

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

MRS. GOVE'S EXPERIENCE IN WATER-CURE.

THE CHOLERA.

CHOLERA has been considered the rock on which all medical professions were destined to split. There is no doubt that, in many cases of cholera, no effort can save the patient. The disease is simply death. It is the final convulsion of the wronged and outraged vital economy. Magendie has well said, "Cholera begins where all other diseases end—in death." This is true in many cases.

I have seen nothing of the disease except this season, and in this city. My theory of the cause of cholera is this:—Miasmata and deathly exhalations are constantly arising from the badly-cultivated earth, cursed with war, and famine, and disease, over much of its surface. This miasma moves in veins and parcels around the globe, and when it passes over a city or country which is enveloped with its kindred evil, it is attracted toward it. Like seeks like. Those who come within this evil influence, must be strong enough to resist it, or they fall before it. The joint effect of death-causes within man, and this deadly miasm without him, is the disease known as cholera.

Persons suffering from nervous exhaustion, delicate and badly-organized children, old people, and the ignorant and vicious poor, are known to be the classes which furnish most of the victims of cholera.

Camphor, opium, and calomel have been principally relied on by the allopathic profession for the cure of cholera. When we reflect on the large number that have recovered, in spite of twenty-grain doses of calomel, and opium and camphor in proportion, we may easily believe that few, comparatively, would have died with proper water-cure treatment. For myself, I am convinced that cholera is much easier to cure than dysentery. I have not had half the difficulty in curing cholera, as with bilious diarrhœa and dysentery.

Before I had seen and become acquainted with the disease, I was much terrified at the thought of it. My first case alarmed me much. I feared that the water might not control it. The patient was a young lady, very nervous and delicate. She had been for some years ill of uterine disease.

She was violently seized at two o'clock in the morning, having had no premonitory symptoms. She vomited the rice-water fluid copiously, and purged violently a substance resembling coffee-grounds. She cramped terribly, and had a burning at the pit of the stomach like fire. There was pain in the head, and cold extremities.

She was first put into a tub of cold water, and rubbed until the vomiting ceased, and the cramps also. She had water to drink, and injections of cold water. As soon as she came out of the tub, four folds of wet linen wrung from cold water were put over the abdomen—two on the back. She was rubbed with the hands wet in cold water, till the warmth of the body was restored.

At nine o'clock, A. M., all the symptoms remitted, but at eleven, A. M., vomiting again came on; but this time the ejected fluid was tinged with bile.

After this vomiting, she was seized with shivering. She was wrapped in the cold, wet bandages, and enveloped in blankets, and soon became warm.

After the subsidence of the urgent symptoms, she was packed in the wet sheet. The third day she went to the door, and about the house.

My first thought when I saw her was, "She is so sick that she must recover;" that is, I saw the system making such violent efforts to relieve itself, that I felt sure that, with proper assistance, relief would be obtained; and the event proved that I was right.

My second case was of a lady who was afflicted with the premonitory symptoms for a week. She took laudanum, and kept about

till about the seventh day, when she sunk at once, fainting nearly. A cold, deathly state came on, with no vomiting. She was put into a tub of tepid water, and rubbed for nearly half an hour; then taken out; the abdomen bound in bandages wrung from cold water, and she wrapped in blankets, when she became warm and revived. Purging came on again, and she had injections.

This treatment was repeated as often as she sunk and became cold. In three days she was out of danger, and suffered only from the opium she had taken.

These were my first two cases. In one of these I used the wet sheet after the vomiting and purging were subdued. In the other I did not use it; but in my later cases I used it earlier, and with great advantage.

I had many cases where the premonitory symptoms were severe; but the cold or tepid half bath, and a half hour's smart friction in this bath, with constant use of cold water enemas, and cold, wet bandages to the abdomen, with fasting, cured all these cases in twelve hours. When diarrhœa was not premonitory of cholera, but was bilious in its character, or tending to dysentery, the cure was nearly as rapid.

I did not realize the deadly nature of the disease, so rapid was the relief afforded by water treatment, till it was my fortune to see a patient treated with mustard plasters, and the congestive or heating treatment. At early morning I was called to a young lady who was violently attacked with cholera. The case was most alarming to me, because the lady was suffering from severe spinal disease. The rice-water discharges were so profuse, that I ventured upon no preliminary treatment, fearing greatly the consequence of congestion in her case. I had her enveloped at once in a full wet sheet, and many blankets. I left her to see some other patients, and found, at a place where I was attending an infant with diarrhœa, that an older child had been attacked with cholera. The child, a boy of five years, was born of a mother who has been for years in ill health, and his organization must have been very frail and delicate. He had always seemed to belong more to the spiritual world than to this, such was the strange wisdom and beauty of his character. The evacuations had ceased when I saw him. A physician had been called, and had left him some time previous. He had given homœopathic doses of camphor, with some other medicines, and he had been enveloped in a multitude of blankets, with bottles of hot water, and a mustard plaster to the stomach. He had been forcibly held in this apparatus for producing congestion, till he was exceedingly heated and sweating.

The father said that they had sent for me, but I had not seen the messenger, and was told at home that no one had been for me. He said that the doctor did not wish the heating treatment continued after reaction had taken place. The child begged most piteously to be relieved, and I removed the bottles and the clothing, and the mustard plaster was also taken off. I put a wet bandage about the stomach, and covered the child comfortably. I did not think he could die, he seemed so bright, and the heat of the skin and the pulse so natural, but the nurse of the babe told me that the doctor said he would die. I staid as long as possible, doing nothing more than to advise the family to give the medicine faithfully. I did this because the medicine was homœopathic, and I was sure could do no harm, and because they spoke of a willingness to combine water treatment with the medicine, and I hoped the doctor would extend the same courtesy to me.

I left at nine, A. M., and returned to my cholera patient. There had been but partial reaction in the sheet, but the most alarming symptoms had subsided. She was put under a pouring bath, and had enemas of cold water and cold bandages, and then was put again into the wet sheet; and I returned to the other, hoping that if any danger appeared, I should get liberty to do something. The doctor came shortly, and the parents did not introduce me to him, or ask my opinion, but told me that the doctor feared collapse, and had again ordered the congestive treatment. This seemed very bad to me, but I did not think the child would die even now. I turned to my husband with great sadness, but I said, "They can't kill him," and I fully believed that he would live through the treatment. If I had not thus thought, I should have spoken my mind of this dreadful mode of treatment, which I do not consider homœopathic or human. I do not object to homœopathic medicine; I believe the genuine article is harmless; but I felt that I could not stay to see that frail body heated and held by force in the hell the doctor had ordered. I had a solemn and tender love for the child that I could never explain, and I felt wounded professionally that my opinion had not been asked, nor any mention made to the doctor that I was then ready to administer water-cure, although the parents had said in the morning that they were willing to combine the two modes of treatment. I left the house in great sadness, but comforted with the feeling that the child had been so carefully reared, that he would have strength to outlive the disease and the treatment. It was the greatest professional mistake that I ever made. He doubtless began to die from the moment that he was again enveloped in mustard, hot bottles, and piles of

blankets. His last little life was extinguished in the struggle against these appliances, and the outward force that held him in them. His pure, heavenly instinct cried for water and a bath, and rebelled, as long as he was capable of effort, against the treatment. I am very thankful that I did not see this treatment administered, or the death of the child, which took place before five, P. M. He was seized at two, A. M. I again saw my patient about two, P. M. The second wet sheet pack, of little more than an hour's duration, had established full reaction; and just after the news of the child's death had reached me, I found her sitting up. Now I do not say that these cases were identical, but they seemed to me to be so at the time. I have since learned facts that make me think that no treatment could have saved the child for any length of time. His organization was most frail and delicate. He had an unearthly beauty and wisdom, that pointed unmistakably to early death. And there doubtless was a deadly miasm surrounding the place where the family lived, at the time of his death. I have reason to think that the discharges were more copious than in the case I have given, and that even the most judicious water treatment could not have given back the life he had lost; although I think if he had been packed in a wet sheet when I first saw him, he might have lived longer, and died in a different manner. I wish to be understood with regard to the use of water and the wet sheet in exhaustion, from whatever cause. I believe the effect is a positive augmentation of life. Water is the material correspondence of the Divine Truth. Heat is the material correspondence of the Divine Love. Truth and Love constitute Life in the higher degrees, and the living element of the water unites with the heat of the system, and gives life in the lower degrees to the patient. If the patient has no heat in the body, the water is of no use. If he have no love in the soul, truth is of no use. This I believe is the true philosophy of water-cure. Those who believe in a New Heaven and a New Earth, will understand this philosophy, and will know by whom its first principles were revealed. No bereavement of my life has ever so strongly affected me as the death of this child, and yet I believe it was a Providence by which good must be effected. It teaches first, the lesson, that when life and health are not given from birth, they can be but partially attained even with the greatest care. Probably no child was ever more carefully reared than this. Again, it teaches the lesson, that deadly miasma arising from the boiling of dead animals, putrid and diseased, cannot be resisted by all those who live in their vicinity, even though their personal habits be as good as possible. Then, again, it teaches the lesson, that

wars and famines, oppression and misery, ignorance and vice, on one side the globe, send their baneful miasma everywhere; that the human race is but one Man; and that congestion, or famine, or cancer of any one part of this great Human Body, affects the whole; that not one man on the earth can be healthy, holy, and happy, until all are.

In the treatment of cholera, I have relied upon cold and tepid rubbing baths at first; the wet sheet pack, after vomiting has subsided. Injections of cold water, drinking of cold water in small quantities, or large quantities when I wished to promote vomiting, and wet bandages and abundant friction, with fasting at first, and small quantities of the simplest food when the danger was past.

I have known several instances where judicious water-cure treatment was administered by the friends of the patient, with eminent success. In one instance, the lady who was attacked was cramped so that the intestines were drawn up under the ribs. She was put into a warm bath and rubbed till the cramps gave way. She said, the sensation of relief was like that of the birth of a child. Hot flannel fomentations were put upon the abdomen, and she was in this manner entirely relieved, and in a few days was well again.

Another instance was the case of a child. This child was eight years of age, and had been some three years under water-cure treatment whenever he was ill. He was taken very ill with cholera, and his mother feared the delay of sending six miles for me, and her distress and alarm were met by her boy. The little sufferer said, "Mother, I will tell you what to do—what Mrs. Gove did once for me when I was sick: she put me in a bath that was not cold nor warm, and rubbed me, and then wrapped me in a blanket without drying me." His mother immediately had a tepid bath got ready, and he was rubbed in it for some time, and then wrapped, dripping, in blankets. He soon sweat, and then had a cold bath, cold wet bandages, injections of cold water, and water to drink. This treatment cured the disease. The boy very likely saved his own life.

I might multiply instances of the domestic treatment of cholera by water, but will only mention one other. A poor Irish woman was taken with cholera in the street. She fell, and broke out several of her teeth, but after a time succeeded in reaching the house of a lady whose benevolence is only equalled by her skill in water-cure. She took the woman in, applied proper water treatment, and cured her.

The latest cases of cholera which I have treated, were complicated with bilious symptoms. One of these cases presented some symptoms which I have seen in no other case.

The purging was almost entirely without pain, and there were extensive painless cramps. From this state of things the patient thought herself in very little danger, whilst I apprehended much. The wet sheet packing, rubbing baths, and injections of cold water, soon overcame the disease.

I have had many cases of an attack of diarrhoea, and of vomiting and purging, which, if the cholera had not been in the city, would have suggested no thought of danger to my mind, and which were just as readily cured as if there had been no epidemic. From the progress of exactly this class of symptoms, under ordinary medication, to collapse and death, I was always alarmed, and careful to do everything in my power.

My experience has convinced me, that with people of ordinary good health, with good habits, and with a resolute refusal to take medicine of any kind, preventive or remedial, cholera is by no means a disease difficult of cure. In its premonitory symptoms it is perfectly controllable, and with rubbing baths, cold water enemas, cold bandages, and fasting, I have seen no premonitory symptoms that could not be cured in twelve hours. Cases complicated with dysentery or bilious symptoms, are much more difficult, and take a much longer time.

With persons of low vitality, or who have been poisoned by living in unhealthy localities and on bad food, by drinking ardent spirits, with the general bad habits of the ignorant, and with persons who have lived in luxury and who have been long under the dominion of drugs and doctors, cholera becomes the most terrible disease that I have ever looked upon. Death is sure to many of these, under whatever treatment they may be placed. I have no words to describe my horror and detestation of the system of drugging resorted to by the people, almost universally, for the prevention and cure of cholera. It has done its work, and those who have escaped death, have laid the foundation of much sickness and suffering, and have prepared themselves to be more ready victims to the cholera when it shall come again to scourge us, and force us to learn wisdom by the things we suffer.

My small experience in cholera has been inexpressibly painful, and yet I cannot regret it. It is one of the many lessons of my life, and I trust it will not be in vain to myself or others. I now feel that I know the disease, and that I have the means in my power to cure all curable cases. I thank God more than ever for water-cure, and I shall pursue my profession more reverently and earnestly than before I looked on this pestilence.

THE best book of medicine is the book of nature; the best physician, nature.

BRONCHITIS, OR COMMON COLDS.

THE following, from the *True Democrat*, will interest, and we hope profit, many of our readers. We shall not be responsible for the political tone of the article; for we disclaim any partisanship with any organization. We would sooner leave all government matters with Hydropathy, believing that water will yet wash all such abominations from the face of the earth. Who ever knew a real, true hydropathist to dabble in politics? But read what the ex-Doctor says:—

“At this season bronchitis is epidemic. Few persons escape a touch of it. In 1843 it came under the name of ‘Tyler grip,’—this year, perhaps, *Taylor grab* will be more fashionable; as, although the old General, in person, didn’t get here, his influence may. At any rate, his proclamation *did*. Everybody ought to know how to receive this rough and ready *grab*; therefore, with your permission, Mr. Editor, I will lay down a few rules of etiquette.

“It usually takes hold of the *nose* first; showing a disposition to *lead* the victim; or of the throat, to strangle it. Politicians should be careful not to put their noses in the way. *Whigs* are especially cautioned—as, who would fill the offices if—oh! what should we do! *Do* be careful. There will be tears in your eyes, just as sure as it gets hold of you,—and a frog in your throat. Free Soilers, too, and Democratic Hunkers are in great danger, because they always *turn up* their noses so at any emanation from supreme head-quarters. The ‘rough’ *Grab* will be ‘ready’ to seize all such *aspiring* organs—depend upon it, and be warned. *Clergymen* are extremely susceptible, owing probably to the *religious* sympathy existing between them and General *Grab*—such a *pious*, precious creature! What a *beautiful* *Fast* he proclaimed; all, like pious souls, will bare their throats. In fact, we’re none of us safe, for the General loves the *dear people* so! And the ladies—they’ll *catch* it. And such sore *lips* as they’ll have!

“But, while I am writing, his huge paws are upon us, so I must quickly acquaint your readers with the rules of etiquette for His Monstrosity’s reception.

“As a general rule, I recommend a *cool* reception, decidedly—and a wet one. Though he grabs the nose first, it won’t do to treat with *nos-trums*. He’s used to ‘em. But between you and I and—your readers, the General has the *Hydrophobia* horribly. Show him

plenty of pure, cold water, and he'll turn away to where there's something *stronger*.

"Seriously, however, bronchitis, or a common cold, though in itself not a dangerous disease, often, very often, through neglect, ignorant dosing, and stuffing, leads to a most serious disease of the lungs, develops lung fever, pleurisy, and consumption.

"As a *preventive*, everybody ought to know that a *clean skin*, *pure air*, and a *temperate diet*, with sufficient clothing, are essential. Some persons astonish their cutaneous surface with a wash once in four weeks or six months, and 'take physic,' instead of a faithful ablution. Or wipe their skin with a *rummy rag* for fear of taking cold. Bah! if you would avoid taking cold, wash frequently in *cold water*, taking care to rub the surface until a rosy glow tingles in every vessel, followed by vigorous exercise.

"*Breathe pure air*. Let your houses, particularly your *sleeping chambers*, be well ventilated. Let your workshops, counting-rooms, and offices, be supplied constantly with fresh air. Shoemakers' shops are usually deficient in this respect, and when complicated with a hot stove, effluvia from leather, sour paste, and tobacco juice, and sedentary, proclining habits—what shall save inmates of such shops from consumption? The out-door air ought to have free access, the year round, to every sleeping chamber. If too cold in the winter with a window open, let the chamber be *slightly* warmed. Better buy wood than medicine. It has been estimated from investigation of facts, that the origin of a great majority of cases of consumption can be traced to ill-ventilated apartments.

"*Temperance and warm clothing*. An under-shirt is better than a glass of brandy for a cold, wet day, and will *wear* longer. The use of tobacco, also, predisposes the system to take cold more than people realize. There is no drug so relaxing to the fibres, so 'opening to the pores,' as tobacco. Apart from injurious effects upon the digestive and nervous systems, its effect upon the cutaneous, in our changeable climate, cannot be less.

"After all, in this climate, no prophylactic treatment, nor the most scrupulous care, will insure the mucous membrane from the attacks of inflammation so common among us—yet to keep it from the lungs, where it will be invading a seat of vitality, something can be done *without the doctor*. It will usually run a certain course. Rarely is it broken up at once by any treatment. It is only when it has attacked the throat and threatens the lungs, it is much thought of. But when it commences with a cold in the head, wash the brow, face, throat, and chest, briskly in cold

water three times a day, more or less, according to the symptoms, taking care to *rub the surface well*, and not to expose yourself to unfavorable weather without sufficient clothing. If the weather is fair, be sure to exercise in *sun and air*, so as to produce a perspiration; but do not expose yourself to a current of air while the skin is moist. It would be well to rub dry with a flannel, and follow with a cold wash and friction. This will shut the pores, and produce a determination of blood from the throat and chest to the surface. When the throat becomes affected, and cough commences, cold water to the throat with *friction* is better than any blister, because it can be applied with good effect half a dozen times a day, whereas a blister can only be applied once in three or four days to the same advantage, weakens the system, and is painful. But the water and friction, while it invigorates, is agreeable. At bed-time, if the cough is troublesome, or throat much sore, apply what the Germans call an '*umschlag*,'—i. e., a wet bandage, covered with dry ones, to the throat—(get your wife, Mr. Editor, to do it,) in the following manner:

"Wet a linen, four times folded, in cold water; apply it to the throat from ear to ear; over it, a *dry* towel, folded round the neck twice or more, if long enough. If the weather is cold, pin a small blanket over all, or other flannel. Go to bed and sleep all night. If you wake and the bandages feel uncomfortable, remove them; *rub carefully dry*, and pin a piece of flannel round the throat, or, if the room is not too cold, sponge the throat in cold water and rub briskly. If the coughing commences again, renew the wet bandage as before. If the lungs are affected, it can be extended over the chest, always being careful to cover well with dry towel and flannel. I have administered anodyne cough mixtures and taken them patiently, but I never saw any anodyne check and soothe a cough so soon and so charmingly as the *umschlag*. It is admirably adapted to throat affections of children. One of the mothers of Concord—a pattern mother, too—assures me that it has saved her children from croup. The crowning beauty of it is, that there are no after effects of poisonous drugs for the system to contend with, and you have nothing to do but get well. In all cough mixtures, opium and antimony—two deadly poisons—are the principal ingredients, and they will reduce pulmonary inflammation I know. Antimony will prostrate the strongest Irishman in a few hours, and cure his lung fever. But he must fight the antimony out afterward, creeping slowly to convalescence. Delicate persons more gradually. In the use of cold water, no such after-work is to be done; and if applied ind judiciously and in season,

will check the disease in the majority of cases; and any good nurse can apply the remedy before persons usually send for the doctor.

"I have made a long story, but I hope have also assisted you and your readers to welcome the 'rough and ready' General in due form.

"Ex-Doctor."

For the Water-Cure Journal.

WATER-CURE IN KENTUCKY.

IN the May number of the "Archives G n rales de M decine," for 1847, there is an article (Recherches Statistiques sur le Traitement de la Fi vre Typhoide par le Docteur Jacquez de Lure, France,) the suggestions of whom I have carried out in my practice in this disease ever since, with a success far greater than I ever obtained from any other treatment.

Previous to my adoption of the refrigerating treatment I lost one patient out of ten, which was deemed pretty good success. Since I have almost abandoned medication, and have treated my cases with cold water, applied externally, by means of cloths dipped in it, and given pretty freely internally, as directed by M. Jacquez, I have lost but one out of twenty cases. This treatment, in this disease, acts like a charm. He directs that the febrile heat shall be kept down to the normal standard by the frequent application of cloths dipped into cold water, and gives but very little medicine.

I must confess, so much did it conflict with all my former teachings upon the subject, that when I commenced this practice, I did it with much fear and trembling. I commenced it in a family where there were six down with this disease, all of whom were very ill; but in a few hours I saw that I could control, not only the febrile heat at will, but also the abdominal pain and the frequent serous discharges from the bowels. I have never had a patient to have a tympanitic abdomen since I adopted this treatment. All six of these patients recovered, as did three others in the same family soon afterward, under this my first use of the refrigerating treatment. And I can most confidently and cheerfully subscribe to the following assertion of Dr. Jacquez.

"No symptom, no complication of symptoms present any objections to the employ of cold applications. That it matters not, that the patients cough much and often—that they have great dyspnoea—that the respiratory organs be frequently engorged or inflamed—that the skin be covered with sudanuna. Not only are the applications of cold not injurious in these cases, but they hasten the resolution of internal inflammations."

And again: "Under the influence of this

treatment, not only does the febrile heat fall with great rapidity—often in 24 hours—but the disturbance of the brain and nervous system, the dryness of the tongue, the tympanitic state of the abdomen, difficulty of urination, even the complete retention of the same, and the phenomena of putridity yield promptly to the regular application of cold."

Respectfully yours,

WM. H. BARLOW, M. D.

NOTES ON THE WATER-CURE.

BY JOHN B. NEWMAN, M. D.

1. MANY entertain the idea that practitioners of the water-cure never dispense any of the metallic preparations; but this, as many of the doctors themselves may be surprised to find, is erroneous. To their credit, however, be it said, they generally use but one such preparation, and that is water. Chemistry announces the curious fact, that the lightest as well as the heaviest substance known is a metal—platinum and hydrogen belonging to that class. One atom of hydrogen and one atom of oxygen form the oxide or rust of hydrogen, common water, so that the latter is in reality the rust of a metal; and its character being thus abundantly proved, the strictest doctors of the old school need not be afraid of losing caste by its employment.

2. Upon entering a friend's room some time ago, I noticed him shaving without the use of soap. Inquiring the cause of this deficiency, he told me that in former years shaving had been a source of extreme pain and aversion to him, in consequence of the difficulty of removing from a thin, tender skin, a thick, wiry beard. Just after performing the operation one day, which process made his face resemble in color the shell of a boiled lobster, he was murmuring about his hard lot, when a person present informed him that the longer he continued his present plan, the more trouble he would have, as the soap increased the irritation, but that the use of simple cold water would cure him. He tried the plan, and to his great wonder and admiration, found relief. I have since adopted the same method, with the additional advantage of not cutting myself, which always occurred when I used lather. My plan is to wash the face and neck well, rubbing the bearded regions for some minutes; then, after a general drying, dipping the end of the towel in water, wetting a portion of the face, remove the beard from it; wet another portion, and so proceed until I have finished. Once going over is enough, and the skin is daily becoming less tender and irritable. How such a discovery in Cobbett's time would have rejoiced his soul, and enabled him yet more fully to decry the luxury of warm water in shaving, in his "Advice to Young Men."

3. Cleanliness, the Bible tells us, is next to godliness; and experience has abundantly testified that not only is free ablu­tion necessary to preserve health while well, but to regain it when sick. The recent publication of the statistics of the French bathing-houses has startled and instructed millions, whom the late epidemic had more than ordinarily prepared to receive such statements with attention. They showed the almost entire exemption enjoyed by the habitual frequenters of the bath, and that in one large city but two regular subscribers died from cholera! Had the pioneers of the water-cure movement accomplished nothing else in this country but causing more frequent bathing, the debt of gratitude due them by the public would have been immense. As a specimen of a large class, I will mention the experience of a friend, on whose altered appearance I was commenting. Said he, "I was in ill health for four or five years; was dyspeptic, nervous, and irritable to such a degree, that I became an annoyance, not only to my own family, but also to the neighborhood. I was continually swallowing dinner pills to obviate a confirmed costiveness. A pedlar one day bored me into buying a water-cure book, and I thought as I had spent my money for it, I would read it at any rate. Though I considered its assertions about the cure of so many diseases all humbug, I thought I would try morning and evening bathing, and a long walk before breakfast. The rest of my regimen continuing the same, dropping the dinner pills. I began in the fall, about a year since, and it was a rather chilly business; however, as I had begun, I determined to go through. I got some confidence in it, by observing that less rubbing was daily required to bring on a glow after the washing, and that I did not feel the cold as before upon going into the open air. To end the matter, I persevered, got well, am in good spirits and fine health, bathe every morning, be the weather warm or freezing, in cold water, take my walk, and advise all to do the same."

4. Taking dinner at the house of a friend not long since, I noticed one of his sons, aged eighteen, sitting by the fire, his head wrapped up in many coverings, resting on his knees, and groaning. They told me that he had caught a severe cold in his face and jaws, just after the extraction of a tooth, and for the last two days had been in misery, and unable to sleep. Creasote, brandy, and laudanum had been applied internally, and hot vinegar and hops, poultices and mustard externally, but all without any other effect than to increase the pain. Perceiving that the treatment had but a tendency to make the nerves still more sensitive, and that his main chance of relief rested in cold water, I took him to the back area, removed the coverings from his head, as well as his vest

and coat, bared his shoulders, and directing him to continually fill his mouth with cold water, and spit it out, dashed large quantities of the water over his head and chest, steadily for some fifteen minutes, at which time entire relief ensued. To make all sure, however, I worked ten minutes longer, and then sent him to bed, where he immediately fell asleep, and awoke in some four or five hours refreshed, free from pain, and with an enormously swelled face. This plan will give relief in toothache sooner than any other method I ever saw tried, except extraction.

5. Saw Mrs. M—— some four weeks since; she had been troubled with catarrh for many years; matter was passing nearly the whole time from her nose, eyes run, and there was a seated pain in the forehead, which would become more severe and aggravated on the least exposure to cold. Found most relief from snuff, which she was in the habit of taking. The history of the case proved that the tobacco was exercising a most pernicious influence on the general system, besides giving only partial relief, and requiring continually increased doses to produce any effect. She had become liable to hysteric fits, with all their attendant phenomena, ball-rolling up in the throat, tightness of the chest, screaming, &c., &c. The digestion of course had become impaired. I directed her to wash the head and chest freely in cold water, at least morning and evening, and to snuff cold water as high up into the nostrils as she could, several times a day. Being a woman of uncommon courage and resolution, she faithfully followed the directions, and found relief almost at once. The quantity of hardened mucus that came away astonished her. The pain in the head, running from nose and eyes, and hysteric fits, all ceased. The general improvement has been rapid, and I heard her remark that her fluid snuff would, she was certain, insure her against further distress or annoyance.

For the Water-Cure Journal.

THOUGHTS ON WATER, NO. 4.

My purpose, in the following remarks, is to call the attention of your readers to the positive or tonic effects of water on the human system.

With the effects of water on living vegetables, most of us are acquainted. We know, full well, its negative effects; that great gain would be experienced by substituting pure water* for brandy and water, cider, ale, or any other medicated mixture. But we have seen that water in its application to vegetables, in garden and in field, does something more than to do

* Except to destroy the eggs of insects, and for other remedial purposes.

them no harm, though we may not be able to explain the mode of its operation. It is at once food and drink to them; or it is at least *as if it were so*. Its effects are *positive* as well as negative.

Nearly so is it with water, in the living domain of animals. I will not quite venture to affirm that water is food to man as well as drink, but it is next to it. It exerts a most wonderful influence.

And why should it not? For think to what a vast extent of surface it is applied. First, it laves the mucous membrane of the œsophagus and stomach. From thence, as from a radiating centre, it goes to all parts of the body—to solids and to fluids, to flesh and nerve, and to parenchyma and bone.

Perhaps a portion of it—small, to be sure, but still a portion—may find its way almost to the extremity of the alimentary canal, which, in an adult, is little less than thirty feet. But a far greater part is carried by the absorbents directly into the circulation.

The anatomists reckon, as belonging to the circulatory system, some 300 arteries and 1000 veins. To the internal surface of all these is the water conducted to cool their feverish heat, allay irritation and invigorate. The chambers of the heart feel it, and are made better by it.

The internal surface of the tubes and air-cells of the lungs is of amazing extent. Formerly it was thought sufficiently incredible to say it was equal to the whole surface of the body. Now some of our wiser anatomists venture to say its extent is much greater.

It may be said: but does the water we take into our stomachs ever reach the lining of these tubes and cells? Certainly not, directly. At least it does not reach its surface. But it is carried into it, in the ten thousand little arteries, which, though they elude our sight, certainly penetrate it.

Again, a portion of this water enters the capillary system, and facilitates the work of the skin, in its absorption, depuration, perspiration, &c. Sometimes, as in profuse perspiration, it seems to be poured out through the skin almost without change.

Another portion lubricates, as it laves, the renal and urinary system. Happy the individual who never has his kidney, ureters, or bladder irritated by any thing but water. Every one who has a renal system should be a pure water drinker! Hard water has a bad effect in this particular.

I might extend these remarks. I might speak of the cavities of the brain—of the great cavities of the chest and abdomen—and even of the cells and cavities within the bones. But it can hardly be necessary.

Now what I affirm is, that all this mighty

aggregate of cavities and tubes is invigorated—positively invigorated—by the constant and free application of water; and that every part and portion of this vast internal surface as certainly suffers when water is denied it.

If any one should ask how water operates to give tone and strength to all the tissues, linings, &c. of the body, I may not be able to answer him directly. And yet I may call his attention to one great law of the system—the law of renovation.

It can hardly be unknown to any who take this Journal, that our bodies are never stationary, never the same, but always changing. At every moment of our lives particles are being worn out, or dying, and are replaced by others. If this process of waste and renewal is well balanced, and undisturbed, the result is good health; if otherwise, the health sooner or later suffers.

Now it is more than probable that on this process of waste and supply more depends than we are aware of. It is more than probable that he on whom the great work of renovation is best performed, has the best and firmest fibre, and the best health.

But this work of renovation is best performed when water, and nothing else, as a fluid, is present. For the particles which are applied to renew the wasted parts must come to these parts in the blood; and the particles which are detached as waste particles must be carried off also by the blood, or at least *into* the blood. Is it not, then, perfectly obvious that the more quiet, and regular, and healthy the circulation, the better must this work be performed?

For, suppose that alongside of every nutritive friendly particle, comes an unfriendly one—a particle of alcohol or tobacco, or mustard or pepper. Must there not be disturbance? How can nature be employed in driving off a foe, and yet do her work as quietly and healthfully as if no foe were present? The thing is impossible.

Hence, as I conceive, the work is ill done. The stones applied to the walls, to take the place of the old which have been removed, are not so well applied, as if there were no interruption from hostile forces. Domestic matters are always best conducted in a time of peace.

And if the walls are not so well built, the fabric will not be so strong as it should be. But if the contrary should happen, there will be no loss of health and vigor in the general system, but a positive increase.

If this explanation of the *modus operandi* by which nature, under the influence of pure water, gives tone and vigor to the system; or if it should but partly account for results, while it does not meet all the difficulties of the case, it may at least serve to amuse for a few mo-

ments the curious and inquiring reader, and may lead him, perchance, to a more thorough investigation of the subject.

W. A. ALCOTT.

West Newton, Mass., 1849.

WATER-CURE ESTABLISHMENTS.

NOTWITHSTANDING the rapid increase of hydropathic institutions, they do not equal the demand. Another is called for on Long Island, as will be seen from the following communication, which, after protesting against the "red oxide of iron and sulphur," the "gaming" and the "fishing," we insert with pleasure, hoping it will attract the attention of some one seeking a locality to demonstrate the efficiency of "Adam's ale" in relieving the ailments of Adam's descendants:

DESIRABLE LOCATION FOR A WATER-CURE ESTABLISHMENT.

In the eastern part of Long Island is the village of Sag Harbor, the most populous and commercial in Suffolk County. It is in the town of South Hampton, about six miles from the Atlantic Ocean. It contains six churches, about twenty-five stores, and is favorably situated for commercial pursuits. A large amount of money has been invested in the whale fishery, which has been carried on successfully for many years. A large cotton factory is now being built, which, it is hoped, will add to the prosperity of the village. About two miles from this village are *three springs*, two of pure and very soft water, the other a *mineral* spring, the properties of which are *red oxyd of iron and sulphur*, which is said by scientific men to be equally as good as those of *Lebanon* and *Saratoga*. They are about one-fourth of a mile from the excellent turnpike leading from this to the pleasant village of Bridge Hampton and the ocean. The ground about the springs is undulating, and directly southward and westward from them, it rises to an eminence, from which is presented to the eye an appearance truly grand and beautiful, and one having the organ of sublimity but partially developed, could not fail of being delighted at the prospect before him. An excellent view of this village and Gardiner's Bay is here presented; three large lights can be distinctly seen on the distant waters, to light the mariner in his traverse over them, viz., those of Plum, Gull, and Cedar Island, Oyster Point; also, and in another direction, the ever-rolling ocean. There are some advantages of gaming in the surrounding places in the United States. In connection with these springs is a farm of about eighty acres of good land, on

which is a house forty-four feet by twenty-four, and two and a half stories in height. It seems that Nature in her handiwork has done very much to make this place both convenient and desirable for an establishment of this kind, and with a very little aid from the handiwork of Art, a dam might be constructed at a trifling expense to retain sufficient water for bathing, and to form falls for shower baths, &c. &c. We have excellent markets here, from which we can obtain the necessaries of life, and many luxuries; and as there is daily communication between this place and New York, any article may readily be obtained from this great metropolis. In fact, there seems every inducement for a scientific, enterprising physician to come and locate himself here; and patients who might resort here for the improvement of health, with all these advantages of bathing, good air, and exercise, could hardly fail of being benefited by a trial. For further particulars I would refer the reader to Mr. L. N. Fowler, who has been giving a course of lectures here, and has several times visited these springs.

MRS. CHARLES N. BROWN.

Sag Harbor, L. I., Oct., 1849.

THE WATER-CURE IN GERMANY.

"THE cholera continues its ravages here. The most successful treatment said to have been used in Germany, is that by water. The celebrated Priessnitz, founder of the water-cure system, is said to have lost not a single patient in the numerous cases treated by him. Certain it is that the village of Graefenberg is crowded with visitors from all parts of the world. Americans, English, Russians, Frenchmen, Italians, and Germans, form the population of the little town which has been built up about the baths. Priessnitz himself is a great favorite with the visitors. He has not lost the simplicity of his original condition (he was a peasant), but he has great experience in the treatment of diseases, great good nature and kindness. Running water is used for the baths. Those who remain for several months generally become very hardy, insensible to cold and the changes of the weather, and run over the mountains as active as the deer they see.

"The expenses are very low, as the mode of living is simple. Most who are there do not spend a dollar a day; many not the half of it. Good clothes are laid by until one leaves the place. I have seen several persons from Graefenberg, who seem remarkably healthy, give a favorable account of the place, and are delighted with the cure. There is a water-cure establishment here in Berlin. It is thronged from morning till night with bathers

A rival establishment is now in progress of construction. At the invitation of Dr. Beck, the principal of the former, I accompanied him through the bathing-rooms. They are well fitted up with tubs and all other conveniences. The scene in what is called the 'sitting bath-room' was peculiar. About thirty persons were ranged around the wall, each of whom sat in a tub of water, his shoulders covered with a cloak. The patient remains in this cool seat for some thirty minutes, when he must come out perfectly cool. We went up into the department of the vapor cure. A great number of small rooms opened on a passage. In each room lay two men, done up separately in wet sheets, blankets, and feather beds—and as motionless as bales of merchandise. A servant was employed in wheeling them down, in rotation, to the bath-room, where they were stripped of their heavy coverings, and plunged instantly into the water. The sensation is said to be delightful, a luxury which, to be known, must be enjoyed."—*New York Commercial Advertiser*.

OBJECTIONS TO VEGETABLE FOOD CONSIDERED—PALENESS AND LOSS OF FLESH.*

In questions which must ultimately be decided by experience, I know not whether it is necessary or useful to employ much time in argument. Perhaps to lay a simple statement of the facts before the public is the most proper, and the most powerful argument that can be employed. If, therefore, I consider, shortly, some of the objections which I have heard made to the use of a vegetable regimen, it is because I have thought some respect was due to the quarters from which they have proceeded; and still more to popular opinion, which, it is unfortunately too true, is vehemently adverse to it.

The pallidness and shrinking of the features, and of the whole body, which sometimes succeeds to the disuse of animal food, is apt to excite an alarm, and a fear of essential and irretrievable injury to the constitution. Let us consider how impossible it is that this should be otherwise; and therefore how little is to be apprehended from it.

Animal food commonly gives a more succulent habit, a greater fullness, and, at the same time, a higher color to the face. It may be suspected that all the fibres become softer; that the force of aggregation of the molecules

* From a work now in press, entitled, "Vegetable Diet and Pure Water in Consumption, Scrofula, Cancer, Asthma and other Chronic Diseases." By Dr. WM. LAMBE, of London. With notes and additions by JOEL SHEW, M.D. Fowlers & Wells, New York. Price 50 cents. Mailable.

which compose them is diminished. In the healthy the high color of the face is not unpleasing, though coarse. In the lads in the service of butchers, it may be observed the most distinctly. In others of feebler stamina, it is an habitual flush.

This color it is which most imposes on superficial observers. To see a pallid child or young person become more ruddy from what is called better living, is a pleasure which it is difficult to resist; and to observe the color fade, from an opposite treatment, without alarm, requires a thorough confidence in the justness of principles which the ignorant and the timid can hardly be supposed to possess. It ought, therefore, to be considered what it really indicates.

In fact, what can it indicate but an excitation of all the small vessels of the face? This excitation cannot be supposed to be confined to the surface of the cheeks, but must extend to all the contiguous parts: to the internal as well as the external; to the parts within the cranium as well as to the integuments; in a word, to the organ which regulates and connects all the other organs of the body;—to the brain itself. If, therefore, the use of animal food be an unnatural custom, its primary operation is, to give an unnatural excitation to the brain; and all its consequences of improved color, increased strength, and even of apparently improved health, must be reckoned consequences of this excitation.*

A further consequence is, that life is, in all its stages, hurried on with an unnatural and unhealthy rapidity. We arrive at puberty too soon; † the passions are developed too early;

* Professor Sweetzer, of this city, in his interesting work on Consumption, remarks, "that if diet is superabundant and exciting, a plethoric and inflammatory state of the system will be induced, highly incompatible with the equable and healthful play of the different functions, and tending indirectly to waste the energies of life. How often is it that fat, plethoric, flesh-eating children, their faces looking as if the blood were just ready to ooze out, are, with the greatest complacency, exhibited by their parents as patterns of health! But let it be ever remembered that the condition of the system popularly called rude or full health, and the result of high feeding, is too often closely bordering on a state of disease." The good sense of these remarks must be apparent to every one who thinks.—S.

† In all the cases of precocious menstruation—and I have known a number—such as in whom this function has appeared at the age of twelve or thirteen years, there has been very free use of, and a great desire for flesh-meat. I have been particular in noticing this fact.

I will admit that a very free use of milk, eggs, butter, salt, and other stimulants, might easily

in the male they acquire an impetuosity approaching to madness; the females breed too quick; processes which ought to be distinct and successive are blended together, and confounded; women who ought to be nurses become pregnant even with the child at the breast;* finally, the system becomes prematurely exhausted and destroyed; we become diseased and old, when we ought to be in the middle of life.

After all that has been said, I can hardly be so misunderstood as if I asserted all this to be in fact the operation of animal food alone. All the habitual irritations appear to have similar effects on the body; they stimulate to excessive action, which is followed by premature exhaustion. But I cannot doubt that such would be the operation of animal food alone, if every other cause of disease were removed. An experiment, which, as I have heard, has often been made upon chickens, illustrates its general action on animal bodies.† They feed hens upon flesh, to make them lay eggs faster. Everything, therefore, that has been said in favor of animal diet, of its strengthening, and invigorating, and fattening, and so forth, may be perfectly true; and still the consequences drawn from these appearances may be false; and its use may be, notwithstanding, radically improper.

Now, if a body be, to the senses, modified by the action of animal food; if it be enlarged, and bloated, and reddened; it must necessarily happen that, by its abstraction, these effects must cease, and appearances the very opposite of these may be expected to take place; that is to say, the body may be expected to diminish, and to condense, and to become paler. If the face be highly colored or flushed, it may be expected to lose in a measure this appearance. A load of fat, which is but an incumbrance to its bearer, may perhaps vanish; and so the clothes may hang about the body. But if neither this color, nor this fatness be health,

cause precocious puberty, without the use of flesh, especially in the hot-bed and unnatural life of cities.—S.

* I have known of more cases than are in the city of New York of flesh-eating mothers, of very feeble health, who yet have become pregnant, time after time, on an average of nearly every year, and each and every time after the first, while the child was yet at the breast. The undue stimulus of animal food has evidently a strong influence in these cases of premature pregnancy.—S.

† I need hardly say, of animals not by nature carnivorous. Chickens are, probably, in some degree, omnivorous. Though seeds is their favorite food, they would, I suppose, pick up insects, worms, slugs, &c.

nor indicative of health, what is there to fear from the loss of them? If, on the contrary, these appearances are wholly morbid, we surely ought rather to be pleased than mortified that we have got rid of them.

I cannot doubt, that, as a general rule, it may be safely asserted, that the florid are less healthy than those who have little color. An increase of color has been ever judged to be a sign of impending illness. "If a man becomes fuller," says one of the ancients, "and better-looking, and with more color than usual, he ought to consider these blessings as suspicious." Our own vulgar, at this day, if told that they look much better than usual, regard it as a sign of approaching disease. How many, with what is thought the glow of health on their cheeks, are inwardly tabid? How many on the verge of the grave, about to be cut off by an acute illness? Every day gives such painful examples of these truths, that I should be ashamed to urge them, had I not heard even experienced medical practitioners refer to the fine color of the cheek as a proof of good health. The young lady who last gave occasion to this remark, has since, I believe, died of consumption.

It seems very evident that our general manner of life tends to load the head, and give an unnatural fullness to the face. This has given us ideas both of beauty and proportion which are far from just, as not coinciding with the most perfect specimens of the human form. It has corrupted even the taste of our painters. I have heard, from an eminent artist, that the custom of painting children with the cheeks enormously swollen, is confined to the modern school; that it was not practiced by the ancient sculptors or painters. Though a well-colored and full face cannot be otherwise than pleasing, yet it may be often observed in union with a narrow chest, shrunk limbs, and a tumid belly. Many an anxious mother says of her child, that its face is the only part about it which looks well. Now, if, in such a case, by any course of dieting, (for medicine is wholly out of the question,) we can strengthen the limbs, cause the chest to expand, and the abdomen to shrink, we should hail these changes as signs of highly improved health. If, then, it should happen, at the same time, that the face becomes less full, and the color less florid, we ought certainly to reckon this fullness and color to be morbid; and, as such, be happy at the loss of it.

It affords no trifling grounds of suspicion against the use of animal food, that it so obviously inclines to corpulency. On this subject, the reasoning of Dr. Arbuthnot is unanswerable. "You may see an army of forty thousand foot-soldiers, without a fat man; and I dare affirm that by plenty and rest, twenty of

the forty shall grow fat." Corpulency is, of itself, a species of disease, and a still surer harbinger of other diseases. It is so even in animals. When a sheep has become fat, the butcher knows it must be killed, or it will rot and decline. It is rare indeed for the corpulent to be long-lived. They are at the same time sleepy, lethargic, and short-breathed. Thus Hippocrates says, "those who are uncommonly fat, die more quickly than the lean." The monstrous and bloated form which the human body occasionally assumes, is a more pointed satire upon the customs which engender it, than any which can be conveyed by words. He that runs may read.*

* This paragraph of Dr. Lamb's brings to mind a most barbarous practice with which I became acquainted in Europe, a knowledge of which may be gained from the following extracts from my note-book, written while in the old country.

I presume most persons have heard something of the process of fattening geese for the purpose of enlarging their livers, which are considered by the eating and drinking gentry in the old country a great rarity. This business, revolting as it is, both to the feelings and taste of a person of undepraved appetite, is made a regular business in certain parts. Men and women both follow the art of thus fattening geese as their only means of getting a worldly subsistence. It is carried on principally in Belgium. The mode is as follows:—Geese of suitable size are nailed with their feet upon a board: a T-headed nail and a piece of leather being used for each foot. I do not know whether women engage in this part of the operation. The fowls thus fastened are set before a fire. This is done to cause a feverishness in their system, through which they become very thirsty. Pots of milk are then set before them, of which they drink freely to quench this thirst. After this they are fed with a dough of Indian meal, as long as they will eat. More is then forced into their throats, and pressed down their neck into their stomach. This is a practice that requires tact; otherwise the animals would become choked. After this "stuffing," as it is called, they are put away in a dark place to sleep. Three times in the forenoon, and the same in the afternoon, the geese are thus placed before the fire and fed. At the end of three weeks they become so fat and stupid, they are nearly on the point of dying. They are then killed, (to save them,) their bodies being almost an entire mass of fat, with livers also fat, and most enormously enlarged. With these are made the famous "*fat goose liver pie*."

The best or most costly of these articles are made in Strasbourg, to which the livers are taken from Belgium. One liver, with a portion of fat pork, the whole being surrounded with very rich pastry, is sufficient for two pies, each of which is valued in London and Paris at one pound sterling. The pie is transported in a cir-

For the Water-Cure Journal.

NATURE THE BEST LOGICIAN.

THE instincts of animals are stronger arguments to establish truth than can be elaborated in all the schools of logic ever founded by man.

ANIMAL INSTINCT—THE SWINE.—The following fact illustrates the efficiency of the water-treatment of disease, and the almost infallibility of animal instinct.

Mr. Curtis Black, a farmer in Becket, Mass., had several large swine, which sickened, and refused food, until they became emaciated to mere skeletons, and one of them had died, when the remaining ones were turned out to die. They wandered away, and disappeared, and were supposed to have died. Several days afterward, they were found under a ledge of rocks, in a large spring of cold water, entirely covered with water and mud, except their noses. The next day they returned to their sty, restored to health, and fattened finely. Such had been their fever, however, that every bristle and hair of their bodies fell off.

It should be observed, that these swine were not confined to a close pen, with a floor, but had a large enclosure connected with the sty, and had free access to the ground.

N. SIZER.

BIRDS—THEIR HYDROPATHIC HABITS.—Our merry Canary is regaling himself with a bath, in a basin of water near our table; a daily custom he has, learned we suppose in the school of nature, as it can hardly be presumed that he does it from sympathy with us in our labors for hydro-pathy, as, according to our best information on the subject, nearly every bird in existence seeks the water daily, or several times in a day, in which they lave themselves thoroughly, and that they would sicken and die without obeying this instinct of their nature. We do not speak of aquatic species, but those joyous songsters of the grove, which carol, untaught and unchecked, their matin songs and evening melodies.

cular box, about the size of a three or four quart measure. We see many of these in the windows of the higher victualing shops and pastry establishments of Paris, and sometimes in London. They are considered by many as being a great rarity. The poor and laboring part of the community cannot of course indulge in so desirable a luxury. I have thought the pork pie—a common thing in the eating-houses of New York—disgusting enough, but it will be conceded, I think, that, in comparison with the fat goose liver pie, it is quite a proper dish.—S.

[For the Water-Cure Journal.]

"GOOD CUP O' TEA."

BY DR. FELOH, EAST WALPOLE, MASS.

Tune—"Derry Down."

O DEAR, when the Water-cure work it began,
My old aunt *Gazette* was a trouble to me;
"What a fool to drink water," said she, "when
you can
Have a good cup o' tea!"

But tea's a slow poison, the doctors declare;—
"Well, I always shall like a good hot cup o'
tea!"
But hot drinks are weakening to stomachs—then
where
Is your good cup o' tea?

"Well, it makes me feel better awhile every day,
And so with my health it must surely agree."
But rum has proved useful in just the same way
As your good cup o' tea.

But, mind you, the tribes that drink water alone,
Have stomachs like oxen—from sickness as
free;
While others with pains and dyspepsia at
For their good cup o' tea. one

"Well, I love it! and that is my argument
plain."
But tastes artificial are morbid; for see
The strong Child of Nature's instinctive disdain
For your good cup o' tea!

And then, in old times, when our fathers were
young,
Their ma'ams and their grandma'ams were
charm'd with bohea!
But where are its praises now gabbled or sung,
As a good cup o' tea?

And time was when green tea was worse than a
gag!
But hyson was hyson—bohea is bohea;
But fashion must change—that old whimsical
hag!—
With her good cup o' tea.

Old maids of both sexes most stupidly cling
To things that are worthless admitted to be;
But nonsense is nonsense—there's no such a
thing
As a good cup o' tea.
*As a good cup o' tea.
Derry down, down, down, derry down.*

IMPROVEMENT.—Study not so much to improve
your personal appearance, as to advance your
intellectual and moral condition; yet the person
should by no means be neglected. To be a sloven,
is to be contemptible.

PREVENTION OF SICKNESSES IN GENERAL
AT SEA.

BY C. M. DICK.

GREAT as the improvements of late have
been, in regard to ventilation, accommodation,
etc., to what they were of old, still I believe
there would be found many cases, especially
on board of those gigantic liners plying be-
tween the New and Old World, where great
improvements could be made with but little
trouble and expense, and, from the saving from
death, bring such a name to the ships as
would well repay the owners. No one who
has not been at sea can form an idea of the
dampness or humidity that collects in the holds
of these passenger craft. Many commanders,
seeing everything looking murky and miser-
able, order such places to be cleaned out with
water, and sometimes sprinkled with chloride
of lime. When there is much dampness from
the state of the weather, bad ventilation,
breath from mouths, slops dropped about, and
such like, washings even with fresh water and
soap seldom effect the desired state of things.
Much more good would result in the first
place, by having the decks well scraped with
scrapers, and, by the generation of artificial
heat, expel the heavy air (really carbonic acid
gas). Heat is the greatest purifier known;
therefore, would it not be well if commanders
would discover the immense advantage from
having a careful man put in charge, for a cer-
tain time, as necessity should require, of a
heat-generator or stove, to be removed from
one part of the ship to the other, as the case
demands? Dry dirt is not nearly so infectious
and detrimental as wet dirt. Many will say,
"The danger of having fires lighted between
decks is too great;" but "where there is a
will, there is a way." Some careful man
could surely be found, to stand and watch. It
will be obvious, I think, to all, that the lower
down in the ship the supply of air be admitted,
the less room will the detrimental heavy air
have to lodge in. But some ships cannot have
their air-ports so low down as others. This
disadvantage can be remedied by the above-
mentioned plan. Let heat be generated as low
down as possible in the hold, and, as it rises,
carrying a large portion of the foul air with it,
the vacuum must be replaced by fresh air.
Captains are too fond of polishing their upper
decks, and looking too little below. What a
saving of health it would be if captains were
to have the lower decks of passenger-ships
painted! Surely if mankind can afford to
paint the outside of brick houses with ex-
pensive oil-paint, where lives are hardly
so intimately concerned,—they might afford
to give one coat to the decks whereupon pec-

ple breathe and sleep, so that the wood might not absorb so much moisture, that collects all sorts of filth floating in the atmosphere. It should be remembered that it is the poor laboring man that in reality sails the ship. Why, then, allow them to perish in a foul atmosphere?

I would here remark, that I have observed great actual difference of amount of what is termed strictly sea-sickness, or nausea, with vomiting, amongst individuals. Parties who have been in the habit of living on light diet, with little grease and flesh, seldom experience sea-sickness long; but those who have lived on exciting food and liquors generally suffer to a fearful extent. As water aboard ship, unless filtered and exposed to the action of the air, cannot be expected to be very good, being kept in iron tanks and butts, people will do well to avoid eating those articles which create thirst. A baked potato or apple is what most delicate stomachs can bear best. Good fresh coarse flour makes the best bread—potatoes, fruits, and preserves are all good. Milk or cream can be kept some time at sea by having it boiled in bottles, and set in a pan of water, and corked and sealed. Eggs carry, well scalded and buttered over. But, alas! the general thing for poor Jack seems Mississippi pork and salt junk—he calls it horse.

GRATIFYING RESULT OF AN INTERESTING SURGICAL OPERATION.—The New Albany *Bulletin* has an interesting account of an operation performed by Dr. Sloan, of New Albany, upon the eyes of Rev. N. Hoskins, of Crawford Co., Indiana, who had been blind from birth:

“A gentleman residing in that neighborhood describes the emotions of the patient when suddenly possessed of a sense so novel to him, to be of the most enthusiastic description. His wife and children, whom he had never seen, his friends, acquaintances, parishioners, home, everything endeared to him, became an unending source of delight and new-born gratification. He had the same confused notions of distance which we see the smallest children manifest, and took the liveliest pleasure in beholding the great variety of colors. In short, he was compelled to *learn* to see, in precisely the same manner that the smallest child does.”

From the New York Medical and Surgical Journal.

ANATOMY AND PHYSIOLOGY.

ANATOMY, is derived from the Greek *ana*, through, and *temno*, I cut; and means the art of dissecting or artificially separating the parts of the animal system. In an extended sense, it applies to men, plants and animals, the latter being Comparative Anatomy.

HUMAN ANATOMY, is ordinarily comprised

under two divisions—Anatomy and Physiology.

PHYSIOLOGY is a science which treats of the properties and functions of animals and plants. The term is from the Greek *physis*, nature, and *logos*, a discourse. Originally, the word was synonymous with Natural Philosophy, as used by the Greeks. It is now restricted to the laws of life, and the organs of living beings.

HUMAN PHYSIOLOGY, treats of the laws by which the various functions of man are carried on.

COMPARATIVE PHYSIOLOGY, treats of the laws of life, and functions of other animals than man; comparing their structure with that of human beings.

VEGETABLE PHYSIOLOGY, treats exclusively of plants.

The kingdom of nature is divided into inorganic, and organic bodies. Inorganic bodies are destitute of organs of life. In this division are classed the earths and minerals.

Organic bodies are such as have organs on whose action depend their growth and perfection. This division includes both plants and animals of every description.

Organic and inorganic bodies differ so essentially, that one is readily distinguished from the other. The parts of organic bodies are dependent on each other for mutual support. Break the tiny stem of a flower, and it soon withers, or girdle the sturdy oak, and it dies, because the ascending sap no longer gives it nourishment. So with man; amputate his arm, and its life ceases; for you have cut off the blood-vessels giving it support. But with inorganic bodies, it is entirely different. Break a piece from a rock, and it is exempt from those internal changes which impair, and finally destroy its organic structure.

The human system, like all organic bodies, is composed of solids and fluids.

The solid parts are bone, cartilage, ligament, fibre, membrane, vessel, artery, vein, nerve, muscle, gland, fat, viscus, organ, &c.

The fluids are the blood, and the various fluids formed from it, as the saliva, tears, bile, &c.

Bone is the hardest, and least flexible, and the most solid part of the body. Cartilage is somewhat softer than bone, smooth, elastic, and of whitish color.

Ligament is a whitish, compact, fibrous substance, more pliable than cartilage, hard to be torn, and yields but little before it is ruptured by force.

Fibre means small filaments, which constitute the most simple parts of the body, and compose all other parts.

Membrane signifies fibres interwoven, forming a texture which is pliable.

Vessels are tubes composed of different

membranes, the layers of which are called coats, and are named according to the fluids they contain, as blood-vessels, lacteals, lymphatics, &c. The smallest extremities of all vessels are called capillaries, which means hair-like, on account of their smallness.

The blood-vessels are of two kinds, *arteries* and *veins*; the first carry the blood to every part of the system, and beat like the heart, while the veins bring it from every part back to the heart. The arteries are thicker, and further from the surface than the veins. The veins have valves which open toward the heart at different distances, thereby obliging the blood to return to the heart, from whence it had been forced by its contractions, aided by the valves of that organ, and thereby keeping up the round of the circulation.

By nerves, we mean those white cords which proceed from the brain and spinal cord, and spread over all parts of the body by minute ramifications. They are the origin and seat of all our faculties of sensation and motion.

The muscles are what we commonly call lean flesh. The white ends are called tendons.

Glands are clustered bodies, and may be distinguished from other parts by form, consistence, texture, and connection. The kidneys, liver, &c., as an example, are properly glands.

Fat and marrow differ from the marrow, being more fine, and situated within the bones. They are both an oily substance, composed partly of cells and membranes; the balance is an unctuous matter, and it has no sensibility.

Viscera, means all parts contained within the cavity of the body. Every part capable of any function, is called an organ.

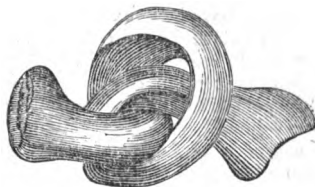
We have thus given a mere outline of the parts composing the structure of the human body, in such a plain and simple manner, that it can be understood.

THE BONES

Should be described before any other part of the human body, because they constitute the frame-work on which are fixed all the soft parts. They serve as fulcrums and levers upon which the muscles act with great mechanical simplicity in giving us motion, and they determine the size and shape of the whole body. They are the most durable part of the body, sometimes found existing ages after the flesh had mouldered into dust. Their durability and hardness are owing to the great quantity of lime which is mingled with their fibrous tissue. The animal net-work and earthy or lime parts of bone, can be easily demonstrated in a separate state.

Take the thigh bone of a man, and immerse it a few days in diluted muriatic acid, and the lime or earthy part contained in the bone will be dissolved and separated from the animal bres or net-work, and the bone will have its

original shape and size as represented in Figure 2, but may be readily tied into a knot, as in the following engraving.



If the same bone be now dried and weighed, it will be seen that it has lost nearly two-thirds of its weight. The substance left in the bone after the earthy portion is removed in this manner, is cartilage, nearly like common cartilage, found ready formed wherever it occurs in the body. It is softer than bone, but harder than any other part. If compressed or bent, it will immediately return to its original shape, being very elastic. When dried, it becomes hard, of a darker color, and very much like horn. When boiled, it nearly all dissolves, yielding a firm, transparent jelly; hence, Papin invented a digester, in which by boiling bruised bones under a heavy pressure, he obtained the jelly, and made a large quantity of soup from what would otherwise be lost.

The earthy materials of bones are easily demonstrated, by putting a bone into a clear fire and heat it to redness, by which process the animal part is entirely consumed, and a white, pliable earth is left, and in exactly the original shape of the bone itself. The earth left, consists almost entirely of lime, combined with phosphoric and carbonic acids. Thus we are enabled to obtain phosphorus from burned (cal-cined) bones.

The composition of bone consists of

Organic animal matter, (Gelatin,)	-	33.
Phosphates of Lime and Magnesia,	-	59.
Carbonate of Lime,	- - -	4.
Salts of Soda,	- - - -	4.
Salts of Potash,	- - - -	a trace.
Silicious matter,	- - - -	do.

100.

But the composition of different bones, and those of various animals, differ somewhat. In a disease called *molities ossium*, from *mollis*, (soft,) and *os*, *osis*, (bone,) meaning a softening of the bones. In this disease, there is a deficiency of the earthy portion, and hence, we have a morbid softness and flexibility of the bones. This disease is commonly called the rickets of adults.

In consequence of the above composition of bones, they are both hard and elastic, the animal part giving elasticity, and the earthy part the density. The hardness varies in differen

bones in various parts of the system, but always increases with age. For this reason it is that old people's bones break much easier than younger subjects. Some bones are very elastic, and hence boys have used a horse's rib for a bow. This elasticity often saves them from being broken in case of a fall or other injury.

The color of bone in the living person is a pale rose color, inclining to red in early life, and to a yellowish white in old age. After bones have been long macerated in water, the blood and oil pervading them is removed, and they become a beautiful white.

Bones being living parts, are of course provided with blood-vessels and nerves. Take a microscope and you may readily see a vast number of small pores, into which little delicate blood-vessels run. A bone may be seen to bleed, if exposed to the eye by an injury. While the bones are growing, they have a large amount of blood flowing into, and circulating through their substance. This is also proved in a plain and simple manner. If a young and growing animal be fed two or three weeks on food in which a portion of madder is mixed, the coloring principle of the madder will circulate in the blood, causing the bones to become a beautiful rose color by said principle combining chemically with the lime. This color thus obtained is permanent even after the bones are well washed in pure water.

There are but a few nerves distributed to the bones, hence in a healthy state they are almost insensible. But as soon as a bone is inflamed, the patient suffers intensely, proving that the bone possesses nerves, the only organs of sensibility.

There is a thin, dense membrane covering all the bones, called *periosteum*, from *pert*, (around,) and *os*, or *osis*, (the bone.) This membrane adheres strongly to every part of bones, and serves to transmit the blood-vessels to them, and sends prolongations of them into all the little holes, so numerous everywhere on the surfaces of the bones. It also serves for a medium of attachment of the ligaments and tendons to them, having these parts interwoven with their outer surface, and confounded with it.

Bones assume every variety of shape, adapting themselves to the places and offices which they are designed to fill.

If a bone be prepared by careful maceration, and is dried so that all the oily substance be removed from it, then saw the bone in two, we see the bony tissue to differ very much in the different parts. The outside is much more dense than the internal parts, and is called the compact substance. The inside is looser, and is called spongy bone or cancellated substance. In the different bones these tissues are arranged very differently.

[Fig. 2.]

Appearance of the Thigh Bone sawed length-wise.



In the flat bones the dense substance is arranged in two layers, having a thin porous substance between them in which the blood-vessels run. Where the flat bone is very thin, there is no appearance of this porous substance between the dense outside layers. The layer of compact tissue is very thin in long, round bones, as seen in the above engraving. The canal which runs through the long bones has a delicate lining membrane, in which is found the marrow, called the medulla.

Wherever the bones touch each other, they have a remarkably smooth surface, so that no friction shall arise from contact. They are also covered with an elastic gristle or cartilage at their ends, so that the elasticity of this gristle prevents injury or fracture often when a person jumps or falls from a great height striking upon the feet.

In the formation of bone, it appears, in the first place, only containing the gelatin or animal structure, and the blood may be seen conveying the earthy part, first at different points; then radiating as age advances, all parts not becoming perfect bone in the large round ones, as seen in the above cut, until about the age of manhood.

NEW-YORK, NOV., 1849.

CONFUSION.—To avoid it, all letters and other communications relating to the *WATER-CURE JOURNAL*, should be addressed to *FOWLERS & WELLS*, Clinton Hall, 129 and 131 Nassau street, New York.

COMMUNICATIONS designed for publication will reach the proper persons by being directed as above.

PRIVATE LETTERS from persons wishing professional advice, will be promptly answered, either through the *Journal* or by letter, as may be desired. A **FEE** will only be required when **PRIVATE** advice is given by letter.

IMPORTANT ANNOUNCEMENT.

In the next number of the *WATER-CURE JOURNAL* we shall commence the publication of a new and scientific work, under the following title:—"THE ACTION OF TOBACCO UPON THE HEALTH, AND ITS INFLUENCE UPON THE MORALS AND INTELLIGENCE OF MAN. By L. B. BOUSSIRON. Translated from the French, with Notes and Additions, by NICHOLAS T. SORSBY, M. D."

Our readers may look for a thorough exposition of this matter, and we hope it may be the means of calling very general and particular attention to the subject, not only of the readers of the *Water-Cure Journal*, but of the entire press of the United States.

We earnestly recommend that **EDITORS** throughout the Union copy it entire into their respective papers. The work will probably be divided into six equal parts, and appear in six consecutive numbers of this *Journal*.

NOVEMBER GOSSIP.

BY R. T. TRALL, M. D.

VENTILATION.—Two-thirds of the human family do not breathe more than two-thirds as much as they ought, consequently they do not live more than two-thirds as long as they might. Pure air always tends to expand the lungs and enlarge the breathing capacity, while vitiated air has the contrary effect; the air-passages contract so to exclude the unwholesome particles ever floating in an impure atmosphere, that, under its constant influence, the respiratory function gradually becomes weaker. Every expedient, therefore, to supply the lungs with a greater portion of

purier air, especially in densely populated cities, where it is always impossible to get quite enough, is deserving serious attention. The *London Literary Gazette* states that Dr. Chowne has lately patented an improvement for ventilating rooms and apartments, ship-holds, or mines, and every place where the air is ordinarily confined. The invention is based upon an action in the syphon which had not previously attracted the notice of any experimenters, viz., that if fixed with legs of unequal length, the air rushes into the shorter leg, and circulates up, and discharges itself from the longer leg. It is easy to see how readily this can be applied to any chamber, in order to purify its atmosphere. Let the orifice of the shorter leg be disposed where it can receive the current, and lead it into the chimney, (in mines into the shaft,) so as to convert that chimney or shaft into the longer leg, and you have at once the circulation complete. A similar air syphon can be employed in ships, and the lowest holds, where disease is generated in the close berths of the crowded seamen, be rendered as fresh as the upper decks. The curiosity of this discovery is, that air in a syphon reverses the action of water, or other liquid, which enters and descends or moves down in the longer leg and rises up in the shorter leg!

The *Gazette* remarks: This is now a demonstrable fact; but how is the principle to be accounted for? It puzzles our philosophy. That air in the bent tube is not to the surrounding atmosphere as water, or any heavier body, is evident; and it must be from this relation that the updraft in the longer leg is caused, and the constant circulation and withdrawal of polluted gases carried on. But be this as it may, one thing is certain—that a more useful and important discovery has never been made for the comfort and health of civilized man. We see no end to its application. There is no sanitary measure suggested to which it may not form a most beneficial adjunct. There is not a hovel, a cellar, a crypt, or a black close hole anywhere, that it may not cleanse and disinfect. We trust that no time will be lost in bringing it to the public test on a large scale, and we foresee no impediment to its being immediately and universally adopted for the public weal. We ought to remark, that fires or heating apparatus are not at all necessary; and that, as the specification expresses it, "this action is not prevented by making the shorter leg hot whilst the longer leg remains cold, and no artificial heat is necessary to the longer leg of the air syphon to cause this action to take place." Extraordinary as this may appear, we have witnessed the experiments made in various ways, with tubes from less than an inch to nearly a foot in diameter, and we can vouch for the fact being

perfectly demonstrated. Light gas does descend the shorter leg when heated, and ascend the longer leg where the column of air is much colder and heavier.

A NEW SANATARY MOVEMENT.—The practice of depositing dead bodies in the vaults or graveyards of churches is attracting the attention of the people of London. It ought to excite the action of the people of every city on the face of the globe. This custom of church burial, it is said, originated in the eighth century, with the Popish habit of praying the dead out of purgatory. Be that as it may, the habit is a gigantic evil, and has no small influence in producing a state of purgatory for the living. Only think of several thousand dead bodies annually added to the burying-grounds of a large city for two or three hundred years, all the while generating pestilence and filling the air with the seeds of death! Is it any wonder that the accumulated virus should suddenly cut off, with some new and strange disease, one-quarter or one-third of the population, as in the history of the cities of the Old World? Already there are several neighborhoods in this city where the air is abominably offensive from the reeking fumes of the church vaults. "Dust to dust" is the fiat of Nature.

ASTHMA.—Asthmatic invalids generally wheeze worse as the weather becomes colder. That spasmodic constriction of the air-cells of the lungs which occasions the difficulty of respiration, is usually temporarily relieved by whatever relaxes, and consequently debilitates the muscular fibres; and often, too, temporarily aggravated by cold applications or cold air. These facts have been referred to a wrong principle, and led to a mistaken practice, such as hot rooms, hot drinks, lobelia, tartar emetic, and nitrous relaxants. True, some cases merely spasmodic have been cured in this way, but more frequently the constitution has become broken down in the end.

The great majority of asthmatic affections depend most unquestionably on a functional derangement of the liver, attended with more or less enlargement of the organ. The swelled liver constantly pressing upon the diaphragm keeps the lungs in that engorged condition, by which any considerable suppression of the ordinary cutaneous transpiration re-excites the spasmodic respiration. A permanent cure, then, must be predicated on producing and maintaining a vigorous excretory state of the skin, and treating the liver as

for a chronic enlargement. Of course all the measures of bathing and diet applicable to a restoration of general health, are necessary here. The best water-cure processes proper, probably are the rubbing wet sheet and the douche, both used as long and strong as the patient can well bear. They may be used conjointly, that is, the rubbing sheet followed instantaneously by the douche. These may be taken on rising in the morning, or before noon, after an active walk. The douche should be applied strongly to the upper and middle portions of the spine, and moderately over the region of the liver. Among the best dietetic articles are *unfermented* brown bread or biscuits, with abundance of moderately tart apples well baked—good, large, juicy, winter pippins, for example.

HOMŒOPATHIC BLEEDING.—Is there such a thing? The homœopathic writers say not. But we were called to a family the other day, where a young girl, suffering under a severe form of scrofula, was being treated by a doctor who professed himself homœopathic. One part of the treatment consisted in frequent bleedings. Scrofula is the last disease in the world in which bleeding is excusable even by allopathic philosophy, and in a delicate, debilitated subject, as in the case we are considering, it is the worst kind of quackery. We do not charge this mal-practice to the homœopathic system, of course, for that system condemns it, but we like to notice such "eccentricities of genius," for the purpose of calling the attention of all doctors and all people to the subject.

ABOUT OYSTERS.—A Mr. Baudon, of Paris, has invented an instrument to reform the barbarity of the common practice of opening oysters. The following paragraph in relation thereto, going the rounds of the papers, may serve to point a moral for oystertarians. "The oyster is laid over gently in a groove, the screw is turned once, twice—*La Voila*—the unconscious animal is before you blinded by the light, without a gaping wound. There is no series of raps to warn him of his doom; no portion of the castle is breached; but the vice is turned, the valves fly apart, and, blinded and bewildered, the live oyster is consigned to tickle your palate with his dying agonies." There, shell-fish epicures, is an idea to enhance the pleasures of your barbarously refined way of eating for amusement.

SEA-SICKNESS.—“Stormy winds how they blow, how they blow.” The rough surface of Old Ocean at this season is “vividly suggestive” of what we have often seen, yet never been, the sea-sick traveler. It is hardly possible for a human being to look or feel more hopelessly miserable than when thoroughly sea-sick. Yet any very distressing degree of it is hardly necessary. An empty stomach is the surest protection, but of course persons on long voyages must eat occasionally, be the weather fair or foul. To such, therefore, we would say, live very sparingly, and on the plainest fare. Every thing obstructing, indigestible, concentrated or greasy, is bad. Pickles and preserves should be especially eschewed. Cracked wheat is good; dry brown crackers are excellent. Fruits and vegetables may be used moderately, always taking care to not overdistend the stomach. If animal food is used, take it only with dry bread and potatoes, avoiding every thing like soup, gravy, puddings, or other desserts, unless you want a “spewing spell” when the sea becomes tumultuous. In a word, dry, plain, coarse, sparing diet, will keep off seasickness almost entirely. Persons of full, plethoric habits, those of what are called bilious conditions of body, and those laboring under habitual constipation, who contemplate sea-voyaging, would do well to prepare themselves a few days or weeks on the same fare we recommend during the journey.

A SIGN OF PROMISE.—We are always pleased to notice anything that looks like reform or progress among our friends, the allopathics. Though we clash with opposing systems, we have no quarrel with them “*as men*.” We only seek to *disarm* them of their *materia medica*. We are also desirous of leading or driving them out of the fashion of talking so learnedly on some subjects that nobody can understand them. Truth can always be told in a common-sensical way, but mere learning is frequently displayed in such a swelling, circum-round-about flourish of words, that even those who use them get their ideas bewildered and swamped in their own sentences. But to the point: looking over the daily papers the other day, our eyes accidentally fell on the following luminous announcement of what “medical science” rather expects it may perhaps be able to do, some how or other, one of these

days, provided, etc., and so on, in the way of curing consumption. Thus runs the article:

NEW YORK ACADEMY OF MEDICINE.—The stated monthly meeting of this society took place on Wednesday evening, when Dr. Bureaud Riofrey was introduced by Dr. Francis, in a brief address, after which the chairman, Dr. Mott, stated that he had received a letter from the celebrated Vepeau, introducing Dr. R. as a man of science, and an author of distinction. Dr. Riofrey proceeded to thank the society, and to state that he believed consumption curable, when the causes producing it should be discovered. The secret, said he, lies in the permanency of the means appropriated to counterbalance and to overcome the permanent causes of this disease. I am confident, says Dr. R., “that the time is not far distant, when for a *molecule of inorganic matter, that constitutes consumption, may be substituted a molecule of organic substance*.” Then consumption may be cured by opposing constant means of restitution to the constant causes of weakness and of premature decay.”

Clear as mud, isn't it? We do not wish to make light of weighty learning, but sincerely and honestly we regard Dr. R.'s exhibit as rank, stark, staring nonsense. He thinks consumption *will be* curable whenever the doctors know what it is! He tells us where the secret lies, and leaves it lying there. We will undertake to show, in a future number, that the “causes producing” consumption are perfectly known, and that this molecular theory is a mere chemical vagary.

COLDS AND COUGHS.—Those who live as nearly hydropathic as convenience and the counteracting state of society admit, sometimes get these ailments. All that is required of them is a little extra bathing, and a little stricter regimen for a day or two. Those who stuff their stomachs with hot aliments, drink their tea and coffee at the scalding temperature, bury themselves up in warm flannels and roast over hot stoves, are especially liable at this season. For a severe cold in them, nothing is more prompt and effectual than a wet sheet packing for an hour, followed by a shower, plunge, or wet sheet rubbing, as may be convenient. A milder form is often cured by copious water drinking. When cough attends, gargle with *very cold* water frequently, and bathe the neck several times a day with the same. If there is any general soreness of the chest, wear the wet jacket a day or two, and adopt the “starvation cure” for at least twenty-

for a full course.

APPLICABILITY OF WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTRIDGE, M. D.

WHEN I first returned from Europe, I had only seen the Water-cure applied for the cure of chronic diseases, except in some few cases; but from the knowledge there obtained of its principles, I had no doubt it would be even more strikingly beneficial in acute cases, although then I had not dreamed of its being a reliable resource in all cases, as I have since proved it to be.

I well remember the first case I had after my return: it was one of inflammation of the kidneys, and I shall not soon forget the joy I experienced on finding the water fully adequate to the task of putting out the fire within, and immediately conquering the oftentimes most formidable disease, sometimes fatally so.

This case a brother physician (whom I took with me on my second visit) thought so critical, that he considered I ought not to think of trusting to water alone, but was strenuous in urging upon me the necessity of giving medicine also, if I did not wish to lose the patient.

I took the medicine he gave me, which, with the well-meant advice, I thanked him for, but put them both in my pocket, being determined that, while the patient was doing well, I would give hydropathy fair play and a chance, although I fully realized the truth of his remark, that if this patient did not do well, it would be all day with hydropathy in Lynn.

But I thank God I was not intimidated, for the result was most triumphant. The patient, without any of the nonsense of nitre, morphine, or medicine of any kind, save the all-healing water, got well more rapidly than any case of the kind I ever had before.

And here, for the first time, I beheld the distinctive beauty of the Water-cure from any other system.

The patients which I had heretofore treated in similar complaints with drug medicines, if they got well at all, did so only after a very long while—say from two to four weeks—whereas, in this instance, the patient, critical as was her case, recovered entirely in four days, so as to be able to resume her wonted avocations.

The reason of this great difference will be obvious to every one at all familiar with the operation of drugs upon the human system, and that of the water as well.

In the one case, severe and terrible prostration is produced by the bleeding, cupping, leeching, and the powerful cathartics, emetics, diuretics, sudorifics, and other *etics* and *ifics*, too numerous to mention, which are generally brought into requisition in such cases. In the other case, this tearing down the building to save it from being burned, is avoided, and hence there is no repairs of any consequence to make; the wet sheet, like the wet sail cloth used by firemen, prevents the fire from spreading, and the frequent draughts of the cooling element, and the various immersions, put out entirely and speedily the raging fire within at its very commencement.

Speaking of diuretics (medicines which promote the secretion of urine), I found in this case, what I ought to have known long before, that cold water, drank in large quantities, was the most natural, as well as the best, diuretic in the world; it not only operated upon the kidneys, speedily and most effectually, but the same dose was both diuretic and febrifuge; it not only relieved the kidneys, but cooled down the fever of the system at the same time. My chief reliance, in this case, was on the wet sheet, sits bath at 60°, wet bandages, and large quantities of cold water internally, drank in doses of four tumblers.

I would here mention another peculiar difference between the Water-cure and all other cures, viz., a patient once cured by the water, stays cured, as a general thing; whereas the patients "cured," as they call it, by drug medicines want to be cured often, and the more they are "cured," the more they don't get well—something like the Irish veterinary surgeon, who brought in a bill "for curing your honor's horse till he died (!) £20."

For some six weeks after returning from Europe, I used now and then a little of the "old leaven," but not seeing that my patients *rose* up any quicker with it than without it, I abandoned the drugs entirely, and from that time forth, now four years, I have relied in all cases, however acute or chronic, solely upon the *Hydropathic system*, which, the reader will bear in mind, consists not in merely sousing the patient now and then, or making him drink plentifully of cold water, or even in packs, drip sheets, sitz, foot, and other baths, but the proper application, at proper times, of water of varied temperature, in combination with air, exercise, diet, regimen, and the careful avoidance of aught that in any way

tends to disturb the equilibrium of the nervous and other systems. In all kinds of fever the water-cure is not only most admirably adapted, but it is perfectly delicious as well. The uninitiated, to realize this, have only to imagine themselves burning up with an inward heat, that knows no cessation, with a thirst no one not similarly circumstanced can conceive of, with pain and restlessness in consequence almost too intolerable for human endurance, and which no opiates, however potent, can cure, however much they may hide. Imagine such a one wrapped up in burning embers, and you will have some idea of a man in a severe paroxysm of fever, and I will leave it to you to guess, Yankee or not, what would be the first wish of that man, and what would be most likely to benefit him! I know we are told that a sick man is not to be supposed to know his own necessities so well as the doctor, whose business it is to know all about these things. So have we been told that it was "highly dangerous to give a patient in fever cold water to drink!" But, thanks to the common sense of the world, such ideas are fast becoming obsolete. It is now admitted by all who best understand these things, that whatever tends to soothe without stupefying, and make comfortable without producing future evil, the patient, however afflicted, it is best to do. And it is generally found pretty safe to follow the dictates of nature in these respects.

An obstinate disregard to the calls of nature, hitherto so common in the treatment of disease, is often followed by disastrous results, and always by an increase of suffering and aggravation of bad symptoms.

A case in point occurred not many months ago, in a neighboring town, the facts relating to which I was put in possession of by one of the most respectable inhabitants. A Mr. — was taken with a simple bilious fever, and was attended by an allopath, who happened, though a young man, to be about twenty years behind the times. The recuperative power within called out lustily for cold water, as usual, to assist him in ridding the system of the enemy. But the knowing "doctor" absolutely forbade all cold water from being taken, allowing nothing but warm drinks!—an article about as suitable for quenching such a thirst as is a horse shoe for a hair comb.

The consequence of this, and other like beautiful treatment, was, that the man went on from bad to worse, and finally became very delirious,

madly crying for water all the while, till at last, just when they had given him up to die, he got away from his watchers in the night, ran to a mill-pond near by, and plunged in bodily, drank his fill of the reviving fluid, and though his friends, judging from the doctor's fears of cold water, thought he now must certainly die, if nothing more!—the refreshed victim of prejudice and ignorance inexcusable, was carried home, and from that time forth steadily and rapidly improved, and in a short time got well, much to the mortification of the doctor, who will probably never hear the last of it. Thousands of cases somewhat similar to this might be cited, but it is unnecessary.

In all diseases, especially inflammatory ones, there is more or less internal congestion, and heat, more or less intense, is generated in consequence, hence the incessant demand for cold water during fevers and inflammations, more particularly. Cold water, drank freely at such times, relieves not only the terrible thirst, so hard to be borne, but tends to equalize the temperature by driving the heat to the surface.

The sitz bath, simple and easily obtained as it always is, is one of the most effectual baths for reducing temperature in fevers, &c. The reason is plain; the circulation passing through the cold media every few minutes, is constantly giving a portion of its superabundant caloric.

But it is not as an equalizer merely that the sitz bath is useful, but as a corrective to the digestive organs. No blue pill, or calomel, or any other poisonous thing, can compare with it. It is to be used, of course, with care; according to the disease, &c., must be its duration and temperature.

Another beautiful and convenient form of applying the water in acute diseases, is the wet bandage. Water, in this way, can be applied directly to the part most affected. Wherever there is pain, there apply the bandage, and let the case be what it will, and however severe, it will give immediate relief. In very acute diseases, such as pleurisy, dysentery, colic, &c., it may be necessary to have them very cold, and change them very often. My rule in such cases is, to change them as fast as they become hot. Applied in this way, in conjunction with sitz baths, &c., there is an end to all pain, generally, let the disease be what it may.

The operation of the wet sheet, the when and how to use it, hereafter.

LECTURE ON HYDROPATHY.

BY JOEL SHEW, M. D.

(Continued.)

QUACK MEDICINES.—Again, in speaking of the pernicious habits of society, I refer you to the great and increasing consumption of nostrums and quack medicines in our country. If the American people are more energetic than all others in money-making and general handicraft, and are, on the whole, more independent than any other nation, so, on the other hand, are they more persevering in the use of the thousand-and-one nostrums and quack medicines of the day. It was well said, a few years since, by an eloquent lawyer in our legislature, sarcastically, it is true: "This is a world of humbugs; and with all our keen-sightedness, adroitness, skill, and ingenuity in all we undertake, we are perhaps the most easily humbugged nation in the world; and in nothing is this alacrity to be deceived more fully manifested than in the eternal, never-ending, still-beginning, doctoring-still, and still-destroying patent medicines. Perhaps one fourth of the advertising patronage of a country newspaper consists in puffing patent medicines, and this great tariff is levied on credulity afflicted with disease. If there were truth in the advertisements of a single paper, attested by the learned, the wise, and the pious, there is not a disease to which poor humanity is heir but what is susceptible of speedy relief and ultimate cure."

DRUGGING IN CHRONIC DISEASE.—Witness, too, the sad condition of multitudes of patients who are treated by the "regular" practitioners of the curative art. Dr. Forbes, editor of the leading medical journal of England, (the British and Foreign Medical Review,) has well explained this matter. He supposes a case of biliousness or chronic dyspepsia as treated according to the heroic school of London. He observes:

"In addition to constipation, the patient, we shall suppose, is affected with acidity, deficient or depraved appetite, foul tongue, oppression after meals, susceptibility to cold, debility, headache, despondency, irritability of temper, inconsistency of purpose, hopelessness of relief, with divers local grievances. A few brisk cathartic doses, combined with mutton diet, and a gentle stimulant, empty the bowels, and carry off most of the attendant ills. By continuing this plan for a short time the patient is, what is medically termed cured; but, for future protection, he is furnished with a prescription—say—of aloes, colocyath, and calomel, or some such compound, to take *pro re nata*; another of senna and salts to

take less frequently, as more urgent symptoms require; a third of calumba, gentian, or-cinchona, to take at noon with a glass of sherry. He is told to live on boiled mutton, rice, and dry bread, avoiding fruit and vegetables.

"What future, as respects health, has such a person before him? As long as he lives he will be a martyr to the disease, probably in an increasing degree; he must abandon all hope of the action of the bowels ever resuming its normal state; his general strength will gradually diminish; his nervous system will become more and more irritable; his whole comfort and enjoyment will be sacrificed in order to empty the alimentary canal; he will become one of the most pitiable of all sufferers, a 'person living by rule'; his health will be supported, as one of our witty doctors remarks, like a shuttlecock between two battledoors, by the alternate impulse of senna and sherry, of calomel and coffee, of jalap and gentian. As long as these instruments are so directed, that their respective influences succeed each other in compensating proportion, all seems, for the time, smooth; but let either overdo or underdo the mark, and everything breaks down. The game must then be commenced anew, to be continued as long as feather and cork resist the tendency which it has to knock them to pieces."

FALLACIES OF THE MEDICAL ART.—In the practice of the healing art generally, what absurdities do we find, what contradictions, and what results? "Who shall decide when doctors disagree?" Dr. Billing, one of the highest authorities, in his Principles of Medicine, tells us, that "the so-called systems of Cullen, Brown, Broussais, Rasori, &c., seemed mere individual opinions, totally differing from each other; and which was I to follow? Each of their originators appeared confident in himself, and despised his adversary; while their followers almost came to blows, arguing as much for victory as the love of truth. I visited the different schools; the students of each hinted, if they did not assert, that the other sects killed their patients; but I found that, provided the physician of each school was a man of talent and experience, the mortality was fairly balanced." Again, look at the authorities concerning the treatment of that dire disease which is at this time a subject of especial interest. I refer to the cholera. Hear Dr. Elliotson of London, a standard authority. "We are not in the least more informed as to the proper remedies than we were when the first case of cholera occurred: we have not been instructed, in the least, by those who have had the disease to treat. Some say that they have cured the disease by bleeding; others by calomel; others by opium; others, again, say that opium does harm. No

doubt, many poor creatures have died uncomfortably who would have died tranquilly if nothing had been done to them. Some were placed in hot water, or in hot air, and had opium, and calomel, and other stimulants, which altogether were more than their systems would bear, and more than would have been borne, if they had been so treated even in perfect health." "I am sorry to say," remarks this candid writer, "that of the cases I had to treat, nearly all the patients died."

Dr. Watson, also, in his Lectures on the Principles and Practice of Physic, says :—

"Some patients, (in cholera,) after the vomiting, and purging, and cramps had departed, died comatose (in stupor); over-drugged sometimes, it is to be feared, by opium. The rude discipline to which they were subjected, might account for some of the cases of fever; and the process of artificially replenishing the veins was certainly attended with much danger. The injection of AIR with the water—inflammation of the vein from the violence done to it—an over-repletion and distension of the vessels by the liquid—more, any one of them, and sometimes, I suppose, DID, occasion the death of the patient. Never, certainly, was the artillery of medicine more vigorously plied—never were her troops, regular and volunteer, more meritoriously active. To many patients, no doubt, this busy interference made all the difference between life and death. But if the balance could be fairly struck, and the exact truth ascertained, I question whether we should find that the aggregate mortality from cholera in this country was any way disturbed by our craft. Excepting always the cases in which preliminary diarrhoea was checked, just as many, though not perhaps the very same individuals, would probably have survived, had no medication whatever been practiced."

And Dr. Billing, before referred to, observes :—

"The slight, or middling cases of cholera, have a tendency, like ague, to remit of themselves; and hence, whatever treatment had been adopted, the practitioner used to think he had cured them; and thus I have been frequently told by practitioners, that they had found the true remedy for cholera. But the next time I met them, there was a long face upon mentioning the specific."

Such, then, is the testimony of some of the highest authorities concerning the treatment of this most terrible disease.

Witnessing, then, all the contradictions and absurdities, and, I may add, the horrors and dangers of the drug treatment of disease, we are not to wonder that it should have been said of a certain woman, "that she had suffered many things of many physicians, and had spent all

that she had, and was nothing bettered, but rather grew worse;" or that, "if any man sin against the most high God, let him fall into the hands of the physicians." Certainly, if we are to judge of the existing medical art by the wild, the fantastic, and the wonderful, and all the immense variety of things that are not and cannot be, but that have been imagined and believed, we must conclude with the poet :—

"Physic—a freak of times and modes,
Which yearly old mistakes explodes
For new ones still absurder—
All alay—their victims disappear,
And only leave this doctrine clear,
That—'killing is no murder!'"

Millions of the dead, could they speak, might say, no doubt, in the language of the old epitaph you have heard :—

"I was well ;
Wished to be better ;
Took physic,
And here I lie."

Or, in the words of a singular old inscription that is to be seen on an unpretending slab in the burying-ground attached to the picturesque old abbey church raised anciently by the monks at Great Malvern, England :—

"Pain was my portion,
And physic was my food,
Groans was my devotion,
And drugs done me no good!"

(To be continued.)

DYSENTERY AND TYPHUS FEVER.

BY R. T. TRALL, M. D.

THESE diseases have been very prevalent in many places during the last two months. Indeed, in some small country villages, the former has ravaged as fatally as the cholera did in this city in July. Yet we heard of no alarm, no panic, no extraordinary sanitary efforts, no special boards of health, authoritatively recommending "brandy and opium" to prevent, and "opium and brandy" to cure.

DYSENTERY is a very common disease; it prevails frequently; we are all familiar with its story of "awful Providences;" and the people, as with all other every-day calamities, look upon it as a sort of fatalism—a matter of course. But the cholera only comes among us once or twice in fifteen or twenty years—it is a new "visitation"—hence our consternation.

Now, it is almost as great an evil to die of the dysentery as of the cholera. During the present

cholera season probably three times as many have died in the United States of the dysentery as the cholera. Each is equally self-induced, and both can be prevented by precisely the same sanitary habits of life; and when we contrast the havoc attending the usual medical treatment of both, with the almost uniform success of the water treatment, we are strongly tempted to perpetrate a proverb: THE FEAR OF DRUGS IS THE BEGINNING OF HEALTH.

Typhus fevers are usually co-partners with dysentery in the work of death. In fact, these diseases are not very dissimilar. The dysentery is essentially a typhoid fever, with the addition of a local inflammation of some portion of the mucous membrane of the bowels. Both require, hydropathically, the same treatment, with the addition of the topical treatment in the case of dysentery. This consists of copious injections, warm, tepid or cold, according to the degree of heat and inflammation, and wet bandages, very often changed, to the abdomen, with occasional sitz baths, the temperature regulated as above indicated.

THE TREATMENT OF TYPHUS FEVER by the pharmacopœia of the schools, and the materia medica of nature's laboratory, affords a contrast comico-serious. Let us glance at it.

ALLOPATHIC. First, a vomit—*ipecac* and *antimon*, the latter one of the deadliest poisons known; then a purge of *calomel* and *opium*, worked off with *epsom* salts and *senna*; if the head throbs much bleeding is performed. Follow these preparatory measures with the alterative course—*calomel*, *opium*, and *ipecac*, once in three hours, in a sudorific decoction of *chamomile* and *serpentaria*; half a teaspoonful of *nitre*, *dulcis* once in three hours, and a tablespoonful of solution of *nitrate of potasse* once in three hours, making some nauseous dose for the stomach once an hour by the clock. If the patient has a little cough, give him *squills* with a little more *tartar emetic*; if pain comes on in the side, stick on a blister; if there is great headache, put another on the forehead or side of the face; if the head grows delirious, shave off the hair and cover the scalp with little sores; if the feet become cold, apply *mustard* and *vinegar*; if any part of the body gets particularly hot, draw out some of the blood with *leeches*. Continue the "course," with occasional variations of the drops and powders to keep up confidence, till the patient's blood and

bones become thoroughly *drugotized*, which will be evinced by fetid breath, metallic taste, *mercurial pulse*, swelled tongue, spongy gums, drooling salivary glands, great anxiety, extreme restlessness, and such like indications, that the "doctor stuff" is doing a powerful business, once in a day or two evacuating the bowels with salts, *senna*, oil, charcoal, or an extra dose of *sub murias hydrargyri*. When the disease and the patient have been doctored down below the range of febrile action, which usually takes from three to six weeks, so that they—the patient and the disease—will be compelled, by the force of apothecary circumstances to part company, then, presto, change—commence stimulating the patient up again. Pour into his stomach as much as his head will bear of wine, brandy, porter, toddy, with bark, quinine, ether, *capsicum*, *ammonia*, *valerian*, *elixir vitriol*, compound spirits of *lavender*, &c. &c., according to the taste or discrimination of the physician. In three or six weeks more he may be out around, a first-rate subject to spend his future winters in Florida or Cuba, to prevent the Northern blasts from reminding him too severely of the minerals in his bones.

In describing the usual routine of druggery, I should not omit the little, very little attention generally paid to personal cleanliness, which is really the nearest approach to rationality of any part of the management, such as rubbing the hands, arms, and feet, with a little *vinegar* and water, or a little *saleratus* and water, and sometimes sponging the whole body with a little spirits and water. All such patients ought to be thankful for all such small watery favors, in the hope of getting more.

It should also be mentioned that, under the ordinary drug treatment, a multitude of accidental or casual symptoms are apt to be present, requiring special medication, as hemorrhage from the liver, a bloated state of the abdomen, *diarrhœa*, suppressed urine, black vomit, &c. They are met respectively with sugar of lead, oil of turpentine, tincture of kino, *arsenic*, and *more calomel!* These accidents are, nine times out of ten, the effects of the treatment alone.

HYDROPATHIC. First cleanse the stomach by drinking copiously of pure soft water. If the bowels are not entirely free, move them with injections of pure soft water. If the whole body is hot, apply the cold wet sheet frequently until the temperature becomes natural. If it rises again,

repeat the process. If the head aches and throbs, apply *very* cold wet cloths, often changed. If the general heat is irregular, cold shivering and hot flashes together, use the packing wet sheet once or twice a day. If the extremities are cold, apply warm flannels or bottles of hot water. Let all the endeavors be to purify the body and equalize the circulation. Continue the "course" until the patient is well, which will almost always be within one week. Always take especial care to have the room well ventilated, and never burn any sugar, vinegar, or rags, in his apartment, as is too often done, thereby adding one stench to another. When the patient gets out he will be neither marred within nor scarred without; nor will he be obliged to spend the remainder of his life in trying to run away from the mercury which is trying to eat him up.

REVIEWS.

EXPERIENCE IN THE WATER-CURE, a familiar exposition of the principles and results of water treatment, in the cure of acute and chronic diseases, illustrated by numerous cases in the practice of the author, with an explanation of the water-cure processes, advice on diet and regimen, and particular directions to women in the treatment of female diseases, water treatment in childbirth, and the diseases of infancy. By MARY S. GOVE NICHOLS, New York. Fowlers and Wells, Publishers. Price only 25 cents, mailed.

This work contains most of the matter that has been published in the "W. C. Journal" under the title of "Mrs. Gove's Experience in the Water-Cure," in a revised and improved form, besides much that is new and original. For the present, its title, which we give in full, must answer. We shall refer to this work again in another number. It is just such a work as *every family* should possess, and we most heartily recommend it to the public.

FAMILIAR LETTERS TO YOUNG MEN, on various subjects, designed as a companion to the "Young Man's Guide." By WM. A. ALCOTT. G. H. Derby & Co., Buffalo, publishers, price 75 cents.

Everybody knows Dr. Alcott, or at least *ought* to know him, for he has written books enough to "supply a nation," besides having written for a vast number of newspapers, medical and literary journals, published in Europe and all other countries. So much for the wide *popularity* of Dr. Alcott. Since he has written so much, it is but fair to infer that this, his most recent, "FAMILIAR

LETTERS TO YOUNG MEN," should be the *best* of all. Amongst other subjects the following are most prominent:—Self-respect and self-reverence, self-knowledge, self-dependence, self-education, harmony of character, light reading, correct conversation, the schools, the spirit of progress, free-thinking, physiology, phrenology, physiognomy, traveling, love of excitement, purity, decision and firmness, money-getting, pleasure-seeking, respect for age, female society, general duty of marriage, death and futurity. This work is beautifully printed, and bound in a most substantial manner.

ANNUAL REPORT OF THE GLEN HAVEN WATER-CURE, Cortland County, New York, from Feb., 1848, to Feb., 1849. By JACKSON GLEASON, M. D.

We had intended to have extracted for the present number of the "Journal" some of the many important cases therein contained, but a want of space prevents. We shall endeavor to do so in our next. We look upon this report with great interest, as it contains not only an account of the diseases treated, but also of the various *modes of treatment*. The whole number of cases treated in this establishment exceeds a hundred and twenty, during the first year, and we are informed that the number for the second year will greatly exceed that of the first.

Mrs. GLEASON, the excellent LADY MANAGER, is now on her way through the New England States, visiting all the principal establishments, with a view of acquainting herself with all the improvements which may have been made, for the purpose of introducing them into the GLEN HAVEN ESTABLISHMENT. We have the promise of an account of this visit for publication in the "Water-Cure Journal."

IN PRESS AND WILL SOON BE PUBLISHED,
CHRONIC DISEASES, ESPECIALLY THE NERVOUS DISEASES OF WOMEN. By D. ROSCH. Translated from the German by CHARLES DUMMIG.

This is doubtless one of the most important works that has ever appeared in print. We will not attempt even to give a synopsis of its contents at present, but will do so in a future number. The price will be 25 cents.

TRACTS ON PHYSIOLOGY.

A series of TRACTS are now being prepared at the office of the Water-Cure Journal, for gratuitous distribution, or to sell, in large quantities. They will embrace various other subjects of interest, relating to health, such as dietetics, ventilation, exercise, tea and coffee, tobacco, and other stimulants; in short, they will be HYDROPATHIC, and will be designed for general distribution. They will be printed in 12mo. form, containing four pages each.

MISCELLANY.

A SINGULAR CALCULATION.—Some genius has perpetrated the following calculation :

"I have been married 32 years, during which time I have received from the hand of my wife three cups of coffee each day—two in the morning and one at night—making about 31,040 cups of half a pint each, or nearly 70 barrels, of 30 gallons each, weighing 17,520 pounds, or nearly nine tons ; yet in all that time I have scarcely varied in weight from 160 lbs. It will therefore be seen that I have drunk 218 times my own weight in coffee alone. I am not much of a meat eater, yet it is probable I have consumed in 32 years 50 barrels. For twenty years of this time I have drunk two wine-glasses of brandy each day, making 900 quarts. The Port wine, whisky, Madeira, &c., I am not able to count, but they are not large. When we take into the account all the vegetables, such as potatoes, beans, peas, asparagus, cherries, strawberries, apples, pears, peaches, raisins, &c., the amount consumed by an individual is enormous. Now my body has been renewed more than four times in 32 years ; and taking it for granted that the water I have drunk acts merely as a diluent, yet, taken together, I conclude I have consumed in 32 years the weight of 1,100 men of 160 lbs. each."

Had our calculator estimated the EXPENSE of the useless articles of drink, as well as the quantity, it would have indeed been startling. Enough, we doubt not, to have purchased a fine farm, and stocked it with all the comforts of life. Shall not this serve as a warning ? Besides this useless expense, what must have been the effect on the BODY AND MIND of this artificial mode of life ?

Far better were it for him, as well as all others, to have drunk only pure water, which is infinitely better and cheaper than all other invented drinks.

THROW OVERBOARD your tea and coffee, snuff and tobacco, rum and brandy, and for ever banish them as useless and dangerous luxuries, and adopt Hydropathy, and we will answer for your health.

NEW WATER-CURE ESTABLISHMENTS.—It gives us pleasure to record the "building up" of another of these edifices, for the benefit of suffering humanity. We copy from the "Livingston Union" of recent date.

MESSRS. EDITORS:—Permit me through the columns of your paper to call the attention of your readers to the Water-Cure Establishment in Castile, N. Y. I was there a few days since, and through the politeness of one of the proprietors, Mr. CARLTON FULLER, was shown through the apartments. A new and tasteful building has been erected, with various shower baths for the purpose of administering the "douche" to those patients who are laboring under chronic complaints, but are able

to ride or walk ; exercise being always deemed beneficial immediately after the shower-bath, especially for those patients who are able to bear the fatigue of riding or walking. But for those who are unable to bear this treatment, convenient baths are constructed in the boarding-house or hotel, where they can be administered at all times ; and persons are in attendance, both male and female, to administer every aid and comfort which may be desired, and is deemed necessary for the benefit of the invalid.

Of the water treatment, as practiced in this and similar institutions, it is not my purpose to speak. That water applied freely, and with judgment, to the surface of the body, is a powerful agent in promoting health, and invigorating the system, I presume no one will question. But all those who are anxious to resort to this, "nature's curative," for the purpose of removing disease and re-establishing health, I would recommend them, in this section of country at least, to visit this institution. Castile is a pleasant country village, and the institution offers all the advantages to the invalid which can be obtained in any of our most celebrated water-cure establishments with which I am acquainted.

Mt. Morris, N. Y., 1849.

M.

DEATH OF DR. BRIGHAM. BY NELSON SIZER.—Dr. Amariah Brigham is dead ! On Saturday morning, September 8th, this benefactor of his race expired at Utica, New York, after a severe attack of dysentery. He was the Superintendent and Resident Physician of the New York State Lunatic Asylum, at Utica. Dr. Brigham commenced the practice of his profession at Greenfield, Mass., and after making the tour of Europe, and becoming familiar with the management of the insane, and the general hospital practice in the most renowned institutions of the old world, he returned to Hartford, Connecticut, where he, for many years, had charge of the Insane Retreat of that city. He was transferred to Utica, and for several years has presided with distinguished success over the Lunatic Asylum of that place. His knowledge of normal and abnormal mentality gave him almost omnipotent command over sane and insane persons, and his kindness, assiduity, fidelity, and skill, made him deservedly a favorite in society in general, but most especially so with his numerous patients. He is widely known and valued for his contributions to medical literature, and the world at large owes to him a debt of gratitude for his writings and practical labors on the theory and cure of that most appalling of all diseases, viz., INSANITY. Phrenology has lost one of its earliest and warmest friends, and an able and willing defender of its sublime principles. A GREAT AND GOOD MAN HAS FALLEN!—*Phrenological Journal.*

POWER OF IMAGINATION.—An honest New England farmer started, on a very cold day in winter, with his sled and oxen, into the forest, half a mile from home, for the purpose of chopping some wood. Having felled a tree, he drove the team alongside, and commenced chopping it up. By an unlucky hit he brought the whole bit of the axe across his foot, with a sidelong stroke. The immense gash so alarmed him as to deprive him of all strength. He fell, the warm blood filling his shoe. With great difficulty he succeeded in rolling himself on to the sled, and started the oxen for home. As he reached the door he called eagerly for help. His terrified wife and daughter, with much effort, lifted him into the house, as he was wholly unable to help himself, saying his foot was nearly severed from his leg. He was laid carefully on the bed, groaning all the while very bitterly. His wife hastily prepared dressings, and removed the shoe and sock, expecting to see a desperate wound, when, lo! the skin was not even broken. Before going out in the morning he wrapped his feet in red flannel, to protect them from the cold; the gash laid this open to view, and he thought it flesh and blood. His reason not correcting the mistake, all the pain and loss of power which attend a real wound followed. Man often suffers more from imaginary evils than from real ones.

A CURIOUS CASE OF SURGERY.—The following is a remarkable example how intelligent physicians, as well as intelligent men in other pursuits, may be imposed on by their own credulity:

"Some time ago, a little child of Mr. Lothrop, at the foot of Sudbury street, was playing with a pair of bivalve shells, round in form, and each fully as large as the eighth of a dollar, when one of them suddenly disappeared, and nothing could be found of it. After several weeks there was an appearance of something growing on the child's mouth, in the roof of it. The child was carried to Dr. Clark, the City Physician, who pronounced it a case of the enlargement of some bone, the anatomical name of which is too hard for us, but we will call it one of the rafters of the mouth. Subsequently Dr. Warren was consulted, who confirmed Dr. Clark's opinion, and proposed to operate, to reduce the size of the enlarged bone. On cutting round the protuberance, the before-mentioned shell fell out. It seems to have adhered, the concave side up, to the roof of the mouth, until it had become completely imbedded under the skin."—*Boston Chronicle*.

A WATER-CURE INSTITUTE has been established at the far-famed SARATOGA SPRINGS. W. A. Hamilton is the resident physician, and W. E. ROGERS proprietor. How is it possible for a water-cure establishment, in *such* a locality, under good management, to fail of success?

A NEW SPECIES OF FOOD.—Among the rarities recently exhibited at Birmingham by Mr. Mumby, the author of the French work on the Botany of Algiers, was a sample of a vegetable product of the arid deserts, of a remarkable description. In its dried state it resembles granules of the bark taken from the cork tree, of various sizes, from grains of millet to horse beans, and on being masticated, falls into roughish, tasteless meal. It is found at day breaking covering the sands for miles, as if rained plentifully from heaven; and being gathered, is readily converted into bread. The French soldiery used quantities of it daily in this manner. As the sun increases in power, it is consumed, and dies away without leaving scarcely a trace of having been. This substance, so closely resembling the manna of the Israelites, is a species of lichen, which thus grows up in the night, and disappears with the advance of day.

THE "CENTRAL GEORGIAN" says, in an editorial notice of the Water-Cure Journal—

"The first number of the 8th volume of this really valuable Journal is now before us, and we take pleasure in commending it to the favorable consideration of our readers. Devoted to the advocacy of Hydropathy, we think our readers would be benefited by its perusal; especially, if by this means they should be induced to believe that cold water alone is less poisonous than they suppose, and that it may be drank with impunity without any dilution with gin, brandy, *et id omne genus*. In the nursery, also, this work might be of use in proving that grease and dirt are not essential to the health of children, and that children may thrive and do well with clean clothes and faces. The Journal goes its death against the use of tobacco, tea, coffee, and other fashionable vices."

EAGLE HOUSE WATER-CURE ESTABLISHMENT AT PITCHER SPRINGS, CHENANGO COUNTY, NEW YORK.—This establishment has been in successful operation for the past year, under the immediate care of Dr. A. A. MASON, who gives his whole attention to the sick and afflicted, and feels thankful for the patronage he has received the past year, and truly gratified with the success attending the treatment of diseases by water. Terms, four dollars a week. Those wanting extra care and attention will be charged accordingly. Patients wishing fire and lights in their rooms, can be furnished on reasonable terms. Washing done at fifty cents per dozen. Payments every Saturday morning. Each patient will furnish themselves with two wollen blankets, two comforters, three sheets, and four crash towels.

FREE BATHS.—To guard the health of Milwaukee more effectually, the citizens have made contributions to establish free baths for the use of immigrants arriving in that city.

A FACT.—Previous to our knowledge of the water-cure, my wife was subject to severe colds; frequently for a week or ten days she would be so hoarse as to be unable to speak above a whisper. Her face would swell badly, and her teeth ache severely, but regular daily bathing has worked a great change in that respect. For three years past she has not been troubled as much as she usually was in three months, previous to the practice of daily bathing. In fact, she has had but one bad cold in the whole three years. From my own personal experience and knowledge in this matter, I feel quite confident that the person who bathes daily, and in the proper manner, will be cold-proof under almost any exposure.

D. BACON.

WATER-CURE IN WEST AMESBURY, MASS.—We clip the following from the "Chronotype," which speaks well for the intelligence of the people to whom it refers:

"West Amesbury is one of the spots beautifully rural, and given to chaise making. Dr. K., with whom I went, has been lecturing here, and great is the ferment. Twenty-three copies of the 'Water-Cure Journal' are taken in this little village alone, and many of the folks would sooner die a 'natural death' than take any more physic, though they think 'Dr. Ben's' physic is as good as anybody's; this also is the case now, more or less, everywhere, where brains and common sense predominate."

THE WATER-CURE IN CHESTER, VT.—The water-cure system is gaining friends in this town and vicinity very fast. Many stubborn cases have been successfully treated by Mr. Isaac Allen and his amiable wife. I should be glad to see the "Water-Cure Journal" in every family through the country. My efforts will be unceasing until the knowledge of the water-cure is more widely diffused and more thoroughly practiced.

Yours, truly, JOSEPH HADLEY.

PITCHER SPRINGS WATER-CURE ESTABLISHMENT.—By referring to our advertising department it will be seen that this new establishment is now in successful operation. It is the same referred to by Mrs. Gove, in her "Experience," in the October number of the "Water-Cure Journal," and is known as the EAGLE HOUSE WATER-CURE. It is pleasantly situated, in Chenango County, New York. We bespeak for it a liberal patronage, which it is *sure* to receive when generally known to the public.

MRS. SWISSHELM ON BATHING.—One of the Pittsburgh papers having complained that some men were in the habit of bathing in a rather public place, Mrs. Swisshelm comes down upon the editor, and says it would be better for the ladies to wear leather specs than for the men to go unwashed! She

further suggests that instead of making laws against bathing, "our councils should appoint a police force to catch our dirty population, take them all down to the river and heave them in, once every day, unless they can show a certificate of being already washed." The "great unwashed" owe Mrs. Swisshelm an everlasting debt of gratitude!

THE FASHIONABLE LADY'S PRAYER.

"Give us this day our daily bread,"

And pies and cakes besides,
To load the stomach, pain the head,
And choke the vital tides.

And if too soon a friend decays,
Or dies in agony—

We'll talk of "God's mysterious ways,"
And lay it all to thee.

Give us, to please a morbid taste,
In spite of pain and death,
Consumption-strings around the waist,
Almost to stop the breath;

Then, if infirmity attends

Our stunted progeny—

In visitation for our sins,

We'll lay it all to thee.

Give us good houses, large and tall,
To look the cabins down—

And servants dodging at our call,

And shaking at our frown;

The poor, however worthy they,

We'll treat quite scornfully—

Then sixpence pay, communion day,

And settle up with thee.

We do disdain to toil and sweat,

Like girls of vulgar blood!

Of labor give us not a bit,

For physic nor for food;

And if for lack of exercise,

We lack the stamina

Of those we trample and despise—

We'll lay it all to thee.

If any curse we have forgot,

That on a votary

Fashion let fall, withhold it not,

But send it grievously;

And if too hard the millstone light

For frail humanity—

We'll never blame ourselves a mite,

But lay it all to thee.

Yes, give us coffee, wine, and tea,

And hot things introduce,

The stomach's warm bath thrice a day,

To weaken and reduce!

And if, defying nature's laws,

Dyspeptic we must be,—

We scorn to search for human cause,

But lay it all to thee.

NOTICES.

"NOW IS THE EXPECTED TIME" when our subscribers will prepare themselves for a New VOLUME, at the commencement of a New YEAR, and lay their plans for the formation of new "CLUBS," and the renewal of old ones. We wish to DOUBLE our subscription list in 1850. Will every READER help? If so, we shall give the drug system such a soaking, that it will take all the "regulars" in the universe to keep it alive.

THE WATER-CURE JOURNAL will SURELY triumph, and, by the good efforts of its friends, do more good than all other medical publications combined.

BOOKS BY MAIL.—Many of our readers, residing at a great distance from New York, may not be aware of the fact, that ALL BOOKS published at the WATER-CURE JOURNAL OFFICE may be sent, with perfect safety, by MAIL, to any Post Office in the United States or Canada.

Therefore, those who cannot obtain such works as they may wish, through our various agents, may enclose in a letter small change, in specie, in post-office stamps, or bank notes, and direct the same to the publishers of the WATER-CURE JOURNAL, for any book, pamphlet, magazine, or newspaper, published in New York, Philadelphia, or Boston, and receive the same, promptly, at a trifling expense for postage.

WHAT SHALL BE DONE TO EXTEND THE CIRCULATION of the WATER-CURE JOURNAL? It is not only a desire of its publishers, but also of every lover of HYDROPATHY, to have it done. To accomplish this, all the usual means are applied, such as advertising, &c. Yet "THERE IS A WAY" more agreeable and satisfactory than any other, NAMELY, the recommendation of it, by PRESENT SUBSCRIBERS, to their neighbors and friends. Those who have been benefited by reading the WATER-CURE JOURNAL, are capable of inspiring OTHERS with confidence, and inducing them also to become subscribers. THIS IS "THE BETTER WAY." Many have already made it a point, on every suitable occasion, to advise their friends to "read and practice" the life-imparting principles contained in its pages. One thing greatly encourages those who have taken the responsibility upon themselves of supplying the American public with a HYDROPATHIC JOURNAL, and that is this: OLD SUBSCRIBERS almost invariably RENEW their subscriptions at the end of the volume for which they subscribed. This is evidence enough to convince the publishers that the very best possible feeling exists in favor of its continuance. The friends to the new system are increasing daily, and, as there are "NO BACKSLIDERS," it is a positive certainty that the cause is well founded, both in REASON AND TRUTH. THE WATER-CURE JOURNAL is intended to be a medium through which an intimate acquaintance may be had with ALL ITS ADVANTAGES. Will not EACH present subscriber show it, or lend it to his neighbor, and induce him also to subscribe?

TO CORRESPONDENTS.

ADVICE TO A NURSING MOTHER. BY JOEL SHEW, M. D.—A mechanic, who is just "beginning in the world," writes, inquiring what to do in the case of his wife, who thinks she does not produce milk enough for her young child. "According to the notions of old women at the present day," the writer observes, "she should drink tea about four or five times a day, in quantity sufficient to make a kind of slop-tub

of herself. This I am utterly opposed to. What I wish to know is, what must she eat and drink, in order to produce sufficient milk and not injure her health. She has practiced bathing every day, and thinks it has helped her very much. She is naturally of a feeble constitution, but has improved very much lately, and will enjoy good health, with proper management, I have no doubt."

ANSWER.

There is a great error in the minds of people generally, as to the means of procuring a greater supply of milk, where this secretion is deficient. The true principle of management is, to do all that may be to better the general health. Whatever will accomplish this, will aid in the object desired. It is neither necessary nor useful that the food should be of too thin or watery a kind. Suppose taking largely of liquids should be found to increase the milk somewhat, there will then be produced a more watery secretion of milk, which, if greater in quantity, would be worth no more than a smaller portion that is richer. If the habits are good throughout, it is doubtful whether nursing mothers would experience any more thirst than at other times.

The water drank in such cases, as well as that used for cooking, should be pure and soft. Rain water all may obtain, and this is invaluable. Milk may be used in moderation, accordingly as the stomach can bear it. Farinaceous food generally, good brown bread, Indian mush, or hominy, well-boiled potatoes, and baked or stewed apples—these, eaten three times a day only, constitute the best mode of diet in such cases.

Bathing, two to three times a day, that is, washing the whole surface with the wet hand, towels, &c., the dripping sheet, if persons choose, the water not being so cold as to chill the system very much, will be useful. Especially, let the breasts be well washed.

The patient should exercise or labor little and often, as she can bear to do. She should be careful, however, not to overdo, as anything which overheats the system is certain of making the milk less.

Finally, let the patient observe all good rules of health. There can be no magic made by which to increase the milk. It must be done on rational principles, such as we would pursue in order to benefit the general health at any time.

The best food for an infant, other than that from the mother's breast, is good cow's milk, a little diluted with water, and not at all sweetened. If the mother's milk contains a little more sugar of milk than that of the cow, the fact is no good reason why we should put common sugar, an entirely different thing, into the latter. Infants do best on unsweetened milk.

H. S., M. D. Your inquiries, respecting Dr. TRALL'S Water-Cure Establishments, are answered in his advertisement, in our advertising columns. Dr. TRALL was a "regular" M. D., but became displeased with a system of medicine so unreliable, and engaged successfully, for some years, in a literary life. He edited, with great ability, one of the best and most widely-circulating family newspapers published in New York, and imparted a character to that paper which very few enjoy. During his editorial life he acquainted himself thoroughly with Hydropathy, or the Water-Cure, and is now practicing on the new and better plan. Dr. TRALL'S communications in the Water-Cure Journal will enable you to judge of his capacity to advise you Hydropathically.

COSMOPOLITE. Your article on WHITE SWELLING will appear soon.

VARIETIES.

KOSSUTH—HIS RECEPTION IN AMERICA.—In a recent number of the "National Era," we find the following, by Grace Greenwood. After welcoming to our shores the charming writer, Frederika Bremer, Grace says:

"But to the **MEN** of America comes one whose very name should cause the blood to leap along their veins—he, the heart's brother of freemen all over the world—the patriot, prophet, and soldier, the hero of the age—Kossuth the Hungarian!

"How will he be received here? How will the deep, intense, yet mournful sympathy, the soul-felt admiration, the generous homage of the country, find expression? Not in parades and dinners, and public speeches, for Heaven's sake!

"Would you feast and **FEET** a man on whose single heart is laid the dead, crushing weight of a nation's sorrow—about whose spirit a nation's despair makes deep, perpetual night?

"I know not how my countrymen will meet this glorious exile; but were I a young man, with all the early love and fresh enthusiasm for liberty and heroism, I would bow reverently, and silently kiss his hand. Were I a pure and tried statesman, an honest patriot, I would fold him to my breast. Were I an old veteran, with the fire of freedom yet warming the veins whose young blood overflowed in her cause, I should wish to look on Kossuth, and die!

"Who can say this man has lived in vain? Though it was not his to strike the shackles from his beloved land, till she should stand free and mighty before Heaven, has he not struggled and suffered for her? Has he not spoken hallowed and immortal words—words which have gone forth to the nations, a power and a prophecy, which shall sound on and on, long after his troubled life is past—on and on, till their work is accomplished in great deeds—and the deeds become history, to be read by free men with quickened breath, and eyes that lighten with exultation? And it is a great thing that Europe, darkened by superstition and crushed by despotism, has known another hero—a race of heroes, I might say, for the Hungarian uprising has been a startling and terrific spectacle for kings and emperors. And 'the end is not yet.' There must be a sure, a terrible retribution for the oppressors—a yet more fearful **FINALE** to this world-witnessed tragedy. While the heavens endure, let us hold on to the faith that the right shall prevail against the wrong, when the last long struggle shall come, that the soul of freedom is imperishable, and shall triumph over all oppressions on the face of the whole earth."

HOW TO PRESERVE GRAPES.—For several years past I have succeeded in preserving Isabella grapes till March. We have had the luxury of having fresh grapes all through the winter, and have found them very useful and refreshing to the sick, especially to consumptive people. We pick our grapes to preserve for the winter as late as we can, and save them from frost, gathering them when they are perfectly dry, say in the middle of a sunny day. We take a dry box—a common candle box is very convenient for the purpose—first cover the bottom with common cotton batting. We then put down a layer of grapes, one cluster after another, as thick as they can well lay. Care should be taken that there are no broken or green ones in the clusters. If there are, they will cause the others to mould and decay. We then put down a layer of cotton batting, and then another layer of grapes, till the box is full.

Some have been at the trouble to seal the end of each stem

with wax. We do not believe it is of any service. As the stems are brittle, it is necessary to handle them with a great deal of care. When they are thus laid down, much depends upon the place where you deposit the box. It should be placed in the driest and coolest place you have in the house. Some prefer the garret. There they are apt to wilt and lose all their flavor. Sometimes they will mould in the cellar. The principal difficulty in preserving grapes, lies in keeping them secure from the time you lay them down, and the setting in of cold weather. After that there is no difficulty. I have generally had them come out as green and as fresh in the middle of winter as they were when first laid down, and with all their original flavor.

So far as my experience goes, I have succeeded best in preserving them in the upper part of the cellar. I have never failed in preserving them in this way. As they may be kept, they become a more desirable fruit, and the cultivation of the vine should be greatly increased, not for the purpose of making intoxicating drink, but as an article of wholesome food. There can be no doubt but that fruit should constitute a much larger share of our diet. The free use of it would relieve us, in a great measure, of some of our most common diseases.

EARLY MARRIAGES.—The children of very young parents are generally deficient in strength of body and mind, and commonly die young. Franklin was the fifteenth child of his father, and the eighth of his mother, and, more still, he was the youngest child for **FIVE SUCCESSIVE GENERATIONS** on his mother's side, from whom more than from his father he inherited his eminent talents. Pitt, Fox, and Burke, were each the youngest child of their respective families. Daniel Webster is the youngest by a second marriage; so also was Lord Bacon; Benjamin West was the tenth child of his parents; and Dr. Doddridge was the twentieth child by one father and mother. It is a proverb that "the youngest children are the smartest." And why? Evidently, because the parents are mature in mind and body, and, consequently, transmit a higher order of mentality to their offspring. Does the intelligent farmer expect a healthy and luxuriant crop when he seeds with dwarfish green corn or unripe potatoes? And why not bring in requisition as much science and common sense to propagate "the human form divine" as potatoes and cabbages? Grant that early marriages would obviate much of the vice and wickedness which is now almost unavoidable, is not the remedy worse than the disease, if it be the means of bringing into existence a race of puny, ill-formed children, a majority of whom die before they arrive at maturity? But the evil does not end here. Those who live transmit their mushroom constitutions to their offspring, and thus most effectually are the "iniquities of the fathers visited upon the children."

MEN OF WAR—WHAT THEY COST.—The "Albany Knickerbocker" pithily says: "Three of the most expensive luxuries that nations can possibly indulge in are wars, bass drums, and heroes!" and, in proof, states that in England the Duke of Wellington, since 1811, has received in military pay, bounties, grants, &c., about \$14,000,000, or some \$400,000 a year—more than we pay Congress, Senate, President, and thirty-one State Governors! Why, that great sum would educate some 25,000 of the poor children of the English peasantry, and yet it is all spent on one man.

A schoolmaster, driving oxen, and wishing to express himself in a scholastic style, addressed himself thus: "Haw, BUCK and ALSO BRIGHT."

A schoolmaster said to himself, "I am like a hone—I sharpen a number of BLADES, but wear myself out in doing it."

SYSTEMS OF MEDICINE, POETIZED.

ALLOPATHY.

Take some calomel,
The more you take the better,
Mix it with a drop
Or two of cistern water.

Feed some to your dog,
It will make him vomit,
And, may be, see stars,
And perhaps a comet.

Once in each half hour,
Take a rousing portion ;
Say, a tumbler-full,
If that suits your notion.

Should you chance to die,
As you're almost sure to,
You may safely swear,
That it did not cure you.

Another correspondent gives the following recipe for

HOMŒOPATHY.

Take a little rum,
The less you take the better ;
Mix it with the lakes
Of Werner and of Wetter.

Dip a spoonful out—
Mind you don't get groggy—
Pour it in the Lake
Winnipisiogee.

Stir the mixture well,
Leat it prove inferior ;
Then put half a drop
Into Lake Superior.

Every other day,
Take a drop in water ;
You'll be better soon—
Or, at least, you ought to.

QUACKOPATHY.

Take of Brandreth's Pills
A twenty-five cent box,
And of Townsend's Sarsaparilla
Enough to kill an ox.

Before you go to bed,
Eat a quart of Salmagundi,
And, on the top of this,
Take a dose of "ALICOMFUNDY."

Every night and morning,
Drink a pint of Brandy—
Sweeten, if you please,
With a stick of Cough Cure Candy.

Then add to the above,
A pail of Quacknip tea—
Then, if you are not dead,
You surely ought to be.

STEAMOPATHY.

Get a pile of rocks,
Or bricks, if nothing better,
Heat them hissing hot,
And yourself with pepper.

Put them in a basin,
Underneath a chair,
Wrap a blanket round you,
To exclude the air.

Pour some water on them,
And "Composition" down
Your throat, to start the canker,
And do disease up brown.

Of "lobelia" take a potion,
Wind up with "No. 6,"
A "crisis" follows motion,
And you're shortly in "a fix."

But the best of all remedies may be found under the head of

HYDROPATHY.

Take a linen sheet,
The bigger 'tis the better—
Wrap yourself up well,
And plunge into the water.

Any water 'll do,
Croton; sea, or cistern ;
Each should make a choice
Of what best suits his notion.

When you're fairly soaked,
If you don't feel better,
Take a generous show'r bath,
And get a little wetter.

Touch no wine nor gin,
But gallons of cold water—
You'll be better soon,
If you ain't, you o'r't to.

In addition to the above, the following should be added to HYDROPATHY, as it is quite applicable.

Take the open air,
The more you take the better ;
Follow Nature's laws,
To the very letter.

Let the doctors go
To the Bay of Biscay ;
Let alone the Gin,
The Brandy, and the Whisky.

Freely exercise,
Keep your spirits cheerful,
Let no dread of sickness
Make you ever fearful.

Eat the simplest food,
Drink the pure cold water,
Then you will be well,
Or, at least, you ought to.

"Would it were lawful to marry two wives!" exclaimed an enthusiastic young bachelor, desperately in love with a couple of country cousins. "Try one, to begin with," was the remark of a surly old benedict.

BOOK NOTICES.

THE NEW YORK TRIBUNE, edited by HORACE GREELEY, assisted by several of the most intelligent and liberal-minded gentlemen in this or any other country. We read the Tribune daily, and derive more information from it than from all other papers put together, and we take not a few. Our country friends can hardly do better in the newspaper line, than to send for the Weekly Tribune.

The terms of the Tribune are—Daily \$5 00; Semi-weekly \$3 00; Weekly \$2 00 per annum. In his prospectus the editor says:

"A year of disaster and gloom is departing—of Pestilence and Death at home; of Calamity and Discomfiture abroad. The hopes of Europe's Emancipation from the fetters of her tyrannies and aristocracies, but lately so glad and glowing, have been quenched in agony and blood, as Sicily, Sardinia, Rome, France, Western Germany and Hungary have yielded successively to the arts or the bayonets of the foes of freedom, until Despotism waxes its dreary sceptre over the most powerful Continent of earth, and sees nothing but the petty Cantons of Switzerland that kneels not before its throne. It seems but yesterday that Paris, Berlin, Frankfurt, Vienna, Pesth, Rome, were the capitals of virtual if not acknowledged Republics, and all Europe on the imminent verge of deliverance from the wrongs and abuses which have so long bowed her millions to the dust: and now all is changed as if by some demoniac enchantment. France, the natural head of the new Democracies, has been dragged by sorceries too MONSTROUS for belief, and made to perpetrate the DIRECT ASSASSINATION of one of her sister Republics, while standing by and *consenting* to the OVERTHROW of all the rest. The spirit of Liberty, hunted out of Italy and Germany, has for a while stood at bay on the banks of the Danube and the Theiss, and for a brief, glad moment, it was hoped that her foes would be repelled. Fond, vain illusion! the oppressors are strong and united, while the oppressed are feeble, chaotic and destitute. The fruits of ages of toil and parsimony have been garnered, not by the industrious and frugal, but by their robbers, and now serve to hire and arm the minions of Despotism to slaughter and crush their brethren. Overborne in the unequal struggle, Hungary falls, and Europe is enshrouded in midnight gloom. Only on the narrow crests of the Alps can the dove of Liberty now find rest for the sole of her foot; and who shall say that even these crests may not soon be covered by the rising, rushing deluge? FOR THE RIGHTS OF MAN IN EUROPE THERE IS HOPE IN GOD ALONE."

SIX LECTURES ON THE USE OF THE LUNGS, and Causes and Cure of Consumption. With illustrations. By S. S. FITCH, M. D. Price 50 cents, mailable. For sale at the Journal office.

This work has gone through a great number of editions, and has been widely circulated all over the land. In the lecture on the SKIN, we find WATER highly recommended. Yet we think the doctor commits a great error when he says, "Never use a tepid bath, unless to begin, before you use cold. It effeminates the whole system. Let the water be hot or cold," &c. &c. Now this is all *wrong*, and we admonish our readers to be on their guard when using "hot" water for bathing. For particulars in regard to the temperature of water for bathing, see "Water-Cure Manual." Besides this, and some other imperfections, we find much practical common sense in the work, which will be of use to all who read it. We hope the Doctor will REVISE and IMPROVE his work before more are published; it would soon repay the cost.

WEBSTER'S QUARTO DICTIONARY.—Messrs Merriam have just received an order for a case of Webster's Quarto Dictionary from a merchant in Calcutta. They have previously received several orders for quantities of the work, from Bombay. Professor Stowe has said of it, that "it deserves to be, must be, and will be, the standard, wherever the English language is spoken." The demand for the work in foreign countries warrants the belief that he is correct in his estimate of its merits and popularity.

This great work is for sale at the office of the WATER-

CURE JOURNAL, by FOWLERS & WELLS, price six dollars. It is the most desirable dictionary in the world. Every student, mechanic, farmer, doctor, lawyer, and minister, should own a copy.

THE AMERICAN PHONOGRAPHIC JOURNAL, is the title of a pamphlet containing sixteen pages, printed in the phonographic characters, edited and published monthly by C. Webster, at his Phonographic Rooms, No. 68 South Third street, Philadelphia. Terms, \$1 per year, in advance, or 10 cents per number. Number one of volume two was issued last July. If a person wishes to learn phonography by reading it, we would advise him to obtain this Journal, the appearance of which is exceedingly neat.

THE LIBERTY ALMANAC FOR 1850.—Published by the American and Foreign Anti-Slavery Society, and for sale by WILLIAM HORNER, 61 John street, New York. Price 6 cents, single copy, or \$20 a thousand. The title and name of the society by whom this Almanac is published sufficiently indicate its objects. The Almanac contains 48 pages, and is printed on fair, readable type and paper. The calendars are adapted to all latitudes in the United States and Canada. Besides all this, it contains a complete list of all other publications for sale at the office of this society.

THE FRIEND OF YOUTH.—We are happy to announce to the readers of the Water-Cure Journal, that a periodical devoted to the interests of youth is about to be issued from the press, to be edited by MRS. M. L. BAILEY, of Washington, D. C. The terms will be 50 cents a year, in advance.

PATENT OFFICE REPORT FOR 1848.—We have received from Mr. EWANK, the present Commissioner of Patents, a copy of this national annual. We shall transfer such portions of it to the Journal as may be appropriate and profitable to our readers.

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

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

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