

# THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.

## TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE  
UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

*Translated from the Fourth French Edition, with Notes and  
Additions, by NICHOLAS T. SORSEY, M. D.*

"Pernicious weed! whose scent the fair annoys;  
Unfriendly to society's chief joys;  
Thou art, indeed, a drug the gard'ner wants,  
To poison vermin that infest his plants.  
But are we so to wit and beauty blind,  
As to despise the glory of our kind,  
And show the finest minds and fairest forms  
As little mercy as the grubs and worms?"

### PREFACE.

In offering a translation of this volume to the American people, it is needless to state that the translator is influenced by only one motive, the GOOD and WELL-BEING of his countrymen.

Should it meet with their approbation, and be the means of inducing some of them to follow his example and abandon the use of TOBACCO, he will feel sufficiently rewarded for his labors in this humble effort in their behalf.

### TRANSLATOR.

Havana, Alabama, Sept. 1849.

PART FIRST.—General Considerations—History—Preparation of Tobacco—First Chemical Analysis—Second Chemical Analysis—Physiological and Toxicological Effects of Tobacco.

### GENERAL CONSIDERATIONS—HISTORY.

THE first origin of tobacco is too deeply buried in obscurity for us to endeavor to raise the veil which conceals the act of its birth from over the eyes of our readers. We will not consume our time in describing this plant

under its botanical point of view, or by detailing its medicinal virtues.\*

We will only remark, before entering into the details of this volume, that nothing proves more the oddness of human things, than the history of tobacco. Indeed, a plant unknown to the entire world, except to some American savages, was carried to Europe by the adventurous followers of Christopher Columbus, and soon changed the manners and habits of the people of that part of the globe; it created a new pleasure, a need of the first necessity for a great number of its inhabitants. From time to time, encouraged and proscribed by sovereigns, more than a hundred volumes were written on the subject.

In the meantime, some unfortunate accidents, such as poisoning, and fires caused by the carelessness of smokers, induced James I. of England, Pope Urban VIII., the Grand Duke of Muscovy, the Sophy of Persia, and Mahomet IV., to forbid their subjects to use tobacco, under pain of death, or of having their noses cut off.

That interdiction, like all those decrees that oppose our tastes, was one of the principal causes of the rapid propagation of tobacco.

The kings of France were wiser; they were contented to impose heavy duties upon the plant. Richelieu, in 1621, imposed a tariff of forty cents the hundred pounds upon the consumption of tobacco. This import continued in force with the general farm until 1697. Soon, however, the farming of tobacco was withdrawn from the general farm, and let to a private individual, on paying 150,000 livres, and an annual sum of 100,000 paid to the general farm for abandoning its rights of entering, exporting, and distributing it.

\* It is only employed at present by veterinary surgeons, who use it in the form of an ointment against insects that attack the skin of animals, or to make irritating injections. Jockeys of certain countries administer some grains of it dissolved in alcohol to vicious horses which they wish to tame and break, and plunge them thus into a state of somnolency or stupidity, which masks momentarily their defects.

In 1718, the price of the lease arose to four millions of livres; the contract was retaken then by the general farm, which paid for that private increase, the lease always rising, until it arose to thirty-two millions in 1790. In fine, the consumption of tobacco has increased to such an extent, that the French Government derives a revenue from it of the enormous sum of seventy-five millions, a sum which has increased thirty millions since 1830, and which increases annually some millions. (Barral, *du Monopole et de l'Industrie des Tabacs, Revue des Deux Mondes*, 15 Avril, 1843.)

After casting up these figures, we immediately see to what extent one is justifiable in buying a weed so bitter, so noxious, and so dirty. Tobacco, *nicotiana tabacum*, belongs to the natural family of the *acro-narcotic poisons*, and with this title it exercises, like opium, belladonna, datura stramonium, henbane, and mandrake, evidently a poisonous action upon our organs. But stop, we already see a multitude of snuffers, smokers, and chewers of this noxious weed, charging upon us—there is no escaping them; the first, to deafen us with their convulsive sneezings and blowings; the second, to suffocate us in sign of contempt, by puffing into our faces the nauseous smoke sucked from the bowl of their dirty pipes; and the third, to vomit us by the smell and sight of the streams of amber spouting from their mouths and flowing in streams, and collecting in puddles before us. Oh, shame on them! Excuse me, but don't make so much noise, gentlemen lovers of the weed! Moreover, as we have remarked in the motto of this pamphlet, what have your sarcasms, insults, and ridiculous clamors, caused us to become and to do? You are assured of an eternal enemy of the weed. We warn you before declaring war against tobacco, that we are armed with the scientific crucible and the torch of reason; and that, despite whatever you may say or do, you cannot prevent us from examining a question which concerns, much more than is supposed, the public health and safety. And since we have entered on the struggle, why not commence immediately the attack by demonstrating, by chemical analysis, tobacco to be a poison? However, to render our researches more interesting, we will enter, in the first place, into some details concerning its manufacture. A few words will suffice to make the process understood.

#### MANUFACTURE OF TOBACCO.

Before being distributed for use, tobacco is prepared in France by the agents of the Government. It undergoes, as we shall mention, divers modifications, the objects of which are to replace the disagreeable, sickening odor,

and taste of the fresh leaves by an odor and taste, and other properties, more agreeable to amateurs.

Gather and dry the leaves, cleanse them carefully, deprive them of their stems, submit them often to a certain degree of fermentation, being careful to moisten them with salt and water, cut them in sheets, pile and bundle these; and, finally, reduce them to powder for snuff, cut them and grind them into small particles for smoking in the pipe, or roll them up into cigars, and lastly, press and twist them for chewing. Such are the manipulations to which tobacco is submitted. But we should not forget to add, to the liquid with which the leaves are moistened, is added at home and in foreign factories, vanilla, amber, civet, &c., to give them an agreeable perfume.

The object of these operations in the preparation of it, is to destroy certain inert principles, and to produce a greater number of active principles, in order that it may act more powerfully on our organs.

#### FIRST CHEMICAL ANALYSIS.

The first chemical analysis of this plant, to which we are indebted, as well as to many others, to the learned and modest Vauquelin, shows that tobacco contains a great quantity of albumen, a red coloring matter little known, which puffs up when heated, and is soluble in water and alcohol; a bitter principle, volatile, colorless, very soluble in alcohol, much less so in water, to which tobacco owes its poisonous properties; a green resin, like that which exists in the leaves of the *Chlorophylle Pelletier*; woody fibre, ascetic acid, nitrate and hydrochlorate of ammonia, malic acid of lime, oxide of iron and silica.—(*Ann. de Chim.* t. lxxi., p. 139.)

If the tobacco leaves are distilled, they furnish an oil that swims upon the top of the water of distillation, and which possesses such sharpness and strength, that a single drop of it applied upon the tongue of a common size dog, produces convulsions and sudden death. The same results would follow, it is reasonable to suppose, if it were introduced into the stomach, the rectum, or cellular tissue.

#### SECOND CHEMICAL ANALYSIS.

This plant, says M. Barral (*Ann. de Chim.*), contains, as we shall see, many active principles which chemists have endeavored to separate. Despite the many analyses that the learned of all nations have made, these principles are far from being all known; the most remarkable of them is the *nicotine*, which Vauquelin discovered, but the composition of which has been known only a short time. It is a powerful poison, that kills with frightful ra-

pidity, when it is administered in very small doses even, but very concentrated to an animal fasting.

As to the other ingredients, they are known only by name; but their importance makes it presumable we shall not remain much longer ignorant of them, and that chemical analysis will soon explain all the toxicological and therapeutical effects of tobacco.

#### PHYSIOLOGICAL AND TOXICOLOGICAL EFFECTS OF TOBACCO.

If tobacco is classed among the narcotics by the side of opium, and others of its class, it must necessarily produce an effect on the nervous centres and conductors; a modification, in virtue of which the functions of the nervous system are abolished, or considerably diminished. But, what are the explicit functions of the nervous system? Are they not intelligence, sensibility, and volition? Tobacco tends, then, to diminish the intelligence, the sensibility, and the volition. The first degree of the action of narcotics is manifested by a slight confusion of ideas, a notable obtusion of the sensibility, and a kind of indisposition to muscular motion. One soon becomes unable to seize the relations of ideas, the senses become blunted, the limbs benumbed, and then a sleep analogous to natural sleep supervenes, from which it is difficult to be aroused, and then incompletely; but, if the dose of the narcotic agent is carried beyond a proper measure, from this sleep one passes to coma, from coma to convulsions, and finally to total extinction of life.

These are the symptoms experienced, when one is placed under too great an influence of narcotics.

We will add, that when one uses tobacco prepared in our manufactories—it is there best known and felt—there supervenes at the same time with the symptoms mentioned above, in speaking of the poisonous narcotics, phenomena of local irritation more or less energetic, due to the presence of new principles, which are developed during its preparation.

Some, without doubt, may accuse us of not having well drawn the picture. But, see for yourselves what happens when the month, unaccustomed to tobacco, draws for the first time the waves of your savory smoke, or chews a quid of your delicious weed. Do you not remember the feelings you experienced the first time you smoked or chewed tobacco? When the young adept whom you wish to teach to smoke the leaves of tobacco, or of stramonium, or of belladonna, follows your instructions, you will behold him, be well assured of it, experience some of the identical symptoms, according to the dose taken,

which follows, viz., *vertigo, swimming of the head, confusion of sight, nausea, vomiting, and often diarrhœa.*

The infusion, decoction, powder, leaves and extract of the plant, produces toxicological effects so nearly alike, as to be almost impossible to distinguish them.

Believe not, reader, that we invent these facts at pleasure, merely to sustain our argument. Read the works of the distinguished and learned Orfila, Brodie, &c., and you will be frightened, at each page, by the ravages that tobacco occasions in the human system. These learned toxicologists performed many experiments on animals to ascertain the action of tobacco.

Dogs, cats, and hares, upon whom they experimented with this plant, in substance, in decoction, and in a gaseous form, have equally manifested traces of its violent and inflammatory action; they varied their experiments, and the same results followed, whether the tobacco was introduced into the stomach, into the rectum, or upon denuded surfaces, or inserted in the cellular tissue, or injected into the veins, or even applied upon the excoriated skin.—(Orfila, *Toxicologie Générale*, t. ii., p. 246, 1st edition.) Besides, the accidents that occur to man from the use of the weed serve to confirm the preceding experiments with the plant. We find, says M. Méral, in the *Ephémérides d'Allemagne* (2 déc. ann. 8, obs. 106), that a person having mischievously thrown a bit of tobacco into a vessel in which some prunes were stewing, all those who ate of them were soon taken with uneasiness in the stomach, prostration, and such violent vomiting, as to nearly take their lives.

Murray relates the story of three who were taken with vomiting, vertigo, profuse sweats, &c., and who died in twenty-four hours in the midst of convulsions, from having had their heads rubbed with a tobacco ointment to cure the "scald head."

Who has not heard or read of the death of the celebrated Latin poet, Santenil, who perished whilst vomiting in great agony from having drunk a glass of wine in which some one had put, unknown to him, some Spanish tobacco?

Joseph Lanzoni (*Journal d'Allemagne*, année 1830, p. 179) relates the fact of having known a soldier who had contracted such a habit of using tobacco, that he consumed three ounces of it in a day. At the age of thirty-two he was attacked with vertigo, which was soon followed with a violent attack of apoplexy, that took his life.

The same author relates the story of another person who, from the use of Spanish tobacco, became blind and afterward paralytic. Four.

For the Water-Cure Journal.

## A REMARKABLE CURE.

BY A. L. CHILD, M. D.

croy witnessed serious accidents, caused by the employment of the decoction in the treatment of itch.

Fouquier cites the case of a man afflicted with the itch, who anointed his limbs and body, morning and evening, with a decoction made with three ounces of tobacco; the second day nausea and a frequent desire to urinate supervened; the quantity of urine passed exceeded that of the fluids drank; the patient was next taken with a taste of tobacco, as if he had chewed and swallowed some of it. To this unpleasant symptom vomiting was soon joined, and during the attack, the urine was voided with the same profusion; he ceased to employ the remedy for the itch, and these unpleasant symptoms disappeared.—(*Bulletin de la Société de la Faculté*, n. 8, 1819, p. 441.)

Richard Morton says that smoking tobacco renders the lungs weak and flabby, dries up the viscera, and produces a true marasmus and consumption.

Bonet has pointed out, by examining the bodies after death, the ravages of tobacco on the lungs and brain.

Morgagni attributed a fatal attack of apoplexy in a patient addicted to the excessive use of tobacco.

Ramazini saw a young girl attacked with violent and frequent desires to urinate, to go frequently to stool, and pass much blood by the hemorrhoidal vessels, from having reposed upon a bale of tobacco.

Fourcroy cites many other cases of the serious effects of tobacco, in his translation of Ramazini's work. The little daughter of a tobacco merchant died in frightful convulsions from sleeping in a room in which a large quantity of tobacco had been chopped up.

A drunken soldier swallowed some *amber*; he became drowsy and stupid, and soon awoke in a fit of convulsions, with his mouth wide open; he rent the air with convulsive laughter, screamed, lost his sight for some time, and appeared attacked with *mania*.

A young man, sick with the small-pox, was so violently affected by the smell of some tobacco that his nurse cut up near him, that the eruption receded or struck in, and prompt and energetic means were required to restore him.

A young girl, says Sauvage, fell into a fit of true catalepsy, when by accident a bit of tobacco flew into her eye.

In fine, evil doers make so frequent use of this poison, so easily procured, to commit crimes by mixing it, as in the case of Santenil, in wine, in other drinks, and in food, that it has become an indispensable curse to the human race.

(To be continued.)

For some time past I think I have been *progressing* in the science of medicine. Originally a graduate of the Allopathic school, I practiced under its dispensations; and eschewing all egotism, was convinced (and my conviction was fully sustained by general repute,) that I was as much or more successful than most of my neighbors, until I felt that the science, taken as a whole, even aside from the wholesale destruction of quackery, was a curse to the world. I left it. A few years after, I came in contact with the founders of the "Eclectic School" of medicine in the West. The great advance made in this school, in discarding to a great extent the more virulent poisons and life-destroying *remedies*, which were the main dependence of the Allopathics, and the substitution of less noxious means, attracted my attention. I attended their school, and again practiced. But a short time, however, was necessary to convince me, that the less of even *reformed* medicine a patient took, the better for him.

About this time, HYDROPATHY was becoming popular, and I hailed it as a God-send to the human race; not so much from the direct curative powers, which I conceived water to have, as from its hostility to the drugging system. I have advocated it, and to some extent practiced it, rather as a means of preventing the use of drugs; but our caption is "*Remarkable Cure*," and under any other than the Water-Cure treatment, it would indeed have been a *most remarkable cure*.

Mr. CYRUS ALLEN, of some 30 years of age, while chopping in the woods, near half a mile from home, struck his foot with his axe. It entered his foot obliquely, passing through the inner side of the great toe, severing all before it except about two inches of the skin, on the bottom of the foot, and a small portion of one tendon. It passed through the bone of the second toe, about half an inch from the junction of the toe with the foot, breaking out two triangular pieces of some half an inch in length, and into the bone of the third toe from above, and then from a turn of the foot or axe through and out, on the bottom under the fourth toe, some three inches from its junction with the foot; making a wound of about five inches in length, and from one to two inches in depth. No one was with him, and no one in hearing, hence the necessity of *running* for *life*, with the end of his foot hanging in his boot, which was also almost cut off. The blood was flowing rapidly, and he was nearly exhausted, when happening to be in the neighborhood of his house, I heard and met him. I

stripped his foot, cleansed it with cold water, and then replacing the parts, accurately as possible, with a stitch and strips of adhesive plaster, closed the wound and bandaged it. For about two weeks, nothing but cold water was applied to it, and this sufficient to keep down heat and inflammation. The wound had then nearly united, and very little suppuration had taken place. About this time a common salve was put on, to *hasten* the process, and continued for two or three days with an effect of increased irritation and suppuration, and the appearance of fungus, or proud flesh. It was self-evident that the medicine, as usual, was retarding, if not totally arresting the cure; and it was abandoned, and the water re-applied. Under this it reassumed its healthy appearance, and progressed rapidly. And now, six weeks since he was wounded, he is around in the field at work. The wound is still tender, and requires much care, but it was entirely closed and healed over within three and a half weeks; a process which, in a wound of that magnitude and location, I never saw or *knew* equaled.

The usual applications to wounds of salves, liniments, &c., as I conceive only irritate, inflame, and cause disorganization, instead of organization. Whilst the cooling and cleansing operation of cold water prevents this, and allows nature to do her own work in her own way, which is much more speedy and effectual than any of the meddling works of art.

*Excelsior, O., Oct. 21st, 1849.*

For the Water-Cure Journal.

#### WHITE SWELLING.

In a communication not long since on business, I referred to some cases of cure performed with water, under my own observation, which may be interesting to the readers of the Water-Cure Journal. The following is one of those cases, and the method of cure. Allow me to say that I am not a doctor; I merely claim a share of common sense in the application of water in this and other cases, after obtaining all the knowledge on the subject which my circumstances would allow.

Mr. L— C—, of B—, Maine, about twenty-five years of age, of apparently good general health, in the winter of 1847 was seized with a pain in the right knee, and soon became lame. Continuing gradually to swell, or rather enlarge, as the flesh seemed almost as hard as bone, and of a glossy appearance. The enlargement, with contraction of the cords, gradually drawing up the leg to an angular position, attended with more or less pain, continued through the ensuing year. Being abundantly able to do so, he made application to

several physicians of good standing, who physicked, cupped, blistered, and plastered, all without doing any good, but the contrary, till the bad symptoms continued to increase; the knee was almost twice its former size, and seemingly as hard as bone, with increasing pain and general debility of the system, especially a shrinking of the flesh above and below the knee, so that the parts were considerably smaller than the other leg; the pain being sometimes very severe, so as to deprive him for many months of good sleep, and by the use of crutches was able to move about, but very little. Physicians who examined it, I believe, pronounced it a *WHITE SWELLING*, and decided that an amputation of the leg must be performed, in order to save his life. Being an acquaintance and friend of the young man, I saw him occasionally, and watched the progress of his torments with sorrow, and often endeavored to induce him to try the *WATER-CURE*, but without success, until all other hopes failed him; then he concluded to try, as a last resort, the virtue of water, and the result was, that in six months he rejoiced in the possession of two good knees, and being a sailor, shipped as mate on board a vessel, with all the required physical ability to do his duty in that capacity.

The following is the method I advised him to pursue in the use of water in his case, and to which he strictly adhered, and from which the happy cure resulted.

My knowledge of water-cure was then very limited, much more so than at present, or I should have added an occasional bath; with wet sheet, and the drip sheet, with light douche, the cure might have been quicker, but not more perfect.

He was required to abstain from the use of tobacco, tea, and coffee, and all stimulating food and drinks; using as much exercise as possible, without real fatigue; to work the whole body, after getting up well warmed in the morning; on going to bed at night, to envelop the whole leg, from the hip to the ankle, in linen cloths, wet in cold rain or soft spring water, with another envelope outside, of woolen, sufficient to keep it warm through the night; in the morning, shower the leg, and more especially the knee, with cold water, and rub with coarse cloths five minutes, or sufficient to produce a good degree of heat on the surface; envelop the knee only with a small wet bandage and sufficient woolen, till noon; shower again with friction; at night, envelop as before. The first application, at night, relieved his pain, and gave him a good night's sleep; he took courage, persevered, and I am happy to say, is now well, and may say, "the doctor relieved him of his money, and the water-cure of his lameness."

COSMOPOLITE.

For the Water-Cure Journal.

## NOTES ON THE WATER-CURE.

BY J. B. NEWMAN, M. D.

6. **ERRATUM.**—In my last article, page 135, note 5, for *cancer* read *CATARRH*.

So common is catarrh of the character referred to among our people, and so inefficacious the ordinary methods of treatment, that I confidently expect the advice given will prove valuable to all thus afflicted.

7. **ARABIAN TREATMENT OF SMALL-POX.**—The recent conduct of the effeminate Turkish Sultan, in requiring the refugees at Widdin to renounce the Cross for the Crescent, to ensure his protection, is but on a par with the rest of the acts which shadow forth the speedy extinction of the Ottoman empire. How different from the time when that empire was the cradle of art and literature, and when the insulting demand of the Autocrat would be answered by the fierce Moslems with the invasion of his dominions. Not only has art and literature, but *also* medicine, been indebted to the Turks; for when the small-pox entered Europe in the seventh century, its physicians sent to Arabia to learn the method of treating it, and followed the plan of Rhases, the great Arabic authority in medicine, until theories induced them to reverse the mode of treatment. Rhases enjoined cool apartments, with a constant draft of air, being careful that the current did not pass over the patient; light diet, cooling drinks, bathing, and, if the strength was sufficient, swimming every day. No wonder, when the disease was treated in hot, close rooms, with warm clothing and stimulants, the immense mortality that ensued should have caused it to be regarded as a most terrible scourge to the human race! Sir Walter Scott, in his "Surgeon's Daughter," gives an exceedingly interesting account of the substitution of the plan of Rhases for that of the later practice, and its double success in saving the lives of two children, and building up the fortunes of the young practitioner who was one of the pioneers in discarding the heating method. At the present day, though the Arabic plan is much respected, yet our doctors are fearful of carrying out its details, as an example of which, I shall instance the case of a relative living some ten miles distant, who had a severe attack of varioloid, which threatened an unfavorable termination. I saw him four days after the eruption broke out, and though evidently suffering much from the disease, he was enduring more from extreme restlessness and irritability, which aggravated every untoward symptom. I found him in a warm room, half suffocated under the weight of bed-clothes, to keep out the cold, as it was in

the fall. Hot teas and strong soup were his drinks, and every night he took a large dose of Dover's powder (a compound of opium and ipecacuanha,) to induce sleep, which, however, it did not entirely effect. The use of the opiate would constipate the bowels, and doses of calomel, followed by castor oil, were given daily to loosen them. His strength was almost gone, and I have little doubt the result would have been fatal, had such a state of things continued much longer. I at once ordered the fire to be put out, had him bathed from head to feet in tepid water, his linen and sheets changed, which they were fearful to do before, as he might take cold; gave him cold water to drink freely, and had it applied to his head when delirious. His diet was only cold oatmeal gruel. There was no more raving; the washings, &c., were daily repeated, and under their influence the sleep became sound and of long duration, and the appetite so voracious, that it spurred his habitual indolence to get well sooner, so that he might be out of the doctor's hands, and get enough to eat. In a short time, without a single unpleasant symptom, after the treatment was changed, he entirely recovered.

8. **NEW-FASHIONED DINNER PILLS.**—One great obstacle to the spread of reforms among minds of a conservative order, is the extreme to which many converts of new views carry out their opinions in practice, wishing, as S. R. Wells would say, to let the world see that they not only *believe*, but are *convinced*, of their truth. It is in this way that many admirers of the water-cure dose themselves, although in health, morning and evening, by the glassful, with their favorite fluid, and at times to the point of nausea; and continue this absurd and positively injurious practice under the impression that it is absolutely necessary to keep the bowels in order. Such do not keep in mind the efforts of those who promulgate the water-cure, to impress upon people the necessity of doing without medicine, even water, when used as such, and to regulate the stomach and bowels solely by proper food. Water-drinking, in this way, merely revives in a new form the old fashion of dinner pills, which for so many years were considered invaluable in dyspepsia, and to the use of which so many fell victims. When a young man, I was vice-principal of a large classical and commercial school in this city, and boarded with the principal, whose wife had a recipe for the composition of a pill which she fancied essential to her health. My knowledge of pharmacy gave me the preparation of the pills which she would still dose herself with, despite the remonstrances of her friends. They were made of gamboge, aloes, and soap, and every time I made up a boxful, the quantity of soap in-

creased, and that of the aloes and gamboge diminished, until they became almost inert, perhaps were so. Once, owing to carelessness, the supply ran out, and at breakfast she complained bitterly of my neglect, as the costiveness that ensued had brought on a severe headache. I promised, as soon as the meal was over, to prepare them, and going up stairs with her husband, in his presence softened some bread crumbs, which I rolled into little balls, and coated with powdered liquorice, that had remained in the old box. Mr. T— took them down to his wife, who as usual swallowed two, merely remarking, that from their larger size I wished to make up for lost time. Some three hours after, we were both sent for, as the purging had been so violent as to alarm Mrs. T—, and we accordingly found her very weak, in much general pain, and sick at her stomach. Notwithstanding her sorrowful situation, we both burst into a hearty, prolonged laugh, and it was not until the composition of the pills was explained to her, our solemn assurance of the truth of the statement given, and two or three of the little balls cut open, that she got over her anger and fright, and joined in our mirth. She became well at once, and the effect of the experiment was such, that the pill-box has never since been replenished.

9. PROOF OF INSANITY.—An English work gives an account of a trial at Derby respecting the validity of a will, and among other evidence adduced to prove the testator (an apothecary's wife) insane, it was deposed that she had swept away a quantity of jars, vials, lotions, potions, pills, boluses, and injection pipes, into the street as rubbish. "I doubt," said the learned judge, "whether sweeping physic into the street be any proof of insanity." "True, my lord," replied the counsel, "but sweeping the jars and injection pipes away certainly was."

10. SALT-WATER PRACTICE.—We are told an anecdote of a surgeon on board a ship of war, who used to prescribe salt water for his patients, in all disorders. Having sailed one evening on a party of pleasure, he happened, by some mischance, to be drowned. The captain, who had not heard of the disaster, asked one of the tars next day, if he had heard anything of the doctor? "Yes," answered Jack, "he was drowned last night in his medicine-chest."

11. REVIVAL OF SANGRADO'S PRACTICE.—Duchassin, a physician of Guise, in France, cures gout and rheumatism by the administration of forty-eight glasses of very hot water, taken in the course of twelve hours—a glass every quarter of an hour. Four cases of successful treatment in this mode are given in the *Gazette de Santé*.

For the Water-Cure Journal.

#### PHYSICAL EDUCATION.

WE stated in our last that the pores of the skin needed constant cleansing, as well as the alimentary canal, and that taking physic internally would not cure chronic diseases. In the illustration of our ideas we ask leave to quote from a work by Erasmus Wilson, M. D., which is a practical treatise on healthy skin. This work was published in 1845, in London; and the doctor states that the skin is that soft and pliant membrane which invests the whole of the external surface of the body, as well as the interior, where it is called the mucous membrane.

"The construction of these two membranes may easily inform us, without having recourse to fanciful hypothesis, how disease affecting any part of this membrane, either internally or externally, may pass to any other part and affect the whole; and thus how a faulty digestion in a lady, a disease of the investing or mucous membrane of the stomach, may show itself in eruptions on the face. We see at once, too, how it happens that calling into more active action the shower-bath and flesh-brush, dyspepsia may be avoided or cured. It serves also to explain the circumstance noticed by Fourcroy and Vauquelin, that the skin, with all its products is capable of supplying the office of the kidneys, and carrying off, as we know it to imbibe nourishment, the indispensable excretions, for which the proper organs may be deficient.

"In explanation of this circumstance, we must remark, that the skin, internal or external, in which terminates all the arteries, and commence the veins; in which, too, the nerves of sensation commence, and the nerves of volition terminate, not only envelops the whole body internally and externally, but is also the secretory organ of every part, and the immediate means of communication with the external world.

"The skin is the organ of contact with the external world, and the means of making us acquainted with every part of the universe. The sense of touch, of hearing, of smell, of taste, are all exercised by the skin.

"By the vessels terminating in the skin, or of which it is formed, all the phenomena of nutrition, and decay of appetite, and sensation, health and disease are produced.

"Whatever may be the climate or temperature in which the body is placed, it is kept at nearly one uniform and vital heat by the varying and adapting operations of the skin.

"The skin is the organ by which electricity is conducted into and out of the body.

"Its functions are, in short, proportioned to

its vastness; and as it envelops every part, so manifold are its purposes.

"The structure of the skin is highly curious: it consists of two layers, the one horny and insensible, guarding from injury; the other highly sensitive, the universal organ of feeling, which lies beneath; the latter feels, but the former dulls the impression.

"The following will show how, by the perspiratory organs, excess of water is removed from the blood, and the uniform temperature of the body preserved.

"Taken separately, the little perspiratory tube, with its appended gland, is calculated to awaken in the mind very little idea of the importance of the system to which it belongs; but when the vast number of similar organs composing this system are considered, we are led to form some notion, however imperfect, of their probable influence on the health and comfort of the individual; the reality surpasses imagination, and almost belief.

"The perspiratory pores on the palm of the hand are found to be 3.528 in a square inch; now, each of these pores being the aperture of a little tube, of about a quarter of an inch long, it follows that in a square inch of skin on the palm of the hand, there exists a length of tube equal to 882 inches, or 73½ feet. Such a drainage as 73 feet in every square inch of skin, assuming this to be the average for the whole body, is something wonderful; and the thought naturally intrudes itself, what if this drainage were obstructed? Could we need a stronger argument for enforcing the necessity of attention to the skin? On the pulps of the finger, where the ridges of the sensitive layer of the true skin are somewhat finer than the palm of the hand, and on the heel, where the ridges are coarser, the number of pores on the square inch was 2.268, and the length of tube 567 inches, or 47 feet. To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, 'I think,' says Dr. Wilson, 'that 2800 might be taken as a fair average of the number of pores in the square inch, and 700 consequently of the number of inches in length.'

"Now, the number of square inches of surface in a man of ordinary height and bulk, is 2,500, the number of pores, therefore, 7,000,000, and the number of inches of perspiratory tube 1,750,000, that is, 145,833 feet, or 48,000 yards, or nearly 28 miles.

"This is only a specimen of the extraordinary structure.

"Besides the perspiratory vessels, the skin is provided with vessels for secreting an oily substance, which is of a different nature at different parts of the body; with vessels to repair abrasion, and provide for its growth, and carry off its decayed parts; with nerves

and blood-vessels that are probably as numerous and extensive as the perspiratory vessels.

"It must at the same time be remembered, that the interior skin, or mucous membrane, is provided with equally numerous and complicated vessels, to answer some analogous purposes. The whole of them may be affected by application to the external skin."

Dr. Wilson has, in his work, introduced some equally curious and instructive passages as to the formation and uses of the oil-glands, the structure and functions of the hair, the influence of diet and clothing, and the effect of exercise and cleanliness on the health of this extensive organ.

Whenever the vessels of the skin become obstructed or inactive, the matter which nature intends to be discharged through the vessels accumulates in the blood and fluids, and the consequence is that the great blood-vessels become congested, and hence arises apoplexy, fullness of habit, and the whole internal viscera become gorged with an unnatural quantity of fluids; the stomach, duodenum, the small intestines, as well as the color of the whole of the alimentary canal on its internal surface, becomes inflamed or congestive. We notice that whenever a person labors under typhus fever, or yellow fever, or spotted fever, it is held a favorable symptom to see the skin and surface clothed with perspiration; the same is the case in cases of inflammatory rheumatism, as well as all classes of febrile complaints, and so with dysenteries, with cholera morbus, and with Asiatic cholera: and whenever a reaction takes place at the skin, the doctors tell us that the crisis of the disease is passed.

Indeed, almost all inflammatory diseases internally arise from a want of healthy action at the skin. The great and violent fevers, such as typhus, yellow fever, scarlet fever, intermitting fever, all appear to discover themselves, in the first instance, through the stomach and bowels. The first striking effect of the complaint is upon the stomach and alimentary canal. These diseases fall, in technical language, upon the stomach, bowels, and internal organs, and through the large nerves which lead from the stomach to the brain and spinal marrow; the patient becomes insane frequently. Now, the first remedy for all these complaints, is to restore the action at the skin, and whatever will keep this action regular, will restore or prevent in a great degree such diseases; bathing is the first and most efficacious remedy and preventive, but it does not follow that cold water is the best or safest remedial agent in all cases. We believe that in all bathing the water is used oftener too cold than too warm.

We are persuaded that many invalids, when they begin to use water for bathing, ought to

take water raised to the temperature of blood heat, or from 80 to 90 degrees; and then to lower the temperature as circumstances will admit. The best form of bathing, in ordinary circumstances, is to use the sponge bath, and with water raised to a temperature near blood-heat, take a large tub, set a stool in it, and on this stool a wash-bowl that will hold two gallons or more. First pour hot water into the bowl, one-half full; next cold water, until it reduces the temperature of the water to blood-heat, or 90 degrees; then take a large sponge, half a foot or more in diameter, dip this into the water, saturate it fully, then take Castile soap and rub into the sponge until it becomes saturated with lather or soap-suds, then begin to sponge off the stain, dipping the sponge continually into the warm water, and wash and sponge the whole surface of the body in this composition of soap-suds. The skin will very soon become purified, the sponge will suck up the oily and offensive matters from the pores of the skin; after washing and sponging thoroughly for five or ten minutes, then the cold water at a temperature of 65 or 70 degrees may be used to wash off the warm soap-suds from the skin. This bathing should be followed every morning as soon as the patient is out of bed, and the invalid will soon find out that a reaction will take place at the skin, and his health begin to amend, when, if he uses cold water, he will be injured and discouraged by the water treatment. We have spoken of using Castile soap, in bathing, but the salts of soda when added and put into warm water at the rate of a table-spoonful to the gallon, will be found to be a more thorough cleanser and purifier than a bath of soap-suds; indeed, the salt soda water is the best bath for the feet, and here we will remark that the mouth of every person needs bathing and washing; after eating, however many times a person may eat during the day, the mouth and teeth require washing out and bathing with pure water as often as the face. And here we further remark, that the best of all remedies for the head and hair, to preserve its growth and color, is to wash it out thoroughly with soap-suds, using a hair-brush in the operation once a week. Apply the soap-suds, and scrub the head and hair with the brush, then cleanse the whole with warm water, with showering; in other words, set the barber shampooing the head occasionally, and you will rarely ever find an individual who needs the aid of a wig, or the more offensive process of dyeing and coloring the hair. Water is the best remedy for all diseases, but it does not follow that cold water is the only proper temperature.

MELANCTHON.

For the Water-Cure Journal.

CHOLERA—HYDROPATHY.

MR. EDITOR:—The virtues of the Hydro-pathic system are such as should never be concealed. The cures it has wrought are sufficient to convince even the most incredulous.

A case of considerable interest occurred "Down East," here, a few weeks since. Mr. William Spaulding, of West Great Works, Old Town, was violently attacked with the real cholera. I have never heard of any person's disputing that fact. The following facts in the case were given me first by the Hydropathist who prescribed for Mr. S., afterward by Mr. Spaulding and wife, Mr. J. Spaulding, and Mr. Waldron, who nursed the patient during his sickness, all creditable witnesses, all agreeing in their testimony, though given in three different places, without knowing that any others had made any statement of the case to me.

Soon after the attack, a skillful physician of extensive practice was called. He gave some internal remedies, and recommended the use of measures to secure perspiration.

Perspiring somewhat freely, gave a little relief for the time. Soon, however, the patient began to fail again, and his decline was quite rapid. The discharge from the bowels became colorless (water), free, constant, and involuntary,—the patient's strength so far failed that he was unable to raise his head from the pillow. His eyes were "turned back," half open and "set." Death was supposed to be near.

At this crisis Mr. Royal Fisk, of this place, was permitted to try the virtues of hydropathy. The patient was first put into a tepid bath and rubbed freely for thirty minutes. He was then allowed to drink a little cold water, (and before this all he could take was a little at a time from a tea-spoon); he was placed in bed for a little rest, then "packed in," which was found the best method of giving rest, for in some five minutes, though he had been long without sleep, he fell asleep and slept sweetly nearly an hour. He then received the usual "washing down and rubbing." Two injections of tepid water stopped the involuntary discharge from the bowels. After this an occasional bath, the internal use of cold water and a simple diet, were found amply sufficient to secure a return of health.

Mr. J. Spaulding was "attacked" a day or two after his brother's "attack," and though violently "seized," the tepid bath and water injections were found sufficient to arrest the disease at once.

There was a little contention in the community as to whom or to what the honor of the cures belonged, and this was carried so far, that when Mr. John Gullipher was attacked with the same

disease, so mildly that he spent the first hour of his sickness in the field, complaining, but doing some work till "dinner-time." The virtues of cold water *could not be tried upon him*, and he died in eight and a half hours from his attack, or seven and a half from the time of leaving the field. Prejudice, thou art cruel! How much fear that a certain "craft may be in danger!"

Another case of interest occurred in this village, (Old Town). A young lady was deeply afflicted with "an inflammation of the membrane of the knee-joint," attended with a slow fever. She was very much prostrated by disease, and suffered much in being moved. She was under the care of a physician several weeks, and instead of improving, "rather grew worse." The hydropathic system was at length tried, so far as her nervous state would permit. Cold fomentations to the knee, bathing freely, packing in, drinking cold water, and a simple diet, were the means used. In three weeks general health had returned to the system, and the knee was doing well. She has left the place for home.

As this is my first communication, you will excuse its length, especially as it is forwarded by request of Mr. Flisk. If this should meet a favorable reception, I may soon give you another chapter on my own experience in the business. I think it might aid the cause somewhat.

M. R. HOPKINS,  
Pastor of M. E. Church, Old Town, Me.

For the Water-Cure Journal.

#### A CASE OF INFLAMMATION IN THE BOWELS.

A YOUNG man who recently returned from a long sea voyage, was taken with inflammation in the bowels, and continued to grow worse, although three physicians of extensive practice had been called to visit him. The Doctors gave up hope, and said he must die. He had, in the meantime, a raging thirst for cold water, but little, if any, was allowed by the attending physician, who was a sound man and a good Doctor of the Old School. He said the disease had arrived at such a stage that he thought mortification had already taken place, and told the attendants what would be the effect, and the symptoms immediately, or very soon, appeared as the Doctor had predicted. All hope was then gone—no one expected that he would live but a few hours. He being inclined to drink water freely, the Doctor gave him liberty to drink all he wanted of cold water. He commenced drinking a tumbler about two-thirds full, and drank as often, perhaps, as once in fifteen minutes, I should think, until he drank probably from one to two gallons. In

the mean time he had several turns of vomiting, when he threw up much of the water, with some bile, &c. When told by the Doctor that he thought it rather hurtful to him to drink so much water, he replied that he did not drink it because he was dry, but it made him feel so good to sweat. Through the whole time of his drinking, he continued to sweat most profusely, and was entirely free from pain. After the sweating process was through and he had by vomiting relieved his stomach from the load of water, he appeared better, and in the course of the afternoon and evening, his bowels moved and he soon began to mend, and continued to grow better, and in a few days was out. He is now enjoying good health. His attendants, and all who were acquainted with the circumstances, believe it to have been a plain case of Water-Cure, having become a reader of the Water-Cure Journal, and being a friend to all reformation designed to benefit mankind and relieve human suffering.

#### A FRIEND TO REFORM.

##### ERYSIPELAS.

BY E. EVANS, M. D.

THIS case recently fell under my observation. The circumstances and treatment were as follows:—Several days previously, the patient, to use his own expression, had "barked his shin." But little inconvenience was experienced from the accident till the day before I saw him. Then the shin began to inflame, and the whole limb to pain him. Next morning the pain was so severe, and the limb so much inflamed, that he concluded he must have an attack of inflammatory rheumatism. His wife, an affectionate, kind-hearted lady, and a thorough-going Thomsonian, remarked if that was the case she would soon sweat it out of him, and set herself to work accordingly. Composition tea, blankets, hot bricks, and vinegar, were perseveringly used, while flannels wet with hot drops heated, were applied to the affected limb. The poor man bore all this with the fortitude of a martyr, confiding in the oft-reiterated assertions of his dearly beloved better half, that he would soon perspire, and then would be better. Notwithstanding his good wife's determination to crowd the steam till she did "sweat it out," not one drop of perspiration appeared for his relief. On the contrary, her heating and stimulating operations aggravated the disease, and kindled a burning fever. The limb was made tenfold more painful by the hot drops. Before night, the man, half crazed with a raging fever, and almost frantic with pain, declared he could not live in such misery two hours longer. At this crisis I was called

in—examined the limb, and found all below the knee red with erysipelas—the veins distended, hard, and inflamed from the foot to his body. This was about the first of my using cold water alone in treating diseases. Thinking the case a good one to test the merits of Hydropathy, I ordered a pail of cold water—threw off the load of blankets under which the sufferer was almost roasting—bathed him thoroughly from head to foot, and swathed the diseased limb with towels wrung out of cold water, wetting them again as soon as they became warm. The general bathing was repeated two or three times within three quarters of an hour, when, to the utter astonishment of his anxious wife, he was covered with a profuse perspiration, which gave great relief. I then left, ordering the towels on the limb to be rewet with cold water as often as they became warm. The next morning, having some misgivings about the efficacy of water in treating Phlebitis, and having had no experience in this disease, I consulted my books, to be well prepared to do what would be necessary if the water failed. And what do you suppose they advised? I will tell you. Dr. Druitt says, “The principal things to be done in this *almost hopeless malady*, are—to apply numerous relays of leeches and fomentations to the part affected—to open all abscesses early—to open the bowels moderately—to allay restlessness and pain—and to support the strength by nutriment, such as beef tea and arrowroot. As to any other measures, stimulating or lowering, they must be employed according to the exigencies of each particular case. Bleeding may occasionally be of service when the patient has a robust, unimpaired constitution, but in many cases it would only accelerate the fatal issue. Mercury may be resorted to in general, unless there is very great depression indeed. Wine and bark should be used if the pulse is very feeble.”

This is the usual treatment, according to the best (!) authorities, and, as you have heard generally, proves unavailing—the patient dies. After consulting several authors, and finding that all agreed as to the result, you may well imagine that I felt very anxious to know how the cold water plan was working with my patient.

I could not wait for breakfast, although it was smoking on the table, but hurried off as fast as my organs of locomotion could decently carry me. Upon entering the room, judge of my surprise at seeing my patient “up and dressed”—had breakfasted, and sat as complacently as though nothing had happened. I stopped short, drew one long breath, and, perfectly astonished, gazed upon what I saw. Well, thinks I, if this is the result of cold water treatment, I am a Hydropathist for ever. His wife informed me that he fell asleep soon after I left, and slept soundly all night, except occasionally

being a little disturbed when the towels on his limb were changed. The erysipelas had almost vanished, and scarcely a trace of inflammation in the veins could be detected. Wet cloths were worn upon the limb till it was perfectly well. Not one grain of medicine did he take from the time I first saw him. Here, then, was a bad case of erysipelas, complicated with that “*almost hopeless malady*” phlebitis, cured by cold water alone, in an almost incredible short time.

Does not this one case speak volumes for Hydropathy?

#### SENSIBILITY OF THE HEART.

THE heart was not the sensible organ which they would suppose it to be, endowed as it was with excessive irritability. The celebrated Harvey, the discoverer of the circulation of the blood, had an opportunity in his lifetime of putting this question to the test. A young nobleman, of the name of Montgomery, met with an accident by which there were torn away, or subsequently came away, considerable portions of the ribs, and parts covering the left side of the chest. This individual miraculously recovered, but with a permanent opening in the thorax, exposing the left lung and the heart. On the case being made known to Charles I. he requested that Harvey might have an opportunity of examining this extraordinary case. Harvey called upon the young nobleman, and stated what his majesty's pleasure was; and the young nobleman removed his clothing, and exposed a large opening, into which Harvey could introduce his hand. After expressing his surprise, as they might suppose he would, at the effort which nature had made at reparation, and that life could be sustained with all this exposure of the contents of the chest, Harvey took the heart in his hand, and put his finger on the pulse, to ascertain whether it was really true that he had that most important organ within his grasp and sphere of observation; but finding the pulsations of the heart and wrist were synchronous, he was convinced that it was the heart. Wonderful as it may appear, in touching it there was no sensibility, no pain; the heart might have been squeezed in the hand; and but from the circumstance of touching the young nobleman's clothes or his skin, he was not conscious that there was any pressure upon it. This proved that the heart was not so highly sensitive as they should have been led to think it was. Still, he hoped the relation of this case would not induce them to suppose that this organ could be roughly treated with impunity. He could assure them that it was an organ full of sympathy. So far as its exterior was concerned, it was not endowed with a high degree of sensibility, and that for

the wisest purposes ; but its interior enjoyed it in a most exquisite degree. The internal surface of the heart immediately sympathized with any disturbed condition of the system. If the head or stomach were affected, they knew full well that the heart could very easily be brought into intimate sympathy with it ; and therefore they were aware that it was a highly sympathetic organ.—*Turner's Lectures.*

### THE TURN OF LIFE.

FROM forty to sixty, a man who has properly regulated himself may be considered as in the prime of life. His matured strength of constitution renders him almost impervious to attacks of disease, and experience has given his judgment the soundness of almost infallibility. His mind is resolute, firm, and equal ; all his functions are in the highest order ; he assumes the mastery over business ; builds up a competence on the foundation he has laid in early childhood, and passes through a life attended by many gratifications. Having gone a year or two past sixty, he arrives at a critical period in the road of existence : the river of death flows before him, and he remains at a standstill. But athwart this river is a viaduct called "The Turn of Life," which if crossed in safety, leads to the valley of "old age," round which the river winds, and then flows beyond without boat or causeway to effect its passage. The bridge is, however, constructed of fragile materials, and it depends upon how it is trodden whether it bend or break. Gout, apoplexy, and other bad characters also are in the vicinity to waylay the traveler, and thrust him from the pass ; but let him gird up his loins, and provide himself with a fitting staff, and he may trudge on in safety with perfect composure. To quite metaphor, the "Turn of Life" is a turn either into a prolonged walk or into the grave. The system and powers having reached their utmost expansion, now begin either to close like flowers at sunset, or break down at once. One injudicious stimulant—a single fatal excitement, may force it beyond its strength—whilst a careful supply of props, and the withdrawal of all that tends to force a plant, will sustain it in beauty and in vigor until night has entirely set.—*The Science of Life.*

This is as it *should* be, with all, and as it *would* be, were the world to adopt the HYDRO-PATHIC mode of life—"Temperance in all things" would secure a SAFE "TURN OF LIFE." How few middle-aged, or old people, there are at the present day, who are FREE from disease ! And what are the CAUSES of the almost universally prevalent complaints of Rheumatism,

Blindness, Deafness, and other afflictions ? We undertake to say, that it arises MAINLY from an *improper* mode of life. How few old men, who do not use TOBACCO, and how few women who do not use TEA or COFFEE, or both ! And how few men or women are free from the excessive indulgence of their appetites and passions ! Will not the youth of the present age try to adopt and live a TEMPERATE LIFE, and thus SECURE a "Safe Turn of Life ?"

### SINGULAR PHYSIOLOGICAL FACT.

TRANSFERENCE of vitality, which appears to take place when young persons are habitually placed in contact with the aged, is not a nursery fiction. It is well attested by very competent authorities. "A not uncommon cause," observes Dr. James Copland, "of depressed vital power, is the young sleeping with the aged. This fact, however explained, has been long remarked, and is well known to every unprejudiced observer. I have on several occasions met with the counterpart of the following case :—I was a few years ago consulted about a pale, sickly, and thin boy, of about four or five years of age. He appeared to have no specific ailment, but there was a slow and remarkable decline of flesh and strength, and of the energy of the functions ; what his mother very aptly termed a gradual blight. After inquiry into the history of the case, it came out that he had been a very robust and plethoric child up to his third year, when his grandmother, a very aged person, took him to sleep with her ; that he had continued to decline progressively ever since, notwithstanding medical treatment. I directed him to sleep apart from the aged parent, and prescribed gentle tonics, change of air, &c. ; the recovery was rapid. But it is not in children only that debility is induced by this mode of abstracting vital power. Young females married to very old men suffer in a similar manner, although seldom to so great an extent ; and instances have come to my own knowledge where they have suspected the cause of their debilitated state. These facts are often known to the aged themselves, who consider the indulgence favorable to longevity, and thereby illustrate the selfishness, which, in some persons, increases with their years." Every medical practitioner is well aware of the fact, and parents generally are advised not to allow their infants to sleep with aged persons.

NOTE.—King David, when old and stricken in years, was guilty of this selfishness, and required a young Shunamite damsel to cherish him. But his example should not be followed at the present day.—*Ed. Age of Reason.*

CASES

FROM THE REPORT OF THE GLEN HAVEN WATER-CURE  
FOR 1848-9.

**SPINAL COMPLAINT.**—Miss \_\_\_\_\_ of \_\_\_\_\_, age 26. Came here in May. Was brought on a bed a distance of 60 miles. Had not walked at all in five years, and most of this time was not able to help herself up in bed. Received an injury, from which time her spine began to fail. This occurred when she was 21 years old. Suffered exceedingly from Leucorrhœa. Felt a pricking at first in the fingers, which gradually extended over the whole body. Was dizzy and by turns blind. Had much pain in the head, between the shoulders, and in the small of the back. Spine tender to the touch. Liver was enlarged and tender. Was costive in the extreme. Could not move one limb for two years. Had tried various remedies. Used a spinal supporter; galvanism and electricity. Had at times weeks of severe vomiting. Suffered from indigestion; neuralgia; and at times inflammation of the kidneys. *Treatment.*—Half baths 72 degrees, bandage from the armpits to the hips all the time. Changed often, and rubbed off in water at 68 degrees. Short time sitz baths added. In six weeks helped herself from the bed into a chair. In eight weeks bore some weight upon her feet. Nine weeks could walk by the aid of one to steady her. Improved steadily in health, strength and flesh some weeks longer. Then came a crisis in the form of a diarrhœa. The discharge from the bowels was immense. Lasted her four weeks. Was confined to her room three weeks. This reduced her much in flesh and some in strength. But when the crisis ended, she gained very rapidly. Remained with us some five months. Could without any aid go up and down stairs; employ herself in cutting and making dresses; engage in the sports of the sitting-room; and one would hardly imagine that she was the same being, who five months before was as helpless as a child. Instead of having two attendants and a bed to lie upon as she came, she took the boat and went her journey alone. Heard from her some months since she left; she was able to walk half a mile with ease.

**INFLAMMATION OF THE LUNGS.**—Mr. \_\_\_\_\_ of \_\_\_\_\_, age 38. Came here in July; had a slender constitution, light eyes and hair, delicate complexion; had an attack of inflammation of the lungs some three weeks before he came here. Was bled, blistered, took calomel and blue pill. He as well as his friends greatly feared that he would soon die with the consumption. Coughed much, had a daily fever, and was feeble. One lung was congested, and he had to sit up in the bed in order to breathe nights a good share of the time; pulse 130 per minute. Was packed, had the half bath, sitz

bath, and chest and bandage, also foot baths. Fever soon lessened; expectoration was immense for a few days. He soon began to improve in strength and the cough lessened; pulse became less frequent, and in three weeks he was restored so that he was able to walk miles, and soon left feeling well.

**CONGESTION OF ONE LUNG AND ENLARGEMENT OF THE LIVER.**—Mr. \_\_\_\_\_ of \_\_\_\_\_, age 31, tall, spare, black eyes and hair, sharp features, and a bilious temperament; came here in July for water treatment. Was dullness in the superior portion of the right lung. The liver was somewhat enlarged. Could not lie well on the right side. Had at times much difficulty in breathing, pain in the side had become very troublesome. Tongue pale and covered with a white fur. Had lost some 25 lbs. in flesh, muscles were soft and flabby. *Treatment.*—Chest bandage, pack in wet sheet once a day; plunge after, three sitz baths and one foot bath; drank from six to eight tumblers of water per day; walked in the open air some four or five miles each day for exercise. Liver soon began to lessen in size; lungs became more full, while he rapidly gained in flesh and strength. Gained in five weeks 17 lbs. in flesh. Remained here about six weeks, and went home able to attend to his mechanical business.

**AGUE AND FEVER.**—Mr. \_\_\_\_\_ of \_\_\_\_\_, age 21, had had the ague and fever for nine weeks when he came here. Was feeble, emaciated, and sallow in the extreme. Could walk but a few rods without great exhaustion. *Treatment.*—When the chills came on was put into the vapor bath, and remained till all the sensations of chillness had disappeared, then plunged in a cold bath. When the fever came on it was but slight, and he was then packed in the wet sheet and plunged often. Had the sitz baths besides. He improved rapidly, and in two weeks was able to walk several miles in a day. Left entirely cured in three weeks. Heard from him five months after he left. Had had no return of the chills. Was entirely well and fleshy; able to do a good business all of the time.\*

GENERAL RULES OF WATER TREATMENT

AT THE GLEN HAVEN WATER-CURE.

**DRINKING WATER.**—Water should be taken as fresh as possible, so as to secure the benefits of the carbonic acid gas that it contains. Water should be drank in the morning before breakfast, according to the capability of the patient. As a general rule for beginners in the cure, from one half a glass to three glasses before breakfast. About midway between

\* Numerous other important cases are delayed until another number.

meals, both in the fore and afternoons, the same quantity as before mentioned should be drank. No water should be drank except to quench thirst, under two hours after eating; and but moderate quantities during meals. In some cases, the drinking of water should be sparingly indulged, and the temperature somewhat elevated. One-half to a glass at a time is a sufficient quantity. The stomach should not at any time be burdened with large draughts. There are exceptions to these rules, which must be left to the judgment of the physician.

**DRESS.**—Patients should dress so as to feel comfortable when not engaged in exercise. Should not dress so warm as to perspire when sitting, or at rest during the intervals of baths. Flannel not to be worn next the skin after the patient is fairly initiated in the treatment.

**EXERCISE.**—Walking is one of the best means of exercise, as it brings into play a large number of muscles, and takes the patient into the open air. The length and rapidity of the walk must be in proportion to the strength and state of health of the patient. Some highly nervous patients are apt to walk too much. Their disease is often aggravated by too severe and protracted exercise. Exhaustion should not be induced, only an agreeable sensation of fatigue. Many are in great haste, and wish to push the treatment in every direction, and thus the vital energies are so expended that no crisis can take place. The motto of a patient in water-cure should be, "make haste slowly." There are, however, some cases where the treatment can, with great benefit, be vigorously employed. Walking up hill is much better than on a level, when the patient can endure it.

**INJURIOUS INFLUENCES AND AMUSEMENTS.**—The mind should be as free as possible from cares and anxieties. All excitement of the passions and emotions, as far as is possible, should be avoided. A mind "ill at ease," is a great drawback to the cure. Courage and bravery, cheerfulness and hope, are important auxiliaries. The patient must select his amusements, but not indulge too freely. Dancing, to many, is an agreeable and healthful exercise. But in many cases it must not be indulged in.

**FOOD.**—Patients should not procure and eat articles that are not allowed on the table. Neither should all indulge in every dish that is furnished. The greatest fault is eating too much. Every one should carefully study and ascertain what best agrees with him; and conscientiously abstain from what he knows to be injurious.

**DOUCHE.**—This is a very powerful bath, and should by no means be taken, unless advised by the physician; nor should the prescribed

limits of time be exceeded by the patient. It may be taken from one to eight minutes. The head and pit of the stomach should be protected from the stream. It is best to let the water fall upon, or between the shoulders at first. Many should not let the stream fall directly upon the spine, but on each side of it.

**FOOT BATH.**—This bath is of much importance where the feet are habitually cold. Should not be taken when the feet are cold, unless a warm one be taken first and the feet rubbed off with cold water afterward. The time of this bath varies from one to thirty minutes. Reaction is to be secured by exercise, not by warming the feet by a fire. The patient may get warm by a fire after the bath, but he will not get well in this way.

**HEAD BATH.**—This is taken in a small tub, or wooden bowl, with a place cut out in one side for the neck. Is taken in the horizontal position. The head should be turned from side to side while in the water. Should not be longer than from five to fifteen minutes.

**WET BANDAGES.**—These are of great importance in the treatment of disease. They are worn often for months. Are made so as to fit the parts to which they are to be applied, so as to exclude the air. The bandage should be well wrung out, and covered with a dry one, so as to keep the clothes from being wet, and to keep the heat from escaping too rapidly from the surface on which they are to be worn. The evaporating bandage should be wrung but slightly, and frequently changed. This is used to relieve inflammation. The former, or the stimulating bandage, ought to feel comfortably warm in from ten to fifteen minutes.

**PACKING.**—A patient should get comfortably warm in ten or fifteen minutes, else the pack is not admissible. The time of lying in the pack varies from fifteen minutes to two hours. Should there be disagreeable head symptoms, a wet compress ought to be put upon the head, and if they cannot be overcome by this method, the pack had better be for a time discontinued. The half-bath, or plunge, is generally used after the pack. Sometimes the sheet, and in some cases the house douche may be used. Sweating in the blankets is not admissible in most cases; nor is it best in many cases to sweat in the wet sheet. The patient should be well rubbed on coming from the bath after the pack.

In many instances it is best to begin packing in a towel at first; then use the sheet, when the patient can get warm readily. The packing is by no means essential in all cases, and has often to be suspended for a time.

**PLUNGE BATH.**—This bath must be short. From one-fourth to a minute is long enough. It may in some cases be repeated, after rubbing briskly on coming out. Before going in, it is best to wet the head and chest. This bath should not be indulged in beyond the limits of the prescription.

**HALF BATH.**—This bath may be used by the most feeble. The temperature may be regulated according to the strength and reactive energies of the patient. The time this bath may be used varies in general from one to ten minutes. It may be used in the morning, or at a suitable time of day for any bath. Is of most service after packing, in many cases.

**SITZ BATH.**—No general rule can be given as to temperature, as it must vary to meet various indications. The time that this bath is to be taken varies from ten minutes to an hour. Those intended as a tonic should be short, while those for a derivative should be longer. It is well to rub the stomach and abdomen with the wet hand while sitting in the bath.

#### CASES IN THE LIFE OF A HYDROPATHIC DOCTOR.

BY S. O. GLEASON, M. D.

ABOUT eighteen months since there came a gentleman into our office, saying that he wished to present the case of a poor man in his neighborhood for our consideration and advice. He stated that the man had been sick for four or five years, and that he had employed seven different physicians, of nearly as many schools of practice; that the man was extremely emaciated and feeble, that he could not sit up at all, and was sadly deformed in all his joints, even to his fingers and toes, by rheumatism. We asked the gentleman if the man had the means to put in practice the treatment, if a prescription was made out. He said no; but the neighbors would attend to him according to directions.

We accordingly gave our advice in the case, and the gentleman left.

Some few days since, there came a man into our office, with his face clothed with smiles and sunshine on his brow, with the salutation of "How do you do, Doctor—as I suppose this is the Doctor?" "Yes, sir," was our reply; "but we do not know you." "Well," said he, "I shall not forget you. You have been the means of restoring me to the use of my limbs, and my strength of body, so that I can earn bread and clothing for my little family." The tears of joy and gratitude coursed down his manly face as he related the

foregoing incident, which we have thus briefly sketched.

We were, when some five miles distant from our Cure, called in last spring to see a poor, distressed lady about forty years of age, closely covered with bedclothes, in a small room, with confined air, lying in a bent-up condition, with voice so feeble that she could scarce articulate at all. She was much emaciated, and complained sadly of her *stomach*, together with numerous other ills; said she had been confined two years, and had had five different doctors, and each one left her worse than they found her, and that she had become discouraged, and had called us in as her last hope for life.

We made out a prescription, which her husband promised to carry into effect.

To-day we saw her for the first time since last spring, a mile from her home, able to walk about her house, and much improved in flesh and strength. She was so much changed that at first we did not recognize her. She had exchanged the forlorn aspect of her countenance for one of hope and cheerfulness; joy had again entered her household, and the kind, affectionate mother could once more administer to the wants of her children.

Such circumstances shed gentle dew and sweet sunshine on our pathway, and encourage us to make renewed effort to save from suffering the afflicted ones of our race.

An Irish laborer, who had his right leg seriously injured by the falling in of the wall of a well, which he was engaged in cleaning out, presented his case to us, saying, that he had "tried ointments and all kinds of salves for five months, and that his leg got continually worse and worse." From the knee to near the ankle there was a large, indolent ulcer, which secreted a fetid matter, and discharged largely every day. The limb was much swollen, and somewhat painful. We directed him to remove all the dressing from the limb, and clean it with warm water, and to put on the wet bandage, changing it as often as it became nearly dry. In six weeks from that time we saw him again in a village store, when he showed us his limb, entirely sound. He exclaimed, in all the freshness of his Irish feelings, "Bless the day I ever saw ye, Doctor; ye have saved my leg with nathing but wather. I'll not put any more whisky outside nor in." He remains true to his pledge.

## NEW-YORK, DEC., 1849.

OUR NEW PROSPECTUS FOR 1850.—With this number we present our friends and readers with our PROSPECTUS for a new volume of THE WATER-CURE JOURNAL, with a view of facilitating the good work of obtaining new subscribers. We hope each PROSPECTUS will be returned to us laden with the names of NEW subscribers.

THE JANUARY NUMBER of the Water-Cure Journal will be sent to all present subscribers as a sample of what we intend to furnish for 1850, which they will please circulate, with a view of obtaining additional subscribers.

CORRESPONDENTS who have interesting FACTS or CASES of cure under Water treatment, which they design for publication, will very much oblige by writing out the same on a slip of paper, separate from that containing subscribers' names. For this purpose we send each subscriber a Circular PROSPECTUS on which to record names, with their Post-office addresses.

## MEDICAL AUTOBIOGRAPHY—FOR THE WATER-CURE JOURNAL.

OUR next number will contain the first of a series of articles, which will be wholly novel in their character, both as regards plan and execution. Among other objects wished to be obtained by this series will be that of giving the people an opportunity of defining for themselves the position of the Water-Cure Journal and its supporters. The outsiders of the medical profession are but little aware that in the number of its sects and the opposition, and withal bitterness of their views, the straitest orthodox medicine rivals theology. The author of the series is well known as a popular writer, is a regular M. D., etc., etc., and has had the most ample practical opportunities to thoroughly acquaint himself with the whole subject, even to the minutest details. He is perfectly familiar with the drug and patent medicine business, and will give the composition and cost of preparation of the advertised medicines of the day. He purposes to write his own medical experience, weaving in a system of physiology, etc., together with the history of medicine from the earliest period to the present day. The whole will be comprehensible to the mere English reader, and anecdote, etc. introduced, to make it exceedingly amusing as well as instructive. Thus, for the first time, the state of medicine fully posted up to our own day, is displayed to the public, so that all can choose what best suits their notions, from the Indian and Thomsonian practice to the most refined and infinitesimal

homœopathy, including of course the philosophy of the Water-cure. It may be well to observe that *opinions* alone will be shown up, and even the *shadow* of *personality* avoided.

## COGITATIONS for DECEMBER.

BY E. T. TRALL, M. D.

PREPARATION FOR WINTER.—Good fires and sufficient clothing are indispensable for comfort; but for health in the season when rains, hails, snows, blows, freezes, thaws, storms, and tempests rapidly alternate in this climate, no amount of coal and flannel is sufficient. Our main defence against the elements without must come from the life element within. Very little external aid is requisite if we possess a good degree of vital resistance; without this all outward circumstances of protection may fail. Take a walk up Broadway any cold, frosty morning, or down the street any damp, chilly evening; either way, you will meet two distinct classes of persons, considered in relation to the weather. The first class draw their cloaks tightly about their necks, crook up their elbows, bend their chests forward, draw their heads down upon the breast, and shrink up into as small a compass as possible. These are those who are always taking cold, who are as tender to the touch of cold water as a summer fly. They are frequently choking with quinsies, stiffening with rheumatisms, and coughing with pleurisies. They are the slaves of the elements; the weather has conquered them.

The other class walk along erect, heads up, looking the clerk of the weather straight in the face; their necks are lightly covered, their well-expanded chests stand out forward, their shoulders are thrown back; if they wear a cloak or an over-garment, it hangs loosely; there is no appearance of bundling up; they treat a north-wester with a "come on, Macduff!" These have conquered the weather. Cold air and cold water are to them luxuries rather than terrors.

Now, many learned medical works have been written upon the influences of climate upon health, longevity, epidemics, &c., &c. These works have tended rather to our injury than benefit. The public mind has been directed to climate as the principal cause of colds, fevers, influenzas, consumptions, &c., instead of the physiological condition of the people themselves. All these investigations into weather influences have

not yet evolved a single sanitary principle. They have only taught us to run away from changes of temperature, while the true doctrine is to invigorate ourselves for successful resistance. This is not half so difficult as most people suppose.

Regularity and temperance would express the whole philosophy, provided our social state and many of our voluntary habits were not necessarily to a great extent unphysiological. To counteract these artificial evils we may resort to aids in themselves artificial. The principles upon which the allopathic and hydropathic schools attempt to do this are as wide apart as exact opposites. To resist the causes of debility, the former doctrine is to stimulate; to resist cold, build larger fires and put on more flannel. These methods give temporary protection at the expense of the constitutional powers. The more the body is defended in this way to-day, the more susceptible and helpless it is to-morrow. The hydropathic plan consists in taking away the unnatural stimulus, and developing the activity of the vital principle. This may produce temporary debility—*apparent* only, with the advantage of permanent resisting power. One method makes the system wholly dependent on, the other renders it measurably independent of, weather influences.

There are two processes extremely simple and universally applicable, which all persons might profitably adopt, and which none who are predisposed to colds, coughs or bronchial affections, ought to neglect—a morning ablution and a walk in the open air before breakfast. Active cutaneous transpiration and free and full respiration are the great safety-valves of the whole organism. These will do more to prepare the system for winter weather, or any other weather, than all the cordials of the dram or drug shops, and all the extra clothing one has strength to carry. Those who have practiced regularly cold bathing, in any form, during the autumnal months, are reminded of the following couplet in Thomson's Seasons :

"Nor when cold winter keens the brightening flood,  
Would I, weak-shivering, linger on the brink."

DANCING.—The abuse of anything argues nothing against its legitimate use. The exercise of dancing is certainly one of the most agreeable and healthy amusements we can conceive of; to the sedentary it would be impossible to recommend a better sanitary process. No physiologist

can say anything against it, and no one has ever attempted to condemn it on physiological grounds. Lately, however, the social, and moral, and religious aspect of the question has excited considerable attention. A premium tract has been published against it; the bishops of the M. E. church have issued a *pronunciamento* against it, and a Baptist association has declared against it. Although these authorities are exerted against dancing as such, yet all the reasons and arguments we have seen are aimed at its abuses. In favor of balls and dancing-parties, connected with hot rooms, late hours, night suppers, alcoholic liquors, &c., we have nothing to say. They are as vile as any epithet that has been applied to them. But dancing, under proper regulations—even music and dancing—we regard as among the most refined, harmless, and rational amusements. It is very certain that the Bible speaks of dancing many times commendatorily; and Martin Luther declared dancing to be a necessity of our state, which did not offend against faith or charity.

THE SCIENCE OF QUACKERY.—There are few callings in which a greater amount of cash capital and perverted human ingenuity are expended than in the making, puffing, vending, and lying into use, of quack nostrums. The following extract from a speech by Mr. Sanborn, in the N. H. Legislature, "gives the devil his due" pretty pungently :

"It is pretended that nobody is deceived by the professions of quacks. Every day's experience contradicts this assertion. The rich and the poor, the wise and the simple, are all occasionally deluded by these cheating, lying impostors. The human mind is so constituted that we must confide in others. We are made to trust each other; to believe the solemn declarations of our fellows. Without this mutual confidence society could not exist. Hence the abuse of it becomes the more odious. None are so credulous as the sick. They listen readily to the advice and suggestions of others. Fearing the ravages of disease, they eagerly lay hold of any hope, however delusive, which empirics may hold out to them. The extensive sale of vegetable medicines proves this. A few years ago, when Morrison's vegetable life pill's were so popular in this country, a suit was commenced in a court in Massachusetts, by Morrison and Moat, against John K. Palmer, for selling a spurious article. It appeared there in evidence, that the proprietors had been so successful in England as to be able to establish the 'British College of Health,' at an expense of \$250,000, from which agents were sent into all the principal cities of Europe and

America. The demand for these pills became so great in this country that the sale amounted to \$250,000 in a single year; and the seller of spurious pills had disposed of 100,000 boxes before he was arrested by the patentee. It appeared, furthermore, that this 'British College of Health,' with its high-sounding name, had neither charter, professors, nor students, but consisted of an immense building in the suburbs of London, with appropriate apparatus for the manufacture of 'Hygeian pills;' and that the proprietor was neither surgeon, physician, nor man of science, but an arch quack. What has become of its vaunted remedy in the brief space of ten years! Gone, like thousands of its predecessors, to the shades of Erebus and old Night.

"The fact that new nostrums remain popular for only a brief period, proves that their healing virtues, like the diseases they profess to cure, are imaginary. Each remedy has its brief day of glory, and is succeeded by a rival candidate for the popular applause. Each new invention has a twofold office. It comes to bury the dead and herald a new race. Every fresh adventurer denounces all rivals as deceivers and impostors. These makers and venders of nostrums abuse each other like pickpockets. They wage upon every fellow quack an internecine war. Every member of the fraternity is an Ishmaelite to every other. On all sides it is war to the knife, and the knife to the hilt. The dead lie prostrate on many a hard fought field; but it is the patients who die, not the quacks! But are we not bound to believe what these impostors say of each other? Who should know the tricks of the trade better than they? If we can trust their promises, we certainly are bound to credit their assertions concerning the fraternity. They warn us, 'as we value health,' to shun all prescriptions of quacks except their own; and this is done by every inventor of a new medicine. Look at the flaming advertisements of the rival Doctors Townsend, which stare us in the face from every paper printed in Concord, together with a beautiful wood-cut, representing old Dr. Jacob Townsend himself. They both offer for sale a syrup of sarsaparilla. The old doctor says he has paid \$200,000 within the last eight years for advertising; and whence came this immense sum? We cannot suppose that any man would devote more than a tithe of his income to advertising; therefore, the doctor must have been doing an excellent business in the sarsaparilla line for eight years."

**CHLOROFORM.**—We continue to hear of additional deaths from the use of this dangerous agent. Dr. Adams, physician to the Clyde street Hospital, Glasgow, Scotland, lately lost his life by inhaling the article in order to test its strength. The *L'Union Médicale* of Sept. 8 says:

"On the 23d August, Madame Labruno, a healthy married woman, residing at Langres, in France, died from the effects of chloroform vapor.

She wished to have a tooth extracted, and prior to the operation inhaled the vapor, which was given to her at her own desire. Complete insensibility was not produced at the first trial; more chloroform was placed on the handkerchief, and she drew a full inspiration. Her countenance immediately became pallid; her features were visibly altered; there was a dilatation of the pupils, with a convulsive rolling of the eyes, and no pulse could be felt. Every attempt was made to restore life, but without success. She died as if struck by lightning."

The public have already been made acquainted with the fact that chloroform, of all narcotic agents, is the most powerful. Since the discovery and introduction of it by Dr. Simpson, of Edinburgh, hardly a month has passed without furnishing an instance either of death or extreme danger attendant upon its inhalation. Fatal effects have followed, not only in the hands of those using it unprofessionally, but also in the practice of regular and skillful physicians. The public should therefore be assured, that to employ it merely to save pain is not warranted by many of the judicious and cautious practitioners of this country and of Europe, and that many of its friends have abandoned it, and now resort to the ether, which affords the advantages without the dangers of chloroform.

**NOSE BLEEDING.**—Doctor Samuel R. Smith, of Tompkinsville, Staten Island, N. York, has communicated to the Boston Medical Journal a method of stopping bleedings at the nose, which he learned of an old shipmaster. His process was to roll up a piece of paper and place it under the upper lip. Dr. Smith stopped bleeding which had continued four days, by tying a knot in a bandage and applying it on the upper lip, and tying the bandage round the head. The rationale of this treatment is, that pressure at the point mentioned compresses the artery furnishing the blood.

**CURE FOR HEADACHES.**—A work has recently been published in Paris, by an eminent physician, in which he describes a new remedy for headaches. He uses a mixture of ice and salt, in proportion of 1 to  $\frac{1}{2}$ , as a cold mixture, and this he applies by means of a little purse of silk gauze, with a rim of gutta-percha, to limited spots on the forehead or other parts of the scalp, where rheumatic headache is felt. It gives instantaneous relief. The skin is subjected to the process from half a minute to one and a half minutes, and it is rendered hard and white. It is good in erysipelas and diseases of the skin.

**POWERFUL DOCTORS.**—The "Albany Dutchman," in showing up "Albany as it am," gives our profession the following complimentary notice:

"Then we are blessed with doctors of straight, sure, and deadly aim—with a whole arsenal of sudorifics, morphine, blisters, and blue pills—

their persons decked out with all the pomp and magnificence of fashion—and their skill warranted to kill at the first fire.”

**BACCHANALIAN LITERATURE.**—We are sorry to see the serpent of the still infesting almost every branch of the literature of civilized nations. It has long been the ruling spirit of the music of many countries. Some persons can hardly draw a simile without resorting to the “critter.” The “criticiser” of the “Tribune,” in noticing the recent work of Lieut. Wise, indulges the alcoholic imagination thus:

“The author of this agreeable volume is one of the fortunate persons who can venture on the style, in which he seems so entirely at home, without the shadow of risk. He has only to uncork the radiant champagne of his genius, of which he has specimens of every choice and delicate vintage, and you are regaled with an inexhaustible flow of the exhilarating juice.”

We could wish, for the sake of the temperance reform, that no allusion would ever be made to “radiant champagne,” or any other form of intoxicating drink, except to express the detestation and abhorrence of the writer.

**PILLS IN DISGUISE.**—A French chemist proposes to render the long list of pills which always fills so many bills for doctoring our ills to cures or kills, tasteless, by coating them over with collodion or gutta-percha. If the pilling doctors would contrive some way of coating over the inner membrane of the alimentary canal, so that they could slip along without being dissolved, it would save an immense amount of wear and tear in the stomach and bowels.

**GREEN TEA.**—Tea-topers are respectfully reminded that the green tea of commerce is said to be an adulterated article, the green color being produced by an admixture with gypsum and Prussian blue. Black tea is far preferable, and Croton water is better still.

**RUSSIAN MIDWIFERY.**—In Russia females attend upon their own sex during confinement, and are always found competent. We predict that the obstetric art will be restored to properly educated females in all countries, to whom it rightfully belongs, before the age of reform passes by.

# APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTRIDGE.

In my last I dwelt chiefly upon the use of sitz baths, wash-downs, wet bandages, &c., for subduing fever and allaying pain.

Very much more might be said in their behalf, but as I proposed last month to treat of the wet sheet in this number, I must postpone all further remarks upon their use, till I come to treat—as I herein and hereafter propose to do—of particular diseases.

The packing wet sheet, properly timed and applied, is probably one of the most efficient of all the Hydropathic instrumentalities, especially in chronic diseases.

In very acute diseases, it is not so applicable as are some of the other baths, not that it will not do great good, but the accumulation of caloric in such cases is so rapid, that you cannot keep the patient in long enough to compensate for the extra trouble and fatigue its use occasions.

But even in these cases,—if, where there is great irritability and restlessness, or if the patient be a child, that cannot easily be made to take a sitz bath—the sheet can be applied with a benefit beyond anything else ever dreamed of in the philosophy of the allopaths.

My way in such cases is to double and even treble the sheet, or if that were impracticable, to scarcely wring the sheet at all: in this way the patient can remain in long enough to get the soothing effect of the pack, and at the same time the desired reduction of temperature.

The patient, however, must be closely watched while in the pack, let the kind be what it will, for oftentimes in scarlet fever and in inflammations of various kinds, the heat will be evolved so fast, that the pack cannot be borne more than fifteen or twenty minutes without decided injury.

As a general thing, however, we can manage in the way I have described, so as to keep the patient in long enough,—say from forty to sixty minutes.

In my practice I hardly ever use the wet sheet in acute diseases, until the first stage has passed off, or till the excessive heat has been subdued, and the arterial action somewhat controlled by the sitz baths, wash-downs, wet bandages, &c.

But as soon as these changes are produced I hasten to use the sheet, for nothing that ever was hitherto developed, to my poor comprehension, is

so admirably adapted to restore the equilibrium of the nervous system so terribly disturbed, as it necessarily is in all very acute diseases.

It is not, however, merely to quiet the nerves, that I use it, though this is the thing first to be done, as it is impossible to cure the disease while the nervous system is in a constant state of perturbation; and here let me remark, that the power to do this is, has ever been, and will ever remain a desideratum with the mere man of drugs and dye-stuffs.

True, the allopath professes to do this, as it is generally the first thing desired by the patient, and required by the friends—but any one at all conversant with the operation of narcotics, such as opium, and other poisons, know how utterly impossible it is to produce quiet to the nerves by any such means. Opiates are sedatives, in the same sense that a flatiron would be, placed upon the brain; it deadens the sensibility of the nerves while the pressure lasts, the only difference being, that in the one case the pressure is produced by iron, and in the other by blood, which the unnatural stimulus of the opium causes to rush to the brain, the great seat and centre of the nervous system. This is abundantly proved by the horrid headache that always supervenes upon the use of large doses of opium.

The worst of this treatment, however, is, that the more you “cure” the patient of his irritability, the more he don’t get well! And hence the poor Allopath’s necessity of “curing” his patient till he dies!

It is not, I say, merely as a sedative—great and important as this peculiar effect of the pack is—that I use the sheet, but to equalize the circulation and assist nature in throwing to the surface the morbid matter within.

This, also, will it do, as no other agent known to me will begin to do, and this it is likewise important to do.

Ay, very important is this, for without it health certainly cannot be obtained.

The essential cause of all disease—immediate cause—is the inability of the recuperative power to throw off through its legitimate channels, the pores of the skin, the morbid matter, comprising two-thirds or thereabouts of all we eat.

How this is done by the wet sheet, is easily seen: the action of the cold on the whole surface, produces a corresponding reaction from within, and the blood, &c., is determined *nolens volens*, to the skin.

In a few minutes, the heat of the body converts the moisture of the sheet into a vapor, and the patient is in the very best (if not the only kind admissible) kind of vapor bath imaginable.

This keeps up of course the determination to the surface, during its continuance, and after the patient comes out, the never-to-be-omitted wash-down, or cold bath of some kind, “takes up the tale” of outward determination, the friction and subsequent exercise perpetuates the same, and thus, in the sheet and its concomitants, is found not only present relief, but the safest, surest, and only proper way of relieving poor oppressed nature’s overtasked organs.

The Allopath attempts to relieve the system by a forced and altogether unnatural action, viz, that produced by cathartics, &c., thus substituting for the natural transit through the pores, an exit through the bowels, which at the best is but a vicarious atonement, alike unnatural and inefficient.

A complete salvation from disease can never be hoped for in this way, as any one can see who looks with an eye of reason; or if he would think of the patient’s permanent cure, instead of his temporary relief.

While morbid matter, whose legitimate course is through the channels that lead to the skin, is forced through the bowels, the channels themselves, from disuse, must become diseased, and every day more and more unfit for duty.

On the other hand, the bowels thus made to perform an office never assigned them by nature, doing the skin’s work as well as its own, must of course soon give out. ’Tis beautiful to think that such a wise provision exists, to save the ignorant from perishing; but to abuse a fraternal power like this, knowing better, would surely be inhuman.

This vicarious atonement through the bowels is not more absurd and wicked, or so much so, as is the terrible and altogether unnecessary custom hitherto so much in vogue, of bleeding.

That bleeding, general or local, will give immediate relief, in most cases of acute disease, every one knows; but it is temporary only, and fearful is the sacrifice oftentimes thus made to obtain it.

How this pernicious practice ever came to be perpetuated, I can’t for the life of me tell. Medical men, with all their false education, are still men of judgment, &c.—many of them at least—and a custom so much at variance with the laws of

health, it would seem must have been apparent to all such, as even I found it out very soon after commencing practice!

But, says the Allopath, grant that it is injurious in its ultimate effects, does not the end justify the means? to wit: the great and immediate relief!

In reply to this, let me say that such logic, once so potent, is now of none effect; for it hath been proved, again and again, that the means are not justifiable, for the very best of reasons: that such a wicked waste of the life's best energy is never needed.

'Tis humiliating in the extreme, to be obliged to own, after so many years' persistence in so baneful an error, that it is altogether unnecessary, and yet so it is. Oh, tell it not in "Grove street," nor let it be known in the purlieus of the Universities, that the simple wet sheet, properly applied, is better, ten thousand times better, even for procuring temporary relief, than any kind of blood-letting ever invented by temporizing Allopath. This is now too well established for me to dwell upon here; even some of the "first physicians" of Boston have substituted the sheet for the lancet. More anon.

#### LECTURE ON HYDROPATHY.

BY JOEL SHEW, M. D.

(Continued.)

I HAVE thus in the first place briefly alluded to some of the prevailing habits in society which the hydropathy seeks to reform. Let us look secondly at the more positive parts of the system.

**WATER AS AN AGENT OF LIFE.**—Water is one of the leading and most prominent constituents of all living bodies; no living body can exist for more than a short period without it. If water in large proportion were not constantly present in the human body, the food could not become digested in the stomach; no chyme could be elaborated to supply the chyle, or chyle to form the blood. Respiration, circulation, secretion, nutrition, perspiration, elimination—neither of these could go on in the living body without the presence of a large proportion of water.

The human body, as a whole, is composed in weight of about ninety parts in the one hundred of water. A body weighing one hundred and twenty pounds, being dried at a high heat, loses all of its weight but twelve pounds. Even its dryer portions, as bone, cartilage, ligament, mus-

cle, contain a large proportion of this fluid. The blood, and the brain, that most important of all the organs of the human body, are made up almost wholly of this simple element.

The living body may be compared to a perpetual furnace, which has a tendency constantly, by evaporation, to become dry. Its natural temperature internally, 98° Fahrenheit, is much above that of the surrounding objects of nature, and hence this result. If all food and water are for a length of time withheld from the animal, he becomes parched and feverish; in a few days, at most, delirium supervenes, and if the experiment be continued any considerable time, death is the inevitable result. A human being dies in about three weeks without food or water; but if the indication of thirst is answered by a free supply of pure soft water, the individual lives more than twice that length of time.

In the "Transactions of the Albany Institute," for 1830, Dr. McNaughton relates the case of one Reuben Kelsey, a religious maniac, twenty-seven years of age, who lived on water alone for fifty-three days. The first six weeks he was able to walk out every day, and sometimes spent a great part of the day in the woods. His walk was said to be steady and firm, and his friends even remarked that his step had an unusual elasticity. He shaved himself until about a week before his death, and was able to sit up in bed to the last day. There is also a well authenticated case of a "crack-brained" man at Leyden, who pretended that he could fast as long as Christ did; and it was found that he held out the time of forty days without eating any food, only he drank water and smoked tobacco, which last practice, of course, only injured him, except in the way of amusing the mind. And in the Boston Medical and Surgical Journal, Dec. 13, 1848, Dr. W. V. M. Edmonson, of East New Market, Md., gives an account of a gentleman of that vicinity, aged eighty-five years, who had lived, eschewing all nourishment except air and water, for forty-three days and five hours. He had been indisposed for some ten days prior to the period of fasting. He was a man of industrious habits, frugal and temperate.

In the old country, where food is often scarce among the poor, persons suffering with the cravings of hunger have learned that water is an excellent means with which to combat the horrors of famishing. The old writer on water, John Smith, of England, tells us that he once had a

sad complaint from a poor old woman of the greatness of her want, affirming that oftentimes she had not eaten any food for two or three days; upon which he asked her if she did not then suffer much uneasiness in her stomach? She said she did; but found a way at last to assuage her hunger by drinking water, which did satisfy her appetite.

**WATER AS AN EMETIC.**—It may appear singular to you that water is a most excellent remedy as an emetic. The author of an English work of 1723, entitled "Curiosities of Common Water," well describes this process. He says:

"By means of water all sickness at the stomach may be cured, which is done thus: Take four quarts of water, make it as hot over the fire as you can drink it; of which water let a quart be taken down at several draughts; then wrap a rag round a small piece of stick, till it is about the bigness of a man's thumb; tie it fast with some thread; and with this, by endeavoring gently to put it a little way down your throat, provoke yourself to vomit up again most of the water; then drink another quart and vomit up that, and repeat the same the third and fourth time. You may also provoke vomiting by tickling your throat with your finger, or the feather-end of a goose-quill; but the cloth round a skewer maketh one vomit with most ease, which is done with no trouble when the stomach is full. And by this way of vomiting, which will be all performed in an hour's time, that vicious and rosy phlegm in the stomach, which causeth the sickness, will be cast up, so that the party in that time will be free from all that inward disturbance, if you use the remedy at first; but if the sickness hath continued for a time, it will require the same course once or twice more, which may be done in three or four hours, one after another, without any other inconvenience, besides that of being a little sore in the breast the next day, which will soon go off by the force of nature. Which remedy, by forty years' experience, I look upon to be infallible in all sickness of the stomach, from what cause soever, and for all pains in the belly which seem to be above the navel; for these are all in the stomach, as by long experience I have found: which pains are generally counted the colic; but it is not so; for true colics are always below the navel, in the large intestine or colon. And by this means I have eased very great pains, caused by eating muscles that were poisonous; and it is also a certain cure for all surfeits or disorders that follow after much eating; so that the lives of multitudes might be saved by this means, who, for want of expelling what offends, do often die in misery. For, by thus cleansing the stomach at the first, the root of diseases proceeding from surfeiting, or unwholesome food, or any vicious humors from a bad digestion, are prevented; the stomach being the place in which all distempers do at first begin. No man

was more subject to sickness than myself before thirty years of age; but since I found out the way of vomiting with water, which is now above forty years, I never have been sick for two days together; for when I find myself ill to any great degree, I betake myself to this way of vomiting, which in an hour's time restores me to ease, and perfectly removes my illness. And the same benefit all my family find in it, as do others also, whom I can persuade to try the experiment; which is such, that no physician whatever can advise a better to the king himself, should he fall sick. For, in the first place, it is not a nauseous remedy—it does not make the patient sick, as the best of all other vomits do; and then it is a vomit which is at our own command, since we can leave off when we please; and it infallibly works a cure to all sick stomachs.

"Some few, indeed, pretend they are not able to vomit by this means. Now, if they cannot vomit, let them take a pint of water, when they find themselves ill from eating, and do so every three or four hours, eating no more till they are hungry; and they will find the water digest and carry off what was offensive. The ingenious Dr. Cheyne, in his Treatise of the Gout, doth affirm, that warm water drank freely in a morning fasting, and at meals (and I say cold water is as good), hath been a sovereign remedy for restoring lost appetites, and strengthening weak digestions, when other more pompous medicines have failed. And he adviseth gouty persons, after excess, either in meat or drink, to swallow down as much fair water as their stomachs will bear, before they go to bed, whereby they will reap these advantages—either the contents of the stomach will be thrown up, or both meat and drink will be much diluted, and the labor and expense of spirits in digestion much saved. And indeed I have found, by long experience, that nothing causeth so good a digestion as fair water; but this requires time to free us from the uneasiness that an ill digestion causeth, whereas vomiting is an immediate remedy, and frees a man upon the spot."

"We are told by Sir John Floyer, in his Treatise of Bath and Mineral Springs," continues this author, "that vomiting with water is very useful in the gout, sciatica, flatulency, shortness of breath, hypochondriac melancholy, and falling sickness; which distempers are usually derived from evil matter contained in the stomach, as is likewise giddiness in the head, and apoplexies, with which myself once seemed to be threatened; for, after eating a plentiful dinner, I was seized with giddiness, and the sight of my eyes became so depraved, that things seemed double, which was accompanied by a strange consternation of spirit; and having read that apoplexies generally seize after eating, I immediately called for water, and not daring to stay till it was warmed, I drank it cold, and by the help of my finger provoked vomiting, upon which I did immediately overcome the evils I was threatened with; the symptoms before mentioned being the same as did precede the fit of an apoplexy in another

person, as himself afterward told me, who died of it the third fit, about a year after."

This vomiting by water seems certainly a very simple remedy, but it is one of great value, as any one having occasion may prove. I had often prescribed years before I knew any one else had recommended it, and can assure you that the good effects just described are to be relied on. It is to be here remarked, however, that it is a much better, and certainly more pleasant mode to avoid the causes which produce a necessity for the remedy.

Water, singular as it may appear, is also a most valuable remedy to *prevent* vomiting. I believe cold water or ice will always arrest those terrible vomitings—even in cholera—arising from a collection of improper fluid and other substances in the stomach.

(To be continued.)

#### CLOTHING IN CONSUMPTION AND OTHER DISEASES.\*

BY JOEL SHEW, M. D.

ANIMAL sensibility as affected by heat, cold, and vicissitudes of temperature, is one of the most curious, interesting, and at the same time difficult of all physiological subjects. As in physics, so in physiology, heat and cold are *relative* terms. What is warm and comfortable to the feelings at one time, may be cold and uncomfortable at another; and one person, or one part of a person, may be of comfortable temperature, while another, in the same atmosphere, or under the same degree of temperature in surrounding bodies, may experience very different sensations.

I will give an experiment: Temperature of atmosphere 55° Fahrenheit, body of comfortable warmth; took three basins of water at 60, 70, and 80° Fahrenheit; placed one hand in the water at 60, the other in that at 80; let them remain thirty seconds, and then placed both hands in the water at 70—to one it was cold, to the other warm.

In a cold winter's morning, if we go from a warm bed to a bath of 65 to 70° Fahrenheit, the water appears cold. If we then plunge into cold water which is at about freezing point, and from that return to the former bath, it appears warm and agreeable to the feelings.

It is said that in a road over the Andes, at

about half-way between the foot and the summit there is a cottage in which the ascending and descending travelers meet; the former, who have just quitted the sultry valleys at the base, are so relaxed that the sudden diminution of temperature produces in them a feeling of intense cold; while the latter, who left the frozen summit of the mountain, are overcome by distressing sensations of extreme heat.

Most persons have read the story of the Scythian who went naked about the market-place at Athens, to the great wonder of the people. On being questioned by one of the philosophers how he could go about so naked in the cold, asked in reply, why he did not cover his face up in winter. Upon the Athenian answering that it was accustomed to the cold, the Scythian rejoined, "Then consider my body as being all face." These familiar facts will serve to throw light on the important subject of clothing as a means of prevention and cure of disease.

I will here remark, that I do not at all agree with those authors who hold that it is *natural* for man to go nude, as other animals do. I believe most fully that the human body was created for clothing; that the Almighty *intended* that raiment should be worn by human beings; otherwise he would have supplied us with hair, the same as our prototypes, the orang-outang, or monkey kind. At the same time, I recognize the important fact that the *amount* of clothing worn, should vary as much as the temperatures of the atmosphere in all the different climates that are habitable by man, vary; and also, the no less important consideration, that the skin is, to a considerable extent, a *breathing* organ; and that, as a consequence, the clothing should always be of such character as to admit a constant change of air over its surface. I admit also that the quality and character of clothing are sufficient to cause a great difference in regard to health.

Concerning the use of flannel next to the skin, a great deal has been written on the one hand in praise of its effects, and on the other, not a little against it. Some recommend that it be worn continually. Dr. Rush said, that in order to be safe, a person should throw it off one day in the height of summer, and on the next again resume it. Others would have us wear it only in the cool and cold seasons. Others again recommend that it be worn both night and day; and still others, that we wear it during the day only. We see, too, that some very healthy and hardy per-

\*From "Consumption: Its Prevention and Cure by the Water Treatment," by Joel Shew, M. D., now in press of Fowlers & Wells. Price 50 cents.

sons wear flannel from one end of the year to the other; we see, also, other persons who never wear it at all, and appear equally hardy and robust. How are we to settle these conflicting theories and practices among mankind!

On looking the whole subject over and analyzing carefully all that the different writers have said both for and against the use of flannel next to the surface, I think it will be plain that there is a much greater *apparent* than *real* difference between the advocates of the two modes. All, I believe, agree in one important point, namely, that in whatever part of the world an individual may be situated, he should be comfortably and agreeably clad. It is to be observed, however, that much more is to be feared from the effects of heat than from the effects of cold. The objects of clothing, then, I hold to be—

1. A covering to the body; and,
2. A means of regulating its warmth.

That clothing was designed by our Maker as a *covering* to the body, the natural instincts of all nations prove. Moreover, in the sultry seasons of the tropics it is advantageously used as a *protection from heat*. In the colder regions it is used as a *protection from cold*.

I am willing to admit, or rather, I affirm, that I believe flannel worn next to the skin is often, on the whole, productive of good. Soldiers, who are much exposed to inclemencies of weather and to great changes and vicissitudes of temperature, are no doubt often the better for being warmly clad in woolen garments, even when worn next to the skin. The same may be said of sailors, in the colder parts of the world. Firemen on steamships, and all who are exposed by their occupation to a high degree of heat, from which they must often pass quickly to a colder atmosphere, are also the better for wearing flannel, I have no doubt; still, I believe that in all these cases there is a better mode.

One of the most important advantages claimed by writers generally for the use of flannel next to the skin, I admit, namely, its power of protecting the body from a too rapid abstraction of its heat. In the language of chemistry, flannel is a bad conductor of caloric; hence the feeling of warmth it causes, and hence its effect as a protection against severe cold. Whenever, then, it is ascertained that the living body is to be subject to any set of circumstances in which too much of its caloric is liable to be dissipated, the

use of flannel is an invaluable means of preserving the health.

But there is great liability to error in whatever pertains to the animal sensations which we experience. It is an old saying, that habit becomes use. If a child of healthy instinct has placed in its mouth a piece of tobacco, or a sup of tea, or coffee, or spirits, it instantly rejects each and every one of them, as being offensive to the instinct and unfriendly to life. But every one knows, and many to their sad experience, that these natural manifestations of healthy instinct may be readily overcome, and that any substance, however nauseous, deadly, and unfriendly to life it may be in the beginning, may, by frequent and repeated trials, become pleasant and agreeable; nay, more, the individual may feel as if he cannot live without them if he be denied their use. In applying these physiological principles in the subject of clothing, we at once perceive there is much liability to error in regard to the quality and quantity worn. Some men tell us, in this northern country, who have tried the experiment, that their feet are warmer in winter when they go habitually without socks. Such has been true of lumber-men, who labor constantly in the forest during the winter season. Such has been true, too, of stage-coach drivers and sailors. Now, here we are to infer that habit has much to do in the matter. If the feet are constantly subjected to the more rapid abstraction of caloric, they appear also at the same time to acquire the power of generating more warmth. I myself usually wear linen stockings in the coldest weather. Two years ago, when at Graefenberg, in Germany, when the weather was exceedingly cold—about 10° below zero, Fahrenheit—I wore thin summer clothing; thin linen pantaloons, without drawers, and at the same time linen stockings. I was, to be sure, quite active in my habits, and took a cold bath daily. I certainly never endured the cold better; and why I mention these facts is this: I have, by way of experiment, exchanged my linen stockings for woolen ones: the fact has also been to make my feet colder; that is, colder judging from the sensations produced; and I account for the fact in this way: the linen allowed a free passage of caloric from the skin of the parts, and allowing this to go on continually, in connection with the cold bathing which was practiced daily, the surface gained great power of evolving heat.

(To be continued.)

## REVIEWS.

BY R. T. TRALL, M. D.

THE DOMESTIC PRACTICE OF HYDROPATHY, by Edward Johnson, M. D., is the latest English work on Water-Cure. Dr. Johnson is already favorably known as an able medical writer, and the author of two small treatises on hydropathy. He is certainly a good medical scholar in the technical sense, and a clear, direct, generally logical reasoner. He has had a large experience in druggery, and hence is well qualified to bear strong testimony *against* that system, and he does so convincingly. He has also treated diseases hydropathically for several years, which enables him to speak most emphatically in *favor* of this. He contrasts the two systems forcibly, exhibiting the uncertainty and danger of drugs, and the incomparably superior safety and efficacy of the water appliances as remedial agents. Yet he has not quite outlived, or outlearned, or unlearned the prejudices of his early education; in fact, not one physician in ten thousand ever does.

The author sides with those who believe in mixing up the Water-Cure with a little druggery now and then. We have too many such "eclectic" practitioners in this country. An alliance of hydropathy with the apothecary shop in any form can never live. Adopt drugs in any shape or quantity as necessary auxiliaries to the water treatment, and they will eventually be the death of the principal. Any one who doubts such a result has only to read the history of the fate of water treatment in the hands of drug doctors during the last hundred years. More than once it has been introduced to the regulars and proved in their hands almost sovereign in the treatment of fevers. But, most unfortunately, some little simple apothecary dosing was combined with it; the result has always been that the drugs got all the credit, and the water part was eventually abandoned.

Every attempt thus far to give a reason for such an alliance has made the reasoner appear ridiculous. To this remark Dr. Johnson's reasoning is no exception. For example, in delirium tremens, the doctor tells us, there is no remedy but sleep, and no way of producing sleep but by opium; this, he says, "acts like a charm, and in nine cases out of ten will save the patient." All sounds well for druggery so far; but in the very next paragraph we are taken all aback with the startling announcement that "there is so much difference in the degree of susceptibility in different constitutions, that patients are *not infrequently slept to death.*" This is a "charming" conclusion, surely.

There are some diseases which are only curable in their incipient stages, as consumption. While they are curable at all, Dr. Johnson recommends the strictest adherence to exclusive water treat-

ment, in utter contempt of all assistance from the established pharmacopœia. But when they have progressed to the incurable stage, he goes for exclusive drug palliation. Thus in the hopeless stage of consumption he prescribes among other detectable drugifications—we copy *verbatim et literatim* :

R. Plumbi Superacet., 24 grains; Aceti Destill., 1 ounce; Tinct. Opii, 1 dram; Aqua Destill., 5 ounces; fiat mistura, cujus cap. cochleare amplum ter die.

This is far too scientific for "domestic" practice. If patients *must* be narcotized and poisoned because they cannot be cured—if their pains cannot be as well assuaged without paralyzing their power to act and feel, is it not better to tell them in plain English that the dose is composed of *sugar of lead, vinegar, laudanum*, and distilled water?

His dietetic recommendations, especially in acute diseases, could be greatly improved. On this subject the doctor has not yet got out of the woods—his books. Although Americans as a people are about the most unphysiological eaters and drinkers in the world, yet we can truthfully claim to have made more progress in the eating and drinking reform than any other nation. I venture to say that there are no hydropathic establishments in Europe, which in their dietetic arrangements can compare with several American institutions which could be named. In chronic diseases he frequently prescribes beef, mutton, and farinaceous puddings, where brown bread, potatoes, and fruits would be more appropriate. In scarlet fever he says: "If there be appetite, farinaceous puddings should be given; if not, beef tea, mutton broth, gruel, barley water, &c." If the eruption comes out languidly he advises *hot* mutton broth, *hot tea*, and ten, fifteen, or twenty drops of aromatic spirit of ammonia. There can be no doubt that the bathing part of the treatment, which he manages more judiciously, would be generally successful *notwithstanding* these little anti-hydropathic prescriptions. Yet it seems far more rational to give *no food* during the febrile stage when the appetite is wholly wanting, omitting the animal decoctions, hot teas, and stimulating drops entirely. *Warm* water is all that can be needed in the way of hot things, as has been abundantly exemplified in the practice of American hydropaths.

Having alluded thus freely to its anti-Water-Cure notions, its excellencies are entitled to equal notice. These are many, as already intimated. The popular reader will find much valuable information contained in it; and our orthodox friends, the "regulars," might profit if they could by any possibility peruse it without pride or prejudice. On the whole, it must be a valuable acquisition to a medico-reform library; but as a water practitioner of the "straightest sect," I could not consent to see it go forth to the world as a hydropathic work without excepting to its allopathic nonsense.

## MISCELLANY.

**WOMEN'S DRESSES.**—MESSRS. EDITORS. Seeing an article in the *Journal* entitled *Woman's Dress*, struck me very forcibly. A reform in the modern style of dress is needed. The free use of the arms and respiration of the lungs is certainly prohibited by the tight bodices now worn; and surely what is more inconvenient than the unwieldy shawls and flowing skirts that ladies BELIEVE they are doomed to wear? But they are not OBLIGED to wear them, if they would but adopt some more tasteful and convenient mode. I suppose many will say, "Why should we change the mode, for our ancestors have worn the same for hundreds of years?" Hundreds of years ago our ancestors traveled on mules, and in performing a journey of a hundred miles would stop to rest several days on the way. What would a modern Yankee think of that form of conveyance?

Since there has been such improvements in traveling, as well as in all the various arts and sciences, why should such an important branch as ladies' attire be entirely overlooked? Indeed, as far as utility and health are concerned, female attire is at least a hundred and fifty years behind the age.

Now, ladies, is there not one among us to be found that possesses freedom of spirit enough to adopt a style that would come more within the bounds of propriety both for convenience and health? Perhaps I might be allowed to suggest a style which I adopted myself some time since. You must all know that I am a "country girl," and much prone to rambling in the woods; I always take a walk, rain or shine, before breakfast, over the fields and on the mountains. From such an excursion I have frequently returned home, with my shawl minus a fringe, and at least a double row set around the bottom of my skirt; this at the end of a season would bring in a considerable bill of expense. Therefore CONSTRUCTIVENESS, aided by ACQUISITIVENESS, formed the following dress: Stout calf-skin gaiters; white trowsers made after the Eastern style, loose, and confined at the ankle with a cord; a green kilt, reaching nearly to the knees, gathered at the neck, and turned back with a collar, confined at the waist with a scarlet sash tied upon one side, with short sleeves for summer, and long sleeves for winter, fastened at the wrist; a green turban made in the Turkish mode. With such a dress I can ride on horseback, row a boat, spring a five-rail fence, climb a tree, or find my way through a greenbrier swamp, setting aside the extra feeling of wild, daring freedom, one possesses when thus equipped and alone in the woods.

Ladies, prepare yourselves with a similar dress, and call for me at daylight the first fine morning, and I will show you a score of more delightful scenes "than ever was dreamed of in your philosophy." Besides, I will warrant you shall return

home with a brighter glow of health upon your cheeks than you have been accustomed to wear; and so far from regretting that you arose some two or three hours earlier than usual, you will rather feel impatient for the next morning to arrive, so that you can again indulge in this pleasant recreation, and of communing with nature, and with nature's God; and thus in learning to love one, you will learn to love the other, until it will become the greatest punishment that you can inflict upon yourself either to stay at home a single morning, or to be obliged to discard your new style of dress.

A READER OF THE WATER-CURE JOURNAL.

We have nothing to add to the above, but leave this subject entirely with the women. Others who may wish to give their opinions to the world, are invited to do so through the pages of the *WATER-CURE JOURNAL*.—Eds.

**ARRIVAL OF ANOTHER DISTINGUISHED POLITICAL EXILE.**—We copy from the *New York Tribune* the following paragraph, noticing the arrival in this country of Dr. Charles Munde, an eminent practitioner of the Water-Cure, who, we learn, has some idea of settling in Baltimore.

"Among the acquisitions which this country will make in consequence of the recent revolutionary agitation in Europe, we shall gain few more worthy and valuable men than Dr. Charles Munde, of Dresden, who has but just arrived. Dr. Munde is, next to Priessnitz, the most eminent practitioner of the Water-Cure that Germany has produced. He is a thoroughly educated physician, who applies the Water treatment, not empirically, but with thorough and cautious science. His writings on the subject are recognized as authorities, and, indeed, it was through them that Priessnitz first became famous. He comes to America as a political exile, having been implicated in the late insurrection at Dresden. He speaks fluently, besides his native language, English, French, Italian, and Spanish, and is competent to any employment requiring the accomplishments of a thorough education. We regard it, however, as most desirable that he should find the opportunity of practicing his own profession at the head of a large establishment. Such an establishment, with the medical department in his charge, could not but be successful and advantageous, not only to its proprietors, but to the whole community."—*Baltimore Daily Sun*.

Books published by Dr. Munde on Hydropathy:

Most of these books have been published in 3 to 6 large editions, and translated into nearly all European languages.

1st. Die Gräfenberger Wasserheilstalt und die Priessnitzische Curmehsade, etc.—The Water-Cure Institution at Graefenberg and the new method of curing diseases as practiced by Priessnitz. Leipzig and Pesth: Harsleben, publisher, 1836 to 1845.

2d. Die Principien der Wasserheilkunde.—The Principles of Hydropathy. Neisse: Hennings.

3d. Hydrotherapie, oder die Kunst die Krankheiten etc ohne Arzneimittel, durch Wasser, luft Beenezung, Diät und Schwitzen zu heilen.—Hydrotherapia, or the Art of Curing Diseases without the help of drugs, by water, air, exercise, diet, and perspiration. Dresden: Arnald. (This book will shortly be published in English by the author.)

4th. Letztes Mittel für Chronische Kranke, oder Cornaro's Aruweisungen uber den Nutzen eines maessingen Lebens.—Last Remedy for Chronical Sufferers, or Cornaro's Instructions on the advantages of a sober and temperate mode of life. Gotha: Glaeser.

5th. Die Wasserheilanstalt zu Tharant, etc.—The Water-Cure Establishment at Tharant. Dresden.

6th. Memoiren eines Wasserarztes.—Memoirs of a Water Physician. 2 vols. Dresden.

7th. Der Wasserfreund, sine Zeisschrift.—The Water-friend, a weekly paper. Erlangen: Enke, publisher.

Besides these, Dr. Munde has written several works on Education and the study of languages, and founded in Dresden a society for the amendment of domestic education, "Erziehungsverein." He is in possession of a decoration for lives' saving, which was bestowed upon him by the government of Saxony. Dr. Munde has practiced Water-Cure during more than fifteen years after Priessnitz's system, and directed two hydiatic institutions in Saxony and Thuringia. He was shot through his leg at Dresden whilst fighting for the liberty of his country,\* and obliged to seek a new home in the United States, where he met with a kind reception, and hopes to render himself useful.

WATER-CURE AMONG THE REPTILES.—We are inclined to be suspicious of "snake stories," yet the following case comes to us well authenticated. Snakes are not the only animals that prefer "hydro" to any other "pathy." Indeed, the whole animal kingdom have practiced no other cure but the water treatment since the dawn of creation, except a portion of the genus *homo*, and they are fast returning from the error of their ways. We confidently look forward to the time when a sick man will be as wise as a wounded snake.

TO THE EDITORS.—Some few weeks since a neighbor of mine, in attempting to kill a snake on his premises, succeeded only in cutting off a part of its tail, while the wounded victim made an effectual escape from the power of the aggressor. About a week afterward, his grandson, while visiting a spring of water on the same farm, saw a snake lying on its banks, with his tail immersed in the wa-

ter. He immediately ran for his grandfather, and both returning, found the reptile in the same position as before, motionless, and apparently dead. Upon killing it, it was ascertained to be of the same identity with that previously attacked.

This snake was of the common black species, whose nature, I believe, is quite averse to water. And whether he resorted to this spring for its "Water-Cure" and healing virtues, possessing an instinctive knowledge of the fact,—or, consequent upon the general prevalence and rumor of it, at this enlightened age, had caught the sentiment from man himself,—or had stolen the receipt from some vagrant paper, left at the mercy of the winds, and blown across his path, and this was his first experiment,—I am not sufficiently versed in natural history or observation to determine; or from what other possible motive he attended nature's curative establishment, others may solve,—but it suffices for me to pledge my confidence in the integrity and correctness of these particulars, which I received from the man that discovered them. Yours, &c.,

CALEB B. JOSSELYN.

Sept. 22d, 1849.

THE VALUE OF COLD WATER.—The *Louisville Courier* of the 24th April says: "We are much gratified in being able to state that Judge McKinley, the distinguished jurist of the Supreme Court of the United States, after having his vision so seriously impaired for fifty-two years that he could not see without glasses, has recovered his sight so perfectly that he is now able to read without the aid of glasses. For half a century this faculty was so seriously impaired that without glasses he was almost blind, and the recovery of his constitutional health, by which the sight has been reinvigorated, Judge McKinley very properly ascribes to the daily use of cold water on the head and surface of the body. Of the importance of the use of cold water in maintaining and restoring health, no one who has ever tried it can entertain a doubt, and we refer to Judge McKinley's gratifying success in the restoration of his vision from its long sleep, for the purpose of encouraging other invalids to resort to this cheap and powerful mode of medication."

Thus it is, with ALL "those who have tried it," and will continue to be for all time to come. Try it, try it. It is not an expensive remedy.

A REASON FOR CLEANLINESS.—Mahomet knew that he should never get good Mussulmen unless he kept their bodies in a fit condition, and, therefore, his Koran recommends water copiously, and tersely declares to his followers, "God loveth the clean." It is difficult to believe in a dirty Christian. To convert a filthy sinner, it is necessary to begin by washing him.

\* At the head of a body of militia.

**MORE FEMALE PHYSICIANS.**—The Central Medical College, recently established in our city, is about to share the honors with the Geneva Medical College, in giving to females an opportunity for studying the profession. MRS. GLEASON, of the Glen Haven Water-Cure, MRS. DAVIS of Mt. Morris, and Miss MARY M. TAYLOR, of Buffalo, have made application to the Trustees and Faculty, for permission to attend the course of lectures to be given this winter. We have been permitted to read Miss TAYLOR's letter of application, and were delighted with her sentiments and the modesty with which she puts in her claim. It is a letter which does honor to her head and heart in every respect, and evinces the noblest spirit of woman. These ladies will, no doubt, be entirely successful in their application, and thus we shall have three more "Blackwells" in the field, who will devote themselves exclusively to their own sex, in times of their greatest trial. We cannot but admire this courageous conduct, and are sure that, animated by such a sense of duty, they will meet with every encouragement, and be successful beyond their own most sanguine hopes. —*Syracuse Star*.

**CALDWELL'S PRAIRIE, RACINE CO., WISCONSIN.**—GENTLEMEN: I received a short time since a sample No. of your WATER-CURE JOURNAL, also your terms for agencies for the same. In relation to your Journal and the most of your publications which I have had the privilege of examining, I can but express the highest approbation, and wish for them a world-wide circulation. I am forced to the conclusion that a certain class of your publications is doing more to correct the state of society and reform mankind, than any Reform Society extant, notwithstanding they are *doing much*!

24th Oct., 1849.

DANIEL WOOD, JR.

**A RECEIPT.**—Whenever you get a black eye by a fall on the ice, or from running against the bed-post, or from running away from a powerful fist, apply a cloth wrung out of very warm water, and renew it until the pain ceases. The moisture and heat liquifies the blood, and sends it back to the proper channels. Use warm or hot, but never cold water to the bruise. A doctor would charge a guinea for this advice; we give it gratis.—*Exchange paper*.

THE celebrated French physician, Dumoulon, on his death-bed, when surrounded by the most distinguished citizens of Paris, who regretted the loss which the profession would sustain in his death, said—"My friends, I leave behind me three physicians much greater than myself."

Being pressed to name them, each of the doctors

supposing himself to be one of the three, he answered, "Water, exercise, and diet."

**LECTURES ON PHYSIOLOGY AND KINDRED SUBJECTS.**—MR. HENRY WISNER is now traveling in the West, delivering courses of scientific lectures—with the manikin, and a large collection of drawings, paintings, &c., representing the entire human body. These lectures are spoken of by our exchanges as being of the utmost importance to the people generally. Mr. W. is now in the WABASH VALLEY, where we presume he intends spending the winter.

He has recently delivered a full course of lectures in LAFAYETTE, INDIANA, which was attended by large audiences.

This we are rejoiced to hear, for we know Mr. Wisner to be a worthy, capable, and in every way deserving man.

**BATHING TO PREVENT CHOLERA.**—The Board of Consulting Physicians of Boston, Dr. J. C. WARREN, Chairman, give, among other directions in reference to the prevention of cholera, the following: "*The body should be washed all over with soap and water as often as possible.*"

The soap part of the prescription it is better, as a general thing, to omit. "To wash all over as often as possible" is certainly strong enough to suit the liking of any hydropath. But what should be the temperature of the water? That is an important consideration.

## TRIUMPHS OF WATER.

BY G. S. M.

ALL hail to the Water-cure! haste the glad day,  
When water and wisdom their sceptres shall sway.  
When drugs and ignorance, folly and sin,  
Shall depart from our world, and pure joy shall come in.

Then, then, shall Millennium in glory appear,  
And our God shall be worshiped in beauty and fear:

When health to the body from fountains shall rise,  
Then praise from the soul shall ascend to the skies.

Wake, man, from the slumbers of ages long flown,  
Stand forth for thy rights now—stand up! stand alone;

Thy birthright is freedom, thy birthright is health:  
The greatest of blessings, the greatest of wealth.

Cry out with thy might 'gainst oppression of man,  
'Gainst the wisdom of caste, 'gainst the bigot in power;

'Gainst slavery, wherever its spirit you find;  
But, O cry much louder 'gainst slavery of mind.

# NOTICES.

EIGHTEEN HUNDRED FIFTY (1850) is near at hand, and the WATER-CURE JOURNAL is about to enter upon its NINTH VOLUME.

We have no occasion to publish a lengthy VALEDICTORY, nor to bid adieu to present subscribers, for they NEARLY ALL continue with us. There are but few, indeed, who are acquainted with the Water-Cure Journal, that can AFFORD to do without it. In fact, it has become a NECESSITY, in every family, where it is known. Even DOCTORS, of the "regular school," begin to consult it, and practice its teachings. Of its MERITS, we have no occasion to speak. This we leave with the reader. Yet we believe each succeeding number has been an improvement on the past; at least it has been the endeavors of its editors and publishers to make it so; and the cordial responses which we receive from our co-workers from all over the land, assure us that those endeavors are appreciated by an intelligent, progressive, and liberal-minded public.

Therefore, instead of bidding adieu to our present subscribers, we cordially extend an invitation to each and every one, hoping again to have the pleasure of recording their names upon our subscription books, for the new volume of the Water-Cure Journal, which is to be commenced on the first of January, in the year EIGHTEEN HUNDRED FIFTY.

## A PREMIUM FOR 1850.

TO EVERY PERSON, who obtains a CLUB OF FIFTY SUBSCRIBERS, for the ninth volume of the Water Cure Journal for 1850, shall receive a complete set of all the back volumes, bound in embossed muslin, lettered on the back, with full Title and Index. This set includes volumes 1, 2, 3, 4, 5, 6, 7, and 8.

These Journals contain the early history of the Water-cure in this country, and all, of any importance, that has been written and published in Europe. In fact, the Journal is the only complete RECORD of the BIRTH, GROWTH, and PRESENT CONDITION of the WATER-CURE, in America, and is a GOOD WATER-CURE LIBRARY in itself.

Every individual, who becomes an owner of this valuable set of Journals, would not part with them for FIVE TIMES their original cost, as they contain the QUINTESENCE of the principles of LIFE, HEALTH, and LONGEVITY, invaluable to every family.

ONE OTHER CONSIDERATION is important, namely: there are but a few sets of this Journal in print, and as it is not stereotyped, no more of the back volumes will ever be printed.

To those who feel interested in the promulgation of Hydropathy, the time necessary to obtain a club of subscribers, would hardly be felt, while he would not only be enriching himself, but conferring a boon on his neighbor, which would be so highly prized, as never to be forgotten. In view of all these things, we ask, who will accept this premium?

OUR JANUARY NUMBER will be sent to all persons whose subscriptions expire with this number, yet the Journal will only be continued to such when they re-subscribe.

Our terms being payable in advance, it will be well for all who intend to renew their subscriptions, to do so as soon as may be convenient, after the reception of this number.

TO HYDROPATHIC PRACTITIONERS.—We wish to have it distinctly understood, that this Journal will be devoted to the

interests of no party, but will represent the entire Hydropathic profession. Our pages will be open to all who may favor us with such communications as may be of general interest to all classes. Reports of important cases, and all other matters pertaining to health, will be thankfully received, and laid before our readers.

WOMEN frequently write us, to know if they may form Clubs for this Journal, in their various neighborhoods; and we will here state, that we make no distinction in sex, when such applications reach us. ALL MEN AND WOMEN who are interested in the cause may procure subscribers for the WATER-CURE JOURNAL.

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

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

To keep the Journals whole, and clean, it will be well for our subscribers, on the receipt of the numbers, to stitch them together, before cutting, and after reading, to place them in a suitable cover, made of thick, heavy paper, where they may be kept clean until the completion of the volume, when they should be well bound, and placed in a library, for future reference.

## RECOMMENDATION.

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.—This is the title of a Magazine of thirty-two pages, devoted to the philosophy and practice of Hydropathy. All who wish to obtain a scientific knowledge of the Water-Cure, would do well to subscribe for the "Journal." It contains the experience of practicing physicians in the application of cold Water in curing the various ills which "flesh is heir to," and is one of the most perfect manuals of health now extant.—*Wyndoit Tribune*.

## TO CORRESPONDENTS.

"SIMPLEX" objects to Water-cure doctors adding M. D. to their names, because they mean Doctor of Medicine. The objection is not well taken. Doctor of Medicine does not necessarily imply drug-doctor. Water itself is medicinal in very many ways, and a water-doctor has really the best supply of medicine in the world at his command, and in the greatest quantity. Besides this, the title implies that he has received a regular medical education.

IN CHICAGO, ILLINOIS, our publications may be obtained in large or small quantities, by agents and others, at the HOUSE OF JOSEPH KEEN, JR. AND BROTHER. IN MILWAUKIE, of I. A. HOPKINS and B. B. BIRD. IN CINCINNATI, of STRATTON & BARNARD, and F. BLY. IN ST. LOUIS, of NAFIS, CORNISH & COMPANY. IN NEW ORLEANS, of WELD and COMPANY, and J. C. MORGAN. IN BALTIMORE, of J. W. BOND and COMPANY. IN PHILADELPHIA, of W. B. ZIEBER. IN BOSTON, of BELA MARSH, and OTIS CLAPP, and by many other well-established Houses.

## VARIETIES.

**SENSE OF RESPONSIBILITY IN CAMELS.**—The camels with which I traversed that part of the desert were very different in their ways and habits from those which you get on a frequented route. They were never led. There was not the slightest sign of a track in this part of the desert, but the camels never failed to choose the right line. By the direction taken at first starting, they knew, I suppose, the point (some encampment) for which they were to make. There is always a leading camel, (generally I believe the eldest,) who marches foremost, and determines the path for the whole party. If it happens that no one of the camels has been accustomed to lead the others, there is very great difficulty in making a start. If you force your beast forward for a moment he will contrive to wheel and draw back, at the same time looking at one of the other camels with an expression and gesture exactly equivalent to "aprez vous." The responsibility of finding the way is evidently assumed very unwillingly. After some time, however, it becomes understood that one of the beasts has reluctantly consented to take the lead, and he accordingly advances for that purpose. For a minute or two he goes on with much indecision, taking first one line, then another, but soon, by the aid of some mysterious sense, he discovers the true direction, and follows it steadily from morning to night. When once the leadership is established, you cannot, by any force, induce a junior camel to walk one single step in advance of the chosen guide.

**AN APOLOGY.**—When John Clark (Lord Eldon) was at the bar, he was remarkable for the *sang froid* with which he treated the judges. On one occasion, a junior counsel, on hearing their Lordships give judgment against his client, exclaimed that "he was surprised at such a decision!" This was construed into contempt of Court, and he was ordered to attend at the bar next morning. Fearful of the consequences, he consulted his friend John Clark, who told him to be perfectly at ease, for he would apologize for him in such a way that would avert any unpleasant result. Accordingly, when the name of the delinquent was called, John rose and coolly addressed the assembled tribunal: "I am very sorry, my lords, that my young friend has so far forgot himself as to treat your honorable bench with disrespect, he is extremely penitent, and you will kindly ascribe his unintentional insult to his ignorance. You must see at once that it *did* originate in that. He said he was surprised at the decision of your lordships! Now if he had not been very ignorant of what takes place at this court every day—had he known you but *half* so long as I have, he would not be surprised at *any* thing you did!"

**BURR'S SEVEN MILE MIRROR.**—We have had the pleasure of studying the Geography of the whole country, on the Lake Coast from Buffalo, N. Y., to the wild and romantic Saguenay river, which penetrates far into the Hudson Bay Territory. A more agreeable entertainment we have seldom enjoyed. As a matter of UTILITY, it is worth more to the student than the reading of many books, or the traveling of thousands of miles. Think of it, a painting seven miles long! giving accurate views of all the most interesting scenes, composed of Towns, Villages, Cities, and a vast extent of Lake and River views. We have too little space to attempt to describe the merits of this magnificent work, yet would most unhesitatingly advise every man and woman, girl and boy, to visit BURR'S SEVEN MILE MIRROR, now on exhibition at the Minerva Rooms, 406 Broadway, N. Y.

**THE BEECHER FAMILY.**—The family of the Rev. Dr. Beecher, the father of the temperance reform in the United States, has been enabled to exert a degree of influence for good seldom swayed by the members of one household. The venerable Doctor himself, after a long life of extraordinary activity and usefulness, is still a host in himself, and worth several dozens of ordinary men. The daughters, too, we believe, have for years been known as strong-minded, warm-hearted philanthropists, active, practical, untiring in every good word and deed. Of the sons, one died in the beginning of a ministry, full of hope and promise; another is a leading mind among the highly cultivated and intellectual men of Boston and New England; and a third, after a brilliant ministry in the West of several years, has pitched his tent upon the heights of Brooklyn, whence he utters blasts with that evangelic trumpet of his, which if not dolorous, like Milton's, is quite as jarring to the powers of wickedness, while, clear and clarion-like, it discourses excellent music, sweet as a midsummer-night dream, yet animating as the bugle notes that rally the huntsmen in the mountains.—N. Y. Organ.

This same family are pioneers in the WATER-CURE, as well as in other Reforms.

**SONG BIRDS.**—The delightful music of song birds is perhaps the chief cause why these charming little creatures are in all countries so highly prized. Music is an universal language; it is understood and cherished in every country; the savage, the barbarian, and the civilized individual are all passionately fond of music—particularly of melody. But delightful as music is, perhaps there is another reason that may have led man to deprive the warblers of the woods and fields of liberty, particularly in civilized states, where the intellect is more refined, and, consequently, the feelings more adapted to receive tender impressions—we mean the associations of ideas. Their sweet melody brings him more particularly in contact with the groves and meadows—with romantic banks or beautiful sequestered glades—the cherished scenes, perhaps, of his early youth. But, independent of this, the warble of a sweet song bird is in itself very delightful, and to men of sedentary habits, confined to cities by professional duties, and to their desks most part of the day, we do not know a more innocent or agreeable recreation than the rearing and training of these little feathered musicians.

"NO MISTAKE AT ALL, SIR!"—A sailor having purchased some medicines of a celebrated doctor, demanded the price.

"Why," says the doctor, "I cannot think of charging you less than seven-and-sixpence."

"Well, I'll tell you what," replied the sailor, "take off the odds, and I'll pay you the even."

"Well," returned the doctor, "we won't quarrel about trifles."

The sailor laid down sixpence, and was in the act of walking off, when the doctor reminded him of the mistake.

"No mistake at all, sir," said the sailor: "six is even and seven is odd, all the world over; so I wish you a good day."

"Get you gone," said the doctor; "I've made four-pence out of you as it is."

**A NOVELTY AT COLLEGE.**—At the commencement of Middlebury College, on the 25th ult., there was a novelty among the speakers. The Latin salutatory was delivered by a colored youth, and he acquitted himself well. He subsequently appeared upon the stage and delivered an oration in English.

**COLORER PROFESSOR.**—Mr. Charles L. Reason, an artist of New-York, has been elected professor in Central College, at McGrawville, N. Y., of which Rev. C. P. Grosvonor, formerly of this city, is president. He is the first gentleman of color who has been elected to a college professorship in this country. A correspondent of the *Christian Contributor* speaks of his inaugural oration as being "full of clear, comprehensive, philosophical thought, clothed in a neat and classical dress."—*Utica Gazette*.

**EDUCATION.**—Man is a social, moral, and intellectual being. Those feelings of sympathy and attachment, which stir within his breast, give rise to the numberless compacts that exist in the world; his moral sensibilities render secure to each his individual rights, while intellect guides him safely over the dashing waves of life's tempestuous sea, gathering for him those thoughts, which, like pearls, lie far below the reach of his external senses.

Since he is endowed with this three-fold nature, it becomes him, regarding his own happiness, so to educate each part that they may ever blend in the same definite proportion, in which they were united by his Maker.—*Repository of the V. A. S. Association*.

**VEGETABLE VITALITY.**—It is astonishing how long the seeds of certain kinds of vegetables retain the vital powers—upon which depends the property of reproduction. It is well known that wheat taken from Egyptian mummies, has, in several instances, vegetated; and we find floating about in our exchange papers, a still stranger case, said to be taken from the travels of Lord Lindsay. It is stated that during his wanderings in Egypt, he discovered a mummy, which the hieroglyphics inscribed upon it proved to be at least 3,000 years old; and in one of its closed hands was found a tuberous or bulbous root. This root he planted in a sunny soil, and after a few weeks had elapsed it grew, and eventually blossomed into a beautiful dahlia.

**FIRST TOWNS IN AMERICA.**—The National Intelligencer relates the following curious facts, which will be news to many of our readers:

It will seem curious to those who are not aware of the fact, that the first towns built by Europeans upon the American continent were St. Augustine, in East Florida, and Santa Fe, the capital of New Mexico. The river Gila was explored before the Mississippi was known, and gold was sought in California long ere the first white man had endeavored to find a home on the shores of New England. There are doubtless trees standing within the fallen buildings of ancient Panama that had commenced to grow when the sites of Boston and New York were covered with the primeval wilderness.

**CULTURE OF THE BLACKBERRY.**—Having seen an inquiry respecting the culture of the blackberry, I will send you the method which is practiced by a friend of mine, who has a beautiful hedge which produces a great abundance of this excellent fruit.

The plants are set in rows four or five feet apart, and are kept free from weeds and grass through the summer; in the fall these spaces are filled with leaves from the forest. The next spring a quantity of ashes is strewn between the rows—these, with the leaves, are all the means used to secure a bountiful harvest every season.

**NEAR the White Mountains, N. H.,** there is a family of nineteen children all by the same parents, the oldest of which is but seventeen.

**FINDING FAULT WITH THE WORLD.**—We always distrust the man who is continually finding fault with the world. He has confidence in no one, and will not trust a fellow-creature beyond his sight. Of every man he deals with, he is suspicious, and is very careful to have all his bargains written out on paper and signed. But in what estimation is such a character held by the world? Is he not marked by every man with whom he has had dealings? Is not his opinion of the world an echo of the world's just opinion of him? Does his character for strict integrity stand high? It is a truth none can deny, that when a man is spoken well of by the world, he has a good opinion of the world, but when, from his acts, he has brought disgrace upon his name, the world speaks against him. A man is always regarded by mankind, when he speaks well of others. A good man—a man of unbending integrity—is never soured with the world, nor the world with him. They move on harmoniously and prosperously together.—*Oliver Branch*.

**THE COLUMBIAN ARITHMETIC,** for academies and schools, by M. J. Kerney.—From a cursory examination of this arithmetic, we have formed a favorable opinion of its adaptation to schools. The principles of the science are clearly explained, and the examples for practice are such as will be constantly met with in actual business transactions. Published by J. W. Bond & Co. Baltimore. A smaller work introductory to the above has also been published by the same house.—*N. Y. Organ*.

**KEEPING WARM ALL WINTER WITH A SINGLE LOG OF WOOD.**—To enjoy health, warmth, peace of mind and a vigorous constitution, if you have nothing else to do, take a log of wood of moderate size, carry it to the upper garret and throw it from the window to the ground, taking care, of course, not to knock any body on the head; this done, run down stairs as fast as you can; take it up again to the garret and do as before. Repeat the process until you are sufficiently warm, when you may lay away the log for another occasion.—*Old Recipe*.

**SERIOUSLY,** if every person capable of taking an abundance of physical exercise daily, together with a cold bath in the morning, would do so, much suffering from the cold would be avoided. Women, even, should manage to get the open air daily in mid-winter.

**A VERMONT.**—A shrewd farmer in the Vermont legislature declined answering the speech of a member who was remarkable for nothing but his frothy and pugnacious impudence and self-conceit, thus—"Mr. Speaker, I can't reply to that 'ere speech, for it always wrenches me terribly to kick at nothing."

**FECUNDITY OF HENS.**—A young hen will lay the first year about 150 eggs; the second 120; the third 100—diminishing every year as she grows older; and, says the Maine Farmer, she should "go to pot" after the fourth.

**POETICAL GENIUS.**—The author of the following lines is destined to occupy a good position among our American poets. Who is he?

o wunst I loved annuthergal  
her name it was murrier  
but betsy dear my luv for u  
is 40 times more hier.

"PA, can Kings do as they please?

"Yes, some of them can."

"Then I wish I was a king, for I would make ma' give me some bread and molasses."

## BOOK NOTICES.

**ANNUAL ADDRESS AND MINUTES OF THE THIRTY-FIRST ANNUAL ASSEMBLY OF THE BIBLE-CHRISTIAN CHURCH, HELD MAY 28TH, 1849, IN CHRIST CHURCH, NORTH-THIRD STREET, KENSINGTON, PHILADELPHIA.**

This little pamphlet is what its name purports, and, as such, is interesting. The Address was delivered by their Minister, the well-known Vegetarian, **WILLIAM METCALFE**. We extract the following from their Minutes.

"At half past twelve o'clock, a motion was made that the Assembly now adjourn to dinner, and meet again in this place at two o'clock. Approved.

"In the lecture-room of the church a dinner had been arranged for the occasion, composed in accordance with the dietetic principles of the church, of the productions of the vegetable kingdom. The tables were abundantly supplied with the varieties of the season, and tastefully adorned with vases of flowers. Pure water was the only beverage. Thus did they satisfy the claims of appetite with wholesome fruits and herbs—

'That, with pure, exhilarating soul  
Of nutriment, and health, and vital powers,  
Beyond the search of art, are copiously blest.' "

**THE GENESSEE FARMER.**—In addition to all matters pertaining to agriculture, the Editors are publishing articles on the "PREVENTION AND CURE OF DISEASE:" thus, furnishing a health, as well as agricultural journal. This we are glad to see. The Editors deplore the great want of physiological knowledge on the part of the people, generally, and are therefore induced to impart such information, on the subject of health, as seems to be most needed. **BAD WATER** is said to be a cause of much more disease, in the country, than is generally supposed.

**ELIZA COOK'S JOURNAL** has been laid on our table, and we welcome it among the Monthlies. It makes few pretensions as a labored or scientific Magazine, but is filled with just such reading matter as will please and instruct. It will also serve as an encouragement to those who have genius without capital, by its histories of those who have made themselves of the utmost benefit to the world, having risen from poverty and obscurity to places of honor, and merely from their own inherent merits having been developed by untiring energies. About the time of the appearance of the first number of this Journal, it was reported in some of the papers that Miss Cook had actually come to America. This, however, was a mistake, nor are we aware that she has any such intention at present, though we have no doubt but many of her enthusiastic admirers would be happy to welcome her on our American shores.

The Journal is published at No. 80 Nassau St. N. Y.

We have received the following named works, which we intend to notice more fully at another time.

**THE NEW ENGLAND FARMER.** Edited by **MR. COLE**, Boston.

**THE VALLEY FARMER AND WESTERN MECHANIC.** Edited and published by **E. ABBOTT**, St. Louis, Mo.

**MEDICAL ELECTRICITY.** By **W. F. CHANNING**.

**CHAPMAN'S AMERICAN DRAWING BOOK, No. 3**, just issued by **J. S. Redfield**. Price 50 cents. For sale at the Journal Office.

This is undoubtedly the best drawing book in the world for its price.

**THE AGRICULTURIST GUIDE AND ALMANAC, FOR 1850.** Published by **J. G. Reed & Co.** of Rochester, N. Y.

**THE HERALD OF PEACE**, published by **Thomas Ward & Co.**, London.

**LIFE, HEALTH, AND DISEASE.** By **Edward Johnson, M. D.** For sale at the Journal Office. Price 50 cents.

**TEA AND COFFEE.** By **William A. Aleott**. Price 15 cents.

**THE JEFFERSON SCHOOL OFFERING**, and many others, which we shall examine and notice, at another time.

## NOTICES TO SUBSCRIBERS.

**VOLUME NINE OF THE WATER-CURE JOURNAL** will commence on the first of January, 1850. The terms will be, for a single copy, \$1 00 a year in advance. Five copies \$4 00. Ten copies \$7 00, and twenty copies will be furnished for \$10 00.

**ALL LETTERS** addressed to the Publishers should be plainly written, containing the name of the **POST OFFICE, COUNTY, AND STATE.**

**MONEY** on all specie-paying Banks may be remitted in payment for this Journal.

**SUBSCRIBERS** can mail one, two, or three Bank-notes in a letter, and not increase the postage.

**CLUBS** may now be formed in every neighborhood, throughout our country, and be forwarded at once to the publishers.

**THIS JOURNAL** will be sent in clubs to different post offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

**FRIENDS AND CO-WORKERS** in the advancement of the **WATER-CURE** will see to it, that every family is provided with a copy of this Journal for 1850.

**A FEW MOMENTS TIME** is usually enough to convince every reasonable person of the great superiority of the water-cure system over that of all others; a complete knowledge of which may be obtained through the **WATER-CURE JOURNAL.**

**FINALLY**, it is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the **LIFE AND HEALTH PRINCIPLES** advocated and taught in the **WATER-CURE JOURNAL.**

**ALL LETTERS** and other communications should be **POST PAID**, and directed to **FOWLER & WELLS**, Clinton Hall, 129 and 131 Nassau-street, New-York.