, but before our mental vision was the prospect of sweets to be enjoyed in the tarts and puddings of future days.

Then, appetite quickened by the fresh air and long walk, came our pic-nic dinner on the soft grass under the sunny hedge; here with wholesome refreshment, happy faces, and beautiful scenery before us, we really got much pleasure as well as profit from our blackberry excursion. Then followed our ample dessert of the wild berry, and we as well as our baskets being filled to our hearts' content, were reminded by the setting sun that it was time to hasten homeward with our gathered treasure.

Will any one who reads this follow our example? Let him lay aside his worldly anxieties, his business cares, his daily occupations; and just try how much simple enjoyment he may procure for himself—how much real gratification he may afford to others, by a day's blackberrying.

But this is scarcely practical enough for our pages, we must now adopt a more humble style.

The blackberry is found growing plentifully in almost every situation; on the high chalk hills or the clayey valley, there it is in profusion.

But when fully exposed to the sun, the flavor of the fruit is much more perfect and of greater sweetness than when growing in shady aspects. It is too common to need description, everybody knows it; and perhaps its very commonness makes it neglected.

We have never seen blackberries brought to market except in London, and yet there is no reason why children should not employ their time in gathering them for sale; the money they would fetch would be a little help, and no means, however small, should be neglected by any one now-a-days by which the comforts of his family may be increased.

Then, if they are not sold, blackberry puddings may be made for the children, and these, either with or without the addition of a few apples or damsons, are very capital things for a family. They should

be made precisely in the same way as gooseberry or currant puddings are usually made.

*Blackberry jam* may be made by boiling the berries in a common iron saucepan, over a slow fire, with treacle or coarse sugar, in the proportion of half the weight of sugar to the quantity of berries. They require to be well boiled, and frequently stirred and scummed. If made properly and put into jars, and tied over with brown paper, this preserve will keep a long time. It is exceedingly wholesome, and a few spoonfuls taken before breakfast forms an excellent medicine for children. Eaten on bread or plain pudding it is an agreeable condiment, by many esteemed superior to other preserves made of choice fruit. When made with loaf sugar, the delicacy of flavor is preserved, and it deservedly ranks as a luxury.

In view of all these good qualities, which are by no means overrated, we would suggest that every farmer plant a quantity of "blackberry bushes" in some convenient place, and cultivate them for family use. They will grow rapidly, and produce abundantly, and are quite as delicious as any kind of domesticated fruit.

OCTOBER and NOVEMBER are the months to transplant them.

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

##### THE UMSCHLAG, OR WET BANDAGE.

No application of cold water used at Graefenberg effects more good for the patient than the umschlag, or wet bandage. This is merely a piece of thick, strong linen, about fifteen or eighteen inches wide, and eight or ten feet long, with long strings sewed to one end, to make it fast. A portion of this bandage, sufficient to extend once round the patient, is wet in cold water, well wrung out, and then wound tightly round the body; keeping the wet part next to the skin, and the dry part wrapped over, so as to preserve the moist end from being exposed to the air; the whole is then tied

\* Six Months at Graefenberg.

as tightly as can be conveniently borne. The wet linen being then kept in contact with the skin, and completely covered with the dry part of the bandage, soon becomes warm, and this maintains a constant heat and moisture on the surface of the body, which produces a powerful action upon the stomach, greatly aids digestion, and acts as a gentle and natural laxative. It is seldom that any cure-guest complains of pain caused by food, as the wet bandage always assists to digest it with ease. During the six months of my stay, whilst mingling with the guests, listening to the accounts of their diseases, and of the various modes of treatment and their effects, I do not recollect hearing of any disorder in the bowels, or difficulty of digestion. No costiveness, no cholera, no cramps; whatever other parts of the frame were afflicted, the stomach was kept healthful in all its operations. It has been often remarked, that so long as the organs of digestion are healthful and vigorous, disease cannot fasten permanently upon the system; and that whatever disease may have been induced, must soon be expelled if these organs be kept in a sound state. However true this may be, no one can doubt that the health and activity of the whole body depend greatly on the state of the stomach. Every patient at Graefenberg can bear witness to the power of the wet bandage, to keep this most important portion of the animal economy in a healthy and vigorous state. Of the numerous and striking cases that may be cited as proofs of its utility, I give the following.

About six weeks before I left Graefenberg, a gentleman arrived from New York, who for several years had been terribly afflicted with dyspepsia, which is very common in the United States. He had not been able to eat any solid food without pain; he had spent vast sums upon physicians, and in traveling for health; he had long been in the habit of rejecting his food as soon as it was eaten, and had become exceedingly careful as to the quality and quantity of his diet. So enfeebled and sensitive had his powers of digestion become, that all kinds of food

caused him pain. He began the cure by using the wet bandage, and soon experienced its benefits in a very remarkable degree. He sat at the common table in the saloon; partook freely of whatever was provided; drank cold water unsparingly, which he had not done for years; had no return of dyspepsia; and of course felt that in those six weeks, he had been more than repaid for the expense and trouble of his journey to Graefenberg. He attributed this wonderful change entirely to the use of the wet bandage. This simple remedy had effected more for him than all his physicians had ever done, or could possibly do by medicines; it had kept the skin in a state of constant heat and moisture; and this had enabled him to digest his food. He indeed took the cure in other forms; but to the wet bandage he mainly attributed the relief he experienced from his sufferings. He intends to remain under the care of Priessnitz at least one year, in order that his digestive organs may become fully restored. Cases of this kind are numerous. Indeed, no one at Graefenberg thinks it possible to have his stomach seriously disordered, while he wears the wet bandage.

The wet bandage was put on me after I took my first wet sheet and bath, and I wore it, night and day, till within two weeks before I left Graefenberg. It was taken off and again wet every time I took a bath, and also on going to bed, making in all four, and sometimes five changes each day. The discomfort of this part of the cure arises from the circumstance, that parts of the wet linen, in consequence of the action of the body, slip out from under the dry parts, and become cold and chilly, which in winter is peculiarly unpleasant. The shirt, also, by day, and the bed-linen by night, become damp; indeed, my linen was scarcely ever dry. Then, again, it makes you look clumsy. Those who pride themselves on a slender waist are badly off at Graefenberg. Every patient, no matter what may be his complaints, wears the wet bandage. A burning rash often comes out under it. At night, when the bandage becomes dry, as it always does before morning, this rash is peculiarly uncomfortable.

The wet bandage may be worn by any one without danger, provided the moist part of the linen be well covered by the dry. It is a valuable remedy in cases of cholic, indigestion, and similar complaints. It does not prevent the wearer from pursuing his usual occupations, for it renders some kind of bodily exertion almost necessary.

Umschlags are also worn round the sores in cases of crisis. I had a severe boil on my wrist, and another on my finger, round which I wore strips of linen, the wet end applied next to the sore part, and the dry end wrapped over that. I am thus particular, in order to give a clear idea of the manner of wearing those simple appliances. One lady had a dreadfully sore arm; it was excoriated nearly from the elbow to the wrist, and the supuration was great. A bandage was kept around it, and frequently changed; this constant application of cold water had the effect of mitigating the inflammation and swelling, and preventing acute pain. You constantly meet with patients in the saloon and elsewhere wearing these bandages, sometimes even on the face.

#### ERROR RESPECTING EATING FRUIT.

IN the last quarterly return on the state of public health, some notice is taken of the common notion that dysentery, and other diseases of the sort, are occasioned at this season by eating fruit. That it is an error, is established by the fatality of these diseases to infants at the breast, to the aged, to persons in prison and public institutions, who procure no fruit, and by many such facts as the following, reported about the middle of the last century by Sir John Pringle, in his classical account of the diseases of the campaign in Germany; nearly half the men were ill, or had recovered from dysentery a few weeks after the battle of Dettingen, which was fought on the 27th of June, 1743. The dysentery, the constant and fatal epidemic of camps, began sooner this season than it did in any succeeding campaign. Now, as the usual time of its appearance is not before the latter end of the summer, or the beginning of autumn, the cause has

been unjustly imputed to eating fruit to excess. But the circumstances here contradict that opinion; for this sickness began and raged before any fruit was in season, except strawberries, (which, from their high price, the men never tasted) and ended about the time the grapes were ripe; which, growing in open vineyards, were freely eaten by everybody. To this add the following incident: Three companies of Howard's regiment, which had not joined us, marched with the king's baggage from Ostend to Hanau, where, arriving a night or two before the battle, and having orders to stop, encamped for the first time at a small distance from the ground that was afterwards occupied by the army. These men had never been exposed to rain, or lain wet; by this separation from the line, they were also removed from the contagion of the privies; and having pitched close upon the river, they had the benefit of a constant stream of fresh air. By means of such favorable circumstances, it was remarkable that, while the main body suffered greatly, this little camp almost entirely escaped, though the men breathed the same air, the contagious part excepted, ate the same victuals, and drank the same water. This immunity continued for six weeks, until the army removed from Hanau, when these companies joined the rest, and encamping in the line, were at last infected, but suffered little, as the flux was then so much on the decline. Fruit, potatoes, and green vegetables are essential parts of the food of man; and it is only when taken to excess that, like other articles of diet, they disorder the stomach.

BATHING IN LAKE ONTARIO.—The following ordinance was passed by the Oswego City Council recently:

"No person shall publicly bathe in any of the waters of this city, except in the waters of Lake Ontario; but no person shall bathe in the waters of said lake adjacent to said city, between the foot of Liberty street in the 1st ward, and Ninth street in the 2d ward, between the hours of sunrise and eleven o'clock, p. m., of each day, under the penalty of two dollars

for each offence against any provision of this section." •

The Oswego "*People's Journal*" comments as follows: "According to the provisions of this ordinance, persons wishing to enjoy the healthful and invigorating luxury of a bath in the waters of Lake Ontario, must travel from one to two miles east or west, ere they can indulge in it. Permission is, however, graciously granted to bathe at any time between midnight and sunrise! But the class of people who resort to the lake to perform their ablutions are mostly laboring men and mechanics, who have not the facilities of baths, &c., at home, and to whom, after their day's labor, a refreshing plunge would be most desirable; but then they feel little disposition to walk a mile or two, however much they may covet the indulgence; and as for the period of permission, why then, like all honest folks, they are, or ought to be, in bed.

"In other cities, baths are built for the poor. In Oswego, nature has provided a most capacious bathing tub, but man fences it round with legal enactments.

"Bathing in exposed or frequented places should not only be strictly forbidden, but prevented; but there are places within the limits mentioned perfectly screened from public observation.

"Reason should be exercised in this matter, especially in a season like the present, when the health, not only of individuals, but of communities, depend upon personal cleanliness.

"Were we one of the paternal parents of the city, instead of prohibiting bathing, we should vote for supplying each man, woman, and child, with a bar of soap, a coarse towel, and a season ticket to the waters of Lake Ontario."

#### BATHING-HOUSE AT MILWAUKIE.

THE Milwaukie Sentinel gives the following account of a bathing establishment recently erected in that city. We hope some one possessed of sufficient enterprise may be induced to establish a similar one in Chicago:

Mr. Frederick Tuescher, a wealthy

German, who has expatriated himself from his native land on account of persecutions for political opinions, has settled permanently in Milwaukie, and its citizens owe him a debt of gratitude for erecting a bathing-house, which is decidedly the best and most novel establishment we have ever seen.

Mr. T. has built a commodious and convenient house, upon the river's brink just below the mills, and has it fitted up in a neat and comfortable manner. There is a large platform, with a fountain playing in the middle, surrounding the bathing-house, where a man can enjoy a book or a newspaper preparatory to his ablutions. The house has two compartments—one for gentlemen, and the other for ladies—and has towels, brushes, looking-glasses, &c., together with all the usual appliances. You enter a very large room, divest yourself of your clothing, and descending a few steps, pull string No. 1, which gives you a very fine shower bath—a few steps farther down you pull string No. 2, and have a stream of water let down from above, with sufficient force to drive away all symptoms of disease that a man may happen to have in his system—descending still farther, you come into a large basin of water, about three feet deep, and here is the grand feature of the concern. Upon ringing a bell, the attendant pulls a string that lifts the gate, and "lets on" the whole force of the water, that rushes through a sluice-way with such tremendous power and in such a volume, that a man has to "hang on by his eyelids" to a railing placed there for the purpose, in order to prevent being carried away by the current.

This is renewed and discontinued *ad libitum*, and a man emerges from this strong dose of Hydropathy refreshed and invigorated as one cannot possibly be by any other mode of bathing. We have tried all kinds of bathing-houses in this and in many other countries, but this caps the climax. The water is pure and cool, being filtrated as it passes into the large reservoir, and it is by all means the best place to "cool off," this hot weather, that a man can possibly find.—*Gem of the Prairie*.



NEW-YORK, OCT., 1849.

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS, is the organ of the AMERICAN HYDRO-PATHIC ASSOCIATION, and is open to all Hydro-pathic practitioners who may wish to communicate with the public on the great subject to which it is devoted. Dr. SHEW says, "THE WATER-CURE JOURNAL is not the organ of any party or parties, but is devoted exclusively to the interests of Hydropathy generally." It will be seen that communications appear under the signature of the writer; Dr. Shew will, therefore, be responsible only for what may appear under his own name. All letters, and other communications designed for publication, or on business, should be addressed to the publishers, FOWLERS AND WELLS, CLINTON HALL, 129 and 131 Nassau street, New York.

N. B. As our edition is very large, it is necessary that we should go to press early; correspondents and advertisers will therefore send in their communications by the 15th of the preceding month.

#### BOLETTIOS FOR OCTOBER.

BY R. T. TRALL, M. D.

THE LATE EPIDEMIC.—The cholera has ceased its ravages among us. Has Deity relented? has man returned to the practice of physiological truth? or has the pestilence exhausted its appropriate material, and abated from "physical necessity?" The latter is our position, with all due deference to the preventive measures of the Board of Health, and all proper respect for the curative measures of the Board of Doctors. Shall this "awful visitation of Providence" be in vain? We mean, philosophical Christian, shall such manifestations of outraged nature as epidemic diseases scourge us and teach us no lesson?

But what have we learned? What have medical faculties, boards of health, and sanitary committees established in relation to the nature, prevention, or treatment of cholera? *Just nothing at all.* Now, as in 1832-4, they are at all points of the compass. They can hardly agree about anything. The most opposite and inconsistent methods of preventing and curing the malady are, to this hour, commended by some medical men of high standing and denounced by others of equal reputation. Calomel, opium, brandy, and bleeding, represent the most prevalent allo-

pathic ideas of cholera medication—with mustard stimulation outside and iced-water refrigeration inside. Some, however, laud the calomel and condemn the opium, others commend the opium, and denounce the brandy, others go for the brandy and against the bleeding, while others still approve the bleeding and reject the brandy, opium, and calomel. From this complicated contradiction of the testimony of men of learning, science, and experience, all having the evidence of their senses and the results of thousands of cases experimented upon to guide them to a correct judgment, what are we to conclude? What *can* we conclude? *A false system*—this accounts for the whole mystery of confusion. The error is not in the doctors, but in the system in which they are educated, and to which they are generally indissolubly wedded. Our aim is to destroy utterly all faith in any and every kind of drug treatment for cholera, or any other prevalent bowel complaint, conscientiously believing that just so far as people will "throw physic to the dogs" and act boldly upon the resources of their own common sense, the bills of mortality will diminish. The total want of any common principles of agreement among drug-practitioners as to the good or bad effects of the articles they administer, ought certainly to awaken suspicion that there may be a better way.

A HOMŒOPATHIC PUZZLE.—We respectfully propound the following problem for solution to the disciples of the infinitesimal school:—If veratrum, cuprum, and camphor operate so well in cholera in homœopathic quantities, why is it that when brandy is prescribed by homœopaths, it is always prescribed in allopathic doses? Our apology for requesting the explanation is this—Some of the most eminent practitioners of homœopathy in this city have publicly recommended the use of brandy both as a preventive and curative of cholera. This would be consistent enough if one drop of brandy had been diffused through a cistern of soft water, and one drop of *that* dilution administered—*similia similibus curantur*. But, shade of Hahneman! must thy disciples carry thy philosophy through the whole *materia medica*, and then sell the whole system for an allopathic glass of liquor? If the homœopathic philosophy fails when applied to alcoholic stimulants, is it not at least liable to suspicion when applied to other stimulants? The brandy trade has had abundant patronage and the grave not a few victims from the doctrine of "opposites." We are

sorry to see it receive an additional impetus from the *opposite* doctrine of "similarities."

**HYDROPATHIC DRUGGING.**—This may be called a contradiction in terms, for hydropathic practice implies the absence of all drugs. Nevertheless, there are persons calling themselves water-doctors who occasionally drug their patients. We learn that the physician of one of our northern establishments has lately been sick with the dysentery, as have also several members of his family. Though treating other diseases professionally hydropathically, he treats himself for this disease drug-pathically, thus confessing his want of faith in the system he pretends to practice. We must call all such doctors rather contemptible humbugs; not that a physician may not rightfully employ drugs; but he should not do business on false pretences. If he honestly believes in any system, let him apply it to all. If he does not, let him prescribe it to none. If he pretends to half believe in one system and half in the other, he can have no mind at all on the subject. One word as to his dysentery. No man who lives hydropathically ever did or ever will have this disease, for its existence necessarily implies bad living, particularly bad food. We will stake what little reputation we possess that his table for invalids is in some respects very anti-hydropathic. We have heard that greasy dishes and cooked gravies abounded there. We are sorry to have to notice such errors among our real or pretended friends, but the reform we advocate demands their exposure and correction.

**TEMPERANCE METHOD OF TREATING THE CHOLERA.** Among the many small speculations the existence of the cholera has suggested, is a little book with this title. We would have passed it on its rapid way to oblivion unnoticed, were it not for the taking prefix, temperance. The treatment it recommends in the primary stage is, aconite, antimonial tartar, camphor, ipecac, bloodroot and veratrum, and in the stage of collapse, bleeding! Though brandy is bad enough, we consider antimony and bleeding much worse. In fact, the whole plan is most intemperately destructive.

**GETTING THEIR EYES OPEN.**—We are credibly informed that some few of our city physicians have had the good sense to discover—after being told a hundred times over by dietetic, and physiological, and water-cure writers—and the candor to acknowledge their error, in relation to "the diet proper for keeping off the pestilence." Beef-steak and rice, superfine flour and codfish, crack-

ers and dried beef, with plenty of animal food generally, and a general condemnation of fruits and vegetables, have been the prevailing notions. Quite recently, since the pestilence has done its work, certain medical gentlemen have confessed that the whole plan of binding up the bowels with constipating food was wrong, and that *very many have lost their lives* by following such advice. When the cholera first broke out in this city we said in a publication substantially—No person who eats mainly unbolted farinaceous food, uses *good* fruits and vegetables in their season, and avoids all stimulants, will have the epidemic! We now assert that no such person has had it, and challenge proof to the contrary.

**GEN. TAYLOR'S RETREAT.**—We believe the first time the General ever turned his back upon "the enemy" was in his recent retreat from Niagara Falls to Washington City. This masterly manoeuvre doubtless saved him the necessity of "surrendering" his precious life. Had he continued his journeyings three weeks longer, feasted by the people, drugged by the doctors, and excited by the politicians, notwithstanding his usual temperate habits and vigorous constitution, he might have been the victim of ill-judged hospitality and misdirected kindness. Why is it that a distinguished man cannot travel without such a strife among the people to make beasts of themselves and him in the way of eating and drinking!

**DISEASES OF THE MONTH.**—Coughs, colds, croup, lung fevers, etc. are liable to affect certain classes more as the weather becomes winterish. By certain classes we mean particularly those who neglect external bathing and go the hot regimen. Those who would escape these inflictions had better commence the defensive course of a daily cold bath at once. Those who have bathed regularly during the warm weather should not abandon the practice the first frosty morning. It is a fact that the colder the weather the more vigorous the reaction, hence the better will the body bear every cold bathing. Few persons who bathe every morning through one winter season will be willing to abandon it afterwards. It is no small satisfaction to live with a conscious immunity from sudden attacks of fevers, or the insidious approach of slow but sure-wasting consumption. Of these complaints more than three thousand die annually in this city. *Hardly one of them need die.* Regular bathing would save three-fourths, and by adding proper dietetic habits nine-tenths of the remaining fourth could be saved. No

disease is more unnatural, artificial, and forced than consumption. Its great source is a *constipated skin*; its great preventive remedy is free ablu-tion:

Nothing is more prompt and efficacious than the thorough water treatment in the severe colds and inflammatory affections of children. We have not known a case thus treated in the last six years that was not cured in a few days, generally in two or three. How the safety and certainty of this system contrasts with the confessedly un-certain, dangerous, and disagreeable treatment usually pursued! Let us take the reason and the testimony from our opponents. We quote from the last number of "The Scalpel."

"When in the condition of the highest health, its cheeks blushing roses, a child is but a single step from actual inflammation. Only let its vital heat be carried off a little faster than its blood can produce it—let it be chilled, by cold air from a window, or lying exposed at night, and it may awake, with a croup or inflammation of the inner lining membrane of the windpipe, or of the sub-stance of the lungs or pneumonia, and if not re-lieved, death may soon follow. Now what has happened to the child? No long preparation of illness occurred—no drooping; it is struck down in the full tide of glee and health. Nothing more has happened, reader, than constriction of the bloodvessels of the skin and a rapid accumu-lation of blood in the lungs. The first natural in-stinct of cure is to cover the child warmly, and by friction with some stimulating substance, as brandy or ammonia, to bring the blood back to the skin. Emetics are often properly given to depress the action of the heart and relax the skin, but bloodletting actually unloads the deep-seated vessels at once, reduces the force of the heart, and so prevents the inflammation. This is its explanation, and its correctness is sufficiently evident. We do not say bloodletting is a de-sirable remedy—on the contrary, it is an unnat-ural, and in most hands a dangerous one—as we think has been amply proved by good authority—but it is sometimes the best we can do. \* \* \*

The remedy is extreme, but so is disease."

Reader, was there a more absurd, inconsistent, contradictory, and nonsensical jumble than the above ever penned? and yet it is a fair sample of the medical reasoning of the day. Examine it critically. The first remarkable idea is, that when children are in the highest health they are near-est disease. It is certainly, then, very dangerous

to be healthy. Next the child has taken cold, in consequence of which the blood has receded from the skin, and accumulated in the lungs. Granted. Now, how shall we restore the circulation again? Our author says, the *first* instinct is to bring the blood back to the skin. Very well; but instead of sticking to his instinct, he goes to "depressing the action of the heart," which is exactly contrary to his first instinct of cure. But the great beauty of his philosophy occurs in the next passage. Bleeding *reduces* the force of the heart, and so *prevents* inflammation. The instinct of cure is to bring the blood back to the skin, but he has an-other instinct for doctoring which takes it entirely out of the body. Inflammation, we are told, has actually occurred, and yet this "unloading of the deep-seated vessels" is done to *prevent* the inflam-mation! No wonder the result of such practice is as uncertain as the thoughts of the practitioner are loose and indefinite. No wonder he exclaims against the danger, the unnaturalness, and the undesirableness of the remedy in the same breath in which he commends it. He appears fully pos-sessed of the prevalent nonsense, that violent dis-eases require violent measures; that is, if the dis-ease is extremely dangerous, you must use a rem-edy which is extremely dangerous too. Now the hydropathic appliances in these cases are never dangerous or uncertain. Our "instinct of cure" is to *equalize*, not abstract the vital current. Whenever a sudden disturbance in the circulation takes place, so that one part of the body gets too much blood, another part must, of necessity, have too little. In the light of this simple proposition, which is but self-evident common sense, the ab-surdity of "trying to cure sick persons as the farmers kill well hogs"—by bleeding them, is suf-ficiently obvious. There are no diseases more speedily and certainly cured by the water-pro-cesses than inflammatory affections of the lungs.

#### SCROFULA UNDER THE WATER TREATMENT.

MISS G., of Connecticut, aged about eleven, was afflicted with scrofula; was tall and slim, and very delicate; a good deal of the spiritual and intellectual, but little of the physical, as is generally the case with scrofulous people.

She was growing rapidly, and for some weeks before I saw her, seemed to be gradually losing her hold on mortality, and taking on the immor-tal. At the time I was called, she had been for some time troubled with a contraction of the muscles of one leg, which increased from day to

day, accompanied by great inflammation—so great that it was with the greatest possible care that she could be moved.

At first I apprehended that an abscess was inevitable, and expected, as did all her friends, that if she lived through it—which was extremely doubtful—she would be a cripple for life. She had tried some medicines before I saw her, but with no good effect.

I found her with a pulse a hundred and forty, tongue red, not much coated, (which I would say, for the benefit of your non-professional readers, is much worse than a thickly-coated tongue, all other things being equal,) and had not her disposition been most amiable, she would have been very irritable.

Wet sheets, sitz baths, compresses, &c., were applied; but so obstinate were the contractions that it was many days after all the other symptoms had become ameliorated, before they would yield.

At one time—about ten days, I believe, after commencing the water—the friends of the child (her father being absent at sea, and her own mother dead) became alarmed, and fearful of being thought recreant to duty, by the father, if they did not “do everything” in their power for the beloved child entrusted to their care. In accordance, therefore, with this desire, they respectfully but earnestly besought me to tell them if I did not think some kind of medication other than the water-cure would be beneficial. I replied, that if I thought so I most assuredly should try it, for I flattered myself I was a decent sort of a Christian, and made it a point to use the best means I was acquainted with for the restoration of my patients; and I further flattered myself, that my fifteen years’ experience in allopathy would tell me what, if any “medicine,” was useful in such a case. And then—being inspired by Priessnitz, the Lord, or somebody—I opened such a battery of indignant eloquence against all poisons, in such delicate constitutions especially, and brought forth such a fund of arguments for a more complete trial of the water, that I overcame all their scruples, and they cheerfully and faithfully carried out my prescriptions, and great, triumphantly great, was their reward. In a few days more the muscles began to relax; and in a few weeks the contractions were all gone, and all signs of abscess and inflammation also; in a word, she became not only well from her contractions, &c., but her general health has

been better ever since than it was before, much and it is now over a year, and she, with her cold-water training, is continually improving, much to the joy of her accomplished father (who has now returned) and her most faithful mother-in-law, without whose intelligent aid we could not have had such complete success. E. A. K.

24 Franklin street, Boston.

#### CASE OF SUB-PARALYSIS.

BY E. T. TRALL, M. D.

It is a common, but very mistaken notion, that persons who are very weak or sensitive cannot bear the water treatment; that it will only apply to the stronger or more torpid class of invalids. The fact, however, is, the surest method of cure is always the mildest, in all kinds of constitutions and all sorts of diseases. There is, truly, some degree of practical tact required to adapt the appliances successfully to the extremely delicate; but, if judiciously prescribed, all persons can bear them without injury, whether curable or not. The following case, still under treatment, simply stated, will perhaps better illustrate this point than a long argument.

Mias S—, of highly nervous temperament, has been at my establishment a year and a half. Her complaint was primarily an affection of the liver, followed by the usual train of symptoms, called in medical books “nervous dyspepsia;” this was succeeded by severe spinal irritation, and great general debility, all finally resulting in a paralytic condition of the lower extremities. When she came to me she had been unable to walk for several years. With this partial loss of muscular power, there was extreme nervous irritability, and a degree of morbid sensibility which rendered the slightest impressions often intensely painful. The pulse was weak, frequent, and irregularly intermitting. She was troubled with excessive determinations to the brain; unable at times to bear the light, and frequently unable to read or converse but a minute or two at a time. In this condition—certainly a most unpromising one—I undertook her case. I need hardly add, that she had thoroughly tested all the ordinary resources of medical science in vain.

There was one difficulty to be met in the treatment of her case hydropathically, which was peculiar. The whole nervous system had become so extraordinarily sensitive that the touch of cold water to any part of the body was not

only very disagreeable, but really agonizing. Immersing the hands or feet in cold water would produce a most distressing sensation through the whole organism, not of chilliness, but of actual pain.

The treatment was commenced with very light hand, foot, and sitz baths, with occasional rubbing of a part or the whole of the surface of the body, as was found endurable, with a wet cloth—tepid or moderately warm water being used for the whole. These were soon followed by the half-pack, and, in a few days, the whole-pack. Then the temperature of the water was gradually lowered; and in a few weeks the cold packing-sheet was used, and the other baths were employed quite cool. The half-bath succeeded—tepid at first, then cold. The douche was next put in requisition; this was also employed at first warm, then tepid, then cold. When it was first used, warm water was put in the bath-tub, to stand in, to prevent a rush of blood to the head. These several processes were managed with all the mildness possible, to avoid any strong shock; but notwithstanding, it was found necessary very often to omit all baths for a day, or part of a day—in one instance for two days—and give the patient perfect rest.

It was two or three months before the patient could take any very cold bath with pleasantness and composure. In about six months she began to walk without assistance. Her health has continued to improve, in every respect, ever since, and she can now walk two miles. The dietetic regimen prescribed was not strict, but very plain. All irritants and stimulants, whether regarded as food, drink, or condiments, were carefully avoided.

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For the Water-Cure Journal.

#### A LECTURE ON HYDROPATHY.

BY JOEL SHEW, M. D.

It is said that an Eastern monarch, on being informed that the American physicians were paid for their services *in proportion to the number of visits made to the sick*, asked whether their patients ever recovered! This question of the monarch refers to a wrong state of things in society as regards the medical art. Physicians should be paid **FOR KEEPING PEOPLE WELL**, rather than **FOR ATTENDING THEM WHEN SICK**. Pay your physician by the year; pay him liberally, if you are able, in worldly goods; pay him at least with your gratitude, which is often by far the better part. Pay him that he may cheerfully deprive himself of

hours of precious sleep; pay him for leaving so often his pleasant home, wife, and children, going through tempests, cold, and storms, to minister in the godlike art of healing the sick. But pay him rather for teaching you the incomparably more important matter of **AVOIDING DISEASE**. It is said to be a glorious calling "to contend with suffering and sorrow, disease and death;" to engage in an avocation, the toils of which "are endless, ever urgent, darkened with frequent disappointments and repeated defeat." But if it is noble to *cure* an attack of disease, how much more so to *prevent* it. A man feels grateful to one who relieves him of a painful disease, however often it may come like a strong giant upon him; but he should feel yet far more grateful for being taught how to *avoid* that disease. I am glad, then, strangers and friends, of this opportunity of speaking to you, "without money and without price," concerning what I consider to be **THE BEST KNOWN AND POSSIBLE MEANS OF PREVENTING PAIN, SUFFERING, AND DISEASE**.

In proceeding, then, to this pleasing task, I ask, What is that system popularly termed **HYDROPATHY**, or more commonly the **WATER-CURE**? The great remedial and hygienic agent of the system, as the name indicates, is pure, simple water. It appears at first a very simple method. But as no distinct *system* can be made up with but *one* remedy, so with the water-cure. In this, as in other systems, there are the ever-important adjuncts, air, exercise, and diet. Besides this, it may be remarked also, that pure, simple water is of itself capable of being made to answer a great variety of indications; every good indication, as some contend, that can be fulfilled by drug medicines of any and every kind. Water can be made to cool, or to warm the body. It can be made to act as an emetic or a cathartic, a sedative or a stimulant, and a most wonderful agent in relieving pain.

I proceed to speak first of some of the negative features of hydropathy, so called.

In looking about him, the medical philosopher who understands that most difficult science, the science of human life, sees readily many habits in community that are utterly at variance with health.

**TEA AND COFFEE.**—Thus, for example, there are the common beverages, tea and coffee, everywhere in use. Both articles, when sufficiently concentrated, are powerful poisons, capable in small quantities of producing almost instantaneous death

But used as an infusion, as they ordinarily are, they act slowly, but yet surely upon the nervous system, producing what is popularly termed *nervousness*, or tremulousness to a greater or less degree, and often that severe and very prevalent affection, sick headache. They blacken the teeth, injure the digestion, produce paleness and sallowness of the complexion, constipation of the bowels, and a general deterioration of the health. But I am told that "a good, strong cup of tea" is often one of the best possible remedies for the headache. I admit that it is often for the time being; but who does not know that in keeping on with the habit, other things being equal, they, in the end, become inevitably worse? Prove, you who will, my assertion; you who have long been troubled with this affection, try for three full months pure, soft water, that best of all drinks, and you will most assuredly be convinced of what I affirm. Why, you would use better sense with your animals than you now do, many of you, with your own species. Suppose the Irish woman is fattening her pig: does she give it tea or coffee for that purpose? Not a whit. Her common sense teaches her better. She gives it milk, bread, and the like things; such as every one knows, or ought to know, are best for a child; and scarcely less favorable for an adult. Exercise your common sense a moment. Do you not see how inconsistent it is for human beings to go on day by day, and repeatedly each day, in the use of articles which, of themselves, contain no nutriment, and can do them no good? I repeat, try faithfully, perseveringly, the cold water experiment three full months, and then tell me honestly, if water is not of all drinks the best. Who among you is ready to make the experiment? How many who hear me?

I am told, by the way, since I came to your village,\* that you have a considerable number of young ladies who do not drink either tea or coffee. I am glad to hear that such is the fact. The same is not true of any other village or neighborhood I know of.

**Food.**—If time permitted, it would be an interesting topic to prove to you the strange and erroneous practices that prevail in regard to food. It would not be a difficult task, I think, to make plain to you, that a great amount of disease arises in society from improper, too concentrated, and too stimulating food. Thus to mention one arti-

cle, superfine flour, that is so much used in the country at this day. Railroads and steam connections carry the article everywhere. Superfine bread, given as the only food, kills a dog in seven weeks. To kill a man, which it will, if given alone, most certainly do, would require a longer time. But give either the man or the dog brown bread, such as where the bran has not been separated from the flour, with pure water to drink, and he thrives perfectly well. Superfine flour is too rich; it kills by its richness, just as sugar or fat would do, although not so soon. *Bulk is as necessary in food as the nutrient principle.* Superfine articles lay the foundation of a vast deal of indigestion, constipation, dysentery, diarrhoea, and the like diseases in our country at the present day. Any family can easily test the matter in one year. If we were to judge people by their habits, we might well conclude that people "LIVE TO EAT."

**SLEEP.**—In regard to sleep, how often do we see the fashionable world turning night into day, and day into night, as if Nature's laws could be trampled upon with impunity whenever men choose. The hydropathic doctrine may be summed up in the one short couplet of Poor Richard:

"Early to bed, and early to rise,  
Make men healthy, wealthy, and wise."

Sleep, "tired Nature's sweet restorer, sleep," is one of the best and richest of Heaven's gifts; and they are happy who know rightly how to prize it.

**PHYSICAL EDUCATION OF FEMALES.**—Look, again, at the habits in which females are brought up, or "dragged up," as an English author expresses it. "In the present state of civilization, a child soon after it can walk is sent to school, not so much for the purpose of learning, as to relieve its parents of the trouble of superintending its early movements. As he grows older the same plan is incessantly improved on, till a large part of his time is passed in sedentary pursuits, and in crowded rooms. In the short intervals of confinement at school, the boy is allowed to follow the bent of his inclination, and seek in play that exercise which Nature imperiously demands. The development of his system, though not what it is intended to be, is attained in a certain way; and he is exempt from some of the evils which fall heavily on the other sex. The girl, at an early age, is discouraged from activity as unbecoming, and is taught to pass her leisure hours

\* Hantington, L. I.

in a state of quietude at home. The effects of this habit are, that about half the young females, brought up as they are at present, undergo some visible and obvious change of structure; and of the remainder, a large number are the subjects of great and permanent deviations, while not a few entirely lose their health from the manner in which they are reared." Hence it is that so great a number of females are to be found suffering from curvature of the spine; one half of all young females, as some say, in our country at the present day. Hence it is, that we are told on good authority, that of the young ladies who attend boarding-schools throughout the Continent of Europe, *almost all of them are more or less crooked!* What are we to think of the physical condition of those young ladies who attend the boarding-schools so numerous throughout our beloved country? What will yet be their condition, and the condition of their children, and children's children, who are to follow them? Yes! it is *fashionable* for them to take a single hour's exercise per day, by couples, arm and arm together; and that only when the weather is fine. Dame Fashion, that ever-to-be-obeyed genius, tells them they may exercise on the piano, which, in its place, is commendable enough; but to exercise at the bread-trough, the wash-tub, the spinning-wheel, or the loom, will never do for LADIES; only vulgar people, and the poor, can be allowed to do that. In such a state of things, is it any wonder that we find so many that are crooked; so many with pale faces, and sallow, unhealthy-appearing complexions; so many with thin flesh, or on the other hand, with feeble, unhealthy muscle, that gives forth no natural and healthful strength? Is it any wonder that we find so many of such feeble and irresolute step that they can scarcely mount a single flight of stairs, without causing the heart to beat violently; so many who suffer from indigestion, constipation, loss of appetite, depression of spirits, nervous tremblings, palpitation, hysterical symptoms, nightmare, and the like; so many that die of consumption, that fell destroyer of almost one half of the better part of our species? To one who is acquainted with the length and breadth of the ever-beautiful and immutable laws of health—laws which are as permanent as the law of gravitation, as permanent as the decrees of Deity itself—these things are not at all surprising. It is a demonstrable fact, written clearly and legibly in the great book of nature, and recognized also by that

of Revelation, that HEALTH AND DISEASE LIE MAINLY WITHIN THE CONTROL OF MAN; and, therefore, that it is man's DUTY, as a general fact, NOT TO BECOME SICK. But how different is the opinion of society from the real fact; how different from what might be the results! Kind parents, guardians, teachers, philanthropists, shall this state of things always exist?

There is also another side of this question of physical labor, that should be spoken of. While in society one class of persons does too little in the way of physical exercise and labor, another class does too much. It has always been true that wealth takes advantage of poverty. The rich labor too little, the poor too much. See that young man, poor in worldly goods, but strong in the determination to do right. He marries the companion of his heart. See him, as he goes to the harvest-field, the work-shop, or upon the wide ocean, toiling by night and by day that he may reap his reward. See, too, the young and healthful wife and mother; no days are for her too long, no hours too late; no tasks too arduous for her to undertake. It is beautiful thus to witness the sturdiness of manhood, the quiet and never-tiring fortitude and perseverance of womanhood, in this ceaseless and never-ending toil of life. Yet, it must be acknowledged, that in regard to physical labor, the one class does too little, while the other does too much.

(To be continued.)

For the Water-Cure Journal.  
CASE OF EPIDEMIC CHOLERA.

BY T. T. SEELYE, M.D.

THERE are many persons who have great confidence in the remedial efficacy of the water-cure in *chronic* disease, but who, nevertheless, are afraid to trust it in *acute* diseases, because (as they say) it does not operate *rapidly* enough.

To such, I would recommend the following case of epidemic cholera, as one among many others that have been treated this summer during the prevalence of the epidemic, and *all* with equal success, by the application of the water-cure.

This case progressed more rapidly than any of the others, and the relief seemed to follow in an equal ratio.

The patient was a servant-girl in the establishment; was taken in the morning, soon after breakfast, with the diarrhoea, which followed her very rapidly for half an hour; she was then taken

with cramps in the stomach, which soon extended to the extremities. It was some ten minutes from the commencement of her cramps before I saw her; she was then comatose, insensible, and cold. I had a half-bath prepared immediately with cold water, adding to it several large lumps of ice; she was placed in the bath as quickly as possible, and very active friction alternated by cold affusion was kept up by three attendants for fifteen minutes. In *three minutes* after she was placed in the bath, she spoke and said she felt better. After being taken from the half-bath she was rubbed very actively with the dry sheet for five minutes, then packed in dry blankets and covered with a feather bed. After getting well warmed in the pack, she was allowed to drink water freely for two hours, when she began to perspire very profusely, which was allowed to go on for fifteen minutes, when she was taken out of the pack, and the dripping sheet wrung out of ice-water applied, with a very thorough rubbing. After getting through with the various manipulations, she said she felt as well as ever, but she was ordered to keep her room for two days to prevent a return of the disease, during which time she complained bitterly of her confinement, saying all the time she was as well as ever. I have invariably found that these attacks of cholera have left the system more or less exposed to a return of the disease, unless the most perfect quiet was observed for a few days. I have noticed another thing, too, during the prevalence of this epidemic, i. e., in those cases where the most *medicine* has been taken to arrest the progress of the disease; those cases have needed this season of rest *much* longer than the others, and a predisposition to a return of the disease has seemed much stronger.

#### WATER-CURE IN THE FAMILY.

AFTER speaking of the value of the Water-Cure Journal in instructing people in the use of water, H. D. S. says: One of my little boys cut his foot with an axe, which entered nearly lengthwise of the middle toe, leaving the end unhurt, while the corner passed through the foot, making a wound three-fourths of an inch in length, on the inner side. After bathing the foot well in cold water, I put a puff above and below the wound, keeping it wet continually with water. The result was, that it never gave him pain, except when hurt, and he was not confined to the house even one day.

Last May, a horse kicked me on the back, breaking the upper short rib, under the lower point of the right shoulder blade. I kept several thicknesses of cloth, wet in cold water, on it two days, by which time it became so sore I could not bear to have anything touch it. About that time a botanic doctor chanced to call, who said that bathing it with No. 6 would be worth all the water I could start. Consequently, I applied it one day and night, but was in so great pain I concluded to try the cloth wet in warm water, which soon gave relief. In five days from the time I was hurt I could get up or lie down without help, and in two weeks attended to business again, and am now sound.

#### BLISTERING THE CHEST.

BY E. T. TRALL, M. D.

THE application of blisters to the chest, in diseases of the lungs, has long been not only orthodox, but almost universal among practitioners of the allopathic school. In some chronic complaints some physicians resort to pustulating ointments. The effect, however, is not very different. I have long been most thoroughly convinced that this practice is invariably most pernicious. I am fully persuaded that the making of artificial sores of any sort upon the surface of the chest is one of the surest means of converting incipient into confirmed consumption, and of hurrying on confirmed consumption to its final, fatal catastrophe. I believe further, that many slight affections of the lungs, which the remedial efforts of nature alone, if undisturbed by art, would have conquered, have been rendered incurable by the repeated application of blisters to the chest. I believe, in short, that thousands are annually blistered into consumption—blistered to death.

This is strong ground to take against the strong authority of almost all the medical schools in the world. No matter, though, if it be the *true* ground. I claim, that all the *facts* of medical history, all the *experience* of the regular medical profession, and all the *correct theory* that can be brought to bear upon the subject, are in favor of my position.

Let us, reader, examine this whole question by first adverting to the pretended benefits of this blistering business, and then looking at the real consequences, with the reasons appertaining to both sides of the subject.

The ground upon which blistering the chest is



predicated is, simply and only, that of "counter-irritation." The principle is this: two diseases of unequal intensity cannot coexist long. If, therefore, you produce, artificially, a severe local irritation or inflammation in the vicinity of a previously existing one, you subdue or diminish the primary disease. Thus, in a case of inflammation of the lungs, inflame the skin near the affected part, and the pain of the diseased lungs is either stopped, greatly diminished, or lost in the greater pain of the blister operation outside.

I shall not contend that the principle of counter-irritation is not in itself correct; yet I do contend, that in *all cases*, there are incomparably milder, safer, surer, better ways of applying it than by corroding, or in any way injuring the skin. But I must limit myself to the implications of my text.

What are the actual effects of making sores over the lungs when they are diseased? Sometimes (not always) they abate the pain for a longer or shorter period. Why? By paralyzing the sensibility of the nerves. Opium, internally, will often do the same; yet, neither changes in the least the condition of the diseased part. Now, reason would tell us, that merely smothering a pain, while its cause continues, is rather worse than useless; it is like killing the sentinel who stands to warn you of danger, while the enemy ravages at his leisure. But it is said, the blister will draw, attract, or in some way transfer the internal disease to the surface. This I deem, in the case we are considering, one of the wildest of vagaries. Think, reason, exercise your common sense, as to the real condition of the diseased part. The lungs are in a state of congestion, overloaded with blood—engorged; the air-cells crushed together, and more or less obliterated. Is it anything but nonsense to talk of drawing this disease, this condition, to the surface with a blister? Can a blister enable the air-cells to expand, the accumulated fluids to move on? It has exactly the contrary effect, as I shall presently explain. But while the blood-vessels of the lungs are overloaded, the surface is deprived of its due supply. Can a blister restore this equilibrium? No one will pretend it can.

To balance the circulation and relieve the overburdened lungs, we want—what? First of all, the greatest possible expansion of the lungs; the freest breathing—deep, full inspirations of air, to penetrate every air-cell—all the purification, oxidation, and motion of the blood possible. For

this purpose, consumptives are, properly, sent to mountain regions, to denser atmospheres, and colder latitudes. The expansion of the air-cells of the lungs is justly regarded by the most intelligent physicians as the main reliance in checking incipient consumption. Now, blistering the chest tends directly to thwart this important process. A person cannot breathe freely unless the ribs move up and down. This motion depends upon the action of those fine muscular fibres between the ribs, called the intercostal muscles. When the surface over the muscles is raw, sore, or highly inflamed from a blister, every motion is painful; hence, the patient, to avoid the pain it occasions, involuntarily breathes as little as possible. The lungs needed a little *more* breathing room—the blister gives them a little *less*. If blisters are applied one after another, as is generally the case, the breathing capacity diminishes continually, until tubercles, or ulceration, or both, result. If this theorizing is not conclusive on this point, I have one more argument to suggest. Its importance seems to have been overlooked by the faculty, but with me it has some degree of weight—*Consumptive patients treated by this blistering practice always die!*

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### MISCELLANY.

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WOMAN'S DRESS.—Faults of its style, and necessity of reform.—Who will move first in the matter?

Who does not know the necessity of exercise and air, in order that we may enjoy the full measure of our physical happiness? Woman cannot, or at least, without great inconvenience, take that amount of exercise requisite to the full development of her organization. When she goes in the open air, whether her object be for exercise or pleasure, she has not the free use of her limbs, on account of her unwieldy and cumbersome clothing. And now, Messrs. Editors, what shall be done to cause the needful change? Yankee ingenuity is proverbial the world over, and that person who should invent a style that would be both a relief and becoming to the wearer would deserve the thanks of all present fathers and mothers, as well as the future children of all parents, for much more depends upon, and much greater will be the result of such a change than most persons at first suppose. The health of the child depends upon that of its mother, which is increased and diminished by exercise or a want of it.

The fact is too evident to need proof, that our race is physically deteriorating, and unless we contrive some means to prevent such a catastrophe, we shall have a race of weak, short-lived Lilliputians,

when they might have been a race of strong, long-lived giants.

For so great an object would it not be worth our while to make a corresponding effort, and who would not be happy to lend his and her aid in the cause? It may be necessary to offer up some one or more as martyrs at first, but if the end is thereby attained the loss will be comparatively small.

The question may arise in some minds, What need exists for this change? Why cannot our women do as they have done, as well as to change now?

The answer is given in part in the foregoing. But it is, perhaps, as well to be more explicit. Look at the great fact that every succeeding generation is smaller, weaker, and shorter-lived than their predecessors. There must be a cause for this, and we must both ascertain that cause and its remedy, and make the necessary application. Our maternal ancestors wore what was called the short gown and petticoat, and could walk and work with as little fatigue as our men can now-a-days, and I might with truth say, "with less fatigue," for the present and growing generations of men have inherited the debility of their mothers; and their children again inherit the same qualities from both father and mother, and will transmit them to their offspring. Therefore let us look around and begin at the right end, and never give up till the object is attained, and then the reward will have been gained. B.

SHORT AND POPULAR.—An exchange of the "Spirit of the Age," Mr. Channing's new paper, contains the following:

"The new paper, 'The Spirit of the Age,' has too many long articles in it. We hope to see it assume a more popular and generally readable character. Reform is like physic—the more palatable you can make it, and the smaller you make the doses, the more willingly will it be taken."

In reply to the above, Mr. Channing makes use of the following language, which we copy, on account of the beautiful comparison which it contains, and the appropriate reference to the Water-cure:

"No man on this earth, having something real to teach, ever yet found a public ready for him. He can be popular only when his public is made; and made for the most part it must be by his own teaching.

"The likening of Reform to Physic is a trite figure enough, but does not symbolize the truth. Reform deserving the name is *food*, not a *drug*. The reform gathers what Providence in season ripens; and to the bedridden dyspeptic of conservatism, sipping the spiced wines of old prejudice, he presents golden grapes and mellow fruit. Or if

a metaphor must be drawn from the medical art, let reform be compared to the water-cure,—the tingling shower-bath, exhilarating douche, soothing wet sheet, and cooling draught, allaying pain and purifying stagnant humors.

"Always let us remember, however, that true hygiene aims to preserve health, and prevent disease when possible, or to rouse the dormant powers of nature when sickness comes. The physician will one day be the cook. The aim of this paper is to keep men well and make them better. The reform it seeks is regeneration."

PHYSICAL EXERCISE.—Mrs. Butler (whose horse-back costume we recently described) is said by C. Edward Lester to be the *beau-ideal* of Mrs. Sedgwick, the schoolmistress at Lenox, and, "of course, the young ladies are trained up *a-la-Kemble*. Some of them are celebrated for the success with which they have perfected the imitation. One of them, in particular, goes out with her model teacher, in boy's clothes, on hunting and fishing excursions, and has even surpassed Mrs. B. in some respects—for she can lay one hand on a six-rail fence, with her fowling-piece in the other, and vault it at a bound, and she is said to be the best shot in the county."—*Bee*.

We wish that more of our young ladies would follow Mrs. Butler's excellent example of abundant out-of-door exercise. We should then see fewer puny constitutions among them. The feminine costume is not the most convenient, especially in muddy weather, for pedestrian excursions through the woods and over fences; and we do not see where the objection lies to a lady's adapting her dress to enable her to take exercise with regard to comfort, neatness, and economy. And we trust that the squibs of all the wittlings of the press will not induce Mrs. Sedgwick to discourage her pupils in their healthful and invigorating amusements and pursuits. They will qualify themselves all the better for wives and mothers thereby.—*Bost. Ex. Trans.*

BOILED CRACKED WHEAT.—I will say, for your gratification, (and to acknowledge my own gratitude to the author) that myself and two room-mates in school noticed an article in your Journal relating to *boiled wheat* as a diet, and resolved to try it. We like it very much, and think it *very healthy*. Since we commenced eating it a large number have followed our example, and all pronounce it good; among whom are the Preceptress of the school, Professor Evans, and two other teachers. I can heartily recommend wheat as a very cheap and healthy diet. Your friend,

G. D. C.

THE PURE COLD WATER-CURE.

Water! water everywhere.—*Coleridge.*

I SING the pure cold water-cure,  
The greatest cure extant, sirs:  
You ask, perchance, what it will do—  
There's nothing that it can't, sirs!  
Have you a pain in head or back,  
In stomach, chest, or bowels,  
You've naught to do but soak it out  
With saturated towels;  
There's Dr. Shew, who has for years  
In water slept and drank it,  
Can put the fires of Cholera out  
By means of a wet blanket.  
And that famed peasant Medico,  
The pluvius Dr. Priessnitz,  
Proclaims that even broken bones  
It almost in a trice knits.  
Ah! had the world before the flood  
But prized it as they oughter,  
Old Noah would have quit the ark,  
And taken to the water.  
In truth, the hydropathists say—  
And would, if called on, swear to—  
That water cureth every ill  
That ever flesh was heir to.  
With douche, and shower, and plunging bath,  
They douse you well externally;  
And then with water by the quart,  
They dose you most infernally:  
Truth, who we know sits in a well,  
In taking such a seat, meant  
To sanction for all time to come  
The hydropathic treatment.  
The idea that folks are sometimes drowned  
Is quite a vulgar error;  
'Tis not the water takes the life,  
But ignorance or terror.  
More water should be given them,  
When in that situation,  
Which would produce, beyond all doubt,  
Their swift resuscitation.  
Quarts you may drink, with ice, or not,  
Nor fear the cramp or cholic,  
Unless, indeed, you mix it with  
Some fluid alcoholic:  
Then Death within his fearful grasp  
Indubitably hath you,  
But for particulars, inquire  
Of the great Father Mathew.

*Sunday Times.*

A SOLUTION of salt and borax is an excellent dentifrice for washing the teeth. It keeps them white and clean, and is not unpleasant to use.—*Exchange paper.*

Pure cold water, with a soft brush, is infinitely better than salt and borax.—*Water-Cure Journal.*

WATER-CURE AT NORTHAMPTON.—One of the oldest, and perhaps one of the best hydropathic institutions of our country, is that of Dr. David Rugles, near the beautiful village of Northampton, Mass. The doctor's method of arriving at the diagnosis of disease, and testing the curability of the patient, is peculiar, and results from his extraordinary acuteness of the sense of touch. By this he professes to ascertain the electrical state of the surface of the body, certain modifications of which correspond to certain morbid conditions of different parts of the body. After five years' experience in this way, he has arrived at the following conclusions: 1st. That the human body in a healthy condition is in a *positive electrical state*. 2d. That there are electrical emanations from the cuticular surface, indicative of health, or the nature and symptoms of disease. 3d. That in all cases where the wrist, stomach, or lungs are in the electro-positive state, (however disturbed) there is hope of a cure; but when those parts of the body are in the electro-negative state, hydropathy can afford no relief.

"The Northampton Water-Cure" is pleasantly situated near Bentonville, on the west bank of Licking Water, or Mill River, about two and a half miles from the centre of the town. It is conveniently arranged with parlors, separate bathing and dressing rooms for ladies and gentlemen, well ventilated, has conveniently-furnished lodging-rooms, and a variety of baths abundantly supplied with pure water. A new and commodious building has lately been completed, containing a spacious dining-hall and pleasant lodging-rooms, which, with the main building, will accommodate from 50 to 60 patients. A gymnasium, for in-door exercise, is also connected with the establishment. The locality abounds with retired and pleasant walks and romantic scenery. The terms are \$5 50 to \$9 00 per week.

LECTURES TO LADIES.—MRS. M. S. GOVE NICHOLS will commence her Fall Course of Lectures to Ladies on Anatomy, Physiology, and Water-Cure in chronic and acute diseases, and particularly in female diseases, and gestation and parturition, on the 15th of Oct. These lectures will be illustrated by some hundreds of PAPIER MACHE and wax models imported and manufactured by J. C. & D. Hyatt, 449 Broadway, representing with accuracy every portion of the human system in health and disease, and giving such an opportunity for scientific study and practical improvement as has never before been opened to women in the branches of physiology, and medicine most vitally important to the sex. Terms, five dollars for a course of twelve lectures. Ladies at a distance who wish to attend this course of lectures will please write immediately to Mrs. M. S. GOVE NICHOLS, 46 Lexington Avenue, New York.

**FRUIT—THE IMPORTANCE OF ITS CULTIVATION.—**

It has been suggested by a distinguished agriculturist, that fruit will soon become an article of diet quite as indispensable as any other article now in common use.

A supply of good fruits—apples, pears, plums, peaches, grapes, &c., is necessary to the comfort and convenience of every family. Farmers who have land, and who can command the requisite means and time to attend to the matter, without detriment to the more essential duties of their calling, are certainly culpable in no slight degree if they fail to secure to themselves the many advantages resulting from the possession of a fruit orchard, on the most liberal plan. The expense of attending to fruit trees is, indeed, a mere trifle, and no one who is desirous of seeing those around him happy, will ever consider it an objection worthy of the slightest thought.

It is true that latterly far greater attention has been paid to this important department of productive industry than was formerly the case; yet, notwithstanding the multiplicity of fruit orchards, vineyards, &c., and the greatly augmented quantity of fruit annually brought to our markets, there is still a scarcity in many sections, and the price of prime fruit is exorbitantly high.

**THE COMPLEXION.**—The best way of securing a good complexion is to lay in a stock of good health and good temper, and take care to keep up the supply. You can never have a good complexion without a clear skin, and you can never have a clear skin while the blood is diseased; and the blood will always be diseased if the temper be diseased. To say "the blood is up" and the "temper is up," are controvertible terms, commonly used to mean the same thing. If, then, a lady would retain her good looks, she must give the "go-by" to the dumps, bathe daily, and mind to be cheerful, gay, and good-natured. We know of no cosmetic equal to the sunny smile. It gives the grace of beauty to the swarthy hue, and makes even freckles and pockmarks passable.

M. A. A., OF MASS., writes us that for ten long years she has been severely afflicted with spinal complaint, pain in the head and side, and extreme female weakness, so as to be confined to her bed and a chair with wheels, though a portion of the time able to walk with crutches, and "yearning for death to set her free from suffering." A few chance numbers of the WATER-CURE JOURNAL gave her such instruction that she has "*cured herself in a few months*," and is now three hundred miles from home on a visit, rejoicing in health. Thanks to pure water and a knowledge of its remedial virtues. We rejoice with her and her friends.

**WATERFORD WATER-CURE ESTABLISHMENT.**—We have received a circular from C. Farrar, Esq., the popular proprietor of the "Waterford Water-Cure Establishment," and Dr. Josiah Prescott, the efficient and highly successful superintending physician. More than forty invalids have been under treatment at this institution during the last nine months, and have all, with a single exception—a case hopeless in itself—been greatly benefited; and those who remained long enough have been cured. We have much confidence in this mode of treatment, and are rejoiced that an institution of this kind is established in our midst. Success to it.

Appended to this circular is a certificate signed by fifteen of the most respectable citizens of Waterford, highly commendatory of the Institution. For particulars, address C. Farrar, Esq., Waterford.—*Portland Transcript*.

**WATER-CURE IN THE SOUTH.**—A correspondent of the *Chronotype*, writing from Athens, Ga., Aug. 6th, says:—

"I had the pleasure last week of meeting, for the first time, Wm. Gilmore Simms, the distinguished poet and novelist, and I shall not soon forget the pleasant hours I spent in his company. He is one of the greatest of the literary lions of the South, and is now at the head of the 'Southern Quarterly Review.' I find him quite liberal in his views on most subjects. He is, as I was glad to learn, a staunch hydropathist, and there are many more of the same sort in the South."

This is a sample merely of a multitude of facts showing that men of sense and learning all over the land are breaking away from the shackles of the drug system, which literally makes cripples of thousands, and "washing that they may be clean." We are especially gratified to learn that the South is coming forward in this matter. Living in a "River Jordan" climate, they do well to imitate the ancient method of healing, which was sanctioned alike by nature, experience, and the Divine benediction.

FATHER MATHEW has already administered the temperance pledge to upwards of 50,000 of his countrymen since his arrival in the United States. May God speed the good father in this great work of reform. The morals of our own people will be materially improved by this philanthropic movement.

**FEMALE MEDICAL SCHOOL AT BOSTON.**—It will be seen, on referring to our advertising department, that the third term of this institution commences on the first of November next. We have previously commended this new institution to our readers.

**PHILOSOPHY OF WORMS IN THE SKIN.**—Many young persons, especially those of full habits, or those who indulge in rich food, are very much annoyed by the appearance of black spots upon the sides of the nose, on the upper lip, the chin, the forehead, &c., resembling grains of gunpowder, sticking in the skin. When the skin is roughly squeezed, a small worm-like substance protrudes, having a black head. The supposition, however, that they are in reality worms, is erroneous. These spots are occasioned by an undue accumulation of the fatty matter which is separated from the blood, for the purpose of lubricating the skin, and this overplus chokes up the pores and concretes. The dust floating in the air adheres to this greasy substance, and causes the black speck. This gives the face a dirty appearance, and the remedy of squeezing, so universally resorted to, is not only painful, but frequently useless. Very often the over-distension of the pores causes inflammation and painful pimples.

The only remedy for this affection is to wash the face frequently in soft water.

**ABBY HUTCHINSON**, that was—now Mrs. Patton—is at present sojourning at the Hydropathic Institution of Dr. E. A. Kittredge, 24 Franklin street, in this city. The former admirers of Abby—of her *singing*, in particular, we mean—will be sorry to learn that she has of late been seriously ill; but through the health-imparting influence of our Cochineate, and the skill of the eccentric “Noggs,” she is now rapidly recovering.—*Boston Transcript*.

**WATER-CURE IN MICHIGAN.**—Mr. J. C., of Eaton Rapids, Mich., writes us that he has more than once cured himself of fever by the use of the wet sheet, and strongly commends water treatment to all the afflicted. His whole letter is good, and would be read with interest and profit, but want of room compels us to forego its publication at present. We hope our friends will send us facts, written as briefly as possible, that they may be published in the **WATER-CURE JOURNAL**.

**A NEW CONVERT.**—I am a reader of the Phrenological Journal, more or less, ever since it made its appearance in my neighborhood. I have received much valuable information from the same. When I saw the notices you gave of the Hydropathic system and the Water-Cure Journal, I concluded to introduce it into our vicinity, thinking that it would do much more for us than all the medicine and drugs which our miserable quacks carry in their pill-bags, and I think in this we are not disappointed, having already in some good measure realized our expectation.

P. HARTZELL.

## PUBLISHERS' NOTICES.

**TO OUR FRIENDS.**—We again acknowledge our obligations to those of our friends who have exerted themselves to extend the circulation of the **WATER-CURE JOURNAL**. NOBLY have they labored to give vitality to the cause we advocate: HYDROPATHY bids fair to outstrip all other modes ever discovered to restore health to a diseased or an exhausted system, and the **WATER-CURE JOURNAL** is designed to take the lead in the work of diffusing information among “the people” on the subject. All, therefore, who labor to extend the circulation of the **WATER-CURE JOURNAL** render efficient aid in the overthrow of corrupt systems, and the establishment of a safe, speedy, and NATURAL SYSTEM. Go on, then, Brother Reformers; let us be zealous, and in a short time TRUTH and COMMON SENSE will triumph over ancient vagaries, and the **WATER-CURE** be enabled to do the work of curing disease, quietly, pleasantly, cleanly, and effectually.

**WE CAN STILL FURNISH ALL THE BACK NUMBERS** of the Water-Cure Journal, from July, the commencement of the present volume, to all new subscribers, and can also furnish a few complete sets from the beginning.

**SAMPLE NUMBERS** will be sent GRATIS, when desired, with which to obtain new subscribers. We hope our friends will order freely, and circulate them where they may do good.

**MR. CHARLES R. BROADBENT**, of Providence, R. I., has removed his place of business from North Court street to No. 1, corner of Broadway and Marshall streets. Mr. B. will keep a full supply of all our Water-cure and other publications on hand.

**OUR SYRACUSE AGENTS**, B. R. Peck & Co., are prepared to supply all who may wish with the Water-Cure Journal, and all other works published at our New York establishment.

**IN OSWEGO**, our works may be obtained of **MR. ADRIANCE**, who is also agent for the Water-Cure Journal.

## ANSWERS TO CORRESPONDENTS.

In the August number of the Journal some one says that “common cistern water is just as good for bathing and drinking as any water, if it is clean.”

The writer of this paragraph has been many years engaged in the practice of water-cure, and is well assured that running water, or water fresh from a well, or “fountain of living water,” is much better for bathing and drinking for people in health, and is almost indispensable in the cure of disease. There is a life (an electricity, as some consider it) in water that is just drawn from the fountain, that is soon lost after the water is drawn, especially if it is exposed to the atmosphere. The addition of ice to cistern water, and the fact that it is kept from exposure to the air, make such water more useful than it would be otherwise, but living water should be procured, if possible, for drinking, bathing, and the cure of disease.

## VARIETIES.

**CHEAP POSTAGE.**—A movement is being made by many noble-hearted minds on this important and highly necessary reform. The government is of the people, and should do their bidding for the good of the million. We hope to see early and efficient action all over the land previous to the approaching session of Congress, that the public will may be fully expressed through their representatives, and this glorious reform consummated.

Mr. JOSHUA LEAVITT, Secretary of the Cheap Postage Association, says, "The following plan has been favorably regarded by several persons whose judgment is worthy of reliance :

1. That the uniform rate of postage on newspapers should be one cent, *paid in advance*.

2. All regular subscribers to be allowed to pay their postage *quarterly in advance*. Otherwise, the postage to be doubled, or the publisher notified to stop the paper.

3. All papers not sent to regular subscribers to be paid in advance, at the office where they are mailed—except the usual *free exchange* papers, which will be continued, of course.

4. Publishers prohibited from including occasional papers in the bundles sent to subscribers.

5. To facilitate the prepayment of postage on occasional papers, let the Post-Office furnish *stamped strips or wrappers*, for one cent each, to be used in all cases except of papers sent to subscribers. These to be kept for sale, at every Post-Office.

6. It would probably be for the interest of the Department to sell these newspaper stamps, in quantities of 1000 or more, at a liberal reduction, of one-fourth, or even one-half—the increase of business more than compensating for the discount.

**HYDROCHLORIC GAS.**—For a considerable period, this noxious vapor was one of the greatest nuisances to the manufacturer and to the neighborhood, blighting vegetation for a great distance around the work. Enormous sums were spent in erecting gigantic chimney-stacks, such as those of the Messrs. Tennant, near Glasgow, where one of the largest rears its head fully one hundred feet higher than the top of St. Paul's Cathedral. Its occupation has gone, with the advance of chemical knowledge; and it now remains a huge monument to the ignorance of the past. In other cases, the muriatic acid was let off into the common sewer, and glad were the manufacturers to get rid of their acrid and troublesome product in this quiet way. But now that muriatic acid has entered into its proper chemical relation with the arts, it is as carefully preserved and retained as it was formerly dismissed. Various plans exist by means of which it is collected and reduced from the gaseous to the liquid form. The most common of these is, to conduct the vapors which rise from the decomposing salt into flues, which terminate at the bottom of a tower or chimney, filled with flints or coke. A number of minute jets of water play on the coke at the top of the chimney, and the fluid gradually filters down, meeting in its course the ascending noxious vapors. These become immediately condensed, and the liquid percolating to the bottom, there enters a tunnel, and is conducted into a receptacle, now in the form of liquid hydrochloric or muriatic acid.

**GOOD ADVICE.**—Be just, because equity is the support of the human species! Be good, because goodness connects all hearts! Be indulgent, because feeble thyself, thou livest with beings as feeble as thou art! Be gentle, because gentle-

ness attracts affection! Be grateful, because gratitude feeds and nourishes benevolence! Be modest, because haughtiness is disgusting to beings, smitten with themselves! Forgive injuries, because revenge perpetuates hatred! Do good to him that injureth thee, in order to show thyself more noble than he is, and to make a friend of him! Be reserved, temperate, and chaste, because voluptuousness, intemperance, and excess, will destroy thy being, and render thee contemptible!

In short, be a man; be a sensible and rational being; be a faithful husband, a tender father; an equitable master; a zealous citizen; labor to serve thy country by thy power, thy talents, thine industry, and thy virtues; participate with thine associates those gifts which nature hath bestowed on thee: diffuse happiness, contentment, and joy, over all those who approach thee, that the sphere of thine actions, enlivened by thy kindness, may react upon thyself: be assured that the man who makes others happy, cannot be unhappy himself.—*Age of Reason.*

**BUSINESS IN NEW YORK.**—After a suspension of business for a few weeks in almost every department on account of the cholera, it has again revived. Our hotels are crowded to excess, and our streets are thronged with a multitude of human beings from all quarters of the globe. The recent epidemic has had the effect to induce our authorities to cleanse the city from much disease generating filth, and such sanitary measures adopted as to render New York as healthful as any city in the States. Strangers no longer fear to visit us. The book trade has been unusually active. At the semi-annual "TRADE SALES" held in August and September, immense quantities of books were sold, and every department of business is in a most flourishing condition. It is now a good time to order books or goods in quantities, before the close of navigation.

**THE ECLECTIC MEDICAL INSTITUTE OF CINCINNATI.**—It will be seen by a reference to our advertising columns that this Institute has a strong board of officers, and is in a prosperous condition.

While we regard the Eclectic system as far more liberal and less objectionable than the old mineral system, yet neither the Institute nor our Hydropathic friends will expect us to endorse anything which we do not fully believe and advocate, even though we open our advertising columns. We are not of that class who believe that ignorance is the only guard to virtue, or that the truth of Hydropathy will suffer in contest with the Eclectic system.

**A YANKEE PREACHER ON PREDESTINATION.**—Let us, for argument's sake, say that I, the Rev. Elder Sprightly, am fore-ordained to be drowned in the river at Smith's Ferry, next Tuesday morning, at twenty minutes after ten o'clock, and suppose I know it, and suppose I am a free mortal, voluntary and accountable agent—do you suppose I am going to be drowned? I rather guess not; I should stay at home; and you will never catch the Rev. Elder Sprightly at Smith's Ferry no how, nor near the river neither.

**A WORLD OF PURE SPIRITS.**—An inveterate dram-drinker being told that the cholera with which he was attacked was incurable, and that he would speedily be removed to a world of pure spirits, replied, "Well, that's a comfort, at all events, for it's very hard to get any in this world."

**MEDICINE FOR MELANCHOLY.**

"THE REGULAR PROFESSION."



JOE ALLOPATHY, M. D.

We do not wish to cast reproach or indignity upon the regular profession, yet we cannot refrain from copying the above portrait, which we take from a NEWSPAPER. This portrait is used as a sign for a "DRUG STORE" where the "regulars" keep for sale *Remedies!!!* including Patent Medicines, all of which are recommended as being "pure and genuine," as follows:

Sloan's horse medicines,  
Sherman's lozenges,  
Jew David's plasters,  
Childs' pills,  
Vermifuge,  
Sarsaparilla,  
Hunt's liniment,  
Harlem oil,  
British oil,  
Ginseng panacea,  
Dr. Bragg's pills,  
Barber's ague pills,  
Starkweather's elixir,

Jayne's medicines,  
McAllister's pills and ointment,  
Moffat's pills and bitters,  
Sherman's plasters,  
Persian pills,  
Dr. McLane's liver pills,  
Sands' sarsaparilla,  
Graefenberg do.,  
Great Western pills,  
Grant's ague pills,  
Green's Mountain ointment,  
Toussay's ointment,

and all of the genuine Patent Medicines worth purchasing.

There, gentle reader, you have the whole catalogue.

After this, we hope to be charged with no partiality, as it will be seen that we show both sides of this medical question.

From the above list may be selected medicines for children, horses, and all other animals who may have occasion for such *Remedies!!!*

**PUZZLING A DOCTOR.**—Dr. M., an army surgeon, was very fond of a joke, (if not perpetrated at his own expense,) and had, moreover, a great contempt for citizen-officers, who were renowned more for their courage than their scholarship. One day, at mess, after the decanter had performed sundry perambulations of the table, Captain S., a brave and accomplished officer and a great wag, remarked to the doctor, who had been somewhat severe in his remarks on the literary deficiencies of some of the new officers—

"Dr. M., are you acquainted with Capt. G.?"

"Yes, I know him well," replied the doctor; "he's one of the new set. But what of him?"

"Nothing in particular," replied Capt. S.: "I have just received a letter from him, and I will wager you a dozen of old port that you cannot guess in six guesses how he spells cat."

"Done," said the doctor; "it's a wager!"

"Well, commence guessing," said S.

"K, a, double t."

"No."

"K, a, t, e."

"No! try again."

"C, a, double t, e."

"No! you have missed it again."

"Well, then," returned the doctor, "C, a double t."

"No, that's not the way; try again—it's your last guess."

"C, a, g, h, t."

"No," said S., "that's not the way; you have lost the wager."

"Well," said the doctor, with much petulance of manner, "how the devil does he spell it?"

"Why, he spells it, c, a, t," replied S., with the utmost gravity, amid the roar of the mess, and almost choking with rage, the doctor sprang to his feet, exclaiming—

"Capt. S., I am too old a man to be trifled with in this manner."

**A FAT MAN.**—An Albany editor speaks of a man who is so fat that his family use his voice to burn instead of lard oil. The "Yankee Blade" says there is a man in Boston so fat that people slip down looking at him—one individual was even tripped up by standing on his shadow.

We have a man in Mississippi so lean that he makes no shadow at all. A rattlesnake struck six times at his legs in vain, and retired in disgust. He makes all hungry who look at him; and when children meet him on the street, they all run home crying for bread. He was "ruled out" of a company which started for California lately, lest his presence should increase the sufferings of that already starving country.—*Jackson Miss.*

A SHORT time ago, a self-elected divine, not excessively college bred, was holding forth upon a subject well calculated to arouse the incorrigible. After blazing away until he had rendered Pandemonium as hot as Vesuvius, he rounded a sublime peroration as follows: "Now, hearken, ye sinners! I tell ye that ye'll all go to h—l, as sure as I'll catch that fly on the Bible;" at the same time making a determined swoop with his palm across the sacred page, to capture the talismanic insect. He then proceeded to open his clenched fist, finger by finger, until the last digit was released, but behold, the poor fly had eluded his grasp. Looking surprised and disappointed for a few moments, the minister at once exclaimed, "By the hoky, I've missed him!—there's a chance for you yet, ye sinful ragamuffins!"

## BOOK NOTICES.

**A GUIDE TO THE PREVENTION AND CURE OF EPIDEMIC CHOLERA, DIARRHOEA, DYSENTERY, ETC. BASED UPON NATURAL LAWS. With a Note to Travelers and Mothers.** By G. M. BOURNE. Fowlers and Wells, Publishers. Price 12 cents.

This is a pithy, concise, sententious Treatise, which should be in every family. A person can read the whole in an hour, and will know as much of the subject, and be as capable of putting its instructions into practice, at the end of that time, as if he had just finished reading any other book that would require a week's time. A hundred thousand copies should be disseminated at once, and those who are too poor to buy a book at twelve and a half cents, should be supplied from the public funds. We regret that it was not issued a year ago; but the old adage says, "Better late than never." It is a valuable little book for all times.

**THE SCIENTIFIC AMERICAN**—published by Munn & Co., New York—is certainly a useful paper, and \$2 per year spent to put it in every family would be a saving of ten times two dollars in time and labor, and a good amount in money. It is invaluable to the Mechanic.

**NARRATIVE OF THE LIFE AND ADVENTURES OF HENRY BIBB, AN AMERICAN SLAVE.** Written by himself.

He tells some very hard stories about his former position, as well as the lively adventures with which he met in gaining his freedom. If his picture is not overdrawn, we hope and trust that times have greatly changed since then. He has at least shown that a slave is not necessarily destitute of native talent, because he is a slave, and, in fact, we have repeated evidence of this, and hope the time will soon come when we shall all be willing to see and do what is right respecting this unfortunate class of community.

**A THESIS ON DEATH AND THE DEATH PENALTY.** By A. Van Wyck. Fowlers and Wells, Publishers. For the Author. Price 10 cents.

This is a small book, but every page contains a great deal of reading and subject for thought. The author is very enthusiastic in the advocacy of his subject, and interprets "Whoso sheddeth man's blood," &c., differently from what some do. He advocates leaving the LIFE of man to be taken by Him who gave it, but that the murderer should be considered unsafe to associate with his fellow-men, be confined, and made to shed his blood in laboring for the needy portion of the community. Buy his book, READ, and LEND IT. We are glad to hail anything on this subject, for our hope is in —AGITATION.

**BRAITHWAITE'S RETROSPECT OF PRACTICAL MEDICINE AND SURGERY.** Part XIX. Published by Daniel Adey, 107 Fulton street, New York. Price 75 cents, containing more than 350 pages. Being a half-yearly Journal, containing a retrospective view of every discovery and practical improvement in the Medical Sciences. Edited by W. Braithwaite, Surgeon to the Leeds General Eye and Ear Infirmary, and Lecturer on Midwifery and the Diseases of Women and Children in the Leeds School of Medicine.

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