

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

The body is the house of the soul, and so as properly to sustain that relation is formed capable of movement, and is both self-propelling and self-sustaining. Like other houses, a framework is required to support it; and this in man is composed of 246 bones, divided as follows:—

Skull, 8; apparatus for hearing, 6; face, 14; teeth, 32; spine, 24; hip bone, 1; coccyx (or cuckoo) bone, 1; tongue bone, 1; breast bone, 1; ribs, 24; upper extremities (arms, &c.), 64; lower extremities (legs, &c.), 62; sesamoid bones (kneepans, &c.), 8.—Total, 246 bones.

There are three kinds of bones:—long, flat, and irregular. The *long* bones are found mainly in the legs and arms; they are hollow, and thus not only serve as depositories of nutriment for the system, in time of need, but are also much stronger with the same quantity of material, than they could be made in any other way; a principle well understood by engineers, who cast hollow pillars and shafts to gain greater strength without increased expense. The *flat* bones are mostly used to inclose cavities; to this class belong those of the skull. The *irregular* bones are those not included among the long and flat ones. As bones are living parts, they require to be furnished with blood-vessels, for the passage

of which, and also of nerves, canals are formed. They have also ridges and projections on them for the attachment of muscles.

The skull is composed of eight bones. The Os Frontis, A, frontal or forehead bone, bears some resemblance in shape to the undervalve of a scallop shell. It is situated in the front of the head, and assists in forming the roof of the orbits and nose.

The Ossa Parietalia, B B, or side bones, are somewhat square in their shape, and form by their junction most of the superior arch of the skull. They are named from a Latin word, meaning a wall, because they defend the brain like walls. Pl. IV.

The Os Temporale, C C, or temporal bone, is so named from the Latin, signifying time, because the hair turns gray sooner on this part than elsewhere.

It is situated at the side and base of the skull, and is divided into three portions, one of which, the Mastoid (named from its resemblance to a nipple,) is shown at a a, plate IV.

The Os Occipitis, H, forms the occipital, or back and lower portion of the brain case; it is through a large hole in this that the spinal marrow passes down into the spine, or chain of vertebrae. Plate IV.

The Os Jugale, E E, or

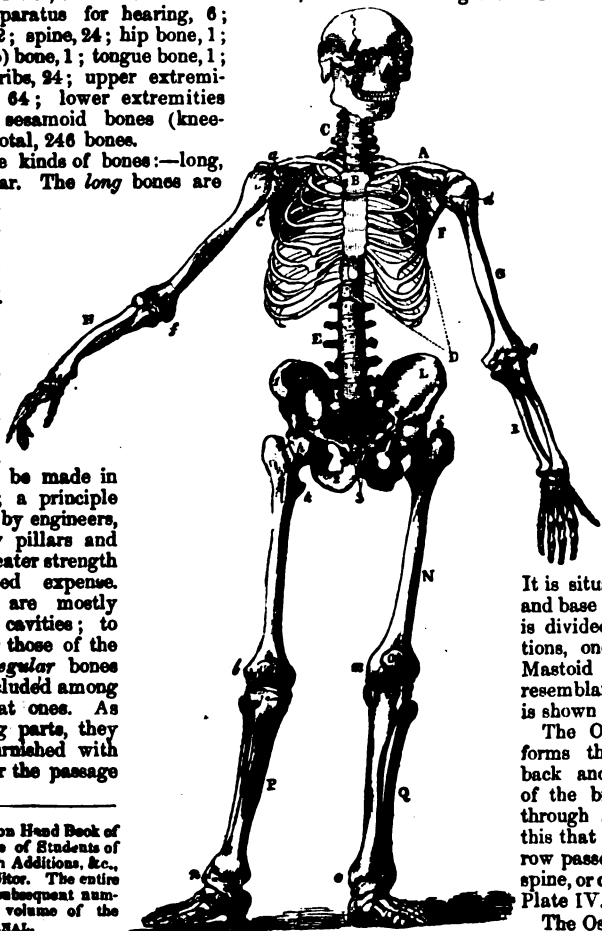


PLATE I.

* From the London Hand Book of Anatomy, for the use of Students of the Fine Arts. With Additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

cheek bones, are so called from resembling a yoke; they help to form the orbit. Plate IV.

The Maxilla Superior, F F, or up-

per jaw bones, form the greater portion of the face. The lower and front portions have a kind of sweep, in which are inserted the alveoli, or sockets for the teeth. Plate IV.

The Maxilla Inferior, G G, or lower jaw bones, is shaped like a horse-shoe, and, as everybody knows, has various important offices to perform besides supporting the lower teeth. Plate IV.

The Os Nasi, I, forms both the bridge and base of the nose. Plate IV.

The Clavicle, A, or collar bone, was so called from its resemblance to an ancient key. It is placed at the root of the neck and upper part of the breast, extending across from the tip of the shoulder to the upper part of the sternum. It forms an arch supporting the shoulders, and preventing them from falling forward upon the breast, and making the hands strong antagonists to each other, which, without this steadying, they could not have been. Plate I.

The sternum, B, or breast bone, is some seven inches long. Besides serving as the origin of several muscles, and other important uses, it defends the heart and lungs, and Hooper remarks that it is an observable fact, that a similar bone is found in almost all animals that have lungs,

even in such as have no ribs, as in the frog. In it the seven true ribs are inserted. Plate I.

The Spine is the central column of the human house; it rests on the hip and thigh bones, and supports the entire upper portion of the body, and through its centre the spinal marrow passes. It is composed of small bones called vertebrae, from a Latin word, meaning to turn. Each vertebra has seven distinct projections for the attachment of muscles; between each is a layer of cartilaginous substance, bearing in its nature a resemblance to cork. The layers may be distinctly seen in the engravings. They are divided from their location into three classes. The Cervical, C, or those of the neck, seven in number. Plates I and II. The Dorsal, D, or those of the back, twelve in number. Plate II. And the Lumbar, E, those of the loins. Plates I and II.

D, Plate I, shows the five false ribs, so called because they float loosely, as it were, being only connected by cartilages with each other and the sternum.

F is the Scapula, or shoulder blade, Plates I, II, and III. This bone is triangular in its form, and placed somewhat like a buckler to the side and back portion of the chest, occupying the space from the second to the fifth rib. Its offices are very numerous and important. Its Coracoid process, *a*, Plate I, is so named from its resemblance to the beak of a bird; *b*, Plate II, shows a flattened projection, forming the top of the shoulder, called the Acromion; *c*, Plate II, shows its spine; and *f*, Plate III, its base.

G is the humerus, or arm bone, Plates I, II, and III; *c*, shows its head; *d*, a Sulcus, or furrow, through which one of the heads of the biceps (muscle) passes; *e*, outer Condyle, or projection from which arise the muscles that extend the wrist and fingers; *f*, inner Condyle, from which arise the muscles that bend the wrist and fingers. Plate I.

H, I, Plates I, II, III, shows the bones of the fore-arm; H, the Radius; and I, the Ulna. The Olecranon process, *i*, Plate III, of the Ulna, forms the point of the elbow.

The Pelvis is that cavity embraced by the hips. In the adult it is formed by four bones,—the Os Sacrum behind, the Ossa Innominata on either side, and the Os Coccygis below. K, the Os Sacrum, Plates I, II, III, or sacred bone, is of a triangular shape, with the base downward, ending in the Os Coccygis, or cuckoo-shaped bone, *k*, Plates II, III; it takes its name from having been the part anciently offered in sacrifice. L, the Os Innominatum, Plates I, II, III, is a large bone of an irregular shape, originally composed of three others, which, growing together, left it without a name, hence the term given it. Those in Plate I are the Ilium, 1; Ischium, 2; and Pubis, 3. In Plates II and III, L is the Ilium, and M the Ischium. *g*, in Plate III, shows the spine of the Ilium, and *h* the Pubis.

(To be continued.)

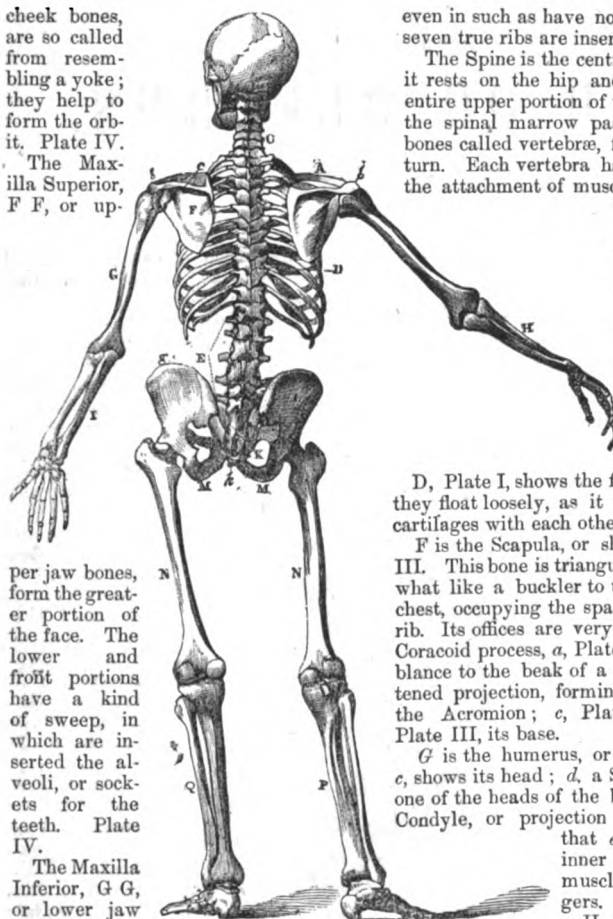


PLATE II.

THE TWO PICTURES; OR,

HYDROPATHIC QUACKERY AND ALLOPATHIC QUACKERY.

BY R. T. TRALL, M. D.

LOOK ON THAT PICTURE.—Almost every *regular* medical journal we open contains an account of some death or deaths, produced by carelessnes, mal-administration, or necessary consequence in the use of some *regular* drug. The daily newspapers, too, frequently mention other similar cases. These accidents or incidents are too common to excite special remark in any quarter. They are generally regarded as natural exigences of the healing art, according to orthodox science. Newspapers tell of them because they are news; medical journals record them because they are facts of their science. Of course there is no quackery about them. But let any body die after having used the wet sheets, no matter under what circumstances, and lo, down pounce the savans of the old school upon doomed hydropathy, like vultures upon a dying lamb. For more than twenty years the faculty has been uttering its loud and strong predictions that murder, "most cold, shivering, and unnatural," would sooner or later result from the water-cure. Yet, with all its argus-eyed observations, it has not, to this day, been able to record a single one; no, not one. At this we wonder as much as any regular can; for surely, with all the unauthorized dabbling with the water appliances extant, occasional deaths from mismanagement are just what all persons may reasonably expect. We come to the conclusion, therefore, that hydropathic quackery, though just as empirical, is not quite so dangerous as allopathic quackery. And we intend to show in this article that hydropathic quackery, even in the hands of the illiterate, is not as dangerous as allopathic quackery is, even in the hands of its most learned professors.

The last number of the "London Lancet" gives us the circumstances of a case under the following flaming capitals: HYDROPATHIC QUACKERY.—ALLEGED DEATH FROM THE IMPRUDENT APPLICATION OF COLD WATER.—INQUEST AND VERDICT.

The substance of the whole story is this:—Mrs. Dinah Toothil, aged 24 years, sickened with typhus fever on Monday, June 4th, 1849. A man called Paul Sngden attended her until Tuesday, June 12. She then got alarmed and sent for John Mulligan, a regular surgeon, who attended her until Sunday, the 17th, when she died. The treatment by this Paul Sngden consisted of a most bungling, rough, and brutal application of wet sheets, dry blankets, cold ablutions, wash-downs, &c. &c., attended at times with considerable outdoor exercise. On the second day of her sickness, the woman went out and took tea with a neighbor. There was nothing like prudence or common sense exercised by the patient or her hydropathic quack. At the end of eight days the patient, "growing weaker," got alarmed and sent for Mr. Mulligan, who thenceforward took charge of her case. In six days from the time he began with her she died.

Now this dilemma has at least four horns. Did the patient die of typhus fever? of hydropathic quackery? of allopathic practice? or of all together? Miserably wrong as was the management of Mr. Sngden, there is not a particle of evidence that it seriously endangered her life. "She grew weaker." This is all the unfavorable circumstance alleged; and this is a necessary yet not alarming consequence of all continued fevers. The patient always grows weaker until the fever entirely subsides. Moreover, on Sunday, the 10th, Mr. Turner, a regularly educated surgeon as well as hydropathic practitioner, called to see the patient; he saw no danger, and only directed the applications thereafter to consist of warm water instead of cold. On the Monday following, Mr. Turner repeated his visit, and still perceived no dangerous symptom. The next day, Tuesday, Surgeon Mulligan was called. Now what does he do! Alas, we know not. He simply says, on the coroner's inquest, "I attended her *regularly*, till last Sunday, when she died."

Now, can any person pretending to act rationally, give judgment as to what caused this woman's death, unless he knows what treatment Mr. Mulligan pursued? Every circumstance previously is detailed with tedious minuteness; but of his medication—oh, it was *regular*. Mr. Mulligan does not pretend that he discovered anything alarming or dangerous on his first visit. Her death, in his opinion, was owing to "inflammation of the coverings of the brain, the formation of serum, and consequent apoplexy, which conditions were induced by the imprudent application of cold water." This all *might* be true, and it might be erroneous. The jury, it seems, did not give unlimited credence to his opinion, for they rendered a verdict—"Died by the visitation of God."

We admit the quackery of this Mr. Sngden to the fullest extent charged. His management indicates an ignoramus and a numskull. But a person can endure a great deal of cold water quackery without dying, and until we learn something of what that *regular* treatment of Mr. Mulligan consisted in, we shall hold on to the fourth horn of the dilemma.

Now LOOK ON THIS.—We will now examine the circumstances of a case of allopathic quackery. This particular case is selected because the patient was a talented allopathic physician; he was treated from first to last by distinguished allopathic physicians; the case is reported by an allopathic physician, and published in an allopathic periodical. It is therefore wholly and exclusively an allopathic affair, and not in any sense, or any part, a made-up story for effect. The particulars were communicated by A. C. Castle, M. D., of this city, to the Boston Medical and Surgical Journal of November 21st, from whose report I extract all that is essential to a correct judgment.

In his preliminary remarks, Dr. Castle quotes approvingly the motto adopted by Dr. Dixon on his "Scalpel," thus: "Nature is ever busy by the silent operation of her own forces, endeavoring

to overcome and cure disease. *Her medicines are air, food, water, sleep. Their use is directed by instinct.* And that man is most worthy the name of physician, who most reveres her unerring laws." Reader, mark well this sentiment. Commit it to memory; it will repay the trouble. We shall have occasion to revert to it again. Meanwhile we turn to Dr. Castle's report.

Dr. James Alexander Houston, aged thirty years, native of Ireland, of nervo-sanguineous temperament, and of lymphatic or strumous diathesis. He was what is termed "nervous," excitable, or irritable; upon the impulse of a moment's notice ready to perform the greatest action, or from a peculiar idiosyncrasy, shrink from it in terror. September 4th, 1849, at 4 o'clock A. M., he was seized with a violent fit of coughing, and ejected from the lungs about twenty-four ounces of blood. He had had a cough for several days before, the result of a cold contracted at Bath. Salt and water were administered by his family attendants to arrest the bleeding, and Dr. M. was immediately called.

Now we have the doctor confronting his patient. What healing balm, think you, he will propose? The only alarming circumstance is the loss of a large quantity of blood. What will the doctor do to stay the further waste of vitality? Will he bleed? Horrid thought! Yet it was so. Why did he bleed? No reason is given. The report says, "A vein in the arm was opened, and about twenty-four to thirty-two ounces of blood taken away. Laudanum, to sustain the action of the heart, was prescribed, in alternate doses every two hours, with tartar emetic and nitre, for modifying any probable undue excitement upon the arterial system."

Why this enormous bleeding? Twelve ounces make an ordinary, and sixteen ounces a full, and twenty ounces a large bleeding. Why this very large, this *butchering* waste of blood! Let us see if there is not a satisfactory reason. Perhaps he was in a high fever, full of active inflammation, abounding in surplus strength and excess of action, which required reducing. What says the report? "Dr. Houston's position appeared to be most critical. In addition to the loss of the twenty-four ounces of blood from pulmonary exudation, his system was *collapsed*; his face, hands, and skin *cold, corrugated, pale*, and of a peculiar *purple hue*." God pity that infatuation that can draw indications for bleeding from any of these symptoms! Maybe the previous habits of the patient will justify the measure. What were they? Dr. Castle tells us that for some time the patient had labored under a fearful presentiment that he would die on the 15th September, in consequence of which, and with a dread, too, of a cholera atmosphere, he had been living for pleasure, eating liberally and drinking freely, to overcome and dissipate away his feelings of horror and depression. These fears, and these habits, must of necessity have rapidly exhausted his vital energies, and if any consideration on earth could stamp the idea of bleeding, in his case with unutterable absurdity, it is this

very circumstance. Let us, then, go back further for a reason. Possibly his constitutional peculiarities demanded the bloody resort. Here Dr. Castle informs us that his constitution, in addition to being nervous and irritable, was decidedly *strumous*. This strumous diathesis means delicacy, frailty, feebleness of organization—the very last condition to require or tolerate reducing processes of any kind.

Still there may be something in theory, if there is nothing in fact, to call for bleeding. Let us go to the books. Here we find two principles, as they are called, upon which bleeding has been predicated, in cases *somewhat resembling* Dr. Houston's 1st. The theory of congestion. Some medical books in the world, and some medical men in New-York, have recommended bleeding in low typhus fevers, in the collapsed stage of cholera, &c., on the ground that congestion existed in the large deep-seated blood-vessels, which bleeding would *unload*. The theory is as absurd as the practice has proved unsuccessful. The greater the debility, the greater the congestion. Persons who have died from loss of blood have, according to allopathic authorities, exhibited all the symptoms of severe congestion of the brain. This argument, then, falls to the ground. The other is the principle of revulsion. It is said that by making a strong impression suddenly upon the body by abstracting blood, a train of morbid actions may be sometimes broken up, or the system rendered more susceptible to other impressions. To accomplish this, we are told, blood must be taken quickly from a large orifice, so as to produce the requisite impression, indicated by faintness, with as little loss of blood as possible. Dr. Houston was not a fit subject for this theory to work on, nor was he bled in this way at all. The bleeder only appeared to have in view the quantity taken—the *reducing* as much as possible.

Driven from every position we can think of in medical science, let us, lastly, go to our approved motto, and see what nature says about it. "Her medicines are *AIR, FOOD, WATER, SLEEP*." Should it not have been *bleeding, laudanum, tartar emetic, nitre*? But again, "their use is directed by instinct." Most truly has instinct taught all the tribes of animated nature to seek, in her own materia medica of "air, food, water, sleep," the means of preserving and restoring health; but has instinct taught any of them to bleed! We know of some animals who practice bleeding—the leech, for example—but their object is to feed themselves and kill their patients. We can hardly suppose any predacious animal, whose lance-pointed fangs penetrate our blood-vessels, "performs venesection" with the benevolent intention of healing our maladies! Nature and instinct, therefore, cannot help us out of our dilemma. Once more: "That man is most worthy the name of physician, who most reveres her unerring laws." Should it not be, "That man is the greatest doctor who most violates her laws!" We give up in despair. We can find no reason why the patient was bled so excessively; we can

discover no common sense in his being bled at all. But worse is to come.

We pass to the next proceeding. Laudanum is given to sustain the action of the heart. Why? Because it has been reduced by the bleeding; thus attempting to undo with one hand what the other has just done. Then, again, tartar emetic and nitre are given in alternate doses with the laudanum. Why? So as to keep down the action of the heart; thus introducing a third hand to undo the second, as the second counteracts the first. Here is a beautiful medley at work! A powerful bleeding to reduce arterial action; then doses of laudanum to stimulate it up again; then tartar emetic and nitre—two deadly, debilitating drugs—to prevent the opium from having the very effect it was given for! Not a solitary reason, save those above named, is assigned for this practice. From the reasons before us, the inference is strictly logical, that if no laudanum had been given, no tartar emetic and nitre would have been required; and if the bleeding had been let alone, no opium would have been necessary.

We have no account of any further prescription, or rather of any alteration in the medicine, save toast-water as a beverage, and a tea-spoonful of arrow-root occasionally, as a nourishment, for the next three days, nor are we informed how he was affected by the treatment on the second and third days. The report states, "On the night of the 7th, cough and bronchial discharge; about eight ounces of blood were expectorated. The old puncture in the arm was again opened, and from twelve to sixteen ounces of blood abstracted from the circulation." The only rule for bleeding I can trace out is that of opposition, or rather, perhaps, competition; to take from the arm from once and a half to twice as much as the patient loses from the lungs. If a man should cut his foot with an axe, and it should bleed three quarts, so that the patient become "*collapsed*," "*corrugated*," "*cold*," and "*blue*," would it not be good practice to bleed him about four to six quarts from the arm?

Again the report skips to Sept. 11. It says then, "Pulse 125; tongue coated with a dark brown fur; skin feverish, with much thirst." The increasing pulse and blackening tongue denote, as all doctors ought to know, accumulating debility and exhaustion. Well, what will the doctors do now? The patient has had two copious bleedings from the disease; two over-copious bleedings from the doctors, and has been kept seven days on laudanum, tartar emetic, and nitre, all the while growing worse and worse. Of course we will see a change of measures.

Hear, O Hippocrates, Father of Medicine, and hide thy diminished head, O, Paracelsus, Prince of Chemical Quacks, while we transcribe from the record, the next prescription, *℞* "*laudanum, tartar emetic, and nitre, alternately every two hours*!" Now let us turn to the standard authors and learn what these agents are, which are adhibited to so pertinaciously, notwithstanding their manifest killing effects. Of tartar emetic, the books say it is the most powerfully debilitating

drug known; an over-dose of a few grains has repeatedly destroyed life in a few hours. When given in smaller doses, it powerfully lowers the tone of the vital powers. Nitre is also one of the strongest reducing agents. In large doses its poisonous effects are well known. Many persons are so well aware of its deleterious properties, that they object to having a single ounce of it put into a whole barrel of salted beef. Of laudanum we need not speak particularly. Its power to kill pain and patients is often enough proved on coroner's inquest occasions. Now that we understand the intrinsic nature of these medicines, we will hear what Dr. Castle says of the obvious effects of this death-dealing prescription: "The administration of the laudanum was *always* followed by a moisture of the skin, *with continued thirst*. In the course of a half hour, *febrile symptoms would supervene*. Passed a restless night; complained of insects and reptiles being on the bed."

No wonder he thus complained. If he is not worse the next day, there is no potency in poisons. Harken to the story:—"Sept. 12. Pulse 140! tongue dry, and covered with a thick blackish-brown fur; eructations from the stomach, and ejections from the bowels of immense quantities of wind. Catching with the hands at imaginary objects in the air. Bowels costive." This relation means simply that the patient had taken a very long stride toward the grave in a very short time. Now the doctors will, they *must* alter their hand. Surely they will not, they cannot persist any longer in this blind, stubborn course of exhausting narcotics and deadly chemical poisons, when the patient is so unequivocally dying daily under their hands. Are they mad? The prescription of this day the reporter records in the following words: "LAUDANUM, TARTAR EMETIC, AND NITRE AS USUAL!" "As usual" has an unusual significance here, as we shall presently discover. We resume the report.

"Sept. 13th.—Symptoms the same; tongue furred as before; thirst, fever, restlessness," &c. One day more the dying process has gone on. Now, good doctors, you have stuck to the *laudanum, tartar emetic, and nitre* just nine days too long; but it is better, perhaps, to change the order of doctoring late than never. Matters begin to look dubious. We turn to the record again: "MEDICINES AS USUAL." How convenient this "as usual!" It saves the labor of writing out and repeating, "*laudanum, tartar emetic, and nitre*." At this stage of the proceedings "Dr. D. made a friendly visit, and was added to the council of physicians. Dr. D. proposed an *opposite* treatment to the one in force, and *after a few hours* it was *partially* adopted. A table-spoonful of brandy to the tumbler of iced water was allowed in place of the toast water." How could Dr. D. propose an opposite treatment unless he considered the one in force exactly wrong? We regret that Dr. D.'s advice was not adopted wholly at once, instead of only partially after several hours. As it was the patient improved considerably, for the report says: "6 P. M., more cheer-

ful, voice firm and strong; pulse 128; breathing free, with slight ronchus, &c. We shall feel relieved when we get through this empirical routine of laudanum, tartar emetic, and nitre. Any change may be for the better; it cannot possibly be worse.

We go from 6 P. M. to 8 P. M.—two hours. "Patient restless, a mustard poultice is applied over the stomach." I do not quite like this way of chafing and irritating the bodies of sick persons with pungent, smarting compounds, yet it is so much better than the caustic, corrosive, stupefying, bowel-rasping, stomach-killing, brain-disordering, blood-poisoning medley of *laudanum*, *tartar emetic*, and *nitre* we have heard so much about, so comparatively innocent, so indicative that a change has at last come over the spirit of those dreaming doctors, that I am, relatively, almost in love with it. I would rather be mustard-plastered all over than poisoned all through. But soft! what have we here! Merciful God! It is—it is the dreadful tale again. "8 P. M.—60 drops *laudanum*! 10 P. M.—*tartar emetic* and *nitre*! 12 o'clock—40 drops *laudanum*!" Verily we thought but a moment since to be rid of this "infernal machine;" but it comes back in double and treble doses. After pronouncing this prescription, the reporter gives us no further account of the patient's state during the night, excepting what is contained in this significant note, "imagination of reptiles." Any man, sick or well, who desires to have an imagination of reptiles in his brain, has only to take those huge doses of poisons into his stomach.

From this time forward the patient's symptoms, as in most cases of rapidly approaching dissolution, were exceedingly variable. On the 14th, at 1 o'clock A. M., just one hour from the last enormous dose of *laudanum*, the pulse was fluttering at 160; he was also in a state of lethargy and muttering delirium. A wine-glass of brandy with a few drops of tincture of cardamoms and ginger somewhat aroused him. At 4 P. M. an injection of castor oil was given; at 6 P. M. an active cathartic was administered. During the succeeding night the brandy mixture was repeated. All this time, be it observed, the *laudanum*, *tartar emetic*, and *nitre* were continued AS USUAL. Through the night, it is said, the patient complained of *poisonous* reptiles, to which we may add, "as usual."

On the 15th nothing is said of the treatment, save the now rather familiar remark, "MEDICINES AS USUAL," to which is added the quite needless memorandum, "passed a restless night."

On the 16th his lucid intervals were only momentary. We are now told for the first time that his fever partook of the *typhoid* character; but if there is any meaning in symptoms, it was typhoid from the start. Diluent drinks were discontinued. Beef steak and brandy were allowed; (strange food for a dying man!) In the afternoon he appeared better. At 7 P. M., he rallied considerably and became cheerful. At 11 P. M., he became restless, when the *laudanum* was again given; after which he became deliri-

ous, grasped the bed-clothes into heaps, and complained of the appearance of *hideous* monsters, &c.

On the 17th at 3 A. M., the patient was evidently sinking. A council of physicians was called at 8 A. M. We are not told of any further medication, save a blister to the abdomen; nor are we told of any change in the regular routine. The inference therefore is still, "*medicines as usual*." "At 11 P. M., in a state of phrenitic excitement, he suddenly rose up in his bed, and made the most violent attacks upon his attendants, *uttering the most piercing exclamations!* It required physical force to retain him in his bed. 11½ o'clock, expired."

How unlike a *natural* death! How very like a death from slow poisons! Not so very slow, though; thirteen days were only required to do the work. Is there a physician in New York, sick or well, who dare submit to a similar treatment! For his life he dare not do it. Is it true that a nervous, feeble, irritable sick man, prostrated by over excitement, enervating habits, depressing fears, and loss of blood, can bear a power of reducing processes and agents which would effect *manslaughter* on a person of robust health! The idea is too preposterous for argument.

But let us pursue the case to the end. A *post-mortem* examination was made nineteen hours after death. From that examination not a single evidence is deduced that the man died of any recognized disease. The only abnormal condition to which any importance is attached as connected with his death, is what Dr. Castle calls, "*a drenched apoplexy of the lungs*." This is an awkward phrase; but it imports that there was an extensive effusion of serum—watery fluid, into the cellular texture and air-cells of the lungs. This, however, did not cause the death. It was merely in incident of death, resulting from the extreme relaxation of the exhalants in the act of dying. That such was the fact in Dr. Houston's case, we have, fortunately, positive evidence in the report itself. On the very day on which Dr. Houston died, a stethoscopic examination was made of the chest. The report says, "Auscultation denoted *no congestion*, except the prior congestion of the inferior portion of the left lobe of the left lung." If the lungs had been in a state of "*drenched apoplexy*" at this time, auscultation would have denoted *universal congestion*.

From any and every view I am able to take of this case, I am forced to the conclusion that Dr. Houston died of "*BLEEDING, LAUDANUM, TARTAR EMETIC, AND NITRE*." It is difficult to find anything necessarily fatal about his case, save the treatment; and had he been left to the unaided attentions of his own family circle, or the nursing resources of some intelligent "old granny," there is every reason to believe the *post-mortem* examination would not yet have taken place. Dr. Houston is not the only person of celebrity that the lancet and antimony have killed outright. I will mention in this connection only two other names—BYRON—WASHINGTON.

I cannot conclude this article without a word

of explanation. I charge no ignorance and impute no improper motives to Dr. Houston's medical attendants. I have no acquaintance with one of them. Doubtless they are intelligent in their way, and well-meaning in all ways. But their system I arraign. I accuse it of being unphilosophical and absurd. Its theories are the relics of the superstitions, hypotheses, and speculations of a crude and barbarous age, interwoven with many facts and discoveries of modern science, the whole making a system of strange inconsistencies and ever-recurring contradictions. Its errors are fundamental and beyond redemption. Its very foundation must be swept away before a *true* medical science can arise based upon simple, natural, and demonstrable principles.

ERRORS IN WATER-CURE.

BY MRS. M. S. GOVE NICHOLS.

It has been said that our mistakes educate us—an expensive education, but a vast deal better than none. Mistakes in Water-Cure have done much to educate persons who have practiced it without the requisite experience or instruction. To illustrate, I will give some notes of cases that have come under my care.

I have had a good many patients with inflammatory rheumatism. Several of these had heard of water-cure in rheumatism, and had applied it at random with little knowledge, and no experience. I have now an instance in my mind, where the patient was young and vigorous, and from over-exertion was seized with rheumatism of the knee. His knee was leached and blistered, until the disease was complicated enough to get a new name from each new doctor, though the principal symptoms were high inflammatory action, severe pain, and great swelling. In this state, an allopathic physician advised the local use of cold water to subdue inflammation in the knee. This effect was produced during the application, but the cause was not removed, and when the cold weather came, the symptoms were all aggravated. In this condition of things he was first made aware of the fact that the only way to relieve his knee, and prevent the constant fluxional determination to the joint and its vessels, and capsules, was to secure a general action of the skin, by means of tonic wet sheets and sweating blankets, succeeded by cold baths, with much rubbing. This general increase of action in the skin, and tone in the nerves; is indispensable to recovery in cases of this kind. The first cause of the disease is exhaustion of the nervous energy. I have known the most terrible attack of inflammatory rheumatism to be induced by exposure to a cold storm, and the disease is much more likely to be induced by this cause, if the person exposed be advanced in years, or has from any cause a low state of vitality. The powers of the system are exhausted in resistance to the cold. The constricting effect of the cold upon the exhausted cutaneous nerves is often of the most alarmingly mischief-

ous character. The obstruction of those excretions from the skin which are, or should be, passing off in continual transpiration, induces neuralgia and inflammation, and often results in the worst forms of inflammatory rheumatism. The local use of cold water, very cold, may for the time ease the inflammatory symptoms; but unless such a course of treatment is adopted as shall give tone to the nerves, and at the same time excite the action of the skin and throw off obstructions, it will be of little permanent good. Other treatment than this, and especially local treatment, and the use of very cold water, particularly with aged, or weak and delicate patients, will impede the action of the skin still further, and induce a crisis, either in the form of diarrhoea or ulcers, or boils. This result, which is hailed by many ignorant persons with joy, should be deprecated as a great evil, by every wise water-cure practitioner. I have seen frightful boils and ulcers induced in this disease, by unskillful water treatment, and called crisis. It is true that they evacuate hurtful matter from the system, and make a sort of vicarious atonement for the disabled cutaneous tissue. But how much better to restore the functions of the skin, and have all this bad matter thrown off in a natural, insensible, and painless manner, than to sustain the wear and tear of frightful boils and ulcers! I have seen large ulcers, which were called crises, and which had been caused by treating a case of inflammatory rheumatism in a patient of low vitality with excessively cold water, and where no effort had been made to induce a general action of the skin. I have healed these ulcers in a month by the free use of the sweating blanket, alternating with the wet sheet, and raising the temperature of the water ten or twenty degrees.

Patients who are not perfectly cured of this class of inflammatory and rheumatic affections, are often alarmed at the exacerbation of the symptoms, and particularly of cutaneous eruptions, as the cold weather comes on. The fact is, that when the constricting effects of cold weather and cold water are greater than the reactive powers of the patient, these eruptions relieve the system of bad matter. The evil must then be overcome by the use of the sweating blanket and tonic wet sheet, followed by a bath from fifty to seventy-two degrees, according to the reactive power of the patient. As soon as the whole skin acts normally, the local affection or eruption of the skin will cease. In dysentery, where the applications are too cold, hemorrhage of the bowels may be induced, and fatal results follow. In congestion of the uterus, a cold plunge, half, or sitz bath may produce dangerous hemorrhage; and in congestion of the lungs, the same baths too cold and too long continued, will produce fatal hemorrhage. In all these cases, I suppose slight reactive power. If the patient is full of strength, in other words, of vital energy, he will react against severe applications. The cold will increase reaction, and equalize circulation, instead of producing fatal congestions and hemorrhages. The

nice point to be determined by the physician, is the degree of reactive power possessed by the patient. The greater the degree of cold that a patient can bear and fully react, the sooner he will regain his strength. But it is as great a mistake to send patients about with their teeth chattering, and their lips blue with cold, as it is to allow them to hover over a hot stove, till they cannot bear exposure at all. The golden mean must be earnestly and carefully sought by physician and patient.

Routine practice, adopted simply because Priessnitz or somebody else does such things, is unworthy a thinking being. We should have well-defined ends in view in all water-cure treatment. We must know why we use certain means. One patient may take a foot bath, and another a sitz bath with the best possible results, whilst another may be chilled through for twenty-four hours with the first, and get an injurious hemorrhage from the last. The communist who should feed his canaries and his sheep, both on beans, upon the principle that all should be treated alike in order to do democratic justice, is not a greater fool than the doctor who treats all his patients alike in Water-cure.

Too much treatment is often worse than too little. Sanguine patients frequently are in a hurry to get well, and they exceed the doctor's prescription. If he tells them to stay an hour and a half in a wet sheet, they stay two. If he tells them to take the douche two minutes, they take it five, and so on. Fatal evils may result from such a course. Then, again, patients mistake directions. Tell them to dip their feet in cold water for a minute, and rub them ten minutes, and they dip them ten minutes, and rub them one, and wonder why they don't get their feet warm, when the doctor said they would be in a glow at the end of the rubbing. It is true that comparatively few mistake directions, but if one in a hundred mistakes, it is reason enough for great care, clearness, and plainness in directions. It is best to write always, as oral directions are readily forgotten, if they are not mistaken. Clearness in explaining each process, or manipulation in the treatment, where it is to be carried on at the patient's home, is very needful. I have known very sensible people who got into a sitz bath with their feet under them immersed in the water, and that, too, when a foot bath was the last thing needed by the patient, or intended by the physician.

Patients who apply to Water-Cure Physicians, often double the labor for themselves and the doctor, by giving a crude and disorderly account of symptoms, and neglecting those important points that decide the judgment of the physician. In about nine-tenths of the cases that come under my care by letter, I am obliged to write a letter of distinct questions for each patient to answer. I believe I shall do good service to patients and physicians, to copy my questions to female patients who consult me. I recommend to all who wish to give an accurate description of their cases, to carefully answer these questions in their description of their symptoms:

How old are you! Are your parents living! If deceased, how old were they when they died! What diseases had they, and of what disease did they die! What diseases have you had! Have you ever had cutaneous eruptions! Have you taken medicine, and of what kind, and in what quantity! How old were you when menstruation commenced! Have you had irregularity, or pain, or profuse menstruation! Have you indigestion, or sinking faintness at the pit of the stomach! Have you pain in the back, or any constant pain! Do you chill readily, or have you cold extremities! Have you piles, or constipation! Have you fluor albus! What is the nature, origin, and duration of your present disease! Have you any renal difficulties! Write as much more about your case as you please, but be sure you write what will answer these questions, and ten to one, you save your physician the trouble of an extra letter.

One more error, and I have done for the present. Many patients who are ordered to wear wet bandages, from a dislike to wet their clothing, or to procure more warmth, or both, put oiled silk over. This excludes the air, and the perspirable matter (which, be it remembered, is poisonous, even when thrown off from a healthy person,) is kept upon the surface of the skin. It is prevented from escaping by the oiled silk. The consequence is, that the skin is poisoned, inoculated, as it were, by the virus of disease, and the ignorant patient rejoices in what he supposes to be a salutary crisis. His head often aches in a dull and confused manner, but he supposes it is owing to the crisis. I once saw a close-fitting garment of oiled silk, put upon a patient over wet bandages, so as to cover a great part of the body. The consequence was, the most intolerable and indescribable agony from neuralgia. The pains were endured for some hours, the patient supposing it was a part of his cure. I remonstrated, in the first place, as strongly as possible against the application, but the patient was determined to know the effect for himself, and he found out, "with a vengeance," the effect of oiled silk in rheumatism. I have seen severe symptoms of typhus induced by its use, and I warn every one against its application to the body, in any case.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 1.

MY INITIATION INTO MEDICINE.

My initiation into the mysteries of Esculapius began by entering the portals of his temple in the shape of a drug store. Though at first confused by the hosts of gilded names on drawers and bottles that met my gaze on every side, yet in the course of two or three days the mist gradually cleared up, and sunlight restored order to the mental chaos. My previous knowledge of Latin enabled me readily to translate the abbreviations Pulv. Rad. Cort. Tinct. into powder, root, bark, and tincture respectively, so that at the end of the first week I was completely at home

in the store, and before the third had elapsed, the greater part of the business was thrown on my shoulders. I put up prescriptions, compounded the various powders, tinctures, and ointments, turned up my collar, changed my ribbon for a cravat, walked very erect, and was addressed by the customers as doctor. I also bought a pair of green spectacles, which the proprietor of the shop ordered me to return to the case, so that I always took them off when his gig drove up in front of the shop.

I BEGAN PRESCRIBING.—At the end of five weeks, the clerk, as was expected, left, and I was formally installed into his place by the owner of the shop. I was a hard student, and by daily committing to memory and reciting portions of the book at a time, I soon mastered the pharmacopœia, which, besides an account of the medicines and methods of their preparation, had annexed to it a compend of chemistry. Firmly believing everything I read of the properties of vegetables and minerals, I was lost in wonder and admiration at their astonishing qualities and powers; and nothing appeared so easy to me as the practice of medicine, the main difficulty being to select from so many specifics. I was continually recommending the various articles to all with whom I came in contact, and many a dose have I succeeded in getting down the reluctant throats not only of the sick, but even the healthy, by dint of sheer perseverance in the proclamation of their virtues, both in curing disease, and also in preventing it.

BOTANIC PRACTICE.—Some former owner of the place had laid in a large supply of drugs and roots, which for years had been lying neglected under the counter, the names of the separate parcels being lost and the whole mixed in utter confusion. The discovery of this heap of rubbish I looked upon as a godsend. By the aid of the pharmacopœia just referred to, I sorted them out, placed them in separate boxes properly labeled, and under the names I had affixed actually sold off the entire lot. That injurious consequences did not ensue was owing most probably to inertness, arising from age and exposure.

CURES DROPSY.—A beggar woman one day entered the shop, and claimed assistance on the ground that she was weak and sickly, and had several children depending on her, as well as her husband, who was nearly dead with dropsy and without hope of recovery, having been given over by several doctors. While she was talking, twenty remedies, each sure to cure, flashed across my mind, and having selected one (Indian Hemp—*Apocynum cannabinum*) I told her I knew what would make her husband well, showed her the root, and read an account of its properties from the book. The faith and assurance I displayed were contagious, her eyes brightened and she went away, provided with sufficient to effect a cure gratis, invoking every blessing on my head. Though expecting every day to see the husband in person come to return thanks to the saviour of his life, I heard nothing more of the matter until, about a month afterward, I met the wife

in Catharine street, and approaching her, was saluted with a storm of abuse and the epithet of murderer! Nothing daunted, though much surprised, I tried to explain that the man must have been too far gone before he took the remedy, but she would not listen to me, and as her unceasing clamor was gathering an angry crowd, I thought it best to be off for fear of consequences.

Had such cases often occurred, they would have taught me caution and want of confidence, in medicines, but they seldom happened, and I was much praised by many of those I bled and physicked for what they called my energetic practice. The position I was in at this period made me represent the tribe of young doctors just emerging from college, relying implicitly on the teachings of their professors, and plunging at once, lancet and medicine case in hand, into that course of experience from which they mostly emerge utter skeptics to the value of their profession, and ready to affirm the assertion of an eminent medical man, "that if there were less doctors, there would be less deaths."

CARELESS DRUG CLERKS.—It is exceedingly dangerous to the well-being of the community to give a drug store in charge to a young man who has not served a regular apprenticeship to the business, and been educated in habits of the most extreme caution. That there are few such in that responsible office need not be told. In many shops the laudanum and paregoric bottles stand side by side, of the same size, and on the same shelf. The abbreviated official name of laudanum is Tinct. Opii, that of paregoric is Tinct. Opii. C. a *c* being the only difference, as the appearance of both liquids to a casual observer is much the same, and yet owing to that *c* how many have been engulfed during the last ten years in New York city alone!

DEATHS FROM CARELESSNESS.—A physician once sent a prescription to a drug store, written as follows:

R. Tinct. Sanguin. ℥j. | Take Tincture of Bloodroot one
Aqua Pulv. ℥j. M. | dram ½ oz. Pure Water 1 oz. Mix.

The boy who put it up mistook the sign dram, ℥, for ounce, ℥, and so gave eight times more than he ought. According to direction, a tea-spoonful was given to the child for whom it was required. It died in less than an hour, in the most terrible agony.

Another physician wrote as follows:

R. Pulv. Antim. grs. xii. | Take powdered Antimony, 12
Div. in Pulv. No. iv. | grains, and put it in four papers.

Two hours afterward he was called to the house, his patient's illness having, the messenger told him, increased alarmingly. He went, and found the symptoms simulating those of poisoning by tartar emetic. With the utmost difficulty the man was roused from his extreme prostration. As soon as he could leave his patient, the doctor visited the drug store, where he found on the counter, covering his prescription, the tartar emetic bottle (Tart. Antim.), the clerk playing a game of draughts, which he did not like to leave to put the things away, until it was finished. A

thousand similar instances might be cited, but enough has been shown to excite caution. Many physicians, at the present, appalled by such mistakes, write their prescriptions altogether in English, but the evil cannot cease until the bottles are also labeled in the same language, and dog Latin repudiated. On my guard against such accidents by repeated admonitions, to my knowledge I made but two mistakes the first year, and these were the substitution of Hive syrup for that of Squills—the difference on the bottles being a *C*—a trifling error, and one graver still: giving tartar emetic for powdered antimony; but the dose being small, the consequences were not serious.

POISONING BY ARSENIC.—Some two months after I entered the business, I read an account of an inquest held over a servant girl who had eaten a biscuit spread with butter, in which arsenic had been mixed to poison rats. It produced so strong an effect upon my mind, that I determined no accident of the kind should ever haunt me, no matter how remotely. I emptied the arsenic into another bottle, which I covered with labels, having on them ARSENIC, and POISON, BEWARE, and placed it on a high shelf in an obscure corner, and after thoroughly washing out and cleansing the original receptacle, whose appearance was well known to the neighbors, filled it with bi-carbonate of soda, such as is used in making cake and soda powders, and with the gravest face in the world dealt out the innocuous powder to those who inquired for ratsbane, always enclosing it in two papers, and labeling as directed by law. I afterward in other stores pursued the same plan, and to this day its recollection affords me pleasure. One morning an unfortunate creature entered in a highly excited state, and asked for sixpence worth of arsenic; the strongest, she added. Without hesitation, I dealt it out, observing all the forms as to wrappers, &c., she watching me attentively all the time. While changing the half-dollar she threw on the counter, I observed to her, that as she appeared to wish to die, she might as well give me the change. She assented, with the exception of four cents, and seizing the package, crossed the street to a liquor store, and having procured with the remainder of her money a gill of rum, mixed the powder with it, and at once swallowed the whole down as soon as she left the bar-room. Irritated by what she justly considered my cool and heartless conduct, she told it to a number of persons, and as it was rather a rough neighborhood, I should have been mobbed, had I not explained the matter; as it was, I had a narrow escape. My volunteer judges and executioners, roaring with laughter, gave the poor creature (whom they were so ready to revenge, but not to save, as they left her when they supposed she was dying, without assistance,) a ducking under the pump. I never saw her again.

FIRST ESSAY IN BLOOD-LETTING.—From the commencement of my medical studies I had an intense desire to practice surgery in the way of bleeding and tooth-drawing. For the former

purpose I had been opening the veins of cabbage leaves with a lancet, and when I felt competent, ardently wished an opportunity of benefiting mankind with my newly acquired knowledge. The proprietor, a physician, residing some blocks distant, came every morning to the shop to see patients, and allow me to go to breakfast. One morning, near his usual hour, a colored man entered and inquired for the doctor, whom he wanted to bleed him. Politely handing him a chair, I asked him to wait. He was hardly seated, before I began explaining the mode of bleeding, the process of which I showed him on a cabbage leaf. Honestly premising that I had never bled; I offered him sixpence to allow me to begin on his arm, throwing in strong contrast the fact that he would have to pay the doctor fifty cents. He readily consented, and in a shorter space of time than I could now perform it, the bandage was tied around his arm above the elbow, the inverted broomstick in his grasp, and a bright stream of blood flowing freely into the wash-basin. Two things only were omitted in the process: one, feeling around the vein, to detect by the throbbing if an artery was near, for the purpose of avoiding that spot, and choosing another less dangerous; the other omission was in his posture; I should have made him stand up to induce faintness as soon as possible, instead of which I allowed him to recline, and as he got weaker, gradually lowered his head and body to give relief until he lay on the floor, still grasping his broomstick. Fortunately for the poor fellow, fainting ensued at last, in the form of what is called a dead swoon. Perfectly unaware that there was any cause of alarm, I loosed the bandage, and bound up the arm. Just as I finished, the doctor entered.

"What does all this blood mean?"

"I have been bleeding a man."

"A bullock you mean; there's two quarts in the bowl!"

In much alarm, he listened to the history of the case, procured assistance, and carrying the poor fellow into the back room, laid him on the bed. Every expedient was tried to bring him to, and after about half an ounce of ether was poured down his throat, hartshorn applied to his nostrils, and his body well rubbed, my patient opened his eyes in great astonishment, complained of being weak, and wanted some water. It was given to him, mixed with brandy, and he was finally taken home on a spring cart. With a solemn warning that my days would end in a state prison, or on the gallows, I was dismissed to breakfast by my irritated and alarmed superior. I managed pretty well to repress my exultation in his presence, but the instant I got into the street it broke loose, and I capered along, making many a firm resolve not to be daunted by the doctor's envy! After this, the doctor permitted me to bleed two or three in his presence, and then permitted me to practice on all who, as he said, were foolish enough to trust me. Despite his taunts, however, I had considerable use for my lancet, for it was then the custom to

get bled spring and fall to preserve health. Tooth-drawing came easy enough; and before the year was out, I had over fifty grinders strung on a cord. The store was situated near a street noted for being prolific of broken heads and other wounds, and, as I never refused a patient my practice in minor surgery, soon became not only very considerable, but very valuable as experience.

In the next article, I will conclude the drug and patent medicine portion of my experience.

A VISIT TO THE AMERICAN WATER ESTABLISHMENTS.

BY MRS. E. B. GLEASON.

DEAR FRIENDS:—Most cheerfully do I comply with your request, to give you a sketch of my visits among the Water-Cures. So pleasant were they all, that I love to revert to them. Though all were strangers, yet through the kindness of others, the vexations incident to woman's journeying alone were rendered so slight as not to be mentioned. The cordial hospitality extended me at every establishment will never be forgotten. The remembrance of my short sojourn among them will ever be one of the "sunny spots" in my past life. Hydropathic physicians are so scattered as to give them very little personal acquaintance with each other. Would their arduous duties ever allow them to visit each other, I feel assured they would find it both pleasant and profitable to do so.

My first visit was at Dr. TRALL'S establishment, in your city. It is situated on Laight street, enjoying a very quiet but central position. Near it is a very pleasant, private park, which in a city is as a green spot in a desert, and affords a pleasant walk for invalids. The baths are convenient and well supplied with Croton water. The Dr. is a very agreeable, companionable man; one of those whose brain is more active than his tongue, as the readers of his articles in your Journal will suspect.

Was cheered to find here several gentlemen of intelligence as boarders, who were not sick, and did not mean to be; preferring the plain, but very nice and wholesome fare there provided, to the indigestible substances afforded at most hotels and boarding-houses. Until the world is wise enough to know that *that* is "living well" which makes the *eater well*, we can have only a sickly community.

While in the city of New York, spent a night very happily with Mrs. GOVE NICHOLS. She is a woman of much talent, and *extraordinary energy* of character, as her past labors fully testify. We can form some faint idea of the obstacles and opposition which she must have encountered and overcome, when we remember that sixteen years since, it was universally considered the height of folly, impropriety, and absurdity, for woman to think of preparing herself to treat the sick scientifically. Now there are a *precious* few who think it not only proper, but her duty to do so; and

are ready to do all that in them lies to extend to her the needful facilities. Mrs. Nichols attends patients at their homes, and receives some at her house. She is now giving a course of lectures on Anatomy and Physiology, having an abundant supply of the best models for illustration. She has also several ladies with her studying; not medicine in the popular acceptance of the term, but preparing themselves for physicians. It has long been said that women were better nurses than men. Then why withhold from them the needful information to nurse intelligently? Why trust alone to sympathy, gentleness, and kindness of heart? These are excellent qualifications in an attendant on the sick I own; but are blind in themselves, and need intelligence to guide them.

Found Dr. MEEKER'S establishment most beautifully located at the Orange Mountains, New Jersey. The house is new, being constructed on purpose for a Water-Cure. It is most admirably arranged, having baths attached to each room. The mountain back of it is covered with second growth trees, with a multitude of paths winding about beneath their pleasant shade, and leading to springs and bathing-houses. To reach the top is no Herculean task, like climbing those about the Glen Haven Cure, but affords good exercise for an invalid. When there, the most beautiful landscape my eye ever beheld was spread out to view. New York and the Hudson River in the distance, a fine farming section, with little villages nestling among the trees, in the foreground. Was favored with but a *few* moments' interview with Dr. Meeker, he being absent when I went there. His patients all spoke of him kindly, and with much respect. Though not as yet blessed with an help-mate, he has secured the services of an excellent matron, who is equally at home in parlor or kitchen. Where she reigns there dwell order and neatness.

It gives me pleasure to mention Dr. SHEW, "our elder brother" in the Water-Cure; concerning whom the friends of the cause so often inquired of me. He has at present no establishment in charge, but has an extensive practice in the city, and "regions round about," a very important but laborious field. Had a short and cheering interview with him. His faith in water as *the* remedy in acute diseases has been fully tested, and abundantly strengthened, having had much to do with the severe diseases prevalent this season.

Spent several days very happily with Dr. KRÆDØR, so justly celebrated for skill, energy, and oddity, as were his forefathers. He is in manner and mode of expression as unlike everybody else, as the name "Noggs," which he bears, would indicate. His house is at No. 24 Franklin street, Boston, where he has every form of bath to be desired, and supplied abundantly with the Cochituate water. Receives permanent boarders, day patients, and also attends to an extensive "out-door practice." He is a man of all work—now at home, and now at Lynn, and now elsewhere. Had he now no more *speedy* means of

locomotion, than in his "sulky with a top," which he tells us of having been of so much service to him, I think some of his patients would get well before he could get there. But the "iron horse" flying in and out of Boston in every direction, and at every hour, is "amazing handy" for doctors, as well as other folks.

The Lowell Water-Cure is situated on an eminence, on the opposite side of the river from the "City of Spindles," but commanding a full view of it, and of the Merrimac, which almost encircles it. The scenery is beautiful, and when the factories are illuminated in the evening, the view is splendid. The house is large, well constructed, and nicely furnished. Everything, within and without, well calculated to make it a pleasant home for the sick.

Dr. FOSTER, the physician and proprietor, had gone West, together with his wife, when I was there, so that I had not the privilege of an acquaintance with them. The patients there spoke of them with much respect. The establishment has a very extensive patronage.

The *Round Hill Retreat* is a charming spot, with a masterly sight of trees about it, as a Yankee would say. If it be true, as I think it is, that the sight of the beautiful is conducive to health, the scenery here must do much toward restoring the invalid. The buildings are extensive—will accommodate one hundred and fifty. Back of them is a beautiful chestnut grove. In front lies the village of North Hampton, with hills and mountains rising beyond. It is the resort of the sick and the well, who wish a "lovely retreat." Did not tarry long enough to form an acquaintance with the physician or patients.

Four miles from Northampton, on Mill River, we find Dr. RUEGLES, who detects the locality and curability of diseases, by the electrical state of the skin. Strange and new as is his means of diagnosis, those who know his success, must believe it philosophical. Indeed, recent scientific experiments in electricity, have gone to prove its correctness. There were then thirty patients there, and had been many more: all remarkably faithful and energetic, in real earnest for a cure. The Dr. is more strict in diet than at most Cures; still there was less complaint about it than usual. The appetite is like a child: quiet when subdued, but exceedingly impatient and complaining when half governed.

The house is new and well constructed—the bathing-rooms neat and convenient. The prosperity of this establishment shows, that those who are "guilty of a skin not colored like our own," can fill important positions with honor to themselves, and benefit to others, for the physician and most of the attendants belong to this class.

One mile from here, is Dr. DENNISTON'S Cure, which I failed to visit. In the beautiful and romantic town of Springfield, in the valley of the Connecticut, Dr. Gray has opened a Water-Cure. His house is large, good bathing-rooms, and an abundant supply of water. At present, the Dr. is chiefly engaged in out-door practice.

Found the Brattleboro' Establishment, about which all have heard, so enlarged and improved that scarce a vestige of what it was four years since, remained. Have good accommodations for one hundred and fifty. Two German physicians, a dancing saloon, and gymnasium, connected with the house. Paths are constructed over the hills and along the banks of the Connecticut. One, I am told, is ten miles in length. They have also constructed a walk to the top of Chesterfield mountain, two miles above the village. So steep is it, that a portion of the way, stairs are constructed. On the summit, they have built a house of logs, as a sort of observatory. By the aid of a telescope, a fine view of "all the region round about" is secured. The scenery there combines the beautiful and the sublime, such as is peculiar to New England.

Besides the Water-Cures above described, there are some others in Massachusetts. One in Athol, one in Boston, under the care of Dr. Prior, and another in charge of a Dr. Gleason. They are fast springing up everywhere. In most of them, water is *the* remedy, and the *only* one employed. A few of them use occasionally a little of the old leaven to raise their patients to health, but most of them never use any but "water risings," as the cooks sometimes say, finding them the safest and best. Confidence in hydropathy is now fast increasing. I shall return to our Infirmary, feeling that there is now a little army of honest and earnest souls, engaged in the same cause with us. How changed since we first entered the field! When we commenced at Greenwood Springs, there were but three or four in this country, and those little known.

Am now at my native home among the mountains of Vermont, where I am refreshing body and spirit, by rambling over hill and dale, baking, washing, milking, and attending to all such "lady-like" employments, such as "Yankee girls are well versed in."

For the last four years, I have been of the "one idea party," knowing nothing but Water-Cure, hearing nothing but aches and pains, and doing nothing but prepare baths and bandages. Much as I love life in a Hydropathic establishment, I felt the need of rest from its anxious cares.

But some of the feeble sisters will say, you will get very little of rest in climbing mountains, and performing the more laborious of household duties. Strange as it may seem to them, I feel myself being rejuvenated; such employments are as pleasant pastime to those in health if they are not lazy; and to the sick a means of restoration if not carried to excess. But many say such exercises are beneficial only to those possessing more than *ordinary* constitutions; which is true of myself, though unfortunately it was *more* than *ordinarily* feeble. But thanks to the good sense of my parents, the little strength of system I had was not destroyed in early life by drugs; and in latter years by much watering, active exercise, and plain food it has increased many fold.

Oh! I would that those mothers, who, in their

mistaken kindness, allow their sickly daughters to lounge on sofas, sleep on feather beds, feed on dainties, understood these things as they ought. They think them too feeble to walk or work; the very best reason why they should do both. Strength of body as well as brain comes not by waiting for, but by *working* for.

But I am protracting this article beyond what I purposed to do. Such is my zeal to tell what baths and active exercise have done for me, and to exhort others to avail themselves of the same means, that I am ready to speak and write of them both "in season and out of season."

Yours, in the bonds of truth,
R. B. GLEASON.

PAST AND PRESENT EXPERIENCE OF A HYDROPATHY.

BY J. C. JACKSON.

GLEN HAVEN WATER-CURE.—GENTLEMEN:—With your permission, I would like to become one of the contributors to the Water-Cure Journal. The Hydropathic treatment has greatly benefited me. Three years, residence in a Cure, one as a patient, and two as a partner at Glen Haven, have given me opportunities for observation, that have not been lightly esteemed. From my youth, I have sought for health as the old Orientals are said to search after happiness, for in my idea, health is the chief good. Its possession furnishes man with the best power to develop what is in him of the Divine; and happiness is oftener found as the companion and guest of health than anywhere else. So important is the part that health—physical health, plays in the human economy as it lies mapped out in the Divine mind, that it may be grouped with the graces—for Faith, and Patience, and Experience, and Hope, and Charity, all depend much for their residence in a human soul on such soul having a well-built, a properly-constructed and arranged home. I know this as do others.

My father was a physician of eminence in one of the central counties in this State, New York I was brought up at his feet as was Paul at Gamaliel's. Around his fireside gathered such men as Doctor White of Cherry Valley, the late Drs. Hull and Hosack of your city, and old Dr. Samuel L. Mitchell was his personal friend. Thus, was I thrown into the society of men who in their day were heralded masters of the healing art. My earliest recollections and my adolescent associations were of and with such men. I have poured through all the old books in search of a true rational theory of disease, but as medical men practice it, my labor has been mostly in vain.

By severe study I lost my health. By over activity of brain I made the acute a chronic state; and after years of intense suffering, I was given up to die. I tried Hydropathy. It worked wonders. Still so radical appeared the disease, that my partner at times almost felt that I must die. A close and daily diagnosis of my case convinced me that my medical advisers

were mistaken; and taking treatment into my own hands and pursuing it steadily, I have so far regained my original vigor, that I can study four or five hours in a day, and the remainder spend in active labor, in taking care of the patients at our Cure. Thus am I able to perfect myself in my study and practice as a physician.

Now should your readers feel discouraged at the obstinacy of their ailments, perchance my case may serve to cheer them. Had I allowed the opinions of some of my friends to influence me, *I should have died*. A resolute will keeps death at bay in certain cases a long while. It puts the devourer at fault. The track in such case one treads *he* chases backward, and each gallop made increases the distance. No sick person should ever yield, whilst he can gasp. "Whilst there is life there is hope," though trite as a saying is full of practical wisdom; and of nothing am I more certain, than that the haste with which hydropathic physicians, as well as others, conclude certain cases is an error in their practice. It tends to make the patient uneasy, it creates false impressions as to the renovating force of the treatment; establishes the notion, that water works like magic, by miracle, by a sort of spasmodic omnipotence, or fails, chattering forth its own impotence. In subsequent articles I may illustrate the truth of what I say by facts, that have come within my knowledge. These erroneous notions which guests at Water Cures get of the water processes, create a great evil in the practical department. They need timely and judicious effort to correct them; for as a general case, persons do not fail to tarry at length at water establishments for want of means. It is for want of faith in the remedy, and want of moral influence in the establishments. Would it not be deemed invidious, I could mention a Water-Cure—not the one with which I am connected—whose physician—not an M. D.—exercises such moral influence over his patients, that they allow the sternest necessity only to induce them to deviate in the slightest degree from his prescriptions. And it is peculiarly true, that they, if possible to do so, abide in his Cure till the word goes forth from his mouth that they may go. Now unless common fame utters falsehoods, this man cures more in proportion to his whole number of guests than any hydropathic practitioner in the United States.

It is generally acknowledged that M. D.'s—Doctors of *Medicine*—cure but a small proportion of their patients. This is largely attributed to the unfitness of their remedies. They are not remedial in character, but distinction. They act as poisons, not as antidotes. They waste the energies of the body instead of checking the waste, already too great. They have no elements whereby the supply, already too little, can be increased. Their balance is on the wrong side of the scale, and they weigh on the poor sick one like a horrible nightmare on a sound sleeper. If a man slightly sick cannot get well without drugs, let him be assured he cannot with their use; and if he is very sick, if he is ever to

get well, it must be in spite of them. How much of human life, how much of heart-brokenness, how much of untold, because indescribable, suffering might *have been*, and in time to come might be, saved, if doctors would cast their diplomas to the fire, and their nasty, nauseous drugs, to the dogs; and instead of playing the doctor, enact the physician. It is one of the most beautiful, because one of the most truthful, appellations given to Jesus, that of *Physician*. No where does he call himself, or do the writers of the Scriptures call him, *Doctor*, but he is frequently called *Physician*,—i. e., one who assists Nature to regain her "appropriate sphere," and resume her authority.

It may be assumed, not unjustly, that the majority of doctors leave unused the many and powerful influences toward the cure of the sick, which lie outspread to their hands, in proportion to their dependence on their saddle-bag contents. If the patient dies, it is ascribed to the inveterate type of disease, and not to want of skill in watching symptoms, or applying care and attention in the right direction. Let me allude to one or two points in which doctors are deficient, lamentably so. I allude now to the great want of confidence often existing between the parties—patient and doctor. Of the moral, of the mental state of the sick, doctors appear to know but little, and this of itself is a great obstruction. It arises from the wide difference in the education of the parties—doctors, like ministers, know little of social human nature. One knows *his* formulas, and so does the other; but of the workings of mind operating its way along the track of life amid struggle and hardship, and almost overcome by severe besetments, these men know little, and so have little tact in administering "to a mind diseased."

They wear the air of pedants to those who are unlearned in the sphere in which these men have spent their intellectual efforts, and between them there will always be a gap—a chasm—over which they have no power to bridge.

Take the language physicians use in describing disease and its remedies. The incantations of an Osage Indian are not more deficient in good taste to one who feels that the beauty of *all expression*, whether vocal, pictorial, or pantomimic, lies in its simplicity and significance. Now, not a man in a thousand can conjugate a medical man's formula. To the poor fellow whose lot it is to swallow the drugs it describes, the description is all heathenish. What the medicine is, he knows not; and, in many cases, the physician intends that he *shall not* know. His *art* is his capital. He lives by it. He has by lamp-light and brain-work collated the literature and science of two thousand years, and compressed them into his saddle-bags, and he protests against giving it all away by talking English. Say what one will, from this circumstance alone there springs distrust in the bosom of the sick. The doctor is of another order. In his processes and passes about the bed there is mystery, and all that is wanted is, the incoming of a rival who shall possess tact

at diagnosis—patience and readiness to assist nature, and will use language to transmit and not conceal ideas, and he will sweep the circle. In this way have Thomsonianism and the other *isms* of the nineteenth century made headway. More or less they may incorporate into themselves, in some directions, improvements over the old methods of practice; but their progress in public favor is mainly to be accounted for on their comprehensibility by those whose patronage they obtain.

To my own mind, nothing marks more conclusively the snail's pace at which medical science moves, than the tenacity with which doctors cling to their unmeaning technicalities. It is a shame to them; but they act as though they thought, to relinquish their use, was to place the ark of the covenant in the hands of the profane. How foolish! Will they never learn that drapery is ill-worn when so adjusted as to conceal the proportions whose object it always should be to display—that forms and *formulas* are insipid and ill-timed when they cease to give significance?

Now there may have been centuries ago reasons why the triumvirate—Law, Physic, and Divinity—should use Latin verbiage. The reason ceased with the necessity that gave it birth. The Latin language was at one time, among men of letters, the medium of communication to the extremes of civilization. Rome was the mistress of the world. She was the protectress of science and the arts. It was part of her civil polity to homogenize her provinces, to attach them to herself, and therefore she carried her language and her institutions wherever she planted her standards.

At a subsequent period, she claimed supreme authority as the divinely constituted exponent of the religious idea, and so uttering all her bulls in her own language, in order to understand the *trus* spiritualism it became necessary to know the Latin tongue. Thus, it became the vehicle of religious thought, of literary communication, of judicial record, of statutory enactment. Of course medicine followed suit, and the more readily, perhaps, as the Monks who illustrated and kept literature alive, bore an almost passionate devotion to the healing art.

But the days of monastic life are ended. The shoemaker on his seat, the merchant at his desk, the weaver at his loom, the blacksmith at his anvil, and the man of letters in his study, are approximating in the knowledge of themselves and their fellows. Human relationships, with their appropriate obligations, are coming to be understood. Hence, Law and Divinity grow liberal. The truths they entertain, and the principles they endeavor to embody in the common conception, they labor to simplify. They are casting their barbarisms from them, and their professors are coming to talk plain English. The profession of medicine will add to its general reputation, by accepting the hint the other professions thus give, and save itself thereby from general contempt.

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OUR JANUARY NUMBER.

We send this number to all whose subscriptions terminated with the last number (Vol. VIII.)

This number may be regarded as a fair sample of what we intend to furnish for the present year.

Our terms being payable in advance, we shall continue the Journal to those *only* who re-subscribe. It is desirable that all who wish to continue, will make their remittances soon.

TOBACCO.—The Second part of this work, commenced in our last number, will be published in our next.

JANUARY REFLECTIONS.

BY R. T. TRALL, M. D.

RETROSPECT.—The commencement of a new year, and a new volume, naturally brings writers and readers, publishers and subscribers, into a sympathetic family-circle relation. In this imaginary assemblage let us confabulate. What messages of weal or woe bring our heralds of reform from the distant stations of our great field of operations—the civilized and uncivilized world! We have been battling against darkness, ignorance, superstition, pride, prejudice, time-honored errors, venerable follies, false fashions, pernicious customs, and depraved propensities. Ungracious indeed is the task of lecturing people continually upon “the error of their ways.” But beyond the present scene of strife, beyond the clash of opinions, and the conflict of systems, we see a glorious prospect: humanity redeemed from physical transgression; a world brought back from its thousands of years of wanderings, to truth and nature; a people recognizing the laws of being; conforming their ways thereto, living in the uniform enjoyment of health, that great, first parent of earthly blessings, and dying as the children of men were born to die, of a green old age. Is not this motive ample for us to toil on, toil ever?

Faint-hearted philanthropists might perhaps expect, in such a struggle, to meet with success here, victory there, defeat yonder, and disaster in another place. Yet it has not been so. Everywhere that the water-cure philosophy has been fairly introduced, it has either held its ground or marched onward. No retrogression has yet been known, nor is this hardly possible. The spirit of the age forbids it going backward; the eternal law of progress declares it must move forward; and the history of the last six months proves that it does advance with a rapidity unparalleled. There is no great subject now agitating the community, upon which information is sought with more avidity, upon which books and papers are multiplying faster, than that of medical, and dietetic, and physiological reform, as connected with the hydropathic method of treating diseases. During the last six months many new institutions have been established in different parts of the country; yet these are far from indicating our degree of progression. The greatest work has been done in a more quiet way—in the home water-cure. In almost all parts

of the land, books and periodicals are finding their way to the family fireside, and the people themselves are taking up the business of plunging, douching, and packing, with an energy that threatens the demolition of the apothecary shop, and the laying of the “pill-bags” on the shelf. So mote it be.

PROSPECT.—Notwithstanding the wide diffusion of water-cure doctrines, we must not calculate on our system prevailing without a work yet long and arduous. A reform involving a modification of nearly all of our voluntary habits and social usages, is not begun and completed in a single generation. The present generation is rather the time for seed-sowing than of fruit-reaping. Yet all who labor as teachers, practitioners, or patients, will get their reward. Let them, though, not look to sudden fame, exorbitant wealth or renovated constitutions, without labor and self-denial. Those who teach must recollect that the strongholds of error, walled in by a blind reverence for ancient notions, consecrated by the first impressions of childhood, and strengthened through life by constant association and habit, are not very easily uprooted. Practitioners of hydropathy must expect to build up their reputations and fortunes somewhat as the mechanic rears the well-proportioned edifice, by honest, healthy, laudable hard work. And no man who lives hydropathically, can help being active both in body and mind.

Invalids who seek physical regeneration hydropathically, or who desire to make the almost extinguished lamp of life burn longer by a return to the laws of life and health, must bear in mind that perseverance is their divine philosophy. The down-hill race of sensuality may seem easier for a time; but the end thereof is disease, decrepitude, premature death. The up-hill course of restoration is difficult oftentimes at first; but it grows continually more pleasant, and the result is health, self-control, happiness. It is hard for a time to lay aside habits of early life, to crucify appetites fastened upon them by custom, and to learn to love those things which in themselves are intrinsically good; especially trying it to endure the sneers of the ignorant, the ridicule of the self-conceited and self-interested, and the scoffs and taunts of the very learned, yet much *mis*-learned medical profession; yet is not a consciousness of right, and comparative exemption from sickness, sufficiently compensating? The time is not far distant when it will not be considered either exquisitely refined, extra-fashionable or supra-respectable to be “delicate in health,” unable to do any thing, and a constant burden upon the sympathies of doctors and nurses. When the people are as intelligent as we hope they soon will be, it will be deemed actually discreditable to be diseased in body. It implies transgression—sinning against the laws of being. Think you God’s physical laws are less dear to him, or less holy in themselves, than his moral laws? If His laws which govern life and health are, like Himself, just, true, and immutable, can we infringe them without guilt?

HYDROPATHIC COOKERY.—There is no part of our field of reform requiring more cultivation than this. What we shall eat and drink to recover or preserve health, is a problem very simple in its literality, but very complicated in its practical implications. Had we only natural appetences to deal with, we could very easily present them savory dishes. But here all have gone astray, and the perverted tastes of by-gone generations have accumulated upon us, till our paralyzed sensibilities can hardly appreciate any alimentary substance, except through the medium of salt, sugar, butter, grease, gravies, spices, pepper, mustard, vinegar, aromatics, or pungents of some sort. The first lesson for the dietetic reformer to teach, is mainly negative—the abandonment of all, or nearly all, of these extraneous “helps to digestion.” “But,” says the denaturalized appetite, “without these relishes all eatable things are stale, flat, and unprofitable.” So they are; but why? The organic instincts are palsied in a degree. Restore their natural powers again, and food, plainly cooked, has a more exquisite relish than all the stimulants and condiments in the world. Man was made to enjoy his food always, never to loathe it. The person who lives on unconcentrated and unstimulating food, who uses grains, fruits, vegetables, and even lean meat, and who employs no seasoning beyond a little milk and sugar, and a *very little* salt, never lacks a good appetite, nor good digestion, unless badly dyspeptic, from previous bad habits. But how is it with the majority who, in their complicated abominations of fashionable cookery, seem to regard nothing but the insatiate cravings of morbid appetite? Nay, often they sit down to the luxurious table, groaning under its load of varieties, among which may be found the beasts of the field, the birds of the air, and the fishes of the sea, each part, organ, and viscera of each animal—tongue, tripe, gizzard, brain, heart, liver, lights, pancreas, kidney, intestines, ears and tail, served up a-la-mode, with its peculiar accompaniment of sauce or other “fixings,” and yet the pampered, perverted, palsied appetite loathes the whole. It would be strange indeed, if it did not. A pickle or an extra touch of mustard is required to “provoke appetite.” Is it any wonder that, after eating, a quid, or a cigar, or a brandy smasher seems very desirable to stay the rebellious stomach?

Hydropathic cooking—which, being translated, means a healthy preparation of food—obviates all this trouble. Moreover, it would of itself prevent or cure a majority of the diseases so prevalent among us, besides lessening the expense and the labor of furnishing our tables more than one half, if generally adopted in society.

If we go into a pork-growing region, and tell the people there that hog-flesh is not healthy, that the fattening of pork is a process which diseases the animals, just as fattening a man would fill him with gross excrementitious matter and corrupt humors, and that the common use of pork is among the common causes of scrofula, oryisipelas, scarlet fever, cuta-

neous eruptions, glandular enlargements, &c., we might be looked upon as worse than infidels, for the majority seem to think that pork, instead of bread, is the staff of life. If we travel into a section where the merits of “bran bread” have never been experimentally discussed, and offer the good folks a slice of the best, sweetest, purest, and healthiest of all bread kind, more than one will exclaim, in unfeigned horror, “What, hog-feed for me! I eat bran! I live like a horse! No, Mr. Dieteticus, I don’t eat what we keep our cattle on.” If we remind them that their cattle are much the most healthy, that it is just as natural, and just as practicable for a human to enjoy health as an ox or a horse, if we assure them that cattle are infinitely less liable to have their stomachs cankered, their livers swelled, their bowels full of obstructions, inflammations, constipations, piles, protrusions and intussusceptions, humors and tumors, as the great majority who live principally on superfine flour and butter biscuits do have, they smile incredulously, and write us down as either grossly unrefined or dreadfully fanatical, while the doctor, if there be one in the audience, of course thinks we have undertaken a crusade against his high and benevolent vocation of healing the sick.

It is, however, encouraging to know that, of those who are once brought to the knowledge of the merits of unbolted meal, and persuaded to abandon for a season the “riotous living” of pork, grease, and stimulants, very few are ever willing again to return wholly to their former ways. But as “short articles” are most relished by the reading community, and our subject is a long one, we drop its thread at this point, promising to resume in a future number.

CHOLERA REPORTS.—“The Proceedings of the Sanatory (sanatory?) Committee of the Board of Health, in Relation to the Cholera as it Prevalled in New York, in 1849,” have just been published in pamphlet form. They are a dry set of documents to us water doctors; for in all the treatment pursued and recommended at all the hospitals of the city, such a thing as a bath, hot, warm, cool or cold, local or general, is not named. The treatment which the doctors say they found most successful—the deaths were about fifty-three per cent.—consisted of calomel, opium, camphor, tannin, gallic acid, sugar of lead, lunar caustic, white vitriol, blue vitriol, muriated tincture of iron, mercurial ointment to the spine, mustard plasters to the stomach, hot flannel, bags of heated sand, salt or water. That this combination of poisons and pungents did prove the very best treatment, as well as the very worst treatment, we have no manner of doubt, for the report does not tell us that any other plan was tried.

The London Lancet, for November, contains the reports of some ten or a dozen hospitals in relation to the cholera of last season. There was much more variety and discrepancy in the treatment at the London hospitals, than at those of New York. The rate of mortality, however, was about the same. Two or three of the London Hospital physicians, in utter

tespair of any good resulting from their own materia medica, resorted to the hydropathic appliances, particularly the wet sheet packing. The packing process is described as minutely as though it was an original allopathic discovery; and the immediate effects are described as having been highly encouraging. But, most unfortunately, all the patients were drugged extensively at the same time. If the London allopathics are determined to steal Priessnitz's thunder, we have no objection, provided they will make a judicious use of it; but putting a cholera patient into a wet sheet, and then pouring into his stomach, promiscuously intermixed, opium, calomel, brandy and beef-tea, has a close resemblance to what has been called "a regular botch of a business."

At St. Bartholomew's Hospital, the physicians finding all plans of treatment fail alike, "treated several cases *empirically*, with a view of testing popular remedies." From the experience at Guy's Hospital, the following facts are laid down as established, which we are most happy to assist in recording.

1. "When the collapse is at hand, but especially when it has come on, *avoid any quantity of opium*; it does no good, and enough has often been given to poison patients, if they outlive the collapse. It kills them in the stage of consecutive fever, increasing the delirium and excitement."

2. "*Most decided benefit has followed the hydropathic practice*; at least so far as covering the limbs with cloths wrung out of warm water, and covering the patient up with blankets. The cold, death-like sweat has often been then exchanged for a warmer excretion from the skin, to the manifest relief of the sufferer." This confession that allopathic practice actually killed, while hydropathic proved decidedly beneficial, is about as much as we can reasonably expect from the leading allopathic journal of Europe.

NURSING SORE MOUTH.—This troublesome and venacious affection is very common among females, whose habits of life are after the manner of the majority. It is mostly the result of chronic, depraved, biliary, and gastric secretion; these again, dependent on bad dietetic habits. Very hot drinks, new bread, much salted meat, and greasy dishes, are conspicuous among the original causes. Many females drink their tea almost scalding hot, which frequently injures the mucous membrane of the mouth and throat. The adulterating and coloring agents in green tea affect the mouth often, producing a cankerous condition. This complaint is usually doctored with alkalies, lunar caustic, and blue pill, but seldom cured in that way. To effect a hydropathic cure, general bathing sufficient to keep the skin open and active is indispensable. Tepid injections should be employed frequently, if the bowels are at all constipated. Drink nothing above blood warm. Avoid very acid fruits, salt and spices, and be moderate in the use of the more watery vegetables. Eat principally dry, stale bread or light toast, boiled rice, cracked wheat, potatoes, and lean fresh meat, if ani-

mal food is used at all. Sweet apples baked are good as part of the meal.

PARALYTIC AFFECTIONS.—Many persons who had been disabled for years by various forms of paralysis, have been cured at the hydro-establishments. As far as we can learn, nearly all who have taken several months' treatment have been materially benefited or cured. During the last summer we heard of one or two bad cases of long standing, being treated four or five weeks without particular benefit. The patients then abandoned the treatment, and very likely pronounced the cold water business a *cool* humbug. This was rather unreasonable. Palsy is almost always the sequence of functional derangements, which have existed a long time; and six to twelve months are not too long for a fair trial. We have a patient in hand who had been unable to walk for several years. It took six months faithful treatment to get her up to the walking point. She can now walk three miles, and is still improving. The treatment we can only speak of here in general terms. Nearly every kind of application is generally requisite. The bathing processes should always be commenced with great moderation, and continually increased as the patient's reactive power accumulates. The temperature of the water should be warm enough to avoid any considerable shock at first, and carefully lowered as the treatment progresses. The packing sheet, sitz, foot, and hand baths, should be usually first introduced, followed after a while by the rub-sheet, douche and plunge. A very strict diet is not often necessary, but it cannot well be too plain. All stimulating seasonings and drinks must be abandoned.

A WORD TO THE UNINITIATED.

BY E. A. KITTREDGE.

HYDROPATHY as a practice is comparatively new, and to many entirely so; and as this number is expected to go into the hands of very many who never before have had an opportunity to investigate the subject, we propose to postpone our "applicability of the Water-Cure in acute diseases," and devote ourselves to the task of making a plain statement of facts in relation to the nature, rise, and progress of the Water-Cure, its comparative efficacy, &c. &c.

The Hydropathic, or Water-Cure system, is by no means a new thing, as it can be traced back a great many years previous to the existence of any who now grace or disgrace the medical profession.

It was not, however, reduced to so complete a system, as it now is, till quite recently. Priessnitz, an humble German peasant, was chosen as it were of God, to rescue from the oblivion that an interested faculty had for years tried to throw it into, one of the most natural as well as best systems for curing disease, ever vouchsafed fallen man.

This remarkable man, whose name is now known throughout the universe, and which shall live while time shall last, coupled with that of saviour of the physical world, was, as I have said, a simple unlettered man; but, though he could neither read nor

write, yet he could understand what was written upon the vellum of his common sense by the great Scribe who made him, and in obedience to the promptings of his generous soul, he no sooner had interpreted the handwriting of the Great I Am on his own cerebral wall, than he commenced practicing for the benefit of his race its God-like precepts. First on himself he commenced the practice of his new-found philosophy, and finding it to succeed beyond his most sanguine expectations—startling as it was, he soon induced others to yield their long-cherished prejudices and try the heaven-born remedy.

Each one who tried it first "marveled one with another," then cried, "Behold! this man is surely of God, for he hath the power to cast out devils," for all who went to him were immediately healed of their long-standing maladies, and went away rejoicing.

At first, Priessnitz,—who knew nothing, of course, of the doctrine of diseases,—merely prescribed for the simplest kind of ailments common in his own immediate neighborhood, but in process of time, his cures became known abroad, and he by much practice, and by virtue of great natural shrewdness and tact, became much skilled in detecting the causes of disease, and the most natural and efficient way of removing them; so much so, that people began to flock to him from all the land round about Silesia, among whose mountains, in an unostentatious hut, this great apostle of the only true medical gospel dwelt.

It was not the ignorant and the unlearned who flocked hither merely, neither were it those whose ills were imaginary, but men and women of high degree,—whose educations and abilities were the greatest in the land, and whose diseases were too apparent in their effects to be mistaken,—ay, many of them could show, if not "the hole in the side," the scar thereof.

Time passed on, and every succeeding month left tokens, in shape of splints, bandages, crutches, and canes, &c. &c., in the humble peasant's abode, that told of broken limbs restored, crooked ones made straight, and long-diseased and almost useless bodies made whole and "as good as new again."

Each successive cure, more wondrous than the rest, was the means of at least a dozen others similarly affected flocking to the "great physician," till Graefenberg, the native village of Priessnitz, became—instead of one of the most unpretending and quiet little hamlets in the world—the most famous and greatly frequented resorts—especially of those in search of health and sound limbs, from the prince to the peasant, of every age and clime. At one time, I was told when in Europe, he had under his care eleven hundred patients!

So celebrated did this humble German peasant become, that not only the wealthy and mighty of the world sought him out, but even physicians of the highest eminence went to him, not merely to be cured, but to learn!

Yet strange as it may seem to the merely scientific,

the most highly educated of the medical profession in Europe and elsewhere have for years thronged to the court of the mighty King of Physicians, to learn anew, acknowledging that all their former learning was as naught compared with the lessons taught by nature through her great disciple, Priessnitz.

But let us do justice. Priessnitz, in turn, learned much from those who came to learn of him, especially concerning the nature of intricate diseases, the effects of violated law upon the system, physiology, &c. &c., so that now Priessnitz, so great have been his opportunities in these respects, has become quite an educated man, in one sense, and his treatment of diseases somewhat modified in consequence.

So much for the history: now for the philosophy and superiority of the Water-Cure.

The philosophy of the old school seems to be, that disease is an incarnate evil, having a local habitation and a name, and all that the physician is required to do is to eject it "vi et armis" from the system!

This they set about doing very much as a man would clear his cellar of rats! viz., by giving poison! as if a greater violation of physical law could atone for a lesser one; or that two wrongs could ever make a right.

The Hydratic or Water-Cure system is simply this: it presupposes that all men have transgressed the laws of health, and in consequence of this violation, the physical energies have become impaired, and if long so, or much so, certain irritations, excitements, congestions, obstructions, inflammations, &c. &c. &c., take place, to which we give the generic name Disease, and when any particular set of symptoms occur we give it a special name, according to the manifestations, considering them all, both disease and the symptoms, as only the exponents—graciously vouchsafed—of the violation done within.

Now we contend that the only legitimate way of curing a diseased person is, first, to stop all violation; secondly, to remove all obstructions in the way of the recuperative power; and thirdly, to assist nature in throwing to the surface all morbid matters—the retention of which in the system produces the diseased action—without doing violence to the organic laws. "But this is simple common sense, no science about it," says one—true, but the age of reason, thanks to progression, "is being come."

We will now proceed to give a brief description of the "ways and means" to be used.

We go with the Allopath as far as we possibly can; we acknowledge the necessity of a perfect acquaintance with anatomy, physiology, &c. &c. We even admit that emetics, cathartics, diaphoretics, diuretics, astringents, emollients, anodynes, epispastics, emenagogues, stimulants, &c. &c., are all, and divers, more or less needed, in the great work of man's redemption; but we contend, that instead of using poisons, as the allopath almost invariably does for these purposes, we have them all in a pail of water!

For instance, warm water will answer all the purposes of any emetic, if only persevered in. Sits baths

and water injections are all-sufficient to regulate the bowels—in all cases—can anybody say as much for “physic?” Dry blankets with copious draughts of water will produce the most plentiful perspiration. Cold water, drank in large and oft-repeated doses, will prove most powerfully diuretic—applied cold to the inner membranes it proves astringent; in form of wet bandages, &c., emollient to a wonderful degree; in that of a wet sheet, anodyne beyond all that the allopath ever dreamed of, even in his most morphitic slumbers. Applied in the form of ice, or very cold and oft-repeated wet cloths, it will do all that any decent blister-loving doctor could ask,—without any of the horrid concomitants of a blister of flies,—and so on to the end of the chapter.

How they do all this, we will now consider. Warm water produces vomiting from its insipidness and weight, producing an inverted action of the stomach which is sufficient to dislodge all offending matter. Sitz baths operate directly upon the portal system and liver, by driving the blood therefrom to the unimportant parts immersed therein, thereby allowing the liver to act naturally and pour its bile into the alimentary canal, the stimulus of which is necessary to the proper action of the bowels,—injections of water assist, especially when the bowels are irritated or inflamed. Diaphoresis, or sweating, is produced very naturally when, by means of blankets, &c., the heat of the body is allowed to accumulate.

Diuresis, or flow from the kidneys, is also most naturally produced by the drinking of large quantities of water, it being one of the best diluents in the world. It differs from all other diuretics in not disturbing in any way the harmony of the system; this is equally true of all the other classes. As for its soothing or emollient effect, every one knows it; if not, let them apply it in case of a burn or the like. That very cold water is stimulant, is also well known. The way it produces the effect of a blister is simply from its intense action—when very cold or frozen—which, according to a law of God written upon our constitution, will always produce reaction,—thus it will relieve internal congestions, &c., by its action on the surface the blood is forced to come to the capillaries and thereby give the diseased part a chance to recover its power, affording it meanwhile the greatest relief.

As an anodyne, it is, as I have said, in and of itself the greatest in the known world, *ever giving instantaneous relief in the most severe cases of pain:* hence, if applied in the form of a wet sheet touching the whole nervous system, as it lies spread upon the surface, the relief which through this Nervo-Magnetic telegraph is carried to the brain, must be immense, and that it is so you have only to watch the countenance of a person in a fit of the colic, when a wet sheet is first applied.

In short, there is nothing that needs to be done that you cannot do with water and its auxiliaries,—if you only understand the proper way of using them—ten thousand times better than can possibly be done

with drugs, medicines, or dyestuffs. Let us use these, then, *and avoid thereby being poisoned even by mistake. I know what I speak—judge ye what I say.*

BRONCHITIS, OR MINISTERS' SORE THROAT.

BY O. V. THAYER, M. D.

THIS very singular disease attacks a particular class of persons, those who are in the habit of speaking in public, and in crowded and ill-ventilated rooms. When it gets a fair hold of its victim it is a constant (although a very disagreeable) companion.

There has been much written upon this disease, and many methods of cure advised, but most of them without success. It affects the palate, tonsils, larynx, and bronchial tubes, and generally the digestive organs suffer more or less. Its progress at first is slow and insidious, creeping on the person step by step, until the whole phenomena of the malady are developed. Symptoms:—the patient complains of a constant tickling in the throat, as though something was lodged there, and he makes a great effort to dislodge it; but all his hawing and coughing results in nothing but raising a small quantity of thick tenacious mucus. He feels better for a moment, and then the same disagreeable symptom returns, and the same hacking cough continues from week to week, hoarseness, a sensation of tightness across the chest, slight dyspnea, acute pains darting through the upper portion of the lungs supervenes. On examining the throat you will find elongated palate, tumefied tonsils, and the whole mucous membrane congested and dry, the natural function of the membrane to secrete healthy mucus destroyed. If the disease continues, the structure becomes thickened, mucous follicles enlarged, and the disease continues down the trachea, into the bronchial tubes, and finally, if not arrested, tubercular deposits take place, and consumption terminates the patient's sufferings.

The stomach is primarily or secondarily affected, the tongue is covered with a white coat slightly tinged with yellow, and there is considerable nervous irritation, palpitation of the heart, disturbed sleep, and it is impossible to bring the mind to bear upon one subject for any length of time.

These and many other symptoms develop themselves from time to time as it progresses. TREATMENT.—Change the patient's habits entirely; if he has been in the habit of public speaking, or teaching, stop it at once, pursue some other avocation. I generally recommend farming. Throw off your cravat and expose your neck and chest; it is very essential that pure air should come in contact with the skin in order to stimulate it to a healthy action. Shun everything that has a tendency to irritate the lining membrane of the throat and lungs. Sleep in a well-ventilated room, and bathe the neck and chest often in cold water with considerable friction. Sitting baths two or three times a day, from thirty to forty minutes, duration, as cold as the patient can bear without chilling him, rubbing the neck and chest each time,

with the hand dipped in cold water, two minutes before leaving the bath; wear a wet compress around the neck and chest every night. The dripping sheet is an admirable bath in this disease, and should be used morning and evening; gargle water in the throat before drinking; if the palate is elongated, clip it, especially if it is a source of irritation. Continue the above course with slight variation, according to the nature of the particular case, and you will seldom fail of a cure. I have treated quite a number of persons afflicted with this disease, and have never failed in one single instance of a cure.

[In a conversation with Mr. STANTON, author of the Reformers of England, now Senator in the Legislature of New York, he remarked that he had been troubled much with bronchial affection, for several years, and the most effectual remedy that he ever applied, consisted simply in the use of wet bandages, worn on the neck.]—*En. W.-C. J.*

ROUP CURED BY COLD WATER.

THE following case shows the curative effects of cold water in a very remarkable form. Our only son, six years of age, was taken with croup. A skillful allopathic physician was called, and we do not doubt he was attended in the most approved way. Yet the child continued to grow worse, until all gave him up to die. In this our extremity we sent for Dr. Schiefferdecker, a cold water physician, but as he was obliged to return to his establishment in the country, and the child not being any better, we sent for Dr. Weder, also a hydropathic physician, who applied cold water in such a manner as insured the most astonishing success, for after a few hours the child was out of danger, and in a few days entirely recovered. We and our friends, as well as many strangers who called upon us, were greatly surprised at this wonderful cure of an apparently hopeless case, and it created quite an excitement among our friends and neighbors, who knew of the severity of the disease. Since then we have used cold water in other diseases in our family, under the supervision of Dr. Weder, with the most marked success. We think it our duty to give this case to the public, that other parents, similarly situated, may find relief for their children, when ill with so distressing a disease, and also as a simple act of justice, and an acknowledgment of gratitude to Dr. Weder, for his skillful treatment and humane attention to our suffering child.

A. E. LOVELL, 176 North Third st.

The above case is by far the most dangerous of the many I have had the fortune to cure by hydropathy.

When I first saw the handsome and sensible child at 9 o'clock in the morning, he was lying in the arms of his weeping mother, and a daguerreotype was about to take the likeness of him whom all expected to lose a few minutes after. His whistling respiration and staring looks spoke loudly enough to the attentive observer. One of the relations present said it would be better to allow the patient to die in

peace, than to torment him with water, when a happy result was beyond reach.

Although I had myself only one glimpse of hope, I resolved upon venturing my reputation and the credit of the system, in order to save, if possible, a life so dear to many. THE CURE consisted in thick fomentations of ice-water on the head and neck, which were changed every two to four minutes, and another wet linen (fourfold) on the chest and belly, which was also often repeated. The feet and legs, which were icy cold, were rubbed with dry hands for seven hours, by four strong persons; the patient had several injections of 60 degrees, and water of the same temperature for drink. It was not before 5 o'clock in the afternoon, after seven painful hours, that I was able to announce to the sad parents the restoration to life of their beloved child. I shall never forget the impression of my words upon them. Next day, at 4 o'clock in the morning (for I stood all the time, except one hour, with the patient), the skin began to become moist, and one hour after the child was washed down with tepid water. At 1 o'clock the patient wished to eat something, which was granted. The rest of the cure was continued about the same way, only somewhat milder. On the seventh day the patient went strong and healthy out of doors.

Philadelphia, 1849.

DR. WEDER.

THE COD-LIVER OIL HUMBUG.

BY R. T. TRALL, M. D.

THE regular profession seem determined not to be outdone by the irregular trade, in the matter of discovering cures for consumption. Both have introduced to popular favor, within the memory of the "oldest inhabitant," scores of nostrums, more or less infallible. All have been tried faithfully, lauded extravagantly, certified strongly, and proved—delusions or cheats in the end. So it will continue to be, at least a few years longer; until the minds of the community are turned from this superstitious dream of specifics to the simple laws of being.

Any physician of considerable notice, say an author of a pretty large-sized book, or a professor in some incorporated college, has but to announce to the world "a new remedy," and the whole land is agitated from centre to circumference. Invalids are everywhere starting up, with hopes renewed, but to be again more cruelly deceived. All the drug-shop machinery is put in motion to manufacture the article or something similar. The doctors, anxious to keep up with the progress of science, run for the article, and prescribe it to all of the old, worn out, discouraged, drugged-to-death cases they have on hand. This gives a new impulse to business all round, and usually lasts for several years, when a new operation with a newer discovery supersedes it.

The bustling speculation of the day in this line with the regular faculty is that dirty, filthy, greasy, excrement called cod-liver oil. This is said to possess fattening properties, and as consumption is a wasting

disease, the inference has been drawn that it is the thing. Iodine has been tried on exactly the same principle. Old rum with new milk has actually "had a run" on the same beautiful theory. Those stimulating preparations of sweetened liquor, called "Sarsaparilla," are now having a race down the throats of people, on that same principle which mistakes a fattening for a healing process. Reader, look into your neighbor's hog-pen (*you*, of course, do not keep one). Does the fattening process there carried on make the subjects of it healthy or sickly? Look at that portly, turtle-soup-eating Alderman. Does he become more healthy, or worse diseased, as his capacious maw extends in all directions? Of the cod-liver oil, the Boston Medical and Surgical Journal speaks:

"Such is the demand for this comparatively new article, as a hopeful remedy in pulmonary diseases, that the question is said to be agitated among the druggists where they shall obtain a winter's supply. When it is recollected that some of the manufacturers in Boston daily prepare several barrels, and that there are very many engaged in the same business in other cities, and along the whole Northern coast, for aught we know to Labrador, the quantity used by invalids is seen to be enormous. Consumption is a terrific malady, which annually carries off thousands upon thousands, and physicians have been obliged to confess their inability to stay its melancholy progress. Is it surprising, then, that an oil, which is represented on authority commanding respect, as a remedy that ameliorates the disease, and in many instances actually prevents the development of tubercles, should be sought for with avidity? Dr. Ribrey, now traveling in this country, [is he traveling as the agent of the manufacturers?] has carried his investigation so far in regard to the utility of cod-liver oil, as to convince many discreet and cautious practitioners, that if there is any reliance to be placed on any thing, in respect to arresting the destructive progress of some forms of consumption, it is this nauseous animal product. As we have more than one intimated, the quantity on sale of the genuine kind is probably not equal to the demand, and therefore unprincipled dealers and agents are thought to be resorting to gross and unpardonable deceptions, by adulterating lard oil, and by putting into requisition the livers of any and every fish, indiscriminately that is brought to the surface."

LORD BYRON—Notices of HIS LIFE AND DEATH.

Tertian Ague Cured by Water—Dislike of Compulsory—Methods to reduce it—Meat making him ferocious—Epsom Salts more stimulating than Wine—Bleeding. Blistering, and Phlebotomy in last Illness—Favorable Opinion of the Americans.—MURRAY.

In Moore's Life of Lord Byron (letter 359), the poet says, "You inquire after my health: it can't be bad, for I cured myself of sharp tertian ague in three weeks with cold water, which had held my stoutest gondolier for months, notwithstanding all the bark of the apothecary, a circumstance which surprised Dr. Aglietti, who said it was a proof of great stamina, particularly at so epidemical a season. I did it out of dislike to the taste of bark (Peruvian), and succeeded contrary to the prophecies of everybody."

Byron was, when young, exceedingly fat, and as corpulency annoyed him, he had recourse to every possi-

ble means to change his temperament, and finally succeeded. At one time he lived for two months solely on biscuits and water, and was known, at intervals, almost to starve himself, allaying the pangs of hunger with smoking tobacco. Invited to a dinner party by a person unacquainted with his habits, he could partake of nothing on the table except potatoes, though on these he dined heartily, drinking as a beverage at the same time large draughts of vinegar. "Very little food sufficed him, and he preferred fish to meat, for this extraordinary reason, that the latter, he said, rendered him ferocious."

The various preparations of alcohol did not stimulate him, so purely nervous was his temperament. Letter 461: "I think you, (Moore), told me at Venice that your spirits did not keep up without a little claret. I can drink and bear a good deal of wine (as you may recollect in England), but it don't exhilarate. It makes me savage and suspicious, and even quarrelsome. The thing that gives me the highest spirits (it seems absurd, but true), is a dose of salts—I mean in the afternoon after their effect." It is also related of Dryden, and several of the older poets, that they always took medicine when they were going to write anything of importance.

In his last illness the physicians were desirous to bleed him, but this he violently objected to, alleging that he had promised his mother never to get bled, and that besides his aversion was stronger than his reason. "Besides, is it not," he asked, "asserted by Dr. Reid, in his Essays, that less slaughter is effected by the lance than the lancet, that minute instrument of mighty mischief?" On the doctor remarking that these observations related to the treatment of nervous rather than inflammatory complaints, he rejoined in an angry tone, "Then who is nervous, if I am not? And do not the other words of Dr. Reid's apply to my case, where he says, that drawing blood from a nervous patient is like loosening the chords of a musical instrument, whose tones already fail from want of sufficient tension? Even before this illness you yourself know how weak and irritable I had become, and bleeding by increasing this state will inevitably kill me. Do with me whatever else you like, but bleed me you shall not. I have had several inflammatory fevers in my life, and at an age more robust and plethoric, yet I got through them without bleeding. This time also I will take my chance." It would have been far better for him if he had, but his consent was finally gained by threatening him with insanity from the nature of his disease. He threw out his arm, and in an angry tone said, "There, you are a set of cursed butchers, take away as much as you like and have done with it." They seized the moment and drew out about twenty ounces, yet the relief did not correspond to our hopes, and during the night the fear became stronger than before. Restlessness and agitation increased, and the intervals of delirium became more frequent. Next morning the bleeding was repeated, but the symptoms of inflammation of the brain were stronger than before,

etc." Then follows an account of his continued decline: the harder they worked, the worse he got, and soon, with bleeding, blistering, and physicking, was hastened to a state beyond the power of his attendants to torture him more.

Byron thought highly of America, and greedily drank in all the praise that came from that quarter. In letter 456, he writes to Murray, "I have heard from England that my new books are well thought of, for instance, by American Irving, which is a feather in my cap." In letter 497, he also writes, "I would rather have a nod from an American than a snuff-box from an emperor."

RENVENUTO OLLINI — HIS CURE BY COLD WATER.

THIS celebrated mechanic, whose inventive genius surpassed the works of the ancients, and who was equally famed for medaling, jeweling, sculpture and architecture, was once attacked, while at Rome, with an inflammatory fever and strong determination of blood to the brain. He was at last given up by his physician, Norcia, who told his attendant, "As long as there is life in his body send for me at all hours, for it is impossible to conceive how great a power of nature is in such a young man; but even if it should quite fail him, apply these few medicines one after another, and send for me. I will come at any hour of the night, and should be better pleased to save his life than that of any cardinal at Rome." "When they were all gone out of the room I called, to Beatrice, who was near by, and begged of her to bring me a large basin which stood adjoining full of cold water. The girl ran directly and brought it. I desired her to hold it up to my mouth, telling her that if she would let me drink a large draught, I would make her a present of a new gown. Beatrice, who had stolen some things of value from me, and was apprehensive that the theft might be discovered, wished for nothing so much as my death. She, therefore, let me at two draughts swill as much as I could swallow, so that I may say, without exaggeration, that I drank above a quart. I then covered myself with the bedclothes, and began to sweat and fell asleep." His attendant, of whose temporary absence he had thus taken advantage, as soon as he discovered the matter, soundly cudgelled the girl, and in great alarm sent for the doctor, who, to the surprise of all, found him so much better as to exclaim, "Oh! wonderful power of nature. She knows her own wants, and physicians know nothing!"

THE EMPEROR CANG-HI AND COLD WATER.—The bonzes or priests of China still dabble in physio. Thus some of them attempted to cure the famous Chinese Emperor, Cang-hi, of an intermittent fever, by means of prayers and incantations, assisted by frequent draughts of cold water, but failed.

DR. HARVEY AND THE WATER-CURE.—That the demonstrator of the circulation of the blood was a believer in the Water-Cure, may be inferred from his practice on himself. When he had the gout he would

sit with his legs bare, even if it were frost on the leads of his house. He would then put them into a pail of cold water, till he was almost dead with cold, then betake himself to his stove, and all was gone.

CLOTHING IN CONSUMPTION AND OTHER DISEASES.*

BY JOEL SHEW, M. D.

WHEN I put woolen on the feet, I suppose too much caloric was retained upon the surface, so that the difference between its temperature and the surrounding air was made greater; in other words, the air about the feet appeared colder than it really was, or greater at least than before. It is to be observed, too, that in all these cases, linen being thicker than woolen, may to some extent prevent circulation by its pressure; but the principal cause of the feeling of coldness which I experienced is, I think, to be explained on the principle to which I have just alluded.

I was myself, some years since, very feeble in health for a time. I judge no one can possibly be more sensitive to the unpleasant feeling of cold than I was; but, by persevering in cold bathing during one whole cold winter, with Croton water, in the city of N. York, and at the same time exercising freely, and living upon a well-selected diet of farinaceous articles and fruits, with a moderate use of milk, I became hardy and strong; and by the second winter of my experiment could endure cold apparently better than ever before in my life. I could then, as I do now, wear the same linen shirts, without under-garments of any kind, without any discomfort, and, as I believe, with positive good. True, when going from a warm room, I am in the habit of putting on an overcoat or cloak, which is sufficient to protect me from the cold; but as to my under-garments, they are the same the year round, and I wear no woolen whatever, except in the form of external clothing. Now in experience of this kind we see how much habit in subjecting one's surface to the cold has to do in enabling the body to withstand its effects.

That a mere warming of the surface, or increasing the temperature of the body generally, is of itself not sufficient to enable it to withstand the effects of cold, is clearly proved by the fact that spirit-drinkers always suffer most and die soonest under great exposure to fatigue and cold. Spirit we know stimulates the system; it increases the action of the heart and arteries, and makes the skin warmer; and notwithstanding it was looked upon for ages as being one of the best means of protecting the living body from severe exposures of this kind, it has been abundantly proved that water-drinkers always endure such hardships best.

The best rules, then, which I can give in re-

* From Consumption: its Prevention and Cure by the Water Treatment; by Joel Shew, M. D. Published by Fowlers & Wells. Price 50 cents.

gard to clothing for consumptive persons, as well as others, are these :

1. Remember always that we are much more liable to suffer from too great an amount of heat than from that of cold.

2. That our sensations deceive us on the side of warmth, and not of cold ; in other words, we cannot acquire the habit of being habitually too cold without feeling it, but we may easily acquire the habit of being too warm when our sensations do not tell us that we are so.

3. That soft, spun linen is of all substances the most cleanly, healthful, pleasant, and at the same time the most agreeable to the sensations, provided that in connection we are properly shielded from cold.

4. That we should always strive to wear as little clothing as possible, provided it be at the same time sufficient to guard the system properly against the changes of temperature to which we are subjected.

5. That whatever article is worn next to the surface, the cleaner it is kept, the oftener it is aired, the better. We should always change our clothing at least morning and evening of each day. This latter rule is especially practicable to the sick.

I wish here again to enforce the remark, that all changes to the less amount of clothing can be made much more easily in connection with tepid, cool, or cold bathing, managed according to the individual's strength. Tepid water even is in fact cooling to the surface, and is therefore to be ranked with the cold bath, which is suited to those who are in very feeble health, to consumptive patients in the last stages of the disease, and to all who are greatly debilitated from whatever cause. The less the strength, be it remembered, the less all cold can be borne.

Consumptive persons who are in the habit already of wearing woolen next to the surface, should not, as a general thing, especially in the latter stages of the disease, remove it all at once. Put first a linen shirt underneath it, or if that cannot be had, cotton, which is next best. In some cases, wearing two shirts of linen or muslin will be found better than to retain the woolen ; but whenever it is necessary let the woolen be retained, only do not let it come next to the skin. Should an individual, at first, feel somewhat colder for putting linen under the woolen, let the skin be well rubbed with the hand wet in cold water just before making the change ; it will then be easily borne. The individual may wrap up a little more externally at the same time.

Before closing what I have to say on the subject of clothing, I will remark in regard to that most excellent work, "The Principles of Physiology applied to the Preservation of Health, and to the Importance of Physical and Mental Education"—the author of which, Dr. Andrew Combe, is now no more among the living, and whose work I could wish might be placed in the hands of every family that can read—that I consider he made one radical error in his recommendation of flannel worn next to the skin. Certainly Doctor

Combe was in general a most accurate interpreter of the laws of nature ; but in this one, thing, he, like many others, was manifestly in error.

(To be continued.)

STRONG TESTIMONY—BOWEL COMPLAINTS.

MILTON, Stark Co., Ohio.

I WILL give some of the first results of the Water-Cure in this neighborhood, where it had hardly been heard of three months ago by a majority of our people. This place, and adjoining country, had been sadly afflicted with the epidemic, dysentery, which baffled the skill of the Regulars most effectually. Young and old, alike fell victims to its unrelenting attacks.

Scarcely one over the age of fifty, or under the age of ten, escaped death when attacked, under the regular treatment. I witnessed these things with regret, but could not prevail upon those afflicted to try what I felt confident was the only effectual remedy. My mother (aged fifty-seven) was at length attacked. After having tried several of the cure-alls, which only aggravated the intensity of the pains, she finally consented to submit to the Water treatment, which, in two days, removed all pain, and entirely checked all bloody discharges.

A second case, was that of a brother who had an attack, when a regular practitioner was called in, who gave an emetic, which failed in producing the expected result. Next, he gave him several doses of Dover's Powders to sweat him, which also failed. He thus spent two and a half days in his vain attempts. When he said he was at the end of his string, I was then called on to try the effects of water. When I came, I found him in a high general fever. I took him through two rubbing wet sheets, which allayed the general fever. By pursuing the course as nearly as possible, laid down by Dr. Shew, (which a person here, by the way, must modify considerably, at least in the *temperature* of the water, cold water being regarded as very dangerous,) notwithstanding all the difficulties that were to be encountered, (owing to the prevailing ignorance in respect to water,) the bloody discharges were nearly checked in about five days. Water was used to check the too frequent evacuations, for some time longer, with considerable success. When the danger was well nigh over, his wife came to the conclusion that Laudanum and Castor Oil *might* do some good, and could do no harm. I protested against its use, but all of no avail ; the Doctor had said that they could do no harm. I left, and water was dispensed with. After using Laudanum, Castor-Oil, and finally Crow-foot tea, for eight days, the evacuations became fearfully frequent, and I was again called in, and solicited to give another course of water ; to which I consented, on condition that he would consent to use the water as it *should be*, and leave medicine where it *ought to be*, to which he consented. In a short time, by pursuing the treatment as prescribed

in the Water-Cure Journal, for diarrhoea, the discharges were checked.

A third case was a boy, eight years old, who was attacked with violent pains, which continued for seven days, when the attending physician said he could not recover. Three days after, I was requested to apply water—that the boy must die, and the water could do no more than kill. Water was accordingly applied, and in about four days the pains were removed, and the bloody evacuations checked.

There were several other cases of slight attacks, checked very soon by the use of water.

We were indebted to the Water-Cure Journal for all the information in relation to the treatment of dysentery by water. A publication, by the way, worth ten times its present cost. The above are some of the good results of it.

THE AGE FOR CHILDREN TO LEARN TO SING.—

The earliest age—say six years—is the most appropriate for learning to sing; when the voice and ear, so obedient to external impressions, are rapidly developed, and improved, defects corrected, and musical capabilities awakened. With some children, a few weeks' practice suffices to change the entire character of their voices; which, though at first weak and indifferently, and of almost no extent, become strong, extended, clear, and in some cases of fine quality. The LUNGS, also, become expanded, by thus exercising the voice, and a consumptive tendency removed. Every child should LEARN TO SING.

REVIEWS.

CHRONIC DISEASES, especially the NERVOUS DISEASES OF WOMEN. By D. ROSCH. Published by FOWLETS & WELLS. Mailable, price 25 cents.

We have space in the present number only to ANNOUNCE the publication of this very important Book, and to copy the Translator's PREFACE, and Author's INTRODUCTION, which, together, will give but an imperfect idea of the work.

"In the translation of the following work, I have hoped to benefit my fellow-men—to make them purer, truer men.

"I believe that many need but to KNOW that they were injuring themselves, their consorts, and their offspring, to rise superior to prejudice and perverted passion, as moral, intellectual beings.

"Then only can they stand in their true position, and then only can the race which follows be more worthy its god-like destiny.

"There are some passages in the work which I do not approve; but in justice to the author, I have published the whole. The world must judge it.

"I only hope it may make many a man 'the chaste husband of one wife.'—THE TRANSLATOR."

"INTRODUCTION.—Who does not know that there are diseases of which almost every one in life is suffering, more or less; diseases which follow many to their graves, diseases which, because of their universality, attract little or no attention?

"Who is not surprised at witnessing the daily increase of hospitals, medical colleges, men, and books, and at the same time the frightful increase of human maladies?

"Whose heart is not filled with pity to see man-

kind suffering under such a burden of distempers, when he reflects that man came from the hands of his Creator as perfect and as healthful as the beast of the forest and the bird of the air?

"Who has not often heard the assertion, that all these evils are inseparably connected with the progress of civilization, while their true cause is in the violation of nature's laws? And who does not conclude that the judgment of civilized mankind must be erroneous, when digression from the path of nature is entitled 'THE PROGRESS OF CIVILIZATION,' while at the same time medicines are resorted to, in order to correct the consequences of their imprudence, and neutralize their follies?

"TRUE civilization must preserve the health of man, and make him happier; it must in every respect elevate him ABOVE the brute, and its progress must not bring him incessantly nearer to his dissolution, as has been the case with all nations which history has seen emerging from a state of barbarism, and passing through one of sickly refinement, into one of premature decay.

"The chronic diseases, and especially those so-called nervous diseases of women, are so various and so life-embittering, as to have always engaged a large share of the attention of medical practitioners; and very properly so, since we may safely say, that one half of all human misery would be removed, could these be annihilated, or even overcome.

"It is melancholy to contemplate those terrible hysterical disorders, those hydra-headed monsters, which transform the dwellings of so many happy families into the abodes of misery; those giants, which have for centuries withstood all the orthodoxy of the schools, and not only WITHSTOOD, but grown more luxurious daily; and which, when overcome in one form, assume ten new ones for the emergency. They are beyond description, and being so variously disguised, are seldom recognized, and thus secretly exert an influence of incredible power.

"If we knew that hysterics manifest themselves, according to their violence and circumstances, in the form of excessive tenderness, false sensibility, fear, pride, jealousy, disposition to slander, discontentedness, quick temper, revenge, intolerance, hypocrisy, untruth, inconsistency, weakness of mind, delirium, etc.; that they are accompanied by heat, congestion of blood in the head, cramps, convulsions, cold, chills over the body, sleeplessness at night and drowsiness by day, want of appetite, faintness, exhaustion, palpitation of the heart, and an infinite chain of morbid symptoms—if we consider these facts, we shall have the key to those ridiculous scenes, peevishness, and discord which are so frequent in married life, and which so often sap the foundations of domestic happiness; and we shall ascertain that not the HYSTERICAL woman, but the one who is NOT SO, forms the exception to the rule.

"The wide-spread existence of these affections, which are to be met with, more or less, in every family, makes a woman (physically speaking) always a mystery, and produces those bitter disappointments which are so often the subjects of regret, and lead us to imagine that God has constituted woman incapable of the office which nature has assigned her, as no collateral agents can avail in correcting their deleterious influences, no scholar can explain their existence, and none of the countless treatises, which centuries have produced, can afford relief."

This work should be read by all married people, and especially by those contemplating marriage.

IN PRESS, and will be published early in January, 1850, WATER AND VEGETABLE DIET, by the celebrated DOCTOR LAMB, of London; with Notes and Additions, by JOEL SHEW, M. D. Price, 50 cents.

CONSUMPTION, its Prevention and Cure, by the Water Treatment, with advice concerning Hemorrhage from the Lungs, Coughs, Colds, Asthma, Bronchitis, and Sore Throat. By JOEL SHEW, M. D. FOWLERS & WELLS, Publishers, price 50 cents.

In our next number, we hope to give a more comprehensive description of this valuable work. Orders for these works may be sent to the publishers, in connection with the names of subscribers for the Journal. Care should always be taken to SPECIFY which work is desired, and the number of copies wanted.

MISCELLANY.

THE DOCTORS COMING OVER.—Every week we hear of physicians of the drug school expressing their partial or complete conversion to the superiority of the Water-Cure system. Though they "come over to help us" at present one by one, the time is not far distant when the doctors of all other schools will wheel into the ranks of Hydropathy by whole platoons, or wheel out of the doctoring line entirely. The following communication from Dr. Spencer, of Boon, Indiana, is a specimen of many:—"I have been a practitioner of medicine for some years in this place, am well known, and though it is hard for the people to consent to let me try a new remedy, yet there are exceptions among them, and I have applied water with the best effects after other means had failed when I was confident that medicine could not save the patient. I have so many cases to relate that I hardly think it worth while to state particulars. I would ask any honest physician what can be done with medicine in a case of remittent fever with inflammation of the mucous membrane of the stomach? In such a case it rather aggravates the symptoms, but the wet sheet will produce the best effects. I have proved this to a demonstration. In difficult cases, and in fact in almost any case, unless the attendants have some confidence in and knowledge of the remedy it is hardly worth while to recommend it, as it will rarely be applied properly unless you stand over them yourself; this is one great reason why I do not use water more and medicine less.

"BURNS AND SCALDS.—I have been for many years in the habit of secluding as much as possible the burnt part from the air, but what I have proved to be the best means, is a wet bandage.

"As I am, for the first time, making a trial to communicate with you, and to add my testimony in favor of the great work of reform, I hope you will lay aside the critic. I wish you success, and shall try again to renew my list of subscribers. Hoping you will continue the Journal on as favorable terms as possible, in order that it may have a still more extended circulation, I am, with sentiments of high esteem, your friend and well wisher,

"ETHAN SPENCER, M. D."

LOCK'S PATENT PORTABLE CHAMBER SHOWER BATHS.—We have called attention to the excellence of these Baths before, yet again refer to them, mainly to answer questions which are frequently put to us by many of our readers. The prices of these Baths are from eight to eighteen dollars. They can be shipped conveniently to any port, by sea, lake, river, or canal. The cost for transportation when sent as freight is but trifling. They are so arranged as to be usable, even by a child, and are really quite ornamental. Every family should be provided with one of these superior Baths.

THE SPIRIT OF PROGRESSION.

The gloomy night is breaking,
E'en now the sunbeams rest,
With a faint but cheerful radiance,
On the hill-tops of the West.

The mists are slowly rising
From the valley and the plain,
And a spirit is awaking
That shall never sleep again.

And ye may hear that listen,
The spirit's stirring song,
That surges like the ocean,
With its solemn bass along!

"Ho! can ye stay the rivers,
Or bind the wings of Light,
Or bring back to the Morning
The old departed Night?"

"Nor shall ye check my impulse,
Nor stay it for an hour,
Until Earth's groaning millions
Have felt the healing power!"

That spirit is Progression,
In the vigor of its youth;
The foe-man of Oppression,
And its armor is the TRUTH.

Old Error with its legions
Must fall beneath its wrath:
Nor blood, nor tears, nor anguish
Will mark its brilliant path.

But onward, upward, heavenward!
The Spirit still will soar,
Till PEACE and LOVE shall triumph,
And FALSEHOOD reign no more.

MRS. SWISSHELM ON COLD WATER.—Mrs. Swisshelm, whom the country cannot afford to lose for a week, has been disabled for several weeks by an attack of *quinsey*—a constitutional enemy of hers, it seems—from which she is now recovering. She thus discourses on the remedy:

The only true remedy for these things is to keep the system in order, by obeying the laws of health, and we feel positively ashamed of having abused our health until we became so ill. We fancied we had overcome this, our constitutional disease, by simply bathing regularly, and taking care; but for some time we had neglected every rule, and deserved our punishment richly. We used to have it from once to four times a year, under the care of the best physicians. Gradually, we quit the doctors and gradually got rid of the disease, until we did not have it for five years. We have made up our mind now, never to have a symptom of it again for ten, for whenever we catch cold, feel stupid and miserable, we will be packed away in a cold, wet sheet until all the bad humors are soaked out of our system, and then there will be nothing for *quinsey* to feed upon. It will take a good deal of cold water to wash all the drugs out of our system, but the mill-race runs through the yard, and we will drink and wash until we turn into a fish, or get rid of a sore throat.

THE WATER-CURE JOURNAL is filled with reading matter that is more valuable for the preservation of Human Life, than all the drugs in the Universe—read it and profit by it.—Free Mountaineer.

LONGEVITY.—That personal habits have much more to do with long life than locality, is evident from the following statistics.

NAME.	AGE.	PLACE
ALBUMA MARC	150	Ethiopia.
TITUS FULONIAS	150	Benonia.
ABRAHAM PAIBA	142	S. Carolina.
DUMITUR RADULY	140	Transylvania.
COUNTESS DEMOND	140	Ireland.
JAMES SAND	140	Staffordshire.
WIFE OF DITTO	120	"
HENRY JENKINS	169	Yorkshire.
THOMAS PARR	152	Shropshire.
FRANCIS BONS	121	France.
A. GOLDSMITH	142	"
MARGARET PATTEN	188	Scotland.
WILLIAM ELLIS	130	Liverpool.
CHRIST. DRAKENBERG	146	Norway.
RICHARD LLOYD	133,	Wales.
JAMES HAYLEY	112	Cheshire.
JOHN WILSON	116	Suffolk.
LOUIS CORNARO	100	Venice.
JANE REEVE	103	Essex.
MARQ. OF WINCHESTER	105	Hampshire.
AGNES MILBURN	116	London.

In this table, which we might have greatly extended, are included places of almost every variety of soil and climate.

Venice, built literally in water; France, with its mild and genial warmth; the fierce and biting winds of Norway; and even the West Indies, proverbial for heats and moisture, being almost specific, as is thought, in cutting down the human stamina—have alike permitted longevity. Jane Reeve lived to a hundred and three, in the marshy county of Essex. Hippocrates lived to a hundred and four, in the delicious island of Cos. Albuma Marc reached a hundred and four, in the sultry interior of Ethiopia; and Drakenberg reached to within four years of that time, on the sterile mountains of Norway. Such contrasts seem to indicate that climate, except in extreme cases, and where the air is poisoned by the decay of organic matter, or such like causes, has little or no specific influence on longevity, and bid defiance to all efforts at philosophizing on the subject."

THE FEMALE DRESS.—A correspondent of the Water-Cure Journal, who professes to be a "Country Girl," prone to rambling in the woods, suggests a style of dress better adapted to such exercise than that which has prevailed from time immemorial. It is as follows:

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," says this Amazonian innovator, "I can ride on horseback, row a boat, spring a five-rail fence, climb a tree, or find my way through a green-brier swamp, setting aside the extra feeling of wild, daring freedom one possesses when thus equipped and alone in the woods."

If so slight a change of costume can produce in girls generally any considerable part of those effects, even if they should not be able to stand wolves, wild-cats, or screech-owls in the woods, it is worth trying. The mothers of our American men are half-spoilt by being shut up in stove-heated rooms, which might be called *women-and-baby-kilns*—for they certainly do kill the courage and strength out of them.—*Boston Chromotype.*

We have another article on this subject, from

"Anonymous," which will appear in an early number. Our female friends seem in EARNEST in this matter, and are determined to AGITATE the subject, until a REFORM shall be established in WOMEN'S DRESSES.—*Eds. W. C. J.*

GENTLEMEN—Last June I read for the first time several numbers of your Water-Cure Journal. I had before read "The Water-Cure Manual," but did not know of the Journal. I immediately subscribed for it, and have lent or given away several copies to my friends. Although I have as yet obtained but one new subscriber, I hope in time to secure many more, for I consider the Water-Cure as destined to triumph over all other methods of treatment, and regard it as *one*, and a *very important* harbinger of the "good time coming"—the millennium, when holiness and purity will reign in the earth.

For a few months past, a friend of mine has been troubled with Bronchitis, in its incipient stages, combined with a derangement of the digestive organs. The regular physicians to whom he has applied, pronounce the bronchitis incurable, though it may perhaps be partially relieved. I, of course, have strongly pressed the merits of "Water-Cure," and have succeeded in prevailing on him to wear the wet jacket, and bathe every morning. But I feel that this is not sufficient to meet the case, that is, he needs a more powerful, general treatment. I think, perhaps, if I could find two or three instances where bronchitis has been cured by this treatment, with an account of the treatment, I might prevail on him to visit a Water-Cure establishment. P. A. J.

DR. TRALL'S WATER-CURE INSTITUTES.—The country establishment, at Oyster Bay, Long Island, has one of the finest localities in the world. New buildings are in process of erection, planned on a large and commodious scale. When completed they will afford the invalid one of the most attractive places of resort in the country. In consequence of their unfinished state the establishment has been closed for the winter. It will be reopened on the 1st of April.

His city establishment, at No. 15 Laight street, one door from St. John's Park, enjoys one of the most open, airy, quiet and pleasant situations in New York. It is provided with four bathing-rooms on three different floors, two of which are kept warm, day and night, through the cold season. The house is admirably arranged for winter treatment. It was opened nearly three years ago, and has always had an extensive patronage. A goodly company of invalids in various stages of progress toward health can always be found there, with a number of young gentlemen, who, having health, intend to keep it by learning the way of "eating to live." Medical gentlemen who remain skeptical as to the great cures pretended to have been done by water treatment, would do well to visit Dr. Trall's establishment. They will be welcome to call at any time, and can then and there see and hear for themselves "whether these things be so."

NEWS FROM GRAEFENBERG.—During the last year there were eight hundred and fifty-seven patients treated at Graefenberg, of whom only four died.

* See Consumption, its Prevention and Cure, noticed in the Review department, of the present number, for the treatment of this disease.

THE SPINE, ITS INJURY AND TREATMENT.—Two years ago I injured my spine just at the small of my back, by jumping; in consequence of which I was not able to labor, and at the expiration of one year it became very crooked and weak, and one of my legs was partly numb—I then called a physician, who applied a strong liniment, and a plaster to my back, and gave me large doses of physic now and then, for one month. This made me worse and worse. Then I applied to two other physicians, and both said my recovery was doubtful, and said sores must be made on my back as the most effectual remedy. I told them I resolved to die a natural death, for I feared they would kill me with such treatment. I then commenced the Water-Cure treatment at home under the direction of Mr. John Ball, one of my neighbors, who is noted for his unbounded benevolence, his deep reflection, and for his good success in the Water-Cure treatment. I have continued the practice for nearly one year according to what we could learn from the Water-Cure Manual, the Water-Cure Journal, and our experience, and now I am a well man, able to perform hard labor, such as chopping, rolling logs, and can even run and jump, and have not had a cold since I commenced the Water treatment.

WILLIAM WRIGHT.

North Eaton, Ohio.

THE SECRET OF WARM FEET.—Many of the colds which people are said to catch, commence at the feet. To keep those extremities constantly warm, therefore, is to effect an insurance against the almost interminable list of disorders which spring out from a "slight cold," and at the risk of being thought trifling, and of telling people what they know already, I beg to remind them of the following simple rules:

First. Never be tightly shod. Boots or shoes, when they fit closely, press against the veins of the foot, and prevent the free circulation of the blood. When, on the contrary, they do not embrace the foot too tightly, the blood gets fair play, and the spaces left between the leather and the stocking are filled with a comfortable supply of warm air. Those who have handsome feet will, perhaps, be slow to adopt this dictum; but they are urgently recommended to sacrifice a little neatness to a great deal of comfort and safety, by wearing what the makers call easy shoes.

Second. Never sit in damp shoes. It is often imagined, that unless they be positively wet it is not necessary to change them when the feet are at rest. This is a fallacy; for when the least dampness is absorbed into the sole, it is attracted further to the foot itself by its own heat, and thus perspiration is dangerously checked. Any person may prove this by trying the experiment of neglecting the rule; and his feet will feel cold and damp after a few minutes; although, on taking off the shoe and examining it, it will appear to be perfectly dry.

Did every one follow these rules, there would be no more cold feet.

CHRONIC ERYSIPELAS AND SALT RHEUM.—Extract from a letter from a missionary in Western Illinois.

"For one year and a half past I have been greatly troubled with a SALT RHEUM. It has vexed me so severely at times, that I have been apprehensive that I must stop preaching. Mrs. B. is so afflicted with a 'Chronic Erysipelas,' of eight years' standing, I have sometimes thought that the Hydropathic treatment might effect a cure. If you can give any information by which we could find relief, we shall be greatly obliged."

Chronic Erysipelas and Salt Rheum.—These complaints require a moderate course of general bath-

ing, and a rigid dietary system. The bathing applications should be tepid at first. The pack is the best single process, followed by tepid shallow bath or tepid wet rubbing sheet. Avoid pork, grease, salted meats or fish, and eschew salts and spices. The food can hardly be too plain, or coarse. The quantity also must be regulated by strict moderation.

SORE TEATS IN COWS.—P. Hallock gives the following directions for the management of cows that have sore teats.

Take a full pail of cold water, and wash and rub the sores well. Use the whole pail full of water before milking, which cools the teats, or reduces the fever, and the cow will stand perfectly still. After milking, use half as much more cold water, cleansing the bag and teats well, and in a few days the sores will be healed. This is not all the good you will receive. You will have clean milk, and that is the way to make clean butter.

MORE TESTIMONY.—Extract from a letter recently addressed to Dr. Roof, from one of his patients residing at Woodville, Miss. "My health has been improving all the time since I left you, though I have practiced no more of the 'Water-Cure' than simply a cold bath every morning. Occasionally I have taken a sitz bath during the day in warm weather, but not with any regularity at all. Wherever I go I am spreading the glories and successes of the Water-Cure, and mean personally to hold by it to my dying day. I am confident—indeed, I cannot be blind to the fact that it has done a great deal for me, and I am unwilling that others should be ignorant of its efficacies."—G. B. N. W.

WATER-CURE IN TROY.—Dr. N. BEDORTHA, who has been successfully engaged in the Water-Cure Establishment at New Lebanon Springs, is now at an establishment at No. 39 Fifth st., Troy, N. Y., where he has all the facilities for thorough treatment. He expects to return to New Lebanon Springs the 1st of May next. Those who wish to practice Hydropathy in the winter, which is for many diseases the best season, will find the establishment at Troy well arranged for that purpose.

REAL ECONOMY—PROGRESSIVE.—"Tobacco which has been chewed once, may be rendered fit for chewing a second time, by dipping it in vinegar and water and drying it in the sun. A colored gentleman in the city sells hundreds of pounds per week, which has been renewed in this manner. He can safely recommend it, as he has chewed all of 'it himself, and knows it to be genuine."—*Exchange paper.*

WELL, REALLY! improvements are being made in everything, and the above is not less valuable than novel—for, to judge of the almost universal use of the weed, and the alarming sterility of the old tobacco fields, we have occasion to anticipate a scarcity of the article to supply the demand, at no distant day; therefore, if the old quids can be regenerated so as to go through the mill again, the world will save hundreds of thousands of dollars annually. Besides, we like the idea in another point of view: the tobacco having been once used, has lost no small share of its nauseous qualities, and will therefore be more agreeable to the taste, and far less injurious to the nerves. This, truly, is a utilitarian age—verily, we live in a day of progress.

IN SYRACUSE, a city of TEN THOUSAND INHABITANTS, we regret to say, no bathing accommodations can be found. While there last September, at the great STATE FAIR, we stopped at one of the first class hotels, in the hope of enjoying a refreshing shower bath, after riding all day in the railroad cars. But, on inquiring of the landlord, we were informed that "No such thing could be found in the City of Syracuse." Who will take the hint, and supply this most desirable of all luxuries to the jaded and worn traveler?

PUBLIC BATHS IN UTICA, N. Y.—Mr. WM. S. SEGAR, No. 46 Liberty street, is now fitting up a set of Baths for the accommodation of citizens, and such travelers as may have occasion to sojourn there. Of their NECESSITY no question exists, and we take pleasure in informing our hydropathic friends where they may find this luxury in Utica.

A FREAK OF NATURE.—Two specimens of a singular vegetable were recently taken from the garden of Wm. Choate, Esq., of Dery, N. H. Seeds of squash and watermelons were both planted in the same bed. The result appears to be a vegetable, half squash and half melon—in both cases, the melon the larger end, the squash the neck, and the line of distinction between the two is distinctly shown.

WE ARE HAPPY TO LEARN that our valued correspondent, Dr. E. A. KITTREDGE, of Boston, is doing a good business at his Hydropathic Institution, in Franklin street, where they substitute fun for physic, and wet sheets for blisters, &c. The New Englanders know who's who!

NOTICES.

"A NEW YEAR"—THE WATER-CURE JOURNAL FOR 1850—OUR IMPROVEMENTS, AND PROSPECTS.—With the present number we commence a NEW VOLUME. With prospects never before so encouraging, we are now enabled to present our readers with an additional quantity of the choicest matter on all subjects to which the Journal is devoted. Our types are new, paper good, and printing well done, as every one will admit.

CO-WORKERS in our HYDROPATHIC REFORM are daily increasing all over the land, and new subscribers are daily added to our rapidly increasing subscription list. We venture the assertion, that there is not another HEALTH PERIODICAL in the United States whose circulation equals that of the WATER-CURE JOURNAL.

TO EDITORS.—We most heartily thank our friends of the PRESS who have freely expressed their approbation in favor of our efforts to extend a knowledge of such subjects as we deem useful to the public. We have endeavored to publish matter that would have a bearing on the PHYSICAL, MORAL, AND INTELLECTUAL well-being of society.

How far we have succeeded in this attempt, a discriminating and intelligent public will judge: at all events, we have thus far been liberally patronized, and we have no reason to doubt but what our patrons have been satisfied with the results of our labors.

TO POST-MASTERS.—The facilities enjoyed by these Government officers for extending the circulation of such serials as they approve, are unsurpassed. It is not a difficult

matter for almost every POST-MASTER to obtain clubs of subscribers for the WATER-CURE JOURNAL. To those who have used their influence in our favor, we tender our most cordial thanks.

TO CLERGYMEN.—We have before intimated, that great interest has been manifested toward the Water-Cure Journal, by many distinguished clergymen. These gentlemen take occasion to recommend the Journal to those of their congregations who stand in need of PHYSICAL advice. And thus, they become doubly useful, by ministering to the "bodies" as well as to the souls of their fellows.

TO TEACHERS.—Of late, the science of Physiology is engaging the attention of teachers, and they are interesting themselves in the promulgation of the principles of LIFE AND HEALTH, without which existence is not desirable. In the WATER-CURE JOURNAL, these principles will be fully developed, and every teacher has it in his power to secure many subscribers in the district over which he presides.

TO REFORMERS GENERALLY.—It is not wise to attempt to reform mankind spiritually or intellectually, while their "BODIES" REMAIN in an "unclean" or unhealthy condition. You must, FIRST OF ALL, FEED, WASH, and CLOTHE them, before any sensible impression can be made on their MINDS or MORALS. So, too, the "drugs" must be washed out of them, before any PHYSICAL improvement can take place. HYDROPATHY will point out the "RIGHT WAY" to begin, and carry out a UNIVERSAL REFORM; for if we can make men better *physically*, it follows that they will improve spiritually. These principles will be found in the WATER-CURE JOURNAL.

A TEMPERANCE JOURNAL.—We intend to advocate in the WATER-CURE JOURNAL "Temperance in all things." Nor shall we be a "feeble" advocate. If any mode of life is more in accordance with temperance principles, it is the HYDROPATHIC MODE, and it is our purpose to DRIVE HOME these principles, in a manner NOT TO BE RESISTED.

THE TWO PICTURES, OR HYDROPATHIC QUACKERY AND ALLOPATHIC QUACKERY.—We hope every man and woman will read that thrilling article in the present number, which appears under the title of THE TWO PICTURES.

TO CORRESPONDENTS.

READERS GENERALLY, will do well to read ALL our answers "TO CORRESPONDENTS," as they will not unfrequently find questions answered applicable to their own cases.

SORE MOUTH.—Having been afflicted for some time with an extremely sore mouth, caused by that obnoxious poison so universally employed by quacks for the treatment of disease, Calomel, I deem it proper to ask your advice in regard to the treatment necessary to effect a cure. I will briefly state my case:

About four months since, I had an attack of fever. A physician was called, and as is usual in such cases, calomel in the shape of cherry stones was immediately administered to check the malady. In a short time, however, I was, as I supposed, restored to perfect health. But in this I was sadly mistaken. In a few days I discovered the unhealthy appearance of my tongue to be increasing. It became covered with crevices and small lumps. These lumps, on being detached, were in the shape of small globules, which, on being compressed, were found to contain blood and water. My lips became exceedingly sore. I called on a physician of this place, who gave me little or no encouragement, stating that he

thought my tongue could not be cured. My diet has been of the lightest quality. Now, then, (I fear too late) I am resolved to test the virtues of the "Water-cure." Will you advise me as to the manner of treatment in my case?

Yours truly, F. A. B. SIMKINS, Canton, O.

When the system has been thoroughly "peppered" with salines, a long course of the wet packing sheets is indispensable. The full treatment is generally useful; the dripping sheet with active friction is specially serviceable. The diet must be free from grease and salt; but little sugar or milk allowed. This plan, perseveringly pursued, will immortalize the body after a while.

W. G. H.—"In conversation with a mechanic in the employ of my father, he stated that he was formerly troubled with strong dyspeptic symptoms, his food frequently souring on his stomach, and causing sickness and vomiting, but that since he has been in the habit of abating tobacco, these symptoms have disappeared, and the tone of his stomach has been restored. If this is so, by explaining the principle upon which these effects were produced, you will greatly oblige a young student of medicine who feels desirous of availing himself of every means of knowledge within his reach."

A morbid sensibility of the stomach is often paralyzed by narcotics, particularly tobacco. Although this may quiet appearances for a time, it is very far from "restoring the tone of the stomach;" but is, on the contrary, exhausting the nervous power to develop a worse form of disease hereafter. Such cures kill the body faster than the original disease would.

A SUBSCRIBER.—"What had I better do to warm and strengthen my system? Had I better wear flannel next the skin, as I have been accustomed to do?" Let flannel alone. You are doing very well as it is—have patience. A person who has been "almost killed by apothecaries," cannot get sound at a dash. If you are very chilly, drink less water at a time. If you do not warm up satisfactorily after a bath, use more water with the dry sheet, or even flannel blanket, before dressing.

F. J. COLLINS, N. Y.—"Your wife's case is apparently a serious one. The hoarseness and expectoration indicate incipient consumption, or a state which might easily run into it. This point ought to be positively ascertained. The safest way is to visit an establishment, or have the continuous directions of a competent practitioner. The case of the boy requires full general treatment, with a strict hydropathic diet. He, too, ought to be at a Water-cure awhile. In home-treatment, six baths, light douches, and rubbing sheet are particularly appropriate."

A POSTMASTER in Illinois reads us a lecture on the manner of conducting a hydropathic journal. He thinks the publication of Water-cured cases, and calling drug-practice hard names, will not tend to convince the medical profession. Why, dear, good man, we don't care four figs for the profession. We intend to convince the people that there is truth in our system. After we do this, we hope next to enlighten them in its practical application. Meanwhile, the medical profession must take care of itself.

D. W. B.—"A correspondent" wishes to know the causes of gray hair in youth. Original defect of constitution; bad physical management in childhood; intense mental application in early life; stimulating food or drink; employment of hair or head ointments, lotions, dyes, greasy mixtures, &c., &c.

M. G. wishes to know how to treat himself for the gravel by Water-cure. Gravel implies primary digestive derangements, with defective excretory functions. Restore these by general treatment—packs, rub-sheets, and plunges. When there is pain in the region of the kidneys, use tepid or warm sitz baths frequently; at other times cool or cold. An opening vegetable and fruit diet is especially desirable; salt and alkalies are particularly bad.

A. K.—Chronic catarrh requires persevering cool, then cold nasal baths. Very cold wet cloths, several thicknesses, applied over the eyebrows, are useful. These may be worn nights. Be sure as to the secretion of the liver; if not free, use general treatment.

S. M. H. has sent us an article on VEGETABLE DIET. It will appear soon.

BOOK NOTICES.

A PRESSURE of other matter prevents us from noticing a number of Books which have been sent us. We shall try to make room for them in our next.

NOTICES TO SUBSCRIBERS.

VOLUME NINE OF THE WATER-CURE JOURNAL commences with this number. 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.

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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.

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