

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

## TOBACCO:

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

By B. BOUSSIRON.

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

[Continued from the December No.]

We fail not often to find in such cases, after death from poisoning with it, the individuals' stomachs and intestines highly inflamed. (Mérot, Dict. des Sciences Méd.) To such grievous facts, it may be objected by the amateurs of the weed, that tobacco taken moderately will never lead to the multitude of disorders that we have described, and that instead of injuring our organs, it is like a magic being who appears to us to procure us the sweetest and most agreeable reveries.

Granted for the sake of argument, and we will take and discuss your side of the question. We find, in the article of tobacco, considered under the philosophical point of view of its use as a means of distraction, and seeming forgetfulness, the following reflections of Dr. Chamberet (Flore Médicale, tome 6, p. 205):

"We observe," says he, "that man, in virtue of his organization, experiences a necessity to feel that he is almost always unfortunate, either because of the ills with which nature inflicts him, or from the sad results of his blind passions, of his errors, of his prejudice, of his ignorance, &c. &c. Now, tobacco exercises a strong and lively, but temporary impression upon our organs, susceptible of being renewed frequently, at will; and persons become so habitual to the use of it, and fond of the stimulus, that they find at once in it the means to satisfy the imperious need to feel which so characterizes the human species, and be momentarily distracted from laborious and painful sensations that beset continually our species; that it thus enables us to support the heavy burden of life.

"But to proceed with tobacco, the savage endures hunger, thirst, and all atmospheric vicissitudes more courageously; the slave bears more patiently servitude, misery, &c. Among men who call themselves civilized, its assistance is often invoked against *ennui* and melancholy; it

relieves sometimes the torments of disappointment of hopes or ambition, and contributes to console, in certain cases, the unfortunate victims of injustice, and enables lazy people to while away a dull hour in mental vacancy."

This is certainly a brilliant apology for the use of tobacco; but without comparing ourselves to those tribes of savages, droves of slaves and lazy people, to whom this weed appears to render such signal services, will we not be permitted to say to Dr. Chamberet, that the remedy he extols to us so highly, is often worse than our complaints!

That the plant momentarily elevates the ideas, or at least withdraws them for some instants from their ordinary course, to be succeeded by a kind of stupidity, an apathy, a *laissez-aller*, to which many individuals are inclined, we do not deny; but also, like other errors and deplorable habits, do not many disorders and vicious inclinations follow in their train!

Most assuredly.

And when a person first commences the use of it, is there any guarantee that he will use it moderately!

Evidently not, for, unfortunately, he is as susceptible of the abuse of it, as of all joys by irritation; of these, we will enumerate the game, strong liquors, the passions, &c.; and as soon as a snuff-box is offered to him, or he smells the smoke of a cigar or pipe, the demon tobacco, that never ceases to tempt him, will not permit him to rest until he has taken one pinch or smoked one cigar.

Suppose we admit, though tempted every day, every hour, and every instant, we possess sufficient self-control and moral courage, as not to allow the poison time enough to produce its hurtful action; we ask him, how many smokers, snuffers, and chewers, despite the counsels of hygiene, and of common sense, do we not see, consume tobacco until they have fallen into a state of stupor and imbecility!

Besides, if, as is commonly written, the action of tobacco depends upon constitutional dispositions and hygienic conditions of the systems of the persons who use it, and the different quantities employed, how can you dare say that you do not dread its hurtful influence!

Behold that young and handsome lady who has

so many admiring friends, and who, to drive away the *ennui* that darkens her brow, or obscures her mind, makes, at the instigation of her husband, the acquisition of a snuff-box, promising herself to take only one or two pinches of snuff daily. Her sense of smell is at first keenly excited, and as the powder exercises a gentle and slight titillation of the mucous membrane of her nose, as the mirror of her eyes glisten with silvery tears, and as she feels the dreaded *ennui* that besets her disappear, she opens again, and again, the fatal box; the habit of snuffing has already taken root in her nose, and if you should meet her some time afterward, you easily recognize her by the odor of tobacco, that her breath spreads around her, by her dirty handkerchief and dress, by her nasal voice, by her dejected spirits, by her gaping mouth, by her nose plugged up with a black crust; and if she gestures in your presence, it will only be to cast her fingers unceasingly into her snuff-box, as if she had only preserved the instinct for that mechanical action.

Behold, on the other hand, that young man who has received, at birth, the most precious gifts that Providence accords to human nature, intelligence and health.

During the happy days of his scholastic struggles, he has gained the most beautiful victories, and his professors, happy to crown him with the laurels he so justly merits, applaud him for his success, predicting that he will take a stand in the highest ranks of society. Proud of all these flattering omens, and of the beautiful prism through which he beholds in such glittering colors the happy future, his mind, in which the germs of genius have been sown with the hand of God, expands every instant as it dives into the inexhaustible source of all the human sciences; but, melancholy to say, the day will come also, when the door of the orgies will be opened to him, and as nothing is more beautiful to the brilliant imagination of an impulsive youth, in a night of debauchery, than to see the sparkling gas of the champagne unite with the clouds of smoke that curl above his head, he will seize, for the first time in his life, a *cigar*; he will dirty his lips with its impure juice without for once thinking that a poison is concealed in the pleasure that he partakes of—a pleasure always renewed by its ashes, to lead continually to new desires and to new joys.

Oh, the poisonous *weed*! Though it makes him sick and loathe it the first time, it tempts him again, and as he “never surrenders,” the magnanimous youth resolves to try and gain another victory. He smokes, and smokes again; and if one or two cigars suffice him to-day, in a month he will smoke three, four, or half a dozen per day, and in less than six months he sucks the nauseous pipe: a thousand emotions will come then to lend him the charm of their seducing and deceitful reveries; then, an epoch will arrive when his soul, which had always been so calm and so happy, will awaken with a start—a shudder, as if it felt the breath of an ardent passion pass over it. Yes, he is a confirmed smoker.

Follow now this young man into the world, and soon, be well assured, you will see him tremble in a manner, as his mouth emits, like the crater of Vesuvius, those streams of smoke which conceal the borders of the gulf in which, sooner or later, his physical forces and moral faculties will be found to be extinguished.

Though his temperament may be bilious, nervous, sanguineous, or phlegmatic, yet a multitude of general disorders will not be long in coming to be grafted upon it by the deplorable habit he has contracted. At first, he complains of a slight headache; he desires much to study, but the pain is stronger than his will; then, as his muscles have already lost a part of their power from the secondary effects of the narcotic which has congested his brain, he throws himself carelessly and lazily in an arm-chair, whilst his head, obeying its own weight, rolls like an inert ball over his shoulders, and his heavy eyelashes involuntarily close, and he in vain endeavors to open them; the poison that his system has absorbed paralyzes all his efforts. Stretching, and yawning, and sighs, spring blusteringly from his oppressed chest; his automatic movements stiffen momentarily his body; his trembling hands are borne upon his eyes to try and raise the thick veil that obscures his vision; finally, fearing not to be able to escape the arms of Morpheus open to receive him, he lays aside his book to go and ask of his *idol* tobacco for a little distraction. Seizing a fresh cigar, he exclaims, I will study to-morrow; but on to-morrow he is nauseated and desires to vomit, for it is necessary to bear in mind that tobacco, in stupefying the brain, hinders it from reacting on the stomach; this latter organ not receiving its natural stimulus as usual, becomes inactive; the vital energy of this organ is soon destroyed, and the loss of appetite is manifested; and as, above all things, it is necessary to enable the mind to elaborate whatever is presented to it, this young man, who closed his book yesterday, from drowsiness, refuses to-day all kinds of food, in consequence of the disgust which it creates.

Here are, then, two important organs presiding essentially over the fundamental acts of life, which are suddenly found enchained, or singularly modified by tobacco.\*

\* Tobacco has the property of diminishing hunger. Ramazini says, that many travelers have assured him that tobacco chewed or smoked drives away the appetite, and that one can travel much longer without being oppressed with hunger.

Van Helmont says the same thing; he contended that tobacco appeased hunger, not by satisfying it, but by destroying the sensation, and by diminishing the activity of the other functions.

Ramazini adds, he has often observed smokers and chewers without an appetite, as well as great wine-drinkers, because their usage enervates the action of the stomach.

Plemplus likewise remarks, that tobacco diminishes the sense of hunger, but gives another reason in explanation of the phenomena; he believes that by the abundance of serum or saliva which flows into the stomach, and fills more or less this viscous, that the sense of hunger is appeased in consequence of its absorption, and not by its enervation or numbness.

Perhaps these two causes, adds M. Merat, from whom we borrow these details, contribute conjointly to diminish the sense of hunger.

But this is nothing yet: the habit of smoking will become so confirmed with him, that he will come to experience only a single pleasure, that of puffing and absorbing tobacco smoke every moment.

But this ecstasy of the senses, this continual enervation, in discarding from his mind the *ennui* that besets it, causes him also to forget his duties. Again, this being an acquired habit, diverts necessarily the desires from their direct course, and as a desire, as soon as satisfied, calls up another, the habit of smoking engenders a number of habits, the more unfortunate, too, in a manner, as he advances in life.

Do you not see already, there is no tobacco too strong for him! What will he do! Ah! my God! Since this poison has commenced to brutalise him, why will he go and drown his remorse, and exhaust the slight strength that remains with him with beer, wine, or alcohol! From this moment, the wisest counsels, and the strongest arguments that can be produced, will not turn him from his vicious inclinations; he will be seen day and night to abandon his studies, and leave his family, to visit the smoking-rooms and drinking establishments, and swell the crowd of loafers, the best portion of whose lives are spent in contact with the cigar, the pipe, and the glass.

Let us stop here, and close the picture. However, if after this young man has indulged in his favorite habits of smoking and chewing, and drinking spirituous liquors, for some years, we should chance to obtain a view of his exterior person, and dive into the recesses of his organization, what disorders will we not behold there! His face, where pallor and sadness are confounded, indicates a state of suffering; his muscles, formerly so strong, and so vigorous, now flabby and shriveled, are effaced beneath a tarnished skin; his legs tremble as he moves, for the marasmus, in devouring by degrees the mass of cellular tissue which covers his members, has dried up many of the streams of his material life. If we pass from his physical to his intellectual faculties, to interrogate them, we will find in place of that intelligence which was so rich and brilliantly announced, a short time previous, not idiocy, if you wish, but a state of vacancy and stupidity such that, if some day, in meeting him, you take a fancy to ask him only to call your name, with whom he has been united in the ties of friendship from his infancy, you will see him hesitate a long while before pronouncing it.

It is lamentable to relate, but his memory, imitating in this particular the smoke of the thousands of cigars that he has consumed, has finished, like their fumes, by disappearing and vanishing in the air.

Thus, grace to this unfortunate present, which, originating in the New World, has spread over the Old World, here is a young man (and thousands can testify to the same thing), born to shine some day, at the head of literature, of the sciences, in the legislative halls, or in the army of his country, who has become to celebrate, or acquire no other glory than that of having *cudgotted* pipes!

He has sacrificed his health and beautiful prospects at the altar of his *Idol*—the *Demon Tobacco*. How is it to be expected that an organization, which has not sufficient vigor to contend against the deteriorating influence of a weed so injurious to the human constitution, can be developed, and gain the strength which it requires, whilst habituating itself daily to the contact of such a poison!

Look at the people in the East, formerly so powerful, now so weak and extremely degraded, and tell us if they do not owe a part of their ignorance and degradation to this vice,—so fashionable among us! Tobacco increases the inclination that most men have to idleness, by destroying the idea of remorse, which complete inaction or laziness never fails to give rise. It dissolves family circles, so much cherished by decent men, from which the men and young bucks escape to go and smoke, and chew, and spit.

Just peep behind the curtains of the smoking-rooms of the United States, England, Holland, Belgium, France, Spain, Italy, &c., and see their inmates with shallow heads, and vacant minds, happy to be plunged in a sea of ambler and liquor, and enveloped in a fog of smoke, which seems to afford them more solid joys than the pleasures of ladies' society, and the sweets of the domestic fireside.

Is it not most astonishing, that civilized and decent men should lead such lives! It is well known, that during the manufacture of tobacco, there arises from the plant such strong and such unhealthy dust, as to cause great inconvenience to those engaged in the labor.

All writers on the subject describe the laborers as generally emaciated, tarnished, yellow, asthmatic, subject to colics, looseness, bloody flux, dyspepsia; but above all, to vertigo, headache, muscular twitchings, cramps, and more or less acute diseases of the chest, as we have frequent occasions to observe, either in the public walks, in the tobacco factories, or hospitals.

Thus, a substance so useless produces innumerable ills, and death even to those charged to prepare for others the most insignificant of pleasures.

There arise, indeed, particularly in summer, such quantities of subtle particles—dust—in tobacco factories, that the neighbors of them are much incommoded, and are frequently made sick at the stomach.

The horses employed turning the mills that grind and powder the tobacco, manifest the hurtful effects of the dust which surrounds them, by frequently agitating their heads, coughing and snorting. The laborers suffer much from headache, vertigo, nausea, and loss of appetite, and continual looseness. (*Ramazzini, Maladies des Artisans*, trad. de Fourcroy, p. 189.)

Those endemic diseases of which we have spoken, have spread with such violence among the people residing around and near tobacco factories, that in some countries, the wise precaution is adopted of establishing the factories outside of the towns; this precaution is particularly observed, at present, in France.

(To be continued.)

## ANATOMY FOR STUDENTS OF THE FINE ARTS.\*

[Continued from the January No.]

N, Plates I, II, III, shows the Femur, or thigh bone; *h*, Plate I, head of the femur; *i*, Great Trochanter (runner); *k*, Lesser Trochanter; *l*, Outer Condyle of the Femur; *m*, Inner Condyle of the Femur.

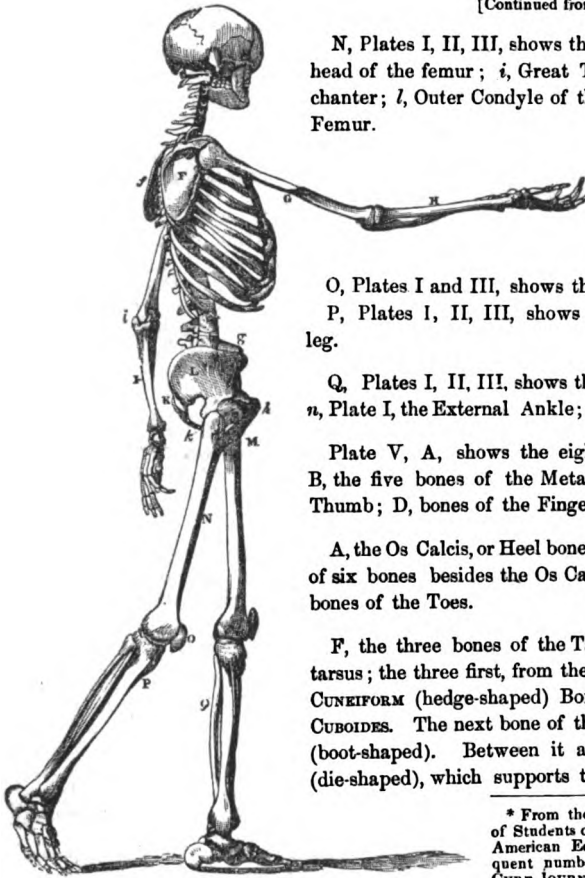


PLATE III.

O, Plates I and III, shows the Patella, or knee-pan.

P, Plates I, II, III, shows the Tibia, or largest bone of the leg.

Q, Plates I, II, III, shows the Tibula, or small bone of the leg; *n*, Plate I, the External Ankle; *o*, Plate I, the Internal Ankle.

Plate V, A, shows the eight bones of the Carpus, or Wrist; B, the five bones of the Metacarpus, or Hand; C, bones of the Thumb; D, bones of the Fingers.

A, the Os Calcis, or Heel bone; B, the Tarsus, or Instep, composed of six bones besides the Os Calcis; C, the Metatarsus, or Foot; D, bones of the Toes.

F, the three bones of the Tarsus, immediately joining the Metatarsus; the three first, from the inner side of the foot, are called the CUNEIFORM (hedge-shaped) BONES, and the small outer one the Os CUBOIDES. The next bone of the Tarsus is called the Os NAVICULAR (boot-shaped). Between it and the Os Calcis is the Astragalus (die-shaped), which supports the two bones of the leg.

\* 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.

PLATE IV.—BONES OF THE HEAD.

A, Os Frontis, or Forehead bone.

BB, Ossa Parietalis, or Bregmatia.

CC, Os Temporum.

DD, Os Sphænoideum.

aa, The Mastoid Process.

EE, Os Jugale, or Os Malare.

FF, Maxilla Superior, or Upper Jaw.

GG, Maxilla Inferior, or Lower Jaw.

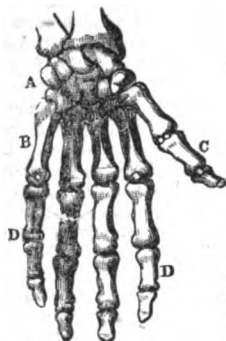
H, Os Occipitis, or Back of Head.

I, Os Nasi.

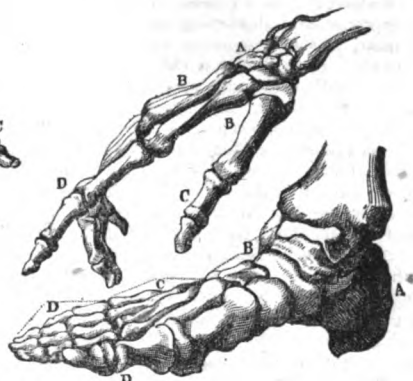


PLATE V.—BONES OF THE HAND AND FOOT.

- A, Bones of the Carpus, or Wrist.
- B, Bones of the Metacarpus, or Hand.
- C, Bones of the Thumb.
- D, Bones of the Fingers.



- A, Os Calcis, or Heel bone.
- B, Tarsus, or Instep, composed of six bones besides the Os Calcis.
- C, Bones of the Metatarsus, or Foot.
- D, Bones of the Toes.



Of the bones of the Tarsus, immediately joining the Metatarsus, the first three, from the inner side of the foot, are called the **CUNEIFORM** Bones; and the small outer one, the **Os CUBOIDES**.

The next bone of the Tarsus is called the **Os SCAPHOIDES**, or **Os NAVICULARE**. Between it and the **Os Calcis** is the **Astragalus**, which supports the two bones of the leg.

#### OBSERVATIONS ON PERTUSSIS, OR HOOPING-COUGH AND ASTHMA.

BY MARY S. GOVE NICHOLS.

In Dickson's "Manual of Pathology and Practice," we find the following respecting Pertussis:

"It is one of the specific contagions; often becomes epidemic; does not attack usually more than once the same individual, although this rule is liable to exceptions. Hence, it is most frequently met with in young children. It invades, for the most part, as a mild catarrhal fever. After a certain duration, the paroxysms of coughing become more and more violent, and protracted, and convulsive; rapid and repeated expirations are made with vehemence; and then a sonorous inspiration, whence the common name of **hooping-cough**. These paroxysms terminate with large expectoration, or vomiting.

"There is generally a considerable secretion of mucus in the air-passages, with a loud r le. Pulmonary inflammation sometimes arises, with fever and great dyspnoea (difficulty of breathing). In other cases, there is notable and prominent disorder of the digestive system, with diarrhoea. Not unfrequently, too, there is much determination to the head, and convulsions.

"The *causes* which occasion, or render more violent a paroxysm, are a full or indigestible meal, any forcible muscular exertion, mental emotion, exposure to cold and moisture, &c. The average duration of **hooping-cough** may be calculated from six to eight weeks. It may be prolonged indefinitely, by a renewal of catarrhal affections, with which it readily associates itself.

"**AUTOPSY.**—The traces found, in post-mortem

examinations of this disease, are not regular or uniform. It sometimes happens that no lesions or morbid changes can be pointed out. Most generally, however, the bronchial mucous membrane is irregularly reddened, and injected in patches; while, at the same time, there are marks of determination to the head and engorgement of the brain.

"The pathology of **hooping-cough** is not clearly made out. The majority believe it to be an inflammatory affection of the bronchial membrane.

"**TREATMENT.**—It is made a question whether we have the power to cure an attack of this singular malady."—After this confession, Dr. D. goes on to advise general and local blood-letting, emetics, purgatives, and expectorants. Amongst the medicines recommended are, *sulp. zinc*, *squill*, *ipsecac*, *camphor*, *opium*, *carb. of potassa*, the warm bath, and mustard poultices. He farther says, "*Asafetida* is much extolled. *Prussic acid* is supposed by some to be almost antidotal. Of tonics, *cinchona* and *arsenic* are justly preferred."

The above is a condensation, doubtless, of the best allopathic medical authority in this country; and, with the exhibition of all these remedies in numberless cases down to 1842, when the work was published from which the above quotations are made, the results only enabled our author to say, "It is made a question whether we have the power to cure an attack of this singular malady."

I shall now proceed to give some facts respecting Water-Cure in whooping-cough.

Water-Cure is efficient in ameliorating the symptoms, and shortening the duration, of this disease, just in proportion as it is judicious and forcible. If we bathe a child daily who is attacked with the cough, and put a wet bandage around the chest, and regulate the diet, we soften the attack—the child suffers less—but we do not materially affect the duration of the disease: it runs on, very likely, its six weeks. But if we give a strong child the sweating-blanket pack on one day, inducing profuse perspiration, and the wet-sheet pack for an hour or more the next day, and bathe him thoroughly in cold water when he comes out of his pack, and in the morning, and also let him wear wet bandages day and night, and take a dripping-sheet rubbing-bath on going to bed, whilst the diet is spare and plain, we can cure whooping-cough in this patient in from seven to ten days.

In a weak patient, I give the wet sheet twice a day till the skin is moist, *not* till perspiration is induced, and I do not give the sweating pack. I have conquered the most violent whooping-cough I ever saw; so that it was not an inconvenience in a week, without the sweating blanket. I gave two or three wet sheets in the twenty-four hours. I prefer to sweat, when the patient is strong and able to bear it.

I have just "discharged cured" a child three years old, who was attacked with whooping-cough the first part of November. His mother treated him with water somewhat, but was not conscious that the child had the whooping-cough till he began to hoop. About this time, when the determination to the head was increased, the child was imprudently allowed to eat food of a very improper quality. He had been a delicate, scrofulous infant from his birth. A scrofulous issue had kept the umbilicus open till it was closed with adhesive straps, during the first months of the child's life. After being fed thus improperly, indigestion and high febrile action were induced. The mother, who is a judicious disciple of Water-Cure, was very ill, and the child had nothing done to relieve his fever during the night. In the morning, he was seized with convulsions. I saw him in the forenoon, after the first fit. I was not then told what he had eaten, and did not know that the convulsion depended on gastric irritation. I was left to suppose that it was in consequence of the determination to the head, so common at the accession of the hoop in this cough. To be sure, however, to reach all *possible* causes, I ordered injections, until the bowels should be thoroughly moved. I was obliged to leave the child, after ordering the enemata, and his envelopment in wet bandages. The attendants could not succeed in moving the bowels for some hours, and during the day he had two more violent "convulsion fits." At four p.m. I found him apparently dying from the third fit, though, just before it came on, they had succeeded in thoroughly evacuating the bowels. The little creature was nearly pulseless, did not appear to

see or hear, but lay relaxed like a rag. His extremities were cold, and the bowels much swollen.

I took him in my arms, and for four hours I remained with him. First, I fomented the bowels and the feet and legs with flannels wrung from hot water, and then rubbed him with my hands till circulation and warmth were restored. When this was achieved, I packed him in an entire wet sheet. In an hour, we took him out of this pack and sponged him with cold water, and rubbed him well. He was sufficiently revived to look about and speak to us, and I left him, with hope of his life.

For days he was kept on the smallest quantity of nourishment. For a time he was packed three times a day, and as many in the night; for the fever was very violent. The cough was cured in a week or two, but in its stead he had a fiery eruption over the whole surface, from the armpits on to the thighs. This was like a half-drawn blister, and exuded yellow and fetid matter all the time. He was kept wrapped in wet bandages, which were often changed, and packed daily, for two or three weeks, for an hour a day; after, for fifteen minutes; and later, every other day for an hour. In six weeks the boy was cured of all his maladies, and was very busy learning to walk. The eruption gradually healed. Its long continuance frightened some pretty good Water-Cure people, but I steadily refused to do anything to cause its retrocession, telling the parents of the danger of again causing convulsions by healing the crisis, by causing it to recede again into the system.

I consider the child's life as ten times more safe since this discharge of scrofulous matter. Have we not good reason to believe that this same matter was being discharged by the mucous membrane of the lungs, during the continuance of the cough, as the cough ceased as soon as the eruption appeared on the skin?

Asthma seems to me to belong to the same family as pertussis. These diseases are at least first cousins. In asthma, a larger portion of the mucous membrane of the lungs seems to be affected; hence, the greater difficulty of breathing. The constant exudation of glairy matter from the mucous membrane, filling the lungs, produces wheezing, panting, and makes great muscular effort necessary to inflate the lungs at all. Where there is expectoration of the frothy mucus, peculiar to asthma, (and which, by the way, closely resembles the matter expectorated in whooping cough,) the patient is relieved whenever the mucus is raised. In the worst cases of asthma, there is neither cough nor expectoration. I have seen a patient laboring under so terrible an asthma, that the face became black from the effort to breathe, and often a thick smoke alone seemed to save the patient from suffocation, by forcing the lungs to inhale, as slaves are forced to move by some dreadful chastisement. This patient had marasmus so that there was universal emaciation, prolapse uteri, renal inflammation, and general weakness. By the use of the sweating blanket, alternating with the wet

sheet, dripping sheet baths at night on retiring, sitz baths, the vagina syringe, and careful diet, this patient was enabled in *one month* to breathe freely. Expectoration, which had been very abundant, ceased almost entirely, and all the symptoms were removed or relieved. It were idle to suppose a case of this kind cured in this time. It will always take months, perhaps many months, to remove the tendency to the lungs, and establish that healthy action of the skin, and other organs, which shall insure the patient against a recurrence of the disease. Patient continuance in the cure brings the desired result in time. Some cases yield much sooner than others. My experience does not enable me to fix the length of time required for the cure of this disease, or to promise those rapid cures in many other diseases which patients desire, and which some physicians are imprudent enough to agree to perform. When people have been many years in causing a diseased condition, they must be at least as many months in removing it. Asthma is as controllable and curable by water treatment as almost any chronic ailment. Where the general tone of the nerves is preserved, and the patient is stout, and well in other respects, it is very easy of cure. Where the general health is to be restored, and other chronic ailments to be removed, the cure is necessarily protracted.

Asthma seldom appears early in life, though it is seen early in children. A predisposition is often derived from a vicious conformation of the chest. The position of children at school injures, in many instances, this deformity of the chest, though at times it is hereditary—born of a constricted mother. Bad habits in children weaken the muscles that sustain the chest, and thus they become bent, the viscera compressed, and the chest permanently cramped and deformed. A first attack establishes a tendency to the disease. Paroxysms are excited by changes of temperature, by exposure to cold and wet, to the bad air of crowded rooms, to gases, and sometimes to odors. Food of improper quality and improper quantity, and taken late or at irregular hours, will induce a paroxysm of asthma in persons who are disposed to the disease. Violent exertion, any dissipation, and the exhaustion of the passions, are fruitful causes. Repelled eruptions are sure to cause the disease in those who have a tendency to it.

The regular allopathic treatment of asthma is by blood-letting, emetics, purgatives, and narcotics. Tobacco, stramonium, spider's web, lobelia, coffee, and opium are largely praised, and used for asthma, by the regular faculty. I have been guided in the treatment of asthma by the same principles as in whooping-cough. The treatment is substantially the same in both diseases. Water-Cure, properly applied, is eminently successful in both. The same treatment cannot be applied to the weak and to the strong, and people are beginning to learn that this is true in all diseases. The routine Water-

Cure doctor, who treats everybody alike, is beginning to receive just the amount of respect that his wisdom, or want of wisdom, merits. I think there is no branch of knowledge among the people that is making more rapid progress than the knowledge of Water-Cure. God speed it.

46 Lexington Avenue, N. Y.

#### CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 2.

Failure of Chemical Experiments—Imitation of Medicines—Adulterations of Medicine—Acquiring Experience—Druggists not alone in Imposition—Number of Drug Stores—Who Own the Drug Stores—Profit on Sales—Volunteer Patients—English Drug Importations—Sale of Patent Medicines—Composition of Patent Medicines—Consumption Syrops—Sarsaparilla Syrops—Red Drops—Soothing Syrops for Children Teething—Pills for Purifying the Blood—Cough Candies—Hair Oil.

FAILURE OF CHEMICAL EXPERIMENTS.—Though very anxious to understand chemistry, and for that purpose to repeat the experiments recorded in the books, I was deterred by the repeated failures that attended my attempts; success being so rare as to form an exception, although every direction was carefully followed. At last suspicion was excited in my mind that the materials with which I worked were not pure, and that suspicion was converted into certainty upon inquiry. I found, to my exceeding surprise, that so extensive was the system of adulteration of medicines, that the majority of druggists hardly hoped to obtain, at any price, genuine articles, and consequently bought, at the cheapest rates, whatever at all resembled the traditional description of the required drugs, asking no questions for conscience' sake.

IMITATION OF MEDICINES.—So far had the evil advanced, that books were written purposely to enable chemists to detect the cheat. With one of the best of such works before me, and provided with a supply of chemicals, at high prices, obtained from a celebrated laboratory, I tested carefully the stock in the store, and, to my sorrow, found them, thus rigidly weighed in the balance, lamentably wanting. Our iodide of potassium, then so much used, had not enough of iodine in it to turn starch blue; our quinine showed no signs of ever being in contact with Peruvian bark; pounds of our calomel might be taken without injury to the system, as far as the injurious effects of mercury were concerned; and equally innocuous were both blue pill and blue ointment. In short, all the supposed valuable articles, as far as cost gives virtue, were alike worthless; and yet, under their presumed names, I was forced to sell them.

ADULTERATIONS OF MEDICINE.—Though these startling revelations forced me to regard the wholesale dealers indiscriminately as a pack of rascals, yet I modified this opinion, upon becoming acquainted with a few of the trade whose tone of mind was much more elevated. These worthy merchants would mix a little of the true with much of the false, or endeavor in some way

to sell an article whose medicinal qualities bore a resemblance, however small, to the type asked for. Thus, for James' powder (oxyd of antimony), they would furnish a compound containing a small proportion of tartaremetic; their opium would only be two-thirds composed of pill mass; their oil of bergamot would have an ounce at least of the genuine oil mixed with the lemon compound; and their otto of rose would be scented sufficiently to smell like the flower from which it was supposed to be distilled. Though others as well as myself admired this heroic conduct, in an era of time-serving, and traded with these upright dealers, proving that "honesty was the best policy," yet their example was but little followed.

**ACQUIRING EXPERIENCE.**—Much enraged at what my inexperience thought unwarrantable conduct, I delivered free lectures on the subject to those in the business with whom I came in contact; but they, taking into consideration my youth, and want of this world's knowledge, looked upon me with an eye of pity, and instructed me in a better way.

**DRUGGISTS NOT ALONE IN IMPOSITION.**—While conversing with a down-town dealer one day, he remarked, for the purpose of justifying himself, that in every business the same system was pursued, to increase its gains. "A wholesale grocer lives on one side of my shop," said he, "and an importer of foreign wines on the other. Before the grocery, large quantities of sand are weekly dumped, to be mixed with sugar, to increase its weight. Hogsheads of cider, and boxes of alum, and old boots, enter the importer's store as well as wines. He sells any quantity of the primest Port, and, from the pains he takes with it, certainly makes a fine article, worthy of its reputation. He dissolves one dram (sixty grains) of alum in three pints of cider, to which he adds one pint of brandy and a due proportion of log-wood shavings. By the substitution of nitric ether for alum, together with the addition of worn leather from boots, he can prepare saleable imitations of the celebrated wines of France and Germany. His Champagne is excellent, and is as good Jersey cider as I ever drank. Last week, you refused to get your mustard from me, and bought a keg at the mills, to insure its genuineness. By so doing, you procured some I myself had sold them, made of baked flour, colored with turmeric, and rendered acrid with Cayenne pepper!"

**NUMBER OF DRUG STORES.**—Another, while speaking on this subject, said, "New York City and other large places are as full of drug stores as they can hold: the red and green globes flare before you at almost every corner. The clerks, with some noble exceptions, (a bow from me,) are a lazy, ignorant, dissipated set, drudging for salaries that would be rejected by a wood-sawyer. Yet, small as their salaries are, they could not manage to exist by the sale of tooth-brushes and playing-cards. It is, therefore, absolutely necessary that the receipts from medicines sold should be almost clear gain. Did they pay a proper

price, and procure the genuine, they would infallibly starve. Such a state of things would have the effect of closing up *five-sixths* of the drug stores, and forcing their attendants to seek other business."

**WHO OWN THE DRUG STORES.**—At first I wondered why physicians tolerated such establishments; but my own position at once explained the matter. They are owned by practicing physicians, who expect to derive a means of living from the profits of their prescriptions, and who are forced to work, not for direct fees, but as runners to swell the daily receipts of a small business. How many unfortunates, thus situated, have I heard deplore the time when they first took a medical book in hand! Educated in total ignorance of the life that awaits them, as soon as they become M.D.'s, they are thrown upon their own resources, and discover too soon that it is hard work to collect a doctor's bill. I have known some book, at reasonable rates, \$1500 for a year's practice, and receive \$90! Not willing to leave the profession, and be sneered at as changelings by those who know nothing of the matter, or perhaps unwilling, from motives of vanity, to work with their hands, but one chance remains, and that is to open a drug store. There are exceptions; for, to my knowledge, not a few agents, auctioneers, conductors of railroad trains, and grocers, could write, if they choose, M.D. after their names.

**PROFITS ON SALES.**—Of course, such physicians lose no chance of dosing, and pill, potion, and powder are freely directed, and in such quantities, too, as to induce an observer, not behind the curtain, to erroneously suppose that enormous supplies of medicine are being taken. If the doctor cannot procure a store himself, he makes an arrangement with a druggist, who charges to his account every prescription that bears his signature, and hands over each week from 38½ to 50 per cent. of the gross amount. Many a fifty per cent. have I, in after times, paid doctors, and most gladly, too, as the following statements will show:

R. Sacchar. Alb. grs. xii.	Take White Sugar 12 grs.
Pulv. Rhei. grs. ij. M.	Powdered Rhubarb 2 grains.
Et div. in Pulv. No. viii. X.	Mix, and put in eight papers.

A single powder pays 6½ cents; more than one, 3 cents each; so that the above would be 25 cts. The labor and material costs under a cent; so that, after paying 12½ cents commission, over 11 cents clear profit would remain.

R. Tart. Ant. grs. v.	Take Tartar Emetic 2 grains.	Pare
Aqua Pur. ʒviij.	(pump) Water 1-2 pint.	Mix.
M.	Charge, with vial, 4d. 6d.; first case,	
X.	with vial, 2 cents.	

**VOLUNTEER PATIENTS.**—The last prescription was a favorite one with a certain doctor, who, by not coloring the mixture, gave rise to unjust suspicions that he ordered nothing but water. An incident occurred, however, that completely exonerated him from all such injurious surmises in future. One Sunday afternoon, he had directed his usual medicine for a child affected with some



symptoms of inflammation of the chest. One of the children of the family had been sent to the store with the prescription, got it prepared, and just returned as dinner was finished. It was on an occasion when several friends were present, and all had been eating heartily, and were in quite a merry humor. The vial was taken from the boy, handed around, and comments freely given. "It is nothing but water," said one. "I am sure of that fact," said a second. "I will take a dose," said a third; and the rest agreed to follow the example, and all thought it would be fine fun. Each joyously took a tea-spoonful, and in less than twenty minutes the proposers of the measure grew pale, deadly sick, and vomited; while the rest, either through sympathy or the effect of the medicine, followed the same course. In great alarm, the doctor was sent for; and, after some hours, all was right again, and things as before, except that the company were taught to distrust the evidence of the senses; and the doctor's reputation received an impetus, the force of which is not wholly spent at the present day. Though the instances given of the first cost of prescriptions are extreme, yet it would be difficult to write one whose retail price would be two shillings, and first cost more than two cents.

**ENGLISH DRUG IMPORTATIONS.**—In former days, the markets were filled with the most wretched articles of English manufacture, the exporters relying on American ignorance to escape detection. What would have been unsaleable in any other part of the world, was shipped to our shores by the cargo, and so greedily received, that, not content with palming off the worst upon us, they actually began to manufacture imitations, expressly for Yankee land. When at last discovered, the evil had risen to so great a height, that legislative interference became necessary for our protection, and Congress was forced to pass a law, appointing special inspectors to be attached to the custom-houses of our chief sea-ports. Last year, as an instance, the agent at New York threw overboard several thousand dollars worth of medicines as worthless. Though the connivance of importers still floods the market, yet the check has a decided effect, and will tend in a measure to remedy the evil.

**SALE OF PATENT MEDICINES.**—In my day, as in the present time, the drug stores were filled with all kinds of patent medicines, from the sale of which they derived no mean item of their receipts. It was before the proprietors of such compounds had their eyes fully opened to their danger, and were only too anxious to have drug stores for their agencies. When a bottle of a particular stuff was sold only now and then, no special attention was paid to it, and the purchaser could procure the genuine, without bestowing a world of trouble in examining the figures and signature on the labels, as he would a bank note by the "Detector." But if the medicine was advertised, and there was a good run, the matter assumed a different character. Fac-simile labels

and bills were easily procured, and an imitation soon prepared and dispensed. Just enough was ordered from the proprietor to ward off suspicion, and keep him advertising; though, no doubt, many a poor fellow thus placed has wondered that his pocket did not fill in a commensurate ratio with his growing fame. At last, however, the secret leaked out, and the knowing ones attempted to ward off sharing the profits with the drug stores, and so put their medicines for sale in fancy shops, groceries, and bakeries; but all in vain, for the preparations were imitated, and so much undersold to the agencies, that they readily bought them, playing the apothecaries' game at second hand.

**COMPOSITION OF PATENT MEDICINES.**—It is difficult for one person to keep a secret; but when a large number are in possession of it, its retention becomes almost impossible. In this manner the employees of patent medicine traders, in the nature of things, discover the composition of the remedies, and the matter soon becomes public. Probably the great number of imitations perfectly represent in every respect the Simon Pures; so that no harm is done the public or any one else, except that the original getter-up pays more than his share for advertising. Many of these dealers are great geniuses, if, as some suppose, that genius is the faculty of discovering resemblances between things too remote for the common mind to link; for the names of many of their medicines have no connection whatever with the ingredients supposed to be represented.

**CONSUMPTION SYRUPS.**—Within the last ten years, fortunes have been acquired by the sale of syrups of liverwort, for the cure of consumption. Not a particle of the herb from which they are named do they contain; and perhaps it is well they do not, as the plant has little or no medicinal properties, and the syrups are useful at times in diseases of the mucous membranes. They owe the power in consequence of holding suspended a solution of balsam of copaiva in sugar and water—one ounce of the balsam to a quart of syrup. A pint bottle, sold for a dollar, costs about eight cents, all expenses included. The liverwort is now giving place to wood naphtha, made in the same way, and at nearly the same price.

**SARSAPARILLA SYRUPS.**—The peculiar flavor of sarsaparilla is well imitated by wintergreen; so that wholesale dealers, for soda-water purposes, dissolve some two ounces of the oil of wintergreen in half a pint of alcohol, and put the mixture into the bung of a barrel of fair molasses. Replacing the bung, they roll the barrel about until the whole is well mixed, and then, shaking occasionally, draw freely. For medicinal purposes, into every quart bottle of the molasses, thus prepared, two grains of muriate of mercury, (corrosive sublimate, or bed-bug poison,) dissolved in a tea-spoonful of alcohol, is introduced. The poor victim, while swallowing his dearly-priced poison, is congratulating himself that he is too cute to employ a mercury doctor to salivate him. The herb whose reputation is so widely extended is inert, and the corrosive sublimate is added to

make it active, which most of these syrups are in a certain degree.

**RED DROPS.**—The many advertised preparations under this name differ only from the *sarsaparilla panacea*, in being much stronger and more dissolved in colored alcohol, without the addition of syrup.

**SOOTHING SYRUPS FOR CHILDREN TEETHING.**—These are made by mixing an ounce of the solution of morphine (the active principle of opium) with a quart of simple syrup, and coloring with saffron. As they are directed to be merely rubbed on the gum, it is only now and then that an infant dies from their administration; their general effect being to induce a deadly lethargy.

**PILLS FOR PURIFYING THE BLOOD.**—Morrison's pills were the great specific for all disorders in my day; Brandreth's superseded them, and for a time gained pre-eminence; and now the honors are divided among some half dozen. They are all composed of the same ingredients—aloes, gamboge, and Castile soap—generally in equal proportions, though sometimes varying, if gamboge is dear. It is the property of aloes, the moment a sufficient quantity gets dissolved in the stomach, to cause the bowels to throw off their contents, of course including the medicine. It may easily be perceived that in ordinary cases the quantity of pills taken does not intensify the effect; and thus the vendors constantly reiterate, "Don't be afraid—take plenty—dose from two to sixty or seventy!" Now and then, from some unlucky obstruction in the bowels or inactivity of the stomach, so much of the mass becomes dissolved as to kill before it is ejected.

**COUGH CANDIES.**—These are now the fashionable remedies. They are made by adding a solution of tartar emetic to the molasses or syrup, which is boiled down to form the candy. They are elegant preparations, without smell or taste beyond what the sugar gives, or the vender adds. I am sorry to say, that cough candy is a highly dangerous luxury; not only occasioning sickness at stomach and vomiting, but also that it is not a very difficult matter to swallow enough, from the poison it contains, to cause death.

**HAIR OILS.**—In reviewing the syrups, candies, and pills, I have given information enough to put the public on their guard against advertised infallibilities; so that if any of my readers will bite when the bait is presented in future, they may at least be aware that a hook is concealed, and have the grace not to grumble when caught. I have not thought it worth while to mention the poisonous compounds sold under the name of cosmetics; for it is not probable it would deter those who use them from *beautifying* themselves. I would mention to those in the habit of using "hair oils," that they purchase from those vendors who make their "bears' grease" from fresh lard, and do not scent it too highly, as salted lard and essential oils are apt to grizzle the hair and give it a reddish color, on account of the irritation they excite. For those who will *gloss* the covering of their craniums, Macassar oil is the best. This is a valuable preparation, imported

from the Orient by a London house. It is obtained by distillation from a rare and costly plant, and the secret was obtained from an Indian (East Indian) princess—that is to say, it is made by adding an ounce of Alkand root (a drug which imparts a beautiful red color to oils) to a gallon of good olive or sperm oil, allowing it to remain until the desired tinge is imparted; and then, after the whole is filtered, scenting with oil of thyme.

The reader is by this time pretty well acquainted with the portals of the temple; and the next number will introduce him into the structure itself, in the shape of a Medical College.

#### TREATMENT OF CASES BY PRIESSNITZ.

BY DR. ROOF—FROM HIS GRAEFENBERG JOURNAL.

**ACUTE BRONCHITIS.**—Mr. G—, a gentleman from Tyrol, had been troubled a long time with a spasmodic cough, accompanied by a sore throat. His constitution had been much impaired, and his health in all respects quite destroyed by a long residence in a hot and debilitating climate. In this prostrated state he came to Graefenberg. After being about two months under treatment, he was attacked with acute bronchitis. Priessnitz ordered fifteen Leintuchs (packing sheets) per day. Five were to be in immediate succession of half an hour each, except the last, in which he was to remain longer; from this he was placed in a tepid shallow bath, and rubbed for half an hour, having water poured occasionally over the head, and during the half hour going at least three times into the wanne (plunge), then a little exercise in the room. This process was repeated until the fifteen were taken, five at a time, and followed by the tepid bath; if strength failed for exercise, he went to bed. Drank water frequently, in small quantities. During the intervals the patient was sometimes attacked with chills or fever; in either case he was put for a short time in the cold bath, and rubbed briskly. Umschläge, (bandages) quite wet, were worn around the throat, and changed every half hour. This treatment was continued about a fortnight, when the inflammation entirely subsided, and the throat was cured, not only from this acute attack, but the old chronic difficulty disappeared.

During this treatment, the patient's diet was sour milk only.

**ACUTE HEPATITIS.**—A gentleman suffering from chronic hepatitis of long standing, came to Graefenberg for cure. While under treatment the disease assumed the acute form. Mr. Priessnitz ordered leintuchs, morning and evening, and tepid bath for half an hour after each, being constantly rubbed; and occasionally plunging into the cold bath, but always returning immediately to the tepid. He then took a little exercise. During the day three or four sitz baths were taken, of one and a half hours each, in cold water; changing the water every half hour, and rubbing the diseased parts constantly. Bandages, covering the region of the liver, were continually worn.

This treatment was continued about six days, when the disease was conquered and the patient cured.

**HOOPING-COUGH.**—Envelop the child in the wet sheet in the morning for half an hour, or more, which must be followed by a tepid shallow bath, (say 65°). In the evening, rubbing sheet. Well-covered bandages should be worn on the throat and chest, and changed as often as they become dry. During violent attacks of coughing, rub thoroughly the throat, chest, back, and soles of the feet, with hands dipped in cold water. The patient should be assiduously watched during the time of the envelopment, in order to guard against a paroxysm, which might come on whilst in it. Should this happen, the child should be raised up or held in the arms. The patient should be allowed to drink freely of water before breakfast, and at any other time when the stomach is empty. The water used should be tepid (60°); entire cold water would too much affect the already excited organs of swallowing. The patient should also be directed to exercise in the open air, but be carefully guarded from taking cold. The chest especially should be well covered, and the feet kept perfectly warm. Hot rooms to be strictly avoided. Diet should consist of plain, simple food.

**FOR WORMS.**—Wash the entire body, every morning and evening, in tepid water. Also give three or four injections of water, at 65°, every day (from four to six ounces each time), and let the child drink copiously of water. Apply to the stomach and bowels wet bandages, carefully covered, in order to prevent taking cold while in the air. This will generally be sufficient to expel the worms. Very often, however, a stronger treatment is necessary; in this case, envelop the child in the wet sheet every morning, for half or three fourths of an hour, and after it, give a shallow bath at 70°. Also give sitz baths in the afternoon, from twenty to thirty minutes. This treatment should be continued some time after the worms have been expelled. The diet should be very strict, avoiding all heavy, flatulent, and greasy food.

In our next number, we shall report the following cases:—Prolapsus Uteri, Spinal Irritation, Dysmenorrhœa, Catarrh, General Debility, Jaundice, &c.

#### LEGALIZED HUMBUGGERY:

##### A CASE OF TYPHOID FEVER.

BY DR. WM. A. ALCOTT.

THE views I entertain in regard to the present practice of medicine, and the value I set on water for remedial purposes, may, in some good degree, be inferred from the following statement of facts:

A few months since, as I was about retiring to rest, one night, I received, by Telegraph, the following communication:

"For Dr. Wm. A. Alcott, West Newton, Mass.  
"J. B. is but just alive—deranged—Dr. Alcott is requested to come on immediately."

Availing myself of the first opportunity to tra-

vel by railroad, I was soon on the spot, though the distance was nearly 150 miles. Just before I arrived, I met with his physician, who said, "J. is rather better."

I found him under the care of his wife and sister, as attendants. As they resigned their charge to me, I asked to see the directions; upon which the sister produced the following, written in pencil, by the physician.

"Give a tea-spoonful of the Quinine mixture, at 5—	9—1
Give a powder (Dover's powder) at	6—10—2
Give a tea-spoonful of Nitre, at	7—11—3
Give two tea-spoonfuls of brandy, at	8—12—4."

Till this moment I had scarcely thought of departing from my own rule, viz.—Follow the prescription of your physician, or else dismiss him at once. But I now looked at and examined the patient, and studied his case. He was about 34 years of age, of general good health and habits, nearly six feet high, and tolerably muscular. He was, however, a little inclined to scrofula, and he had of late used some tea and tobacco. But by a series of recent infractions of physical law, and in consequence of embarrassment in his affairs, he had become greatly depressed in body and mind, and had sunk down into a severe typhoid fever.

His mental derangement was nearly gone when I arrived, but there was still much fever, sleeplessness, a dry skin, and large bilious evacuations. I had come as an attendant, and not as a medical adviser; but I resolved to act for the night, both as physician and attendant.

I saw very clearly that what he most needed was rest and sleep; and this I resolved he should have, if possible, whatever became of the medicine, or the wishes of the physician.

Meanwhile, I sat by his bedside, and continued to study his disease. What does all this mean! I said to myself. Why all this array of warlike implements! What indication is there of the necessity of alcohol, quinine, morphia, opium, ipecac, nitre, &c.? He is burning with fever; shall we add fuel to the fire!

My mind was soon made up. Although habit and blind feeling (feeling is always blind), the physician, a wife, two mothers, and several other friends were against me, I resolved to do what I could.

The medicine was untouched; and he was suffered, indeed, encouraged—to sleep all he could. This, it is true, was very little; but then it was much to him, with such an agitated nervous system. Whenever he awakened from a brief nap, I asked him if he would have some water; and generally obtained an affirmative reply. At first he drank it very cautiously, but at length pretty freely, especially when his fever was high.

The physician came at daylight, and pronounced him "doing well." I told him, frankly, what I had done, and why. He treated me in his usual gentlemanly manner; but, with his views, could not of course approve of my omitting the quinine and brandy.

But I was now fully resolved to pursue my own way, and "take the responsibility." I com-

municated the secret to his sister, who was to aid me that day, and who, as I soon found, had given him no medicine for the twelve hours next previous to my arrival. She did not hesitate to unite with me in carrying out the no-medicine plan; and to follow me in the use of water, both externally and internally, especially when he was hot and dry.

All now went on well for several hours, till one or two highly bilious evacuations renewed the fears of those around him, that diarrhoea would come on, and induced them to urge the use of the stimulants, and indeed to give them in part, when I and my "colleague" were absent. And during the early part of the succeeding night, and till two o'clock next morning, he came again under a full quinine and brandy treatment. At this hour I was again at my post. There was an increased dryness of the skin, and tightness of the pulse, though he still slept quietly at times, was perfectly sane, and breathed freely.

The next morning the physician took me aside, and with due deference to my superior years, &c., insisted on a continued use of the stimulants. I remonstrated, but could not convince. Besides, the attendants generally had become so far acquainted with my "heterodoxy," as to become alarmed. As I was now obliged to leave him, I deemed it best, in order to give the patient a chance of recovery, "in spite of medicine," to "give up the ship."

I did not, however, wholly abandon him till the third day, but continued to give him water whenever I could. I also had his feather bed exchanged for a straw one; ventilated the room frequently, &c., &c.; all which the physician approved *after it was done*. But on the third day, finding him not at all improving, and the physician and principal friends incorrigible, I left him.

For three or four weeks he continued suspended, as it were, midway between life and death—with a preponderance, for the most part, downward. More than once was he "given over" by his friends; and once at least by his physician. The strong medicines were plied from time to time, as he was able to bear them; though always with doubtful results. The use of water, though not absolutely forbidden, by the physician, was deemed a thing of no consequence by his attendants; and indeed, for the most part, denied him. One individual—the sister—persevered in her entreaties, that this most grateful agent might be allowed him, and that the medicine might be omitted, as it evidently increased the temperature and dryness of his skin, if not the mental aberration. But her entreaties were in vain.

However, the young man recovered, in spite of medicine, as mankind often do. Human nature is tough. Mankind are made to live, rather than to die. But they sometimes live under circumstances to which death might be preferable. This young man was left with a large ulcer on the loins—a fever sore, I presume, it will be called—but which I prefer to call a *medicine* sore. His constitution is, moreover, much impaired. Of his purse I need not speak.

The following is extracted from a letter written to his physician, when he began to be convalescent—to which the writer has as yet received no reply.

"I was not without hopes (this was at my arrival) that you would adopt the no-medicine treatment. But I soon discovered the difficulties under which you labored, and they seemed likely to be insurmountable. I saw *first*, that you entertained a sort of confused confidence in medicine *per se*. *Secondly*, that if you were to adopt my plan (orthopathy), you would feel yourself in the condition of David in Saul's armor. *Thirdly*, that you would have had all the friends of the patient except E, and perhaps one more, against you. The patient, it is true, would have been with you, except for the faithlessness of the rest. In these circumstances, what had I to expect, or what had you? Who could have withstood the fears, and croakings, and insinuations of near relations? Take away their dearly beloved medicine, and like the man of Mount Ephraim, they exclaim, 'Ye have taken away my gods, and what have I more!'"

Now, sir, can you have a doubt that except on account of these difficulties J— would have recovered much sooner without medicine than with it? It were impossible for me to have. I am perfectly satisfied that so far from requiring brandy, morphine, quinine, or any other active medicine, the case was one which only required to be let alone—except to give nature a fair chance. I mean that it was so in the abstract.

If your patient recovers, he will recover *despite* of the medicine he has taken, and not *on account* of it; nor will his constitution be as good afterward as before. Such cases, I say again, are far less manageable *with* medicine than *without* it. And when I say this, I mean what I say. I care not (so much) whether it be given by a physician of the old school or the new; whether he be a botanic or a mineral man—an allopathist, a homeopathist, or a hydropathist.

The truth is, dear sir, that while I am a believer in no system of medicine, I am, in a certain sense, a believer in them all; for there is something to be learned from them all! They are all leading us to one grand issue, which it is not at all difficult to predict. Within a short time—it may be 500 years, for that in history is a short time, but it may be in 50—all sensible and truly learned medical men, as a general rule, will give no medicine at all. Their object will be to place their patient under the laws of God, physical and moral. And they will then be able to do this; because the public mind will be so far enlightened that the difficulties you and I have to encounter will not present themselves. Disease will not be regarded as a *destroying*, but as a *restoring* process. All the modern systems of medicine, from that to which you and I were brought up, down to hydropathy, regard disease as a *pulling down* process, and seem to recognize the presence of a foe, whom, in some shape or other, they must combat and overcome, or the patient will die. Disease is a *building up*, not a *pulling down* process.

I have said that in due time, they will, as a general rule, give no medicine. I will not say that they will *never* give any; but I seldom find occasion for any, even now. Emetics, you know, the French, of the "Louis" school, are already giving up; cathartics are also going "by the board," only more gradually. But I would sooner retain these than alterations in any form. J's case required and imperatively demanded good nursing and attendance—attention to the non-naturals—and that was all. There is not the slightest evidence that medicine—except *air and water*—has done him any permanent good. But if *no good*, it has done him much harm. Medicine is a sword with two edges. Had you dared to place him under law, and trust to Nature unimpeded and unobstructed, it would have been better for him, by at least 50 per cent.

Understand me on this point. I do not charge the Medical Faculty, or any member of it, with malice aforethought, or even with wrong intention. I repel, as much as any man, the idea that physicians keep people sick a long time, for the sake of the emolument.

I will add one fact to which I have before only adverted very indistinctly. In several instances, when the mental derangement was somewhat high and increasing, the judicious and steady application of cold water to the head gradually reduced the excitement, and was exceedingly grateful to the patient. The friend who used the water was most deeply and fully convinced by these experiments of the superiority of water to medicine, in removing the mania of typhoid fever; and no persuasion or entreaty would, as I suppose, be sufficient to restore her former confidence in the latter. She will live and die a hydropathist; or perhaps she will even find the more excellent path of orthopathy. In any event, one person is emancipated from humbuggery of the worst kind which ever disgraced the world.

#### THE NATURAL TERM OF LIFE.\*

DR. HUFELAND, in his *Macrobittic*, a work which has been translated into nearly all European languages, after citing numerous cases of extreme longevity, says, "We ought to have some fixed ideas as to what ought to be the true term of life; but we can hardly imagine to what an extent doctors differ on this point. Some assign to man extreme longevity, while others cut life very short. We might be tempted to believe that death occasioned by old age was the true term of man's life; but a calculation established upon such a basis would lead us into great errors, in an artificial state like ours." And this, in fact, is the very error into which people have fallen.

The learned Lichtenberg declared that the secret had been discovered of inoculating people with old age before their time; and added,

"We see, every day, men thirty or forty years old, presenting all the appearance of decrepitude, deformity, wrinkles, gray hairs, and other defects, which one only expects to find in men of eighty or ninety years of age." To the inquiry, "How long, in general, can man live?" *facts* answer, "from one hundred and fifty to one hundred and seventy, and even two hundred years."

Haller, who collected most of the cases of longevity known in Europe in his time, gave examples of more than one thousand persons who attained to 100, and 110 years; sixty persons from 110 to 120; twenty-nine from 120 to 130; fifteen from 133 to 140; six from 140 to 150; and one to 169 years. From the statistics of Russia, it appears that, in 1830, there were in that country, among others, the following instances of longevity: one hundred and twenty persons who had reached from 116 to 120 years; one hundred and twenty-one from 120 to 125; three from 125 to 130; five from 130 to 140; one to 145; three from 150 to 155; one to 160; and one to 165. In the tables of mortality for England and Wales, commencing at 1813, and ending with 1830, being a period of eighteen years, we find that from the age of eighty-one to that of one hundred and twenty-four, upward of 245,000 persons were buried, of whom more than seven hundred exceeded one hundred years.

In giving a more detailed account of individuals in different ages and countries, who have been remarkable for health and longevity, we may mention Democritus, the searcher of nature, a man of good temper, and serene mind, who lived in good health to one hundred and nine years. Zeno, the founder of the Stoical sect, and a master of the art of self-denial, attained nearly to the age of one hundred years. Polemon, of Athens, in his youth led a life of debauchery and drunkenness; but when about thirty years of age, he entered the school of Zeno, when in a state of intoxication: he was so struck with the eloquence of the Academician, and the force of his arguments, that from that time he renounced his dissipated habits, and adopted the principles of the "Nature's Beverage Society"—drinking no other beverage than water. He died at an extreme old age.—*See Tem. Biblioth. Class. in loco*. Cato, who was said to have had "an iron body, and an iron mind," was fond of a country life, a great enemy to physicians, and lived to near one hundred years.

A very remarkable collection, in regard to the duration of human life, in the time of Vespasian, has been presented to us by Pliny, from the records of the census, a source worthy of great credit. It there appears that, in the year when that numbering took place, the seventy-sixth of our era, there were living in that part of Italy which lies between the Apennines and the Po only, 124 men who had attained to the age of 100 years and upward, viz.: fifty-one of 100; fifty-seven of 110; two of 125; four of 130; four of from 132 to 137; and three of 140. Besides these, there were living in Parma, five men, three of whom

\* From "HYDROPATHY FOR THE PEOPLE," a most useful and interesting work, abounding in statistics and arguments of vast importance to the great mass of the people, now in process of republication by Fowlers & Wells.

were 120, and two were 130; in Placentia, one of 130; at Facentia, a woman of 132; and in Velligian, a small town near Placentia, there were living ten persons, six of whom were 110, and four were 120.

Francis Secardia Hongo died A. D. 1702, aged 114 years, ten months, and twelve days. He left behind him forty-nine children—was never sick in his life. His sight, hearing, memory, and agility were the surprise of all who knew him. At 110, he lost all his teeth; but he cut two large ones in his upper jaw, the year before he died. He never used to drink strong drinks, coffee, etc.; never used tobacco; and his only drink was water. His habits, in other respects, were temperate.

In the "Miscellanea Curiosa" may be found an interesting account of a man 120 years of age, without the loss of a tooth, and of a brisk and lively disposition, whose only drink, from his infancy, was pure water.

Sinclair, in his "Code of Health, etc.," speaks of the famous civilian, Andrew Tieraqueaus, who is said, for thirty years together, to have given yearly a book, and by the same wife a son, to the world, and who lived to a good old age. He never drank anything but water, from his infancy.

In the year 1792, died in the duchy of Holstein, an industrious day-laborer, named Stender, in the 103d year of his age. His food, for the most part, was oatmeal and buttermilk. He rarely ever ate flesh; he was never sick, and could not be put out of temper. He had the greatest trust in Providence; his chief dependence was in the goodness of God, which no doubt greatly conduced to his health and longevity.

Ant. Senish, a farmer of Puy, in Limoges, died in 1770, in the 111th year of his age. He labored till within fourteen days of his death. His teeth and hair remained, and his sight had not failed him. His usual food was chestnuts and turkey-corn. He had never been bled, nor used any medicine.

Died, on the 26th of June, 1838, at Bybrook, Mrs. Letitia Cox, upward of 160 years of age. She declared she had never drank anything but water during the whole of her life; as did also another woman, at Holland Estate, who died eighteen months before, at the age of 140.

Lewis Cornaro, a Venetian nobleman, died at Padua, in 1565, at above 100 years of age. In early life he had been very intemperate, and consequently greatly diseased. From his thirty-fifth to his fortieth year, his life was a burden to him. By a regular way of living, he repaired his health, in a remarkable manner: and in his eighty-first year says, "I am free from apprehension of disease, because I have nothing in my constitution for a disease to feed upon—from the apprehension of death, because I have spent a life of reason. I know that, barring accidents, no violent disease can touch me. I must be dissolved by a gentle and gradual decay, like oil in a lamp, which affords no longer life to the dying

taper. But such a death cannot happen of a sudden."

Richard Lloyd died near Montgomery, aged 132 years and ten months. He was a tall, strong, upright man; had no gray hairs; had lost none of his teeth; and could see to read without spectacles. His food was bread, cheese, and butter, for the most part; and his drink whey, buttermilk, or water, and nothing else. But being persuaded by a neighboring gentleman to eat flesh-meat, and drink malt liquor, he soon fell off, and died.

Dr. Lower speaks of a man in the north, aged 120, who had been accustomed to eat very little animal food, but lived upon oatmeal pottage and potatoes, and sometimes he took a little milk. He was a laboring man, and never remembered being sick.

Dr. E. Baynard gives an account of one Seth Unthank, then (1706) living at Bath, whose chief drink was sour buttermilk. He was wonderfully nimble, and, not above two years before, had walked from Bath to London, 106 miles, in two days, and came home again in two days more. His uncle was 123 years old when he died, and had been one of the Bishop of Durham's pensioners. The doctor also speaks of one John Bailes, of Northampton, whom he visited, then living, in his 129th year. He says he had a very strong voice, and spake very loud; and told the doctor he had buried the whole town (except three or four) twenty times over. "Strong drink," quoth the old man, "kills 'em all." He was never drunk; his drink was water, small beer, and milk; and his food, for the most part, was brown bread and cheese. He cared not much for flesh-meats.

Mrs. Hudson lived 105 years, and then died of an acute disease, brought on by catching cold. She could see to thread a needle at that age. Her food was very little else than bread and milk, all her lifetime.

Louis Wholeham, of Ballinamona, Cork, died at the age of 118 years and seven months. He had not lost a tooth, nor had he one gray hair on his head. His diet, all through life, was mostly potatoes and milk; but, on an average, he had flesh one day in the week, until the last ten years, when he took a dislike to it, and could not eat it. It is a remarkable fact, showing how we cling to life, that he declared, on his death-bed, that he should have been more resigned to die eighty years ago than he was at that time.

Joice Heth, of America, was being exhibited in several of their large towns, at the age of 162: and when asked what was her food, said, "Corn-bread and potatoes is what I eat."

Francisco Lupatsoli, of Smyrna, lived 113 years. He drank nothing but water and milk; having used neither tea, coffee, etc. He lived chiefly upon bread, figs, etc. He could hear well, and see without spectacles, even to the last.

Zeno is said to have died at the age of ninety-eight years, having never experienced any sickness or indisposition whatever.

HEMORRHOIDS, OR PILES.

BY MARY S. GOVE NICHOLS.

THE doctrine of nervous contractility explains many mysteries in the human economy. The fact that all functions are performed by the nervous energy, and that depravation of the functions is the consequence of the feebleness of this energy, whether it results from waste, or is congenital, should be borne constantly in mind in contemplating our diseases. Our blood circulates to every tissue, and gives healthy nourishment, so long as the nervous energy in the coats of the blood-vessels is sufficient to contract the vessels, and send on the vital current. When this vital energy is lacking from birth, or from waste, we have feebleness and imperfection of function in different portions of the economy. Matters destined for the different tissues, or destined to be cast out of the system as effete, or hurtful, are left in organs where they do not belong—as the lungs, the liver, the spleen and kidneys—or they are left along the course of the circulation. So great is the waste of life, that there are few dissections of persons who are forty years of age, that do not reveal spicula of bone in the arteries. The bony matter is not carried as far as the bones, because the nervous power that circulates the blood is too feeble for the work. Our lives are so false, so filled with over exertion, and want of exertion, so unbalanced, so chained to the low and the gross, that life or vital energy is continually wasted, and imperfect performance of functions is the universal result. One is afflicted with dyspepsia, another has enlargement of the heart, or tubercles and ulcers in the lungs, or disease of the liver, or gravel, or piles; all these diseases come primarily from a weak and deficient nervous energy, which induces imperfect circulation. In piles, the coats of the blood-vessels, from the want of the nervous contractile power, sink down into enlarged sacs. They become what is termed aneurismal. The blood of course moves slowly at first, like the water of a river where the bed widens, and after a time it becomes permanently lodged in these sacs, or aneurismal enlargements. A morbid deposition and growth is the consequence, and in extreme cases, no cure is to be had without excision of the morbid growth. After excision, the same causes will procure the same results.

The causes of piles are whatever exhausts the nervous energy. Some people say costiveness is a cause. Mechanically it has a bad effect, but piles and costiveness depend both on one cause: the want of nervous energy. The use of drastic purgatives, of whatever kind, wastes the vitality of the nerves, and brings on costiveness and piles. The abuse of the sexual passion exhausts and diseases in like manner. The anxious, wearing life of our men of business, with their utter inattention to the laws which govern life and health, are fruitful causes of this weakness and disease. The cure must be in the use of means adapted to the condition of the patient. Where an operation is necessary, it must first be performed, but I be-

lieve it is often decided upon when wholly unnecessary.

The next thing is to give the patient a course of tonic treatment, if there is general weakness. If the patient is full of blood and life, and the weakness and disease are local, a *very spare*, plain, aperient diet, with morning and evening enemas of cold water, and the use of the cold sitz bath twice a day, and care not to perpetuate exhausting causes, will soon give relief. The morning bath of cold water should never be omitted on rising, and the diet should be *very spare*, and very plain.

By an aperient diet, I mean brown bread, fruit, and vegetables. Particular cases of piles require particular directions, but no disease is more under the control of judicious Water-Cure treatment than piles. I have never had a case that I did not cure. The time required to perform a cure differs in different patients, as in other diseases.

CHILD BIRTH UNDER WATER TREATMENT.—The following communication affords still further evidence of the utility of the water treatment in cases of childbirth.

TO THE EDITORS.—I have to acknowledge myself much indebted to you for the many valuable suggestions contained in your Journal relative to the subject of health in general; but, more especially, for that information which has enabled my wife to pass through a period of illness heretofore severe, yet in this instance far otherwise. Her treatment was as follows: For months previous to confinement, daily use of the hip or sitting bath. At confinement, the period of her delivery was not more than half as long as it had been in all previous cases, and the attending pain was comparatively as much less. About three hours after delivery, she took a sitz bath at a temperature of about 60 degrees Fah., and at the same time washed her hands, face, and neck in cold spring water. These in a great degree alleviated all pain and uneasiness. Within five or six hours she took another bath of the same kind, and was greatly refreshed. I would not tax your patience with too much of detail, and will therefore only add, that instead of keeping her bed for days or weeks, as many do, she came to the dinner-table with the family the next day, as usual. On the third day she walked out in the open air several times, and assisted in her customary household duties.

I had noticed reports of this kind in your Journal, and though I expected good results from the treatment, I must say my anticipations were more than realized. Respectfully yours,

J. W. CUNNINGHAM.

THROUGHOUT the vast empire of Russia, through all Finland, Lapland, Sweden and Norway, there is no cottage so poor, no hut so destitute, but it possesses its vapor bath, in which all its inhabitants bathe every Saturday at least, and every day in cases of sickness.

## NEW-YORK, FEB., 1850.

## FEBRUARY TOPICS.

BY R. T. TRALL, M. D.

**DRESS FOR COLD WEATHER.**—Thus far in this latitude our winter has been mild and open. No epidemics have existed among us save those common and continually increasing ones, consumption and convulsions. Over fifty human beings perish weekly in this city from these complaints alone, and will continue so to do until we have a revolution in personal and social habits, and a new order of medical science. The few cold days yet experienced have not afforded our citizens the greatest inducement for "bundling up" extensively; nevertheless, we have seen in the streets a pretty fair display of furs, muffs, tippets, victorines, etc. We think considerable injury results from the manner of using these seemingly very comfortable contrivances. The great point in defending ourselves against cold weather, as far as dress is concerned, is uniformity of clothing. Those parts which are covered at all, should be kept uniformly under the same degree of artificial protection; and the body should be as nearly equally dressed throughout as possible. For example, we should not go with the neck bare one day, and bundle it up the next, to expose it again in the third, and so on; nor wear boots and shoes alternately, as it may happen. Inequality and irregularity of clothing produce more colds than changes of weather. It is very common for young ladies to go with bare necks and shoulders about home, and when they go out, though the day may be very warm, decorate themselves with a profusion of furs simply because it is fashionable to wear furs at this season. At the same time, they will perhaps dress their feet in lighter and thinner shoes and stockings, just because that arrangement too is fashionable. From such proceedings coughs and colds will inevitably result.

**BALLS.**—We have heretofore spoken in as strong language as we know how to use against these amusements as usually conducted. As this is their peculiar season, a word more may not be inappropriate. We hope the reader will ever bear in mind, that we always strive carefully to distinguish between a true physiological principle, and a false fashion of society. Dancing as a physiological exercise is certainly healthful; but its use is in the family circle, or the regulated gymnasium; or in social parties, where whole families, old and young, meet at proper hours of daylight for innocent recreation or useful exertion. Night parties are wrong. God intended the hours of darkness and stillness for rest, not revelry. Balls, too, have many injurious concomitants besides late hours, riotous eating and drinking, violent motions, heated rooms, bad changes of dress; in fact, they are generally mere seasons of debauch and dissipation. Against all these things we set our faces. The coughs, colds, and consumptions which

are traceable to the ball-room are numerous, as every physician knows. Yet whenever social assemblages or private family parties are disordered from their evil appendages, and conducted, as they should be, like rational entertainment for rational creatures, we shall commend them as a means not only of physical improvement, but of domestic felicity and friendly neighborhood intercourse.

**CROUP.**—A number of cases of this formidable disease have occurred among children of late. We notice the subject now to caution those who undertake to manage it hydropathically, never to neglect the general treatment. It is true that some cases have been cured by the application of cold wet cloths to the throat; but it is certainly unsafe to trust to that measure alone. Moreover, there is no possible danger or harm in the wet sheet, or even the full cold bath. On the first attack one or both should be promptly resorted to, and repeated often until the breathing is free and the attendant fever entirely subdued. Meanwhile cold wet cloths should be constantly applied to the throat, and very often changed.

**CHILBLAINS.**—These inflammatory irritations upon the feet are rather frequent at this season. They arise in a great measure from going too near the fire when the feet are very cold. The transition should always be very gradual. Wearing tight boots or shoes is a common cause of severely painful chilblains. To cure them, long cold foot baths, twenty to thirty minutes, are advisable. When highly inflamed and painful, wear the wet bandages two or three thicknesses during the night. To prevent them, wear easy boots and shoes, cotton or linen stockings or none, and bathe them often in the coldest water.

**LIEBIG'S THEORY OF ANIMAL LIFE.**—A correspondent, alluding to an article on "Blistering the Chest," in the October number, asks: "Is not your doctrine arrayed against Liebig's theory of animal life?" To some extent it is. In Liebig's theory of animal life I do not believe; nor in his theory of disease. Both are too purely chemical. Though taking the liberty to dissent from many of Liebig's conclusions, I wish to speak of him as a scholar with profound respect. He is one of the greatest analytical chemists of this or any age. He has developed many facts of much importance to agriculture, medicine, &c. But the man who can divide and subdivide to their ultimate elements (as they are called for convenience) all the substances of the material universe, and tell us precisely what proportions of oxygen, carbon, hydrogen, nitrogen, &c., constitute each, is yet just as far from the true explanation of the phenomena of life as ever; in fact, he cannot in this way make any approach to it. He cannot put his ultimate elements together again and produce the living thing. Physiological principles—the laws of life and health—will never be discovered in the chemist's laboratory. In applying chemical facts, or rather in misapplying them to vital functions, I conceive that Liebig has run into many absurdities.



**DIETING IN SCARLET FEVER.**—A Cincinnati physician is out in one of the Medical Journals in favor of plain, simple food to mitigate the severity of this disease whenever it is about to make its attack. This is well as far as it goes; but what is infinitely better is to adopt the water-cure philosophy of eating at all times. Then scarlet fever would never be "about to attack folks." The plan we recommend has one disadvantage we must not conceal. It will entirely supersede the necessity of calling a doctor.

**QUEER INTELLECTUAL ENJOYMENT.**—One of our city papers, in noticing the late Railroad Opening celebration at Newburgh, mentions among the accompaniments of an intellectual entertainment, the following *eatables*: a whole ox, a whole hog, a whole sheep, a whole deer, and other animals roasted whole! What an intellectual age we live in!

**THE LATITUDE FOR CONSUMPTION.**—Dr. Riofrey, whose scientific movements seem to have some connection with the mercantile movements in cod-liver oil, has been edifying the good people of Washington on the subject of consumption as affected by climate and cod-liver oil. At a late meeting at which Dr. Gate, of Natchez, Dr. Borland, of the U. S. Senate, Prof. Henry, of the Smithsonian Institute, Prof. Maury, and Mr. Schoolcraft, made, according to the National Intelligencer, some interesting remarks, Dr. Riofrey said:—

"*Post mortem* examinations had shown that nature, under certain circumstances, cures the disease. From the extensive field of his remarks on France, Holland, and Great Britain, it appeared that a cure was effected whenever thin and attenuated men change their climate and habits, one or both, and in consequence developed a tendency to become fleshy. He considered a high northern and southern alike favorable. He named the American coast from latitude 55 deg. north to 17 deg. south as a consumptive latitude. He deemed all the temperate latitudes unfavorable."

Can any process of reasoning which comes to so ridiculous a conclusion be anything but a self-evident absurdity? That little piece of territory considered unfavorable to consumptives by this profound cod-liver oleaginousist, is pretty extensive after all. He speaks of the coast between 55° north and 17° south; but we know consumption, in the latitude in which it prevails, is nearly as common in the interior as on the coast. Therefore the fact made a question of latitude would embrace all of the United States, one half of British North America, a part of the Russian Possessions, and about two-thirds of South America. All this part of the earth's surface is doomed to consumption! What stupidity of intellect or twistification of education is that which could utter such a reflection on the Creator of the temperate latitudes! It seems not to have entered into the man's imagination that we can, by erroneous habits of life, produce on ourselves consumption in any place, or by correct ways of living avoid it everywhere. No, God has made an immense consumptive latitude just to enable the doctors to find employment or quacks to sell cod-liver oil! Isn't this a sublime idea?

I cannot see why the principle will not apply just as well to the Eastern Continent as the Western. Consumption prevails there to a great extent as well as here. If we apply the rule of latitude there, it will sweep off half of Europe, three-fourths of Asia, four-fifths of Africa, and all of the Indies. All are consumptive latitudes! I would not waste time and brains in noticing such trash but for the fact that the world is full of it, in fact governed by it.

**QUACKERY.**—It is slightly amusing to read, in the various medical journals of the day, the continual ding dong, sing song, "often loud but never long," attempts to account for the general diffusion of quackery. It is confessed that quackery is alarmingly prevalent, and constantly gaining on the regular profession. But the why of this is amazingly perplexing. One thinks it is all owing to a "love of the marvelous" on the part of the people, as though anything could be further beyond the reach of reason than allopathic theories. Another thinks the profitable business of doctor-making at the medical schools is a principal cause, by crowding the profession with diplomated M. D.'s, not half made up, whose manifest ignorance and incompetency bring discredit on the whole faculty. Be the difficulty in a marvelous public, or the doctor-manufacturing professors, there are some things very pertinent and some things rather impertinent in the following remarks of Dr. Galloupe, of Lynn, Mass. :—

"The country is annually deluged with physicians, not one in a score of which is anywhere needed; and this is done, not for the benefit of the people, or the doctors, but for the doctor-makers. Many, after devoting their time, talents, money, and perhaps sacrificing their health, in pursuit of the arcanes of Physic, are doomed to sad disappointment.

"The consequences of this are most deplorable. As they cannot all obtain a lucrative business (simply because there is not enough for them all) in an honorable way, they must either resort to dishonorable means or seek some other road to wealth and fame. The number who pursue the former course is legion; among them may be found nearly all the homoeopaths, hydropaths, consumption doctors, &c. These, while they are careful to let the public know that they have been educated in, and received all the advantages of the 'old-fashion way,' affect a show of contempt for it, as if, forsooth, they had discovered that all the accumulated medical knowledge, from the time of Hippocrates, is worse than nothing. Such men, it has been said, must be 'knaves or fools'; but I query whether the majority of them are not both knaves and fools."

As one who knows something of the advantages and disadvantages of the "old-fashion way," I duly appreciate that part of the compliment intended for "nearly all the hydropaths." By way of reciprocity, and to present the "knavery and foolery" of all sides of the question fully and fairly before the public, I offer to abide the following proposition:—

I will discuss with Dr. G. or any other physician in the U. States or elsewhere, in good standing among allopathists, or with all of them together, in any public journal of respectable circulation, the relative merits of hydropathy and allopathy, in relation to their

philosophy and results, leaving the universal public to decide according to the force of evidence. If this proposition is not satisfactory, the following is offered as a substitute, or both may be accepted if preferred:—

I will go to any public hospital in this country where there are not less than one hundred invalids laboring under a variety of diseases, chronic or acute. Of these I will select, after an examination of their cases, twenty, thirty, forty, or fifty; the other party shall select the same number in the same way, each party selecting one alternately. I will treat my patients hydropathically, and the other party, which may be composed of one or any number of physicians, shall treat the others allopathically. A committee of intelligent but non-medical men shall be mutually agreed upon to report the result.

Or thirdly—I will accept any reasonable proposition to test, by experiment or argument in any way, the comparative merits of the two systems. Now, gentlemen, come out open and above board, or cease “barking behind the fence.”

**THE COD-LIVER OIL BUSINESS.**—Our allopathic friends and well-wishers continue to drive a profitable speculation with this “wonder of the age.” Astonishing beyond conception, numerous beyond calculation, and marvelous beyond expression are the cures it is *expected* to perform *almost*! The irregular quacks are taken as it were by storm, at this extraordinary *coup de main* of the regular empirics. Already they begin to dream of Othello’s occupation “going for to go.” The prospect now looks as fair as the livers of codfish are apt to be diseased and foul, that unless the patent medicinizers trump up some new game speedily, they are “goners.” “For full five hundred years they’ve hung”—like vampires upon the pockets of community, to the great scandal of a profession born to bleed. It will not be so much longer—that is, if there is any truth in the cod-liver oil humbug. The faculty, we observe, are taking the most judicious measures to keep and extend their vantage-ground, in this high, lofty, and honorable race for patronage, with patent pill peddlers and perpendicular purging powder manufacturers. We expect soon to see our medical literati, in imitation of, and opposition to their illiterate competitors, come out with long strings of certificates in the papers, and flaming advertisements with startling heads, like: “MOST EXTRAORDINARY MEDICINE IN THE WORLD!”—“TREMBLING AMONG THE QUACKS!!”—“CONSUMPTION, THOU ART FLOORED!!”—“COD-LIVER OIL TRIUMPHANT!!!!”

Already we discover the preliminary steps to this grand finale and flourish. Dr. Rioufey, from Paris, has been talking most learnedly about consumption and cod-liver oil, at a regular meeting of the American Institute at Washington. The Boston Medical and Surgical Journal has with prodigious sagacity recorded that “persons who were taking cod-liver oil for chronic difficulties during the prevalence of the late epidemic were not affected by it;” and a call

has gone forth requesting physicians to communicate the results of their experience in relation to the therapeutic value of cod-liver oil. If all this machinery does not bring out “cases” enough to startle and confound all creation, it will be simply because the people have made up their minds not to be humbugged any longer. The following certificates are the only ones we have come across which appear to be duly authenticated. They are, most respectfully, at the service of the “party of the first part.”

BUNGTOWN, Dec. 1st, 1849.

*Messrs So and So :*

Gentlemen—Having been long afflicted with the belief that something or other was the matter with me, I couldn’t tell exactly what, I was advised by my friends to try a bottle of your celebrated Cod Liver Oil. I do so; and, after taking the first swallow, I was completely cured of a disposition which had long haunted me to try quack medicines. One dose effected a complete and radical cure, and I don’t think I shall do the like again.

Your very grateful and obedient servant,

SUSANNAH WILKINS.

P. S.—You may make any use of this certificate you think proper for the public good. S. W.

*Certificate No. 2.*

PUMPKINVILLE, Nov. 4, 1849.

Gentlemen—Having long suffered from a pulmonary complaint, which drove me to the brink of the grave, and been afflicted with nervous headaches, a disease of the spine, weakness of sight, loss of appetite, tumors on my arms and legs, a cancer in my breast, and a falling off of all the hair of my head, as well as a general debility and a loss of hearing, I was advised by my grandmother, who had read your advertisement, to take several bottles of your Cod Liver Oil. I had but little faith in the article, believing that I was past cure, having been several times given up by the doctors, and my coffin spoken for. However, I took five bottles, and to the surprise of everybody LIVED THROUGH IT. I was completely relieved of five dollars, which was all the money I had, and should have probably been relieved of more, if I had had it to spend, for while there is life there is hope. I send herewith an accurate drawing of my purse before and after taking your oil. The difference of appearance is striking, and I think you should have it engraved as a picture for the liebills of your bottles.

With much esteem, yours,

GEORGINA THOMAS.

#### APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTREDGE.

I SAID in my last “Applicability,” &c., that some of the “first physicians” in Boston were in the habit of using the wet sheet as a substitute for the lancet.

True, not many of them use it, but the fact that any of them do is something, and we should be thankful for the smallest favors from our allopathic brethren.

Some of them use it “on the sly,” and others use it boldly, and say they “always knew it was good in inflammations!”

Dr. Walter Channing, one of our most celebrated professors, and world-wide renowned accoucheurs,

uses the water a great deal, I am told, and would a great deal more, I am convinced, if he dared to, for he is a man up to all the reforms of the day, and eloquent beyond most men in pulling down the rotten fabrics which a meanly selfish society have built up to curse the world withal.

If he dared to, I say; he is an old man, nearly seventy, and has taught and believed in the necessity of drugs and lancets, &c., for years and years, and it is not natural that a man who still is in active practice as professor and physician, should all at once declare to his class and the world that he had been preaching and practicing a lie for fifty years or so!

This applies to a vast number of others as well. Many of the profession practice on in the old way, because they were taught so to do, and never have had practice enough, or brains enough, to discover the absurdity of it; their condemnation of Hydropathy is its greatest praise.

But thanks to the Lord, the cause of Hydropathy depends not upon the breath or doings of any man, or set of men.

No! far, far from it. The eternal laws of truth belong to it, and it must, and will prevail. The question, then, to be considered is, how shall we best understand its principles?

"By their fruits shall ye know them."

If the wet sheet will answer the purpose of the lancet, &c., surely it can be demonstrated.

All we have to do, then, is to appeal to the thousands and thousands who have tried it again and again.

Can it be, that a man suffering from severe pleurisy or colic, can possibly be mistaken in regard to the facts in his case, whether he has been, was, or is relieved from his terrible pain by the wet sheet?

Can it be, that at least one half of all our "Yankee Nation," who are proverbial for their "cuteness," can be so deceived in the matter, as to trust the lives of themselves and children to the "Cold Water-Cure" repeatedly, as they daily do, if it was all a humbug?

No, no, friends, depend upon it that a system so repugnant to the sick and morbidly sensitive would never find favor, could they any way avoid the conclusion, that the Water-Cure, though "horrid cold," was the cure, and the only cure.

The man of good common sense does not need much argument to convince him that water is the best extinguisher of fire; and inflammation is neither more nor less than fire, and such a one will see at once that a wet sheet must perforce be a very convenient form of applying it; aye, what the wet sail is to the burning house, the wet sheet is to the burning body, and why not?

The wet sheet, too, may not inaptly be compared to the lightning-rod; as is the electric conductor to the endangered building, so is the wet sheet to the body when in danger of being consumed by the raging heat within: only more so; for lightning has freaks,

and won't always be led, but the sheet never fails, when properly applied, of relieving the overcharged system of its superfluous heat.

The reason of this infallibility is obvious to all who will see: it is in obedience to the great law of nature known to the most simple, viz., the law of equalization of temperatures; a cold body and a hot one, however different, when brought into contact will sooner or later become equal, "for God hath made them so."

But it is not simply by reducing the temperature of the patient that the sheet operates, but, as I have elsewhere said, it is one of the greatest sedatives in the world.

The sitz bath will often be more applicable in very acute diseases in equalizing the temperature than will the sheet, for the simple reasons, that you have more water and less covering, and less worriment.

Again, the wet sheet not only equalizes the temperature, but the circulation, and it is in this way, I think, that its sedative effect is in part, at least, produced.

We will now for a moment glance at the philosophy of this so much talked of sedative effect produced by the water.

In the first place, we must premise that all pain is the result of unnatural, or undue pressure upon the nerves of sensation, one of which accompanies every artery and vein; hence we see that if by any means a blood-vessel is made to carry more blood than usual, the nerves so completely surrounded by them must necessarily suffer from the unnatural pressure.

To illustrate this in a homely way, but one that even the stupidest conservative can easily understand, it is precisely the same in its effects upon the nerves when a dozen globules of blood attempt to go through a channel made only for six, as it would be upon the bodies of a like number of men who attempted to get through a small door all at once, as they sometimes do in case of fire; and the "remedy" made use of in the former case by bleeding physicians, is just about as sensible as it would be in the latter case, to take half of the men out of the door-way and throw them out of the window!

The true and only justifiable procedure in either case would be to invite the impetuous particles to the place they had vacated; or in other words, to persuade some of them to come away from the obstructed passage, and thereby give the other, and ultimately themselves a chance for their lives, letting all in due time go on their way rejoicing, without doing injury to any.

Any one not willfully blind must see the superiority of the Water-Cure way of doing business over the old-fashioned way.

It is a "mighty pretty thing" to be considered a physician who is capable of relieving his patients in a twinkling, as it were, just by the mere scratch of an arm, or the giving of a single pill; and hence we see the young disciple of Esculapius boldly plunging "his cursed dagger" into the turgid vein, and ex-

claiming with the most self-conceited smirk, "I told you so," "I knew it would give you relief," &c., &c. Poor fool, so will cutting a hen's head off save her from having the "pip," and in the present state of the world the one is as much justifiable as the other.

The question is not what will do the work quickest, but what will do it best.

Though, on the score of quickness, the Water-Cure system is by far the best, *I never knew a case of colic or pleurisy that would hold out more than fifteen minutes after the wet sheet was applied!* whereas bleeding will not always relieve even, and never cure.

In the one case, you relieve by removing the cause effectually, viz., by restoring the nervous equilibrium, and equalizing the circulation; in the other, you only temporarily remove the pressure on the affected parts, while at the same time you increase not unfrequently the very difficulty you intended to remove, by taking from the system, already debilitated, the very life-blood thereof.

I say, therefore, and I say it boldly, *that bleeding is never necessary*, for the simple reason that common sense has taught us an altogether better, and far more effectual way.

#### THE WATER-CURE IN PHILADELPHIA.\*

BY FRANK STEWART, M. D.

PHILADELPHIA, Jan., 1850.

GENTLEMEN,—Enclosed please find one dollar for my subscription for the "Water-Cure Journal" for the year 1850; and I wish it was in my power to subscribe for a HUNDRED COPIES instead of one, that I might be able to disseminate "TRUTH" among the afflicted.

I noticed in the January number a letter published from a postmaster in the State of Illinois, or rather a notice of his letter, in which he reads you a lecture on the method of conducting the "JOURNAL," and wishes you not to CALL THE DRUG PRACTICE HARD NAMES, AS THAT WILL NOT TEND TO CONVINCE THE MEDICAL PROFESSION. Your reply is one of the best things I have read for many a day—viz., "We don't care four figs for the profession—it's the PEOPLE WE WANT TO CONVINCE." Now that's the idea exactly, and that's the reason I take the Journal—because, after I read it, I can lend it to those "not wrapped up in official ignorance" as with a cloak, who are glad to read it, and learn from its pages of that pure fountain of health it treats, and of which so little is known and understood, as yet, among mankind.

I am, as you perceive, an M. D., being so entitled by my diploma; but nevertheless, am not compelled to practice for a living, and I care not *one fig* for any of the old-established usages or practices.

I am, or profess to be, a "Reformer," and strive, if I can, to keep up with the times. Many, too

many physicians, are no more capacitated for their profession than a farmer would be for a "sailing master," with some theoretical knowledge. We have in this city many "heroes," some, perhaps, who, like "Saul," have slain their thousands. Unfortunately, we have too many aspirants for such slaughter, and too few who dare do their duty. Some have the wish, but lack the moral courage to attempt to stem the current of public opinion and do what is right; they would rather, much rather, starve in the legitimate Book Practice of calomelizing than deviate.

I was a water-cure "patient" five years ago, when in this city Hydropathy was almost unknown, and oftentimes my friends would give a shrug of the shoulders when I would attempt to explain to them the series of "packings," sweatings, general and local baths, &c., that I had to undergo under the direction of a man professing to be able to treat and cure patients under that glorious system, but who proved himself but an arrant adventurer. I escaped by the skin of my teeth, and the so-called Doctor, after trying his skill on some more patients, concluded to go back to Germany and learn something of the system.

HYDROPATHY is a great, a glorious, a perfect system—the only system after nature. I have studied the ALLOPATHIC, HOMOEOPATHIC, THOMSONIAN, BOTANIC, LACTOLEPTIC, and the ECLECTIC or REFORMED system of medicine: they all differ—some more, some less—the least objectionable of which is the REFORMED SYSTEM, and for patients who have a horror of "WATER," it is the best practice they can adopt in their families, for it will lead them eventually to HYDROPATHY. The Eclectic Colleges are the only colleges that have moral courage enough to advise their students to examine into and adopt HYDROPATHY, and keep up with the times.

In this city we have some good HYDROPATHIC PHYSICIANS who are doing well—DR. WEDDER, who came here about one year and a half ago from Switzerland, a gentleman of deep learning and research in medicine and the collateral sciences, who is deserving of patronage, and who, I am happy to say, is calling round him hosts of patients; DR. MANN, who is well known to you, and who is also doing well; DR. DEXTER, who is occasionally here, and who is located at the Parkville Institute, and who is highly recommended by all who have been under his treatment, and who know his abilities as a "dexterous" physician.

It is astonishing how many there are inquiring about the Water-Cure, and yet how deep-seated prejudice yet rests on some—but if converts increase in the same ratio for the next ten years as they have during the last five, there will be needed fifty good HYDROPATHIC PRACTITIONERS for this vicinity alone. I only wonder some clear-headed, thinking allopathic student, who must have seen, by the time he has finished his two years "off and on" of instruction, the arrant humbuggery of calomelizing, does not look ahead and aspire higher than to be merely a physician.

\* Not intended for publication.—Eps. W. C. J.

What would our fathers have thought forty years ago if told their children would be taught *Physiology and Dietetics* in schools, as a part of their education? Why, they would not, perhaps, have believed it; and if nothing else will make this generation and succeeding ones *think*, it will be this one thing. Will not they *inquire* when they arrive at a mature age? and can these inquiries be satisfied by the monosyllabic replies of the allopath? will not, then, thinking lead them to learn the natural system of living instead of the artificial? and will not Hydropathy be then the only practice? I, for one, think it will. You know it. Then GOD SPEED THE CAUSE, for with it all the thousands of new diseases that are multiplying daily around us, changing in character according to this "*artificial mode of living*," will then disappear from the face of the earth, and a newer and brighter face appear all around us.

Pardon the length of this epistle—but I could not let the opportunity slip without saying something on paper, even if not personally acquainted with yourselves.

#### HYDROPATHIC COOKERY.

BY R. T. TRALL, M. D.

IN TREATING OF HYDROPATHIC COOKERY, as a practical subject, we must distinguish between what is intrinsically correct, what may be allowed as a matter of convenience or pleasure, and what must be conceded to established habits. If the Christian minister should insist, as a condition of fellowship, that every professed follower of the Great Teacher regulate his "life and conversation" strictly by the precepts of the New Testament, he would hardly have company enough to form a society or support a church; yet all will allow that it is his duty constantly to hold up to view the principles of that book as the only rule of true faith and good works. If the physiological reformer provides a table precisely adapted to the order and design of nature, the tastes, habits, customs, and opinions of the great mass being so unnatural, he would find himself almost isolated from society. He would, indeed, be "in advance of the age," but perhaps too far in advance to assist in moving the world along as advantageously as he could by a nearer position. Hence the necessity of "journeying through the wilderness"—the idea of progressive reform, always reaching forward as far as possible to correct principles, but compromising, to some extent, for a time, with long-established habits, in themselves greater or less deviations from physiological truth.

I consider it demonstrable beyond all peradventure, that man is not by nature in any sense carnivorous; that his natural dietetic character is frugivorous. I use this term in its widest latitude, including grains, seeds, roots, nuts, and many of the cruder sort of vegetables, as cabbage, as well as the fruits proper. This position has been abundantly proved by com-

parative anatomy, and is confirmed by all rightly-apprehended human experience. I cannot, of course, here present any part of the arguments bearing on this conclusion; suffice it to say, I have examined the subject in all its relations as critically as I am able to, and tested it by many years of personal experiment and observation.

I do not, however, wish to be understood as speaking authoritatively in the name of Hydropathy on this subject. Other practitioners of the new school—successful ones, too, I am aware, entertain different notions. They regard flesh-meat as indispensable to the best physiological condition of the human being, and some of them even consider unbolted meal as too coarse, mechanical, irritating, or gross, for the refined stomachs of the genus homo. Let us agree to disagree until further investigation shall make us all of one mind; meanwhile, let us all speak our opinions freely, and give our reasons candidly.

Though animal food is not compatible with the best and highest physical, moral, intellectual, or spiritual condition of the human race, yet a moderate indulgence in it is consistent with a good degree of physiological and mental health. Moreover, in dealing with mankind, we must take them just as we find them, not as we think they should be. In nearly all civilized countries the greatest amount of the agricultural talent of the people has been expended on procuring, raising, multiplying, and *improving* animals as food; while the vegetable kingdom has been proportionately neglected. We find, therefore, that most persons are exceedingly nice, particular, and discriminating in all the varieties of fish, flesh, and fowl, while they are correspondingly indifferent about the kind, character, and quality of their fruits and vegetables. The world, too, has been so long miseducated in this matter, that very few persons know anything about preparing a wholesome and proper vegetable diet to the exclusion of animal food. Taste, also, is so much a thing of habit that most persons do not like, and will not eat many fruits and vegetables until the depraved appetite has been partially corrected by better dietetic customs. And again, many kinds and preparations of fruits, vegetables, and farinaceous seeds seem to disagree, at first, with digestive powers long accustomed to more stimulating and more concentrated aliment. For all these reasons, I propose to exclude from a hydropathic regimen, all the worst, grossest forms of animal food, and employ a moderate quantity of the very best, on the principle that Moses enjoined the flesh-pot-loving Israelites, whom he knew would cleave more or less unto what their souls lusted after, to abjure the swine, the grease, the blood, and the unhealthy viscera, and eat only the plainest, cleanest, least putrescent, and least unhealthful animal substances. I would always encourage the invalid to practice all the self-denial he can in disusing animal food of all kinds without a painful sense of privation; and give him to understand that if he can in the end—as he surely can by sufficient perseverance—so

change his habits and appetences as to have no desire for animal food, he will have attained a position of self-control, self-satisfaction, and physiological happiness truly enviable.

Consistently with these views, our selections from the animal kingdom must be very limited. Beef and mutton not over-fattened are unquestionably the very best kinds of flesh-meat; and boiling, broiling, or roasting, are the only admissible ways of preparing them. Beef may be used in the shape of broiled steak, boiled slightly corned beef, and the lean, tender pieces roasted. Of mutton, the lean parts may be roasted, or cut into chops and broiled or stewed. To the above may be added a hash made of a little cold meat cooked up with plenty of good potatoes. All these make a particular dish of animal food for each day in the week; nearly as many changes as anybody, except epicures, who "live to eat," ought to desire. Once a day is certainly as often as any one ought to eat animal flesh, who wishes to remain long in the land of the living. In cooking animal matters, always reject the fatty portions, and eschew all gravies. Especially avoid eating the juices, as they are called, or drippings from roasting or broiling flesh. These are mainly diluted blood, and the blood is always the most impure substance of all animals, for the reason that the various excrementitious or waste matters are carried off through the medium of the venous blood, which is the kind mostly left in the flesh of slaughtered animals. Many persons are excessively fond of the dark, bloody-looking fluid that oozes out from heated animal substances, but human stomachs should never be the receptacle for such putrescent materials. The common habit of soaking steaks, chops, &c., in melted butter, is most abominable.

Many persons, on cutting down the quantity and frequency of the animal part of their meals, will be surprised to find how soon the desire accommodates itself to the new habit. Poultry, to those who will have a greater variety, comes next in order. *Boiling* is the best way of preparing all kinds of fowl, taking care to skim off all the oily matters. White fish boiled or broiled *may* be occasionally employed by those who are determined to extend their depredations among animals still further; yet I think fish always more objectionable to sick or well than flesh-meat. Very young or very old animals should never be eaten, for reasons too obvious to require explanation. Eggs, rare boiled, may be used advantageously as substitutes for more solid animal food, but never as an accompaniment to it. Milk is never as good as water for a beverage; but to those who use little or no solid animal food it is not particularly harmful, except when it produces immediate oppression or acidity of the stomach. Butter can only be regarded as an indulgence; hence the only perfect law on that subject is—the less the better.

OLD STRONG CHEESE, so much prized by the majority of people, is one of the vilest things imaginable. Constipation or canker is, I believe, an invari-

able attendant on its use. So much for the animal kingdom. The vegetable affords us a larger field, which I will endeavor to improve in the next number.

#### DEATH OF DR. DAVID RUGGLES.

BY S. ROGERS, M. D.

A NOBLE worker in the great field of Hydropathic and hygienic reform has laid aside the habiliments of earth, and gone to receive the reward of that diligence, perseverance, and honesty of purpose, which characterized his earthly career.

DR. RUGGLES was born at Norwich, Conn., 3d mo., 1st, 1810. He studied medicine with Dr. Swain, in the city of New York, until he was nearly deprived of his sight. By his great exertions and privations, his constitution became impaired, and his health so precarious that the most skillful physicians lost all hope of his recovery. Blind, sick, and destitute, this remarkable man struggled thus along in the world, till taken under the protection of kind friends at Bensonville, Northampton, where he learned something of the Water-Cure, which was then in its infancy in this country. He determined to try its reputed power, and accordingly, under competent medical advice, pursued a thorough course of treatment at home, which, after many hard struggles, resulted in the restoration of health. But his sight never returned.

Encouraged by the success which attended the use of water upon himself, and having carefully watched its effects, Dr. Ruggles commenced its application upon others. He soon evinced a degree of skill, prudence, and admirable penetration which brought him patients from all parts of the Union.

But it is not for me to tell the friends of Hydropathy of the enviable reputation which the indomitable perseverance, guided by sound judgment, gained for our lamented brother. He will long live in the grateful remembrances of the many who have sought the blessings of health at his hands, and his reputation is based upon that foundation which will endure forever.

Of the immediate cause of Dr. Ruggles' death, I have not been informed. He died at his residence in Northampton, on the 16th of December, 1849.

[Will some friend give us minutely the particulars of Dr. Ruggles' illness, and of the treatment employed in his case?—EDS. JOUR.]

#### A CASE OF RHEUMATISM.

BY H. B. SCHETTERLY, M. D.

ABOUT five years since, Mrs. Hazzard, aged 47, of Howell, Michigan, applied to me, at Ann Arbor, to be treated for CHRONIC RHEUMATISM. Her hands were then cramped in such a manner as to be nearly useless, and every part of her body participated in the painful disease. Menstruation suspended, and the

bowels acting once in three or four days. By very active treatment with Savin, Colchicum, and the Allopathic routine, menstruation returned twice, bowels became regular, and she kept on gaining health and strength for nearly two years, when the complaint commenced returning very gradually at first, but about four months ago a great accession of suffering supervened, and she was "locked in ceaseless pain as in a vice, spending her nights mostly without sleep, in excessive torture." Her arms nearly fixed in a position, so that she could not wash her hands nor touch her head. The only organs which seemed to remain untouched with the disease were the brain, the stomach, the heart, and the urinary organs; and she perspired easily and freely.

In this situation I found her nearly four weeks since, when my prediction made five years ago that the spinal marrow was the seat of the disease, was fully verified. The bowels acted only once in five to seven days; one of the fingers completely dislocated, and all the rest so contracted and fixed as to be almost entirely useless; one knee so painful that she could scarcely turn herself in bed, nor move even a limb over so little without pain. Altogether it was one of the most hopeless, desperate, and forlorn cases of rheumatism, of fourteen years' standing, I ever saw, and by any Allopathic treatment totally beyond reach; but not so to nature's own curative means.

The first prescription was a prohibition of all animal food, even butter; tea and coffee were interdicted. Second: cloths wrung out of water so tempered as not to excite the least chill, and yet as cold as possible, to be increased in coldness as the system would bear; clysters of cold water, repeated four to ten times a day, to be continued till otherwise ordered.

In four days the pain began sensibly to give way, and she was requested to sing, and exercise in every possible way. A Magnetic Machine was now procured and applied twice a day, with evident advantage, for one week, when it produced a slightly disagreeable effect upon the brain, and was laid aside for two days. The application of wet cloths was diligently continued all the time, renewed three or four times a day. The reapplication of the machine produced such a decidedly good effect that the attendants became remiss, and omitted the cloths for about two days, when the pain returned with considerable severity, and was relieved by reapplying the cloths, at a temperature of about 70° Fahrenheit. It was now observed that the water, of which she was advised to drink large quantities, ran off by the urinary passages; and the spasm in the arms yielded so that she could wash and feed herself, and sit up more than an hour at a time, which she had not done for months, longer than to make her bed. Red efflorescent "blotches" appeared on the skin about this time.

Treatment with the cloths and machine continued for another week, with clysters; at the end of which the bowels became regular, acting once a day; and

he could endure considerable rubbing of the whole body with wet towels, and without exciting pain by the pressure. Blotches gone.

In the middle of the following week she rode to her daughter-in-law's, according to advice, and sat up two or three hours that afternoon and again in the evening, in the happiest frame of mind, almost free from pain. But the magnetic machine had incautiously been left behind; and, after several days agreeably spent, a new accession of pain supervened, which, it is hoped, will be again relieved, by wrapping in a wet sheet of nearly cold water once a day, to continue in it as long as agreeable, succeeded by effectual rubbing with wet towels, and that by a wet roller, to be renewed in the evening, round the whole body and limbs where the pain requires. As the feet, having been uncomfortably hot, have now become rather cold, they are to be immersed in a warm bath for fifteen minutes before taking the sheet, and well rubbed.

(To be continued.)

#### A CHILD SUPPOSED TO BE DEAD RESTORED TO LIFE.

MESSRS. EDITORS:—A young gentleman who practiced Water-Cure last summer, as an amateur, on Long Island, has just given me the particulars of a remarkable case, which I am sure should be laid before the readers of the Journal. In the last of June my friend, Mr. T., was informed that a neighbor of his had lost a child, three and a half years old, by cholera. Mr. T. went immediately to the house, and found the child laid out. He said, "I had a feeling that the child was not dead, and I acted upon it. I could not tell my reasons for the feeling." He told the parents that he did not think the child was dead, and that he wished to try cold water. The mother was horrified at the idea of dashing cold water over her dead child, but the father listened, and at length insisted that his wife should leave the room, and that Mr. T. should do something to restore the child. The mother was at last induced to leave, and a wash-tub and several pails of cold water were brought. The child was disrobed of its grave clothes, and placed in the tub. Ice was bound on its stomach, and a half pail of water dashed on at a time, till three or four pails of water were thrown on. The ice was then removed, having remained near five minutes. The child was rubbed forcibly all over. In seven minutes signs of life appeared. In fifteen minutes the child breathed rapidly. It was wrapped in blankets, and put into bed. After resting a while it was rubbed again.

By occasional bathing and rubbing the child was restored to health, and is a healthy child at this present time. This gentleman had seventeen cases of cholera. Some he saw first in collapse, and some in the violent stage of the disease, and some in the premonitory stage. He treated all with cold water, and every patient recovered.

M. S. G. NICHOLS.

## REVIEWS.

BY R. T. TRALL, M. D.

**WATER AND VEGETABLE DIET IN CHRONIC DISEASES**, by William Lambe, M.D. Published by Fowlers & Wells.

Among those few far-seeing men whose attention has been turned from specifics, charms, incantations, dosing and drugging, to the voluntary habits of society, as affecting the health and longevity of the people, the name of Dr. Lambe stands conspicuous. Some thirty or forty years ago he commenced investigating, experimentally, the influence of regimen in the treatment of chronic diseases, particularly scrofula, consumption, cancer, asthma, &c. To a mind naturally discriminating he added habits of patient and careful observation; and his position and associations, being a physician of extensive practice, and a member of the Royal College of London, afforded him ample opportunities to test the conclusions he arrived at on a large scale. These conclusions, and the processes of reasoning which led to them, are explained with great clearness and ability. The author takes the ground that man is naturally herbivorous, or rather frugivorous, in his dietetic character. He also concludes that he is not by nature a drinking animal—sufficient water for all the purposes of the animal economy being supplied by the fruits and vegetables which constitute his most appropriate nourishment. These positions are supported by interesting facts and able arguments, from which the reader, whether he agree with the author partially or wholly, will derive much valuable information. The work has the merit of perfect candor, and the circumstances which seem to tell for or against the author's opinions are stated with obvious fidelity, and examined with strict impartiality. Not the least valuable part of the book is the narrative of cases illustrating the gradual but sure transformation of the body toward a healthy condition, under a regimen of pure vegetable food and distilled water, or its degeneracy under the ordinary diet of flesh-meats and stimulating drinks. The work ought to form a part of the library of every seeker after physiological truth.

**CONSUMPTION: ITS PREVENTION AND CURE BY THE WATER TREATMENT**, by Joel Shew, M. D. Fowlers & Wells.

This work is more comprehensive than its title imports. It treats of the whole subject of diseases of the chest—consumption, hemorrhage, asthma, bronchitis, sore throat, coughs, colds, &c., a family of complaints whose ravages make up a large proportion of our weekly record of mortality. Probably no class of diseases can be named in which suffering humanity is more abused under the high-sounding name of medical science than this. Bleeding, blistering, calomel, antimony, nitre, and opium, constitute the general routine of regular medication, under which patients are hurried forward to premature graves, or

diseased, maimed, mangled, scarred, crippled, and broken down for life. Ample experience by hydropathic practitioners has proved that no diseases are more promptly, surely, and easily cured by the water treatment than all forms of diseases of the chest, taken in their early stages. The work before us not only gives a minute description of the nature, causes, symptoms, and hydropathic management of the various affections of the chest, but examines at length the different plans of treatment adopted and recommended by the principal authors of the old school. It is therefore a repository of useful information, as well as a practical guide to the consumptive. If all who are predisposed to consumption would practice upon the inculcations of this book, that terrible scourge would soon be almost unknown among us.

**RESPIRATION AND ITS EFFECTS**; more especially in relation to Asiatic Cholera and other sinking diseases. By Emma Willard. Huntington & Savage. New York.

In this little work of sixty-four pages, the authoress undertakes to prove that animal heat, circulation, digestion, and strength, are primary effects of respiration, and that those diseases manifesting great prostration or exhaustion of the vital powers are immediately owing to deficient respiration—in other words, *bad breathing*. These views are supported very ingeniously, and the deductions therefrom have been applied successfully to the treatment of several cases of cholera. I do not regard her theory as having been fully made out, but the remedy—free breathing—as far as practicable, is clearly philosophical. Indeed, I can easily imagine that many lives could be saved by an instantaneous resort, on the first attack of cholera, to the method of “artificial” breathing she recommends, which might be lost or sacrificed under the mustard plaster, camphor and opium system, which tends directly to check respiration.

The proximate condition requiring strong respiratory efforts to overcome, Mrs. Willard considers to be the presence of carbonic acid gas in the lungs. This, she argues very ably, settles from its own specific gravity to the lower portion of the lungs, thus obstructing the circulation, diminishing the temperature of the body, and ushering in the stage of collapse. To cure the cholera, this offending material must be expelled, to do which requires the strongest exertions of the breathing apparatus. Independent of this important practical point, the work is valuable from the many facts it contains bearing upon the phenomena of respiration and circulation.

**CHRONIC DISEASES**, especially the NERVOUS DISEASES OF WOMEN. By D. Rosch. Translated from the German by Charles Dummig. Fowlers & Wells.

Here is a work containing important truths on a subject very generally misunderstood. The subject is intimately connected with the health of females, domestic happiness, and the well-being of society.



Immense and incalculable are the evils resulting from mere ignorance in the matter of which it treats. Now, shall we commend this book to the public, tell them to read, understand, and be wiser and happier, or shall we withhold the truth because the subject is a delicate one, and let them suffer on? It has often been alleged that the medical faculty were afraid or unwilling the people should become enlightened in relation to their own physiological nature, lest they should make a bad use of their intelligence. I cannot see how the laws of our being are safer from perversion in the hands of an M. D. than with a layman. The great source of sin and suffering is ignorance, and the infallible remedy is knowledge. But I fear there is too much truth in the charge so frequently laid to the door of the regular profession. Before speaking of the work before us in such terms of commendation as I think it deserves, I want the reader to know what our allopathic friends say about it. A good moral may be deduced from the contrast. The following is copied from the *Boston Medical and Surgical Journal* :—

“**NERVOUS DISEASES OF WOMEN.**—Messrs. Fowles & Wells, New York, have sent forth a translation, from the German of Charles Dummig, on ‘**CHRONIC DISEASES**: especially the Nervous Diseases of Women,’ which will doubtless be read extensively, but whether to profit is a question. It is a popular explanation of the *true causes*, according to the author, of scores of maladies to which married females are predisposed. It is not a medical work, and yet it treats of maladies especially recognized by physicians. But it speaks out things, in relation to alleged excesses of intercourse in married life, to which the author attributes most of the nervous diseases of women, in a way to which even medical readers are unaccustomed. Perhaps in Germany such plainness is acceptable. Here, however, the public taste requires this kind of truth to be muffled up in half a dozen folds of technicalities. There is an air of vulgarity about these everybody’s books, which on the whole, as society is constituted here, renders them infinitely more injurious than useful. Yet it cannot be denied that M. Dummig has recorded facts, and convincing ones, too; yet who will be the wiser for them? Those for whom the instruction is designed will not trouble themselves particularly about the abuses he designates; while thousands, who are not in a situation to be benefited by it, will study it to gratify a morbid curiosity.”

Reader, do you not discover something very queer in the above omni-sided paragraph?

The book contains important truths, but *because* the public taste is vitiated the truth must be told in such a bundle of technicalities that all who need the instruction will be sure not to understand it! How marvelously, incomprehensibly wise! “There is an air of vulgarity about these everybody’s books.” Is there indeed? Is truth vulgar? On the principle that “to the pure all things are pure,” to the vulgar all things may be vulgar. Does the writer of the above notice consider that when he calls everybody’s truth vulgar he accuses the Author of all truth of vulgarity? Or does he think truth is an invention for the special benefit of the professors of medical science, to which the vulgar people have no right?

*Per contra*, I hope the book will find its way to every vulgar and genteel person in the land; and the truths it exposes sink deep into their understandings and be exemplified in their lives. Chastity is as much a virtue in married life as in single; and if the abuses of the conjugal relation produce so much mischief, let the lesson be plainly, clearly, and unmistakably told, without a single “fold of technicality” about it, as it is in the work under consideration.

PSYCHOLOGY, OR THE SCIENCE OF THE SOUL. By Joseph Haddock, M. D. Price 25 cents.

In the publication of this little volume Fowles & Wells have made a valuable addition to their numerous educational works. The intelligent student of Nature delights to contemplate the phenomena of life in all their multiform relations. The moral, mental, and physical qualities of humanity are so inseparably blended in their manifestations, that we in vain undertake to philosophize in one department unless we study all. True, the rationale of mesmerism, clairvoyance, &c. is but little understood, yet as the facts upon which their existence is predicated have not been and cannot be “explained away,” we should consider any attempt to harmonize them with ascertained physiological and philosophical principles at least laudable.

The work in question gives a very clear anatomical and physiological description of the brain and nervous system, illustrated by numerous plates. The mesmeric phenomena are divided into the following distinct states, each of which is separately explained: 1. MESMERIC DROWSINESS, OR SLEEP; 2. COMA, OR PROFOUND SLEEP; 3. INSENSIBILITY TO PAIN; 4. PHANTASY; 5. PHRENO-MESMERISM; 6. TRANSFER OF STATE OR FEELING; 7. MENTAL ATTRACTION; 8. CEREBRAL LUCIDITY, OR CLAIRVOYANCE. To the latter and highest state the author prefers the term INNER VISION, OR SPIRITUAL LIGHT.

In the application of mesmeric influence to the treatment of disease, we are glad to find that the author does not make it a one-idea hobby. He regards it as a powerful auxiliary in the management of various abnormal states called “nervous,” and of great importance in mitigating pain, facilitating difficult surgical operations, &c. His rules for the practice of mesmerism are very plain and simple, and so far as I am competent to express an opinion, as valuable as the more complicated and difficult directions which have been given in other works.

LETTERS TO LADIES, IN FAVOR OF FEMALE PHYSICIANS.

This pamphlet of forty-eight pages, by Samuel Gregory, A. M., Secretary of the American Medical Education Society, should not be overlooked by an inquiring public.\* It presents a strong array of historical and physiological facts and arguments in favor

\* It may be had of the publishers of the *Water-Cure Journal*. Price 12½ cents. Mailable.

of restoring the practice of midwifery to properly-educated females, to whom it rightfully belongs. Engaged in this movement are many of the most distinguished philanthropists of our country. May speedy success attend it.

## MISCELLANY.

**WOMEN'S DRESSES.**—What is now needed, is to particularize the faults and give the reasons plainly, so that she "who runs may read" and *understand*, and afterward suggest some plan or plans for reforming those "abuses." We can call them by no lighter name.

MRS. SWISSHELM, a vigorous writer, and as fearless as vigorous, thus hits off one of these fashions:

"WORD FOR THE LADIES.—Walking is getting quite out of fashion, and young women now-a-days wriggle along as if they were moved ahead by one of Ericson's patent propellers. Their walk is as crooked as that of a ship with all her sails and no rudder. They are as graceful in their motions as a militia colonel's horse, or a broken-down 'racker.' I notice they are awfully deformed, too, as a general rule, having great humps on their backs, like droedaries—all which is doubtless very pleasant to the traders in cotton batting and hay. This 'new edition' of the shape may be a great improvement on the original, but if so the original must be 'shocking bad;' for if there is an ugly-looking object about it, it is one of those wadded and padded young women. If one of them should be furnished by nature with these humps (or heaps) she would be exhibited as a curiosity, at a flip a peep, like a double-headed pig. Some months since somebody sent me through the P. O. a semicircular bag of cotton, and I was told it was a very prominent article of female apparel, used to perfect the human shape! It is a curiosity, and a few years hence I mean to send it as such to Barnum's Museum. It looks like anything except an article of dress. There is nothing to compare it to, in the heavens above, on the earth beneath, or waters under the earth. They call it—so I am told—a bishop—and if so, I certainly go in for

'A church without a bishop,'

as heartily as for

'A state without a king.'

"I hope, after reading these strictures, that the young women will give up wriggling through the streets like a parcel of eels; content themselves with the human form, and try the experiment, at least, of acting like responsible beings."

We are glad these subjects, though in detached portions, are gaining some notice.

The Kalamazoo, Mich., Gazette has had several articles. "BELINDA" has been making various criticisms on O. S. Fowler's strictures upon fashion, and is answered by the editor of that paper. Other papers are also calling the attention of their readers to this much needed reform, and since the wheel has begun to move let us keep it moving.

Mr. Fowler's work on Tight Lacing should be read by every woman who cares to reform her own errors, or those of her friends who are sufferers. A clergyman said it should be put in every pew in every church in our land. A physician remarked that if

the "tight lacer" was the only sufferer of the effect of her lacing, it would matter but little, for her poor lacerated body would the sooner fall under the oppression (pressure), and then it would cease to be afflicted thereby. But the result is not in her grave. Her children cannot receive from their mother such and as much nourishment and vigor as if all her muscles had their free action and development. And although nature will do her best to repair the wrong, it cannot be fully done, and in requiring her efforts in this direction she must leave something else less perfect than she otherwise would have done. "Let nature have her perfect work." Tight lacing is not the only reform needed in women's dresses.

Can we not take pattern, in part, at least, from some other nation or tribe, retaining all the good and omitting the evil?

There are now too many thicknesses of clothing around the hips, and also too great a weight resting thereon, causing a weakness of the back and a fever in all the lower regions of the body.

Does it not seem inconsistent when we think of the very thin clothing over the upper part of the body compared with the lower? Should we not rather dress both portions with equal warmth as well as freedom; and would not the result be beneficial? We are not unaware that some will interpret us to advocate the idea of woman's assuming man's style, and scout it as "monstrous," "indecent," "Utopian," and the like; but understand, we do not advocate this, but are merely pointing out the evils of the present system, and giving our reasons, hoping some one will point to "a better way;" still, we would rather that men and women dressed so nearly alike that their sex could not be distinguished by their dress, than that the whole race should longer suffer as they have done by the present form. Who will give us the various modes of female dress among the Eastern nations, and suggest improvements? What can be said of the costume of the Chinese women? Perhaps we can draw some good from them, notwithstanding the punishment of their pedal extremities. Perhaps we can learn something from our own Aborigines. B.

DEAR BROTHERS IN THE WATER-CURE.\*—The work goes bravely on in New England. The cause we love so well is prospering beyond anything in the annals of reform. Everywhere I go, and I, as you know, am "round some," I find the most ardent inquirers concerning the truth as it is in Hydropathy. According to all accounts, there is no subject that the people listen to so willingly and patiently as they do to LECTURES ON THE WATER-CURE.

The reason is plain—they feel it concerns them intimately to know "whether these things be true or not;" and when once the two systems are brought in juxtaposition, and the philosophy of each duly explained, they can't help seeing the superior beauty of the new and better way.

\* From our friend NOGGS, of Boston.

I am happy to learn that your subscribers increase so fast—good enough for you. I hope every year it will be just so, only more so.

Mrs. Noggs is well, thanks to cold water, and so are all the little Noggs's, who also daily use the precious baths. It is, I think, the best *elementary* education they could have.

Tell brothers Shew, Trall, Mundie, &c., &c., that I visited them all on New Year's day, in imagination, and should be happy to see them bodily here.

In haste, thine, Noggs.

ANECDOTE.—The following anecdote is told in an old book of the Rev. John Bulkley, a grandson of President Chauncy, and the first settled minister in Colchester, Conn.:

"The Rev. Mr. Bulkley was famous in his day as a casuist and sage counselor. A church in his neighborhood had fallen into unhappy divisions and contentions, which they were unable to adjust among themselves. They accordingly deputed one of their number to the venerable Bulkley, for his services, with a request that he would send them his advice in writing. The matters were taken into serious consideration, and the advice, with much deliberation, committed to writing. It so happened that Mr. Bulkley had a farm in the extreme part of the town, upon which he intrusted a tenant. In superscribing the two letters, the one for the church was directed to the tenant, and the one for the tenant to the church.

"The church was convened to hear the advice which was to settle all disputes, and the moderator read as follows: '*You will see to the repair of the fences, that they be built high and strong, and you will take special care of the old black bull.*' This mystical advice puzzled the church at first, but an interpreter among the more discerning ones was soon found, who said: 'Brethren, this is the very advice we most need. The direction to repair the fences is to admonish us to take good heed in the admission and government of our members; we must guard the church by our Master's laws, and keep out strange cattle from the fold. And we must, in a particular manner, set a watchful guard over the Devil, the old black bull, who has done so much hurt of late.' All perceived the wisdom and fitness of Mr. Bulkley's advice, and resolved to be governed by it. The consequence was, all the animosities subsided, and harmony was restored to the long-afflicted church."

"THE COMMON HEMLOCK FOR HEDGES.—Attention is now directed to the common American hemlock, as a substitute for the thorn and other deciduous shrubs, in hedges. It has been subjected to reiterated trials, it is said, in various localities where it is indigenous, and in every instance with the most complete success. It has many things to recommend it; among the more prominent of which may be mentioned its great hardiness, and the slight injury, comparatively speaking, it receives from transplantation. It is also well adapted to every variety of soil, and will flourish with great luxuriance on ordinary lands, without previous preparation or manure. Extensive lines of this beautiful hedge are to be seen in various sections of Western New York, where its cultivation has been attended, thus far, with the most astonishing success. As the tree is an evergreen, its appearance is necessarily at all seasons extremely ornamental, presenting in its full, dense foliage a most refreshing contrast to the dreary monotony of the winter scene, and adding, by its many attractive beauties, to the leafy glories of

the spring, and the affluent summer months. It is asserted, on reliable authority, that of all trees and shrubs yet applied for this purpose it is the most certain of success; being less liable to injury from the ordinary evils which so frequently prove fatal to the thorn, the locust, and other cognate species of plants, and in no way objectionable in consequence of root sprouts, by which the above-named productions foul the contiguous soil, and produce a suburban progeny, extremely detrimental to cultivation, whether directed to the production of root crops, grain or grass."

Can any one inform us where young Hemlocks may be obtained in sufficient quantities for the purposes above named? How long time is required for a hedge to mature?—EDS. W. C. J.

GREAT EMIGRATION OF SQUIRRELS.—It is stated, in some of the Kentucky papers, that the squirrels have paid another visit to that good old commonwealth, and are traversing it in great numbers.

"In 1822 Kentucky was visited by thousands and tens of thousands of these little quadrupeds, which crossed the Ohio river and steered due south. They were then little disposed to turn aside for man or dog. Thousands were killed by guns, stones, clubs, and spears fastened to long reeds. In 1833 they made another visit to this state, but in less numbers; they crossed the Ohio, as in 1822, and pursued the same course. Thousands were again killed by men, boys, and dogs. The sport soon lost its interest, and the unoffending hosts were permitted to pursue their way. We learn that they are now making a third march across the state."

A GREAT NURSERY.—Perhaps the largest nursery in the world is Booth's, in Holstein, one of the Danish provinces. It consists of 180 acres, and requires on an average 180 men and 20 women to cultivate it. Eighty packers are employed during the packing season. The average profit, for the last thirty years, has been \$15,000 annually, though at one time for twelve years, the sale of dahlias alone netted \$50,000 per annum, and to which eleven acres are still devoted. Some rare Orchideous plants sell for \$300 each. Of this family of plants, they have 5000 varieties, and 2000 of Dahlia. The collection of ornamental trees is enormous.

WHAT I LIKE TO SEE.—I like to see a physician employ his leisure time in lounging about the stores, reading hand-bills, notices, talking politics, &c. It shows that he intends to keep up with the improvements of the day.

I like to see a lady with a family aspiring to fame by writing stories for a newspaper. It shows that in all probability her children will be well taken care of.

I like to see a man spend four or five dollars a year for tobacco, and complain of being so poor that he can't take a newspaper. It shows that he intends his children shall cultivate their TASTE properly.

I like to see a farmer live in a large house, half finished, have no barn, his fences falling down, and the gates open. It shows that he is likely to prosper.

ONE OF MANY.

G. R. SNOW AND S. W. WILDER, we perceive, still issue at their office in Boston that admirable little paper, called the *Path-Finder*, which leads every business man that comes to the city into the right path exactly to find the best places of trade, &c., and also a corrected Monthly Railway Guide, which must be invaluable to all travelers. It takes Boston to do up "notions."

**THE HEALING ART PROGRESSIVE.**—Heretofore the medical profession has thriven upon the *ignorance* of the world. The doctors stuck to the impudent mysteries of dog-latin, held their canes to their noses, looking ever so wise, but saying never an intelligible word, dosed, purged and bled, put their names to little bits of paper, which set forth that the departed patient had departed in a “regular” way—but whoever heard of their telling the sick how to get well and keep well? It would be anything but professional to tell patients that air, warmth, food, cleanliness, exercise, sleep, are the medicines of nature. Preaching this doctrine, the dosers would have to change their calling to procure the natural medicine, food. If the homeopathsists are honest, they are entitled to respect for decreasing the quantities of medicine administered; better still the cold water practitioners, who plumpily maintain that to dig up vegetables and extract minerals to stuff people with, is taking a great deal of unnecessary trouble when God Almighty bids the healing waters spring fresh and pure from the earth—so that men have nothing else to do but “step in and be saved.” Then, too, Dr. Turner, the American advocate of chronotherapy, in warning humanity to keep the life, which is the blood, in their veins, instead of parting with it in semi-yearly instalments, (the old fashion) has woke up the world to a new truth or two. In defending these irregularities, these “heresies,” the world has been enlightened—man’s faith is now more in nature than in the doctor, and so these new schools, these ultra come-outers, and these partial come-outers, have done, and are doing a good and a worthy work. Men don’t trust their souls to the clergy now-a-days; nor will they trust their bodies to the doctors. Great reforms are progressing in theology and in medicine; the dry bones are shaking, and it does us good to lend a helping hand. The old school of medicine has been compelled to take the field in self-defence—that’s one good sign. A few years ago they affected to treat with silent contempt all assaults. But “masterly inactivity” won’t serve them now. They must stand up to the rack.—*Sunday Dispatch*.

**AMERICAN VEGETARIAN CONVENTION.**—It is proposed by a number of influential individuals in different States of the Union, that there be called in the month of May next, an AMERICAN VEGETARIAN CONVENTION, the same to meet in the city of New York. We shall allude to this subject in a future number of the Journal. Vegetarianism is a reform which is fast gaining in popular favor in England.

It is not improper for us here to remind our friends that we have recently published two invaluable works on the subject—that of Dr. ALCOTT, and one from Dr. LAMBE, an English work with notes and additions by Dr. SHERW; 50 cents each, and mailable from our office.

**THE BANNER TOWN.**—Mr. SAMUEL F. CURTIS, of PENN YAN, Yates county, New York, has sent us one hundred subscribers for the present volume of the Water-Cure Journal.

Considering the number of inhabitants, this is the “greatest yield” that we have had, and PENN YAN is justly entitled to be called the BANNER TOWN.

**WEBER’S ANATOMICAL ATLAS.**—It gives us pleasure to refer our readers to an advertisement which appears in the present number under the above title. This Atlas referred to is unsurpassed by anything of the kind. EVERY LECTURER and every Physician should obtain a copy of this great work. For terms see advertisement.

**THE WATER-CURE IN KENTUCKY.**—An excellent co-worker writes us from Maysville as follows:

“When sixty or seventy copies of the Water-Cure Journal shall have been circulated in our community one year, I think you may safely recommend a hydropathic physician to come among us, and our ‘Faculty’ (the Regulars) to turn their attention to some other employment.”

With this letter, we received fifty subscribers for the present volume of the Water-Cure Journal.

**ON BOARD SHIP,** bound for California, a young man writes to the UNIVERSE:—“None of us are afraid of dying, as we have got a doctor here who makes and gives pills for everything. One of the boys run a splinter in his hand—pills were given. The cook scalded himself—pills again. He is a ‘regular.’ We have had no serious case of sickness. We have had plenty of sea-sickness, and some of the boys are sick every time we have rough weather.”

**FRUIT IN ORANGE COUNTY, N. Y.**—J. J. MONELL, Esq., in his address before the Agricultural Society of his county, states that Mr. DUBOIS and his sons, of Cornwall, have sold in one year \$1500 worth of plums which grew on trees planted by the sides of their fences.

## NOTICES.

**HITCHCOCK AND LEADBEATER.**—Our readers will find, on another page, the advertisement of these enterprising gentlemen. The vast extent of their business enables them not only to compete with other houses, but, in some respects, to surpass them. Their establishment has already become famous throughout our continent, and is daily becoming more popular. The secret of this unbounded success consists in three principles, namely:—Extensive advertising—the most strict, personal attention to business, and the fact that they are thorough REFORMERS, in the widest sense of the term. Our readers cannot do better than to patronize this house.

**MRS. MARY ADAMS,** of Worcester, Mass., has sent us fifty-two subscribers, for the present volume of this Journal, which entitles her to a PREMIUM, consisting of all the back volumes of the Water-Cure Journal, namely: 1, 2, 3, 4, 5, 6, 7, and 8, all of which are subject to her order. We have only a few sets left; all who wish them, will be prompt, and send on their clubs. It requires only \$25 to secure fifty copies of the Journal for 1850, and a complete set of all the back volumes.

**ADVERTISEMENTS.**—It will be a good investment for all of our Hydropathic friends to announce their ESTABLISHMENTS in the Water-Cure Journal. There is scarcely a town in the United States in which this Journal is not taken.

**AGENTS.**—We shall be happy to insert in the Water-Cure Journal the names and residences of such LOCAL AGENTS as may desire to have their names appear.

**THE SCIENTIFIC AMERICAN.**—In our advertising department may be found the PROSPECTUS of this most excellent paper.

WHAT THE PAPERS SAY OF THE WATER-CURE JOURNAL.—"It is one of the best health periodicals ever published."—*Religious Instructor*.

"For the benefit of the community, we should be glad to see an issue of 100,000. It is cheap at \$1 per year."—*Free Democrat*.

"It teaches the whole art of Water-Cure, and, independent of this, it is the best manual of health we know of."—*Perysville Eagle*.

"We cannot but believe that Messrs. Fowlers & Wells are conferring a great benefit on society by the publication of this Journal."

## VARIETIES.

TOBACCO PATHY.—Noticing some time since in the Journal quite a number of *pathies*, I thought one more might be added to the list under the above head:

Of Pigtail take a quid,  
The oftener the better;  
Soon you're of freedom rid,  
And bound by Habit's fetter.

'Twill varnish up your teeth,  
And paint your whole exterior;  
'Twill daub your mouth and chin,  
And make you look superior.

If to digest your food  
Your stubborn stomach ceases,  
Offended by abuse,  
Or gluttonous excesses;

Why cram in the tobacco,  
It's temper to correct:  
If this it can submit to,  
Pray what would it reject?

As the "whipt child" is humbled,  
Thus might your stomach say,  
"All else I'll bear with patience,  
But keep the Weed away."

Ye fair ones! get a box  
Of pulverized Tobacco;  
Take "Macuba" or "Scotch,"  
Just which you best may like to.

Once every five minutes  
A pinch snuff up your nose;  
Your fingers, lips, and 'kerchief,  
Will take a share, I s'pose.

Your clothes will be nice looking  
With black and yellow speck on:  
The dinner you are cooking  
You'll season well, I reckon,

Gents! take a huge Cigar,  
With consequential graces,  
And puff it with an air  
Among the ladies' faces.

See what debasing Thrall  
Poor mortal can be brought to,—  
You'll be shunned by all,  
Or at least you ought to.

W. S.

North Easton, N. Y., 1849.

REMARKABLE EFFECTS OF "GENUINE" COD-LIVER OIL.—A gentleman living in Tompkins' Square having been induced to try the effects of the "genuine" cod-liver oil, in his impaired constitution, purchased a bottle of it, price one dollar, at a highly "respectable" druggist's in Broadway, and commenced taking it according to directions. He had swallowed but three doses when, to the utter astonishment of himself and family, he commenced whaling his wife and servants. They thought, very naturally, that he was crazy, and sent for Doctor Rogers, the family physician. The doctor was greatly astonished on hearing the complaints about his patient's complaint, and began an investigation into the gentleman's habits and diet. On hearing that he had been taking the "genuine" cod-liver oil, Doctor Rogers burst into a horse laugh, and said he could explain the mystery in a perfectly satisfactory manner. He then proceeded to tell his patient that, from the oil of whales, it was perfectly natural, on the principle of *similia similibus*, well understood by physicians, that those who took it inwardly should be addicted to *whaling*. The gentleman then threw the remainder of the cod-liver oil into the street, and congratulated himself on not having taken more of it, for Doctor R. intimated that a few more doses might have terminated in making a whaler of him for life, and instead of living quietly at home he might have been on board of a Nantucket whaler bound for the Pacific.—*Sunday Courier*.

HOW THE ELECTRIC EEL IS CAUGHT.—All other fishes fly the vicinity of these formidable eels. Even the fisherman angling from the high banks fears lest the damp line should convey the shock to him from a distance. Thus, in these regions, electric fire breaks forth from the bosom of the waters. The capture of the gymnoti affords a picturesque spectacle. Mules and horses are driven into a marsh which is closely surrounded by Indians, until the unwonted noise and disturbance induce the pugnacious fish to begin an attack. One sees them swimming about like serpents, and trying runningly to glide under the bellies of the horses. Many of these are stunned by the force of the invisible blows; others, with manes standing on end, foaming with wild terror sparkling in their eyes, try to fly from the raging tempest. But the Indians, armed with long poles of bamboo, drive them back into the middle of the pool. Gradually the fury of the unequal strife begins to slacken. Like clouds which have discharged their electricity, the wearied fish begin to disperse; long repose and abundant food are required to replace the galvanic force which they have expended. Their shocks become gradually weaker and weaker. Terrified by the noise of the tramping horses, they timidly approach the bank, where they are wounded by harpoons, and cautiously drawn on shore by non-conducting pieces of dry wood.

DEATH OF THE SON OF LAFAYETTE.—A Paris paper of Dec. 1st announces the death on that day of George Washington, oldest son of General Lafayette. He accompanied his father in his visit to this country in 1828, and was a member of the Chamber of Deputies under Louis Philippe. He was also a member of the Constituent Assembly after the February revolution.

THE total number of deaths in New York city during the past year is estimated at 23,372, of which 5,073 were from Cholera. The mortality of the city during the preceding year amounted to only 14,618; but, allowing for the increase of emigration, and the fatal effects of the epidemic, the excess in the number of deaths for 1849 is fully accounted for.

**THE WARINESS OF DEER.**—The deer is the most acute animal we possess, and adopts the most sagacious plans for the preservation of its life. When it lies, satisfied that the wind will convey to it an intimation of the approach of its pursuer, it gazes in another direction. If there are any wild birds, such as crows or ravens, in its vicinity, it keeps its eye intently fixed on them, convinced that they will give it a timely alarm. It selects its cover with the greatest caution, and invariably chooses an eminence from which it can have a view around. It recognizes individuals, and permits the shepherds to approach it. The stag at Tornapress will suffer the boy to go within twenty yards of them, but if I attempt to encroach, they are off at once. A poor man who carries peats in a creel on his back here, may go "cheek by jole" with them; I put on his pannier the other day, and attempted to advance, and immediately they sprung away like antelopes. An eminent deer stalker told me the other day of a plan one of his keepers adopted to kill a very wary stag. This animal had been known for years, and occupied part of a plain from which it could perceive the smallest object at the distance of a mile. The keeper cut a thick bush, which he carried before him as he crept, and commenced stalking at eight in the morning; but so gradually did he move forward that it was past five P. M. before he stood in triumph with his foot on the breast of the antlered king. "I never felt so much for an inferior creature," said the gentleman, "as I did for this deer. When I came up, it was panting like a way, with its large blue eyes firmly fixed on its slayer. You would have thought, sir, that it was accusing itself of simplicity in having been so easily betrayed."

**LABOR TO MAKE A WATCH.**—Mr. Dent, in a lecture delivered before the London Royal Institute, made an allusion to the formation of a watch, and stated that a watch consists of 993 pieces, and that 43 trades, and probably 215 persons, are employed in making one of those little machines. The iron of which the balance spring is formed, is valued at something less than a farthing; this produces an ounce of steel worth 4 1/4d., which is drawn into 2250 yards of steel wire, and represents in the market £13 4s.; but still another process of hardening this originally farthing's worth of iron, renders it workable into 7650 balance springs, which will realize at the common price of 2s. 6d. each, £946 5s., the effect of labor alone. Thus it may be seen that the mere labor bestowed upon one farthing's worth of iron gives it the value of £950 6s., or \$4532, which is 75,900 times its original value.

**ALMOST EQUAL TO COD-LIVER OIL.**—A down-east distiller recently attempted an experiment upon the gullibility of us Gothamites, which almost equals the feat of a "respectable druggist," in making cod liver oil out of blubber. The down-easter purchased seventy-five empty brandy pipes, which had once been filled with the genuine *eau de vie*, of Oard Dupuy & Co. He filled them up with liquor of his own making, and shipped them to New York, and had them put in a store adjoining one of the U. S. Bonded Warehouses, with the intention of selling them as "brandy in bond." Unfortunately for this enterprising Yankee, one of Mr. Maxwell's officers happened to twig the brandy when it was put into the store, and finding that it was not in charge of an inspector, thought he smelt a rat. Off he went to the Collector, laid an information against the suspected brandy, which led to its being seized, the fraud discovered, and the confiscation of the spurious liquor, which was sold at auction last week, for the benefit of

**TEA AND COFFEE.**—Many of our subscribers write us that they have discontinued the use of tea and coffee since becoming subscribers to the WATER-CURE JOURNAL. This we always like to hear: the many advantages which will grow out of this need not be enumerated, as every one who takes a correct view will not fail to appreciate some of them, at least. Will not some friend give us the statistics showing the amount of money expended by each family, and by the nation, for tea and coffee, in the course of a single year? Or how much in the course of fifty years?

**PULSE OF VARIOUS ANIMALS.**—The pulse of several of our domestic animals, as given by Vatel in his "Veterinary Pathology," is nearly as follows:—Horse, from 32 to 38 pulsations per minute; ox or cow, 35 to 42; ass, 48 to 64; sheep, 70 to 79; dog, 90 to 100; cat, 110 to 120; rabbit, 120; duck, 136; hen, 140.

**TWO OF THE MOST REMARKABLE DISCOVERIES OF MODERN TIMES.**—The art of making sperm candles from hog's lard, and the still greater art of making cod liver oil from common whale oil. The man who invented the art of extracting sunbeams from cucumbers was an innocent compared with the geniuses who made the above improvements in science.—*Sunday Courier*.

#### 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.

J. W. C. asks, "How should I treat gravel (of the Lithic acid variety, and seminal and urethral weakness), all of which came on at the same time, and are of seven years' standing? I suffer much at frequent intervals from the action of all three."

Drinking freely at proper times (see Water-Cure Manual) of pure soft water (rain water is excellent) effects, in time, great good in such cases. Diet should be plain and unstimulating; otherwise the symptoms will be aggravated. Exercise should be kept up, but not too great. Two or three ablutions per day, the water not too cold, will be beneficial. Wet bandages worn over and upon the parts affected, the same to be often changed, will be highly serviceable in this case. The wet sheet packing may also be used with advantage. We advise this friend to persevere, although his case is a hard one. We shall be glad to hear how he succeeds.

W. B.—Will the editors of the Water-Cure Journal please give their opinion on the following question?

Is the common notion that ladies nursing young children ought not to put their hands into cold water, or handle cold substances, on account of their being injurious, correct? On what ground is that common idea based?

**NURSING MOTHERS.**—The common notion is not correct. It is not based on any ground whatever; it is a groundless whim. The error is one of the incidents of that egregious mistake of the medical faculty, which regards the rearing of children as an *unnatural* business, and necessarily liable to numberless diseases and accidents, requiring continual doctoring, nursing, fuming, and fooling. Pregnant and nursing women are in fact *more exempt* from ordinary ailments, provided the doctors let them alone to follow their usual ways and habits.

B. B. is informed that we think by untiring perseverance in moral, as well as physical treatment, he may yet recover from the effects of transgression.

Keep the mind constantly employed in ennobling pursuits; and in social intercourse, mingle with none but the most moral.

Use the cold affusion on rising;—sit bath in water at 72° F., and rubbing of lumbar region five minutes, just before retiring.

Wet the back part of head and neck often in cold water. Keep the feet warm. Exercise much in open air.

Dress thin. Sleep in a large, well-ventilated room—upon hard bed and pillow. Retire and rise early.

Live principally upon unbolted wheat bread, potatoes, a little good butter, and ripe fruit.

Drink nothing but water, and that only when thirst demands.

Abstain entirely from sugar and molasses, and never eat between meals.

Follow this course steadily for months, and then let us hear again.

J. M. asks, "Why do you object to the use of soap in washing the body?"

We do not always object to it; as, for instance, when we have to introduce a patient to the Water-Cure who has for years made his stomach a sepulchre for all manner of animal food, from the fatted porker to goose liver pie. We say, under these circumstances, a piece of soap, to counteract the enormous deposit of oleaginous substance, is sometimes welcome; but all who adopt the natural diet and regimen vindicated in the W. C. Journal will scarcely require an unnatural, irritating agent to keep the body clean.

BURLINGTON, IOWA.—In the case of deafness, the "probable pathological condition" is hardened ear-wax, or a deficient secretion of it. The ringing in the ears denotes obstruction rather than loss of power. It is barely possible the obstruction may be in the eustachian tube, yet not likely. The patient requires strict diet, a persevering use of the pack sheet, with warm water injections into the cavity of the ear. An establishment for a while would be the best way to commence. Deafness following colds, fevers, and inflammatory affections about the head, has often been cured after existing months or years.

DYSPEPTIC PNEUMONIA.—Our friend in Truro, Mass., has a long-standing liver complaint, finally extending its influence to the lungs, making the incipient stage of the affection known in medical books as dyspeptic consumption. To treat it hydropathically, use the pack one hour, or the rub sheet ten minutes, daily. Wear the wet jacket half or two-thirds the time; take a half or sitz bath at least once a day. Abandon all stimulating food, drinks, and condiments.

J. C. M., of OHIO, wishes to know *exactly* what the legal postage is on the Water-Cure Journal.

ANSWER.—The postage on this Journal is 1 cent, or 12 cents a year within the state, or within one hundred miles out of the state; and 14 cents, or eighteen cents a year, beyond those distances.

LADIES FOR CALIFORNIA.—A young lady of Boston has accepted an offer of \$400 per month to act as book-keeper in a mercantile house in San Francisco. We also learn that several young ladies are about leaving Boston for California.

## BOOK NOTICES.

ANNOUNCEMENT.—In press, and will be published soon, ILLUSTRATED BOTANY, FOR ALL CLASSES, containing a Floral Dictionary, and a glossary of Scientific Terms. Illustrated with more than One Hundred Engravings: By John B. Newman, M. D., author of various works on the Natural Sciences. Price, 50 cents; Fowlers & Wells, publishers.

THE PHYSICIAN AND PATIENT, or a Practical View of the Mutual Duties, Relations and Interests of the Medical Profession and the Community, by Worthington Hooker, M. D., New York: Baker and Scribner. 1849.

We have here a volume of some four hundred pages, written by a "Regular" for the "Profession," and of course unworthy a "REVIEW" in the Water-Cure Journal. We shall, therefore, give it but a brief notice.

This Doctor shows his *ignorance* in many things, by talking largely about matters he has never examined. He condemns ANIMAL MAGNETISM, which some sensible people believe in, and he calls everything *quackery* which is not "regular." He attacks THOMSONIANISM, HOMOEOPATHY, HYDROPATHY, and all other pathies, except *Allopathy*. It is evidently the offspring of disappointed hope. The man's practice must have been small, and hence, he became irritable, nervous, and *cross*, and has set himself at work to "blow up" everybody except the regulars. He can see no virtue in any system but his own. His book smells strong of pure, genuine "COD LIVER OIL."

THE WORKS OF THE LATE EDGAR ALLAN POE: WITH NOTICES OF HIS LIFE AND GENIUS.

We copy from the Baltimore American the following notice, which we regard as impartial and truthful:

"Two handsome volumes have just been published by Mr. J. S. Redfield, New York. They contain *The Works of the late Edgar Allan Poe*, with notices of his life and genius, by N. P. Willis, J. R. Lowell, and R. W. Griswold. The writings of this extraordinary man have long been known to the literary world as remarkable specimens of talent and genius seldom found united in one person; and both his prose and poetical productions are pointed to as among the finest literary gems of the present century. In the volumes now presented to the public these are methodically arranged; and in their perusal the reader will find his thinking powers drawn into active service, while his admiration is called forth in every meaning word and powerful expression which springs without an effort from the gifted writer's pen. Mr. Poe's wayward course of life left his family destitute, and the publication of his works is made for their benefit. Those who buy them pay a tribute to his talent, and render assistance to one of the author's near relatives."

This work is beautifully printed, and will obtain an extensive sale.

THE VALLEY FARMER, and Western Mechanic, published monthly, by the editor, Ephraim Abbott, at St. Louis, Mo. Terms, \$1.00 a year in advance.

We say, "God speed" to all well-directed agricultural publications. If "light," at the present day, is wanted on any one subject, more than another, it is on agriculture, and we hail the Valley Farmer with hope and delight, believing it will do good to every one who reads it. It is particularly adapted to the farmers of the great Mississippi Valley.

**CHRONIC DISEASES: Especially the Nervous Diseases of Women.** By D. ROSCH. Translated from the German, by Charles Dummig. New York—FOWLERS & WELLS. 1850.

We very much question the propriety of putting such stuff into popular treatise. Such information is properly to be conveyed through medical works. Representing the fall of our first parents to be abuse of their connection is degrading. Although the author disclaims polygamy, yet the tendency of his remarks are stronger than his disclaimer. A favorite object with a certain class of reformers is resort to the strong arm of the law to effect their object. This writer would seem to erect a legal tribunal in the bed-chamber. The book is replete with fulsome regard to woman's rights.—*The American Artisan*.

We copy the above from the *American Artisan*, a very large weekly newspaper, published in New York city, by a man by the name of FLEET.

**THE AMERICAN FRUIT CULTURIST**, containing directions for the propagation and culture of Fruit Trees, in the nursery, orchard, and garden, with descriptions of the principal American and Foreign varieties cultivated in the United States. By John G. Thomas—Illustrated with Three Hundred Figures. Auburn: Derby, Miller & Co.; Fowlers & Wells, New York. Price, \$1.25.

This is a valuable book, and we should say almost indispensable to every man who may wish to engage in the culture of fruit. Every Hydropath should encourage this most important branch of domestic husbandry. Let every MAN, WOMAN, GIRL, and BOY, learn to set out trees. If they have no land of their own, plant them by the road-side, and the fruit thereof shall be a blessing to the poor and needy. What a field for real benevolence.

**THE PRISONER'S FRIEND**, a monthly magazine, devoted to Criminal Reform, Philosophy, Literature, Science, and Art. Charles Spear, editor and proprietor, Boston, Mass. Terms, \$2.00 a year: New York, Fowlers & Wells.

This excellent publication continues its work of mercy, and ministers to the afflicted in a most commendable manner. We believe this is the only publication in the United States devoted to prison reform. It should be liberally patronized.

**SINGULAR REVELATIONS**, Explanation, and History of the Mysterious Noises in Western New York, generally received as Spiritual Communications. Available; price 25 cents. For sale by Fowlers & Wells, New York.

This is a curious book. Indeed, we must admit that it contains problems which our "reason" or experience utterly fails to comprehend. What, then, shall we say of it? For the present we hold ourselves in a passive state, ready to believe when evidence shall demonstrate its truthfulness.

To inquirers we can only say, read the book, then judge for yourselves.

**HORACE GREELEY**, editor of the New York Tribune, has recently written a TRACT of twelve pages on **ALCOHOLIC LIQUORS**, their essential nature and effects on the human constitution: Published by Oliver & Brother, New York. Of course, it is an unanswerable argument against the use of alcohol, in any form.

**PSYCHOLOGY**, or the Science of the Soul, by Joseph Had dock, M. D. Just published, by Fowlers & Wells: price 25 cents. For further notice, see "REVIEWS," in the present number.

**THE OHIO CULTIVATOR**, edited and published by M. B. Rateman, Columbus, Ohio, at \$1.00 a year, in advance.

Vol. VI. commenced on the first of January, 1850, and now is a good time to subscribe. It is "just the thing," for every farmer in Ohio, and well adapted to those in other States. Subscribe for the Ohio Cultivator.

**THE AMERICAN JOURNAL OF INSANITY**, No. 3, vol. VI., is received. Since the death of Dr. Brigham, it has been edited by the officers of the New York State Lunatic Asylum, at Utica, N. Y.; published quarterly, at \$1.00 a year. We have spoken of the value and importance of this before.

**THE NEW ENGLAND FARMER**, edited by the veteran, S. W. Cole, published by J. Nourse, of Boston, Mass., continues its semi-monthly visits, and is such a work as might be expected from the head of the agricultural interest of New England. Terms only \$1.00 a year.

**THE SPIRIT OF THE AGE**, edited by REV. WILLIAM HENRY CHANNING, has just commenced a new volume. Those who wish for one of the very best family newspapers, will do well to subscribe for this paper. See prospectus and terms in advertising department.

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For either of the above, or any other works on Hydropathy, please address, post paid, Fowlers & Wells, Clinton Hall, 190 and 131 Nassau-street, New-York.

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