

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC PHYSICIAN.—NO. 3.

Enters College—Becomes a Critic—Life Power—Some properties of the Life Power—Human Life Power—Bones of the Body—Muscles of the Body—Nerves of the Body—Nervous System—The Skin and its Offices—Stages of Digestion—Glands and the Apparatus—Nervous Fluid—Physiology and Pathology—Vis Medicatrix Naturæ—Origin of Medicine.

ENTERS COLLEGE.—When I first entered the University, my experience in practical medicine was already very considerable. I had acquired the manner, and some degree the tact, of a regular prescriber; knew how to take hold of the pulse, watch the countenance, examine the patient, and write in the usual dog Latin my orders for calomel and jalap, rhubarb and magnesia. Besides all this, I was a good chemist and apothecary, and although my reading of medical works had only tended to confuse my mind, yet I was well prepared to profit by superior learning, and hoped that in some shape my previous studies might be rendered available. I must say that the instruction was superior, and the majority of us rapidly advanced in anatomy and surgery, and would have done so in an equal degree in other branches, had there been any harmony in doctrine among the professors; so far from this, however, each of the six held diverse views from his fellows, and did all he could to train the class in accordance with them. Startled and confused by the array of opposing arguments, but few endeavored to grapple the matter, and those few at first with but partial success, while the remainder gave up all hope of ever appreciating anything about theoretical medicine, and busied themselves in trifling amusements.

BECOMES A CRITIC.—The few who remembered the maxim that "what man has done, man may do," received a rich reward. By dint of hard study, theory after theory was mastered, and then we began to feel the want of a standard by which to test medical opinions. Taking the definition as our guide, that "true theory is calculation applied to common sense," a system of physiology was at last matured, which I will now explain, premising that on a good understanding of it will depend the interest in the after part of this series.

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LIFE POWER.—Some years since I saw at a pyrotechnic exhibition a complicated piece of firework. Its beginning was very insignificant, but as the flame coursed along it presented the most glorious shapes and colors, until its ending was inconceivably beautiful. It emblemized the Life Power of our bodies. This power is enclosed at first in a little bag of jelly, but excited to action by surrounding stimulus, it takes this jelly and forms from it all the apparatus of organized bodies, strangely enough enlarging itself as its habitation increases in size.

SOME PROPERTIES OF THE LIFE POWER.—As this power exhibits in the animal kingdom six different sets of phenomena, to each set or property a name is given. Sympathy and sensibility wanting a nervous system through which to work, are consequently deficient in the Life Power of the vegetable kingdom, which has but five properties. Excitability, or that property that can be acted upon by external agents, and in turn act upon its fellows, is the mainspring of the whole. Thus the Life Power of the seed, encased in its envelope and buried in the ground, might lie there forever, were it not that the warmth and moisture produce their effect upon excitability, which fully roused, controls the other properties; the nutritious matter of the seed is soon exhausted, and recourse is had to the elements of air and water; from these the organic structure steadily and rapidly rises, until its point of perfection is gained; there it is forced to stop, for the Life Power can no more go beyond the type originally impressed upon it, than the firework could make a wheel when arranged for a square. It is owing to this law that turnips and roses, and poisonous plants, will grow in the same plot of ground and from the same stem, yet never change the one into the other.

HUMAN LIFE POWER.—From what has been said it will at once be perceived that the life power of the human body is exactly the shape of that body; that the bread and butter, and coffee and meat we eat, though the materials of which the organs are formed, do not in themselves form these organs, but are merely passive agents in the process. The matter forms a suit of clothes for the soul, and when death or a separation of both takes place, an immaterial form remains instinct with life and activity, and freed from its encumbrance of clay.

BONES OF THE BODY.—There are in the body some two hundred and forty-eight distinct bones to form the framework of the house of the soul. At proper places, elaborate joints and hinges are formed with the most consummate wisdom, so that the whole may be as light and moveable and strong as is consistent with the materials. (Cut of the bony skeleton.)

MUSCLES OF THE BODY.—Attached to these bones, for the purpose of moving them, are some five hundred distinct muscles. The muscle is that part of an animal we call the lean meat. They are joined to the bones by means of cords and tendons. (Cut of muscular skeleton and also of the arm, showing how muscles raise weights.)

NERVES OF THE BODY.—To control the muscles and not only render them subject to the will, but also for the purpose of receiving messages from the outer world, a system of nerves is introduced to the body; and it is owing to this system that the attribute of *sympathy* is possessed by animals. Sympathy is of three kinds—contiguous, continuous, and remote. Contiguous sympathy is that when the parts adjacent to each other are affected by disease; continuous sympathy is that when it spreads over the same surfaces; and remote when its impression is sent to the brain, and from that organ, by means of the nerves, is radiated to every part of the system. Contiguous sympathy is exemplified where portions of the bowels touch each other, and thus become affected in disease; it is probably remote sympathy on a smaller scale, produced by means of the ganglions of the great organic nerve acting as brains, and radiating in a confined space the impressions sent to them. Continuous sympathy is shown in diseases of the bowels, skin, &c., such as dysentery and erysipelas. Remote sympathy is shown when cantharides are taken in the stomach, and act on the neck of the bladder.

NERVOUS SYSTEM.—The nervous system is composed of two kinds of matter, white and gray. The white forms the nerves, and is used alone in communicating and receiving impressions; it always ends in gray matter, the masses of which are called ganglions. The nerves of the lower extremities run into the spinal marrow at its commencement in the lower portion of the back bone. From that point, two planes of grey matter run upward; these planes are the ganglions of sensation and motion, and the nerves that convey each set of messages respectively run into them. (Cut of nerve, showing motion and sensation). At the upper part of the spinal marrow, a third ganglion is added to superintend respiration; still farther the ganglions of the special senses; and at the termination is the commencement of the great hemispherical ganglions, allowed by all to be the seat of the understanding. (Cut of the back bone and spinal marrow, also of the side view of the brains.)

To superintend the nutritive system of the body, a special set of ganglions or little brains, with their corresponding nerves, is added; this set begins in the orbit of the eye, and terminates beyond the extreme end of the back bone. To make one por-

tion in harmony with another, the great organic nerve frequently communicates with the general system or voluntary nerves; the points of connection are called plexuses. (Cut of the ganglionic nerve). In consequence of this second system of nerves, we are freed from all care in relation to digestion, beating of the heart and arteries, return of blood through the veins, respiration, and the other actions of organic life.

THE SKIN AND ITS OFFICES.—The skin or cuticle is a mucous membrane lining all surfaces of the organism exposed to the action of air; the same sheet being expanded to cover the external body, lungs, intestines, bladder, &c., &c. When diseased, therefore, even when there was no other influence at work than continuous sympathy, the entire system would soon partake of disease. The kidneys at times do the work of the skin, and *vice versa*. In the exanthematous diseases, as small-pox and scarlet fever, the eruption covers the surface of the bowels as well as the outer skin; a fact that should make us careful of severe purging.

STAGES OF DIGESTION.—When food is taken into the mouth, the first act of digestion is performed by its mixture with the fluid secreted by the salivary glands stationed around the mouth; the organic nerve sending out its commands that the spittle should be thus poured out. Thus moistened, it passes down the gullet (oesophagus) into the stomach, (Cut where another command secures a flow of gastric juices (so named from the Greek word for stomach), (Cut here of stomach) which changes into *chyme*. The chyme passes through the pyloric orifice by the muscular contraction of the stomach, and by a similar emanation as before from the great nerve, the tube which is formed by the union of two ducts coming from the liver and sweet-breads (pancreas); (Cut of liver and pancreas) pours out upon the chyme its combined fluid, the effect of which is to change it into two substances, *chyle* (milk) and excrementitious matter to be thrown off. Millions of little leech-like tubes called *lacteals*, or milk-carriers, suck up the chyle and carry it to the mesenteric glands for further elaboration; passing these, it is carried to the chest-pipe or thoracic duct, and conducted to the subclavian vein to mix with returned venous blood. It now passes into the upper cavity or auricle of the right heart (Cut of heart), from whence it is thrown into the right ventricle, from thence into the pulmonary artery, (Cut of arteries), which carries it to the lungs; it there throws out whatever deleterious ingredients that remain in it, receives oxygen from the atmosphere, and of a red color, and perfectly pure, is carried to the left heart, entering its auricle, then descending to the ventricle, and from it passing into the aorta to be carried to every part of the system for purposes of nutrition. The arteries continually subdivide, until they become immeasurably smaller than hairs, each of the minute tubes at length terminating in a little bladder, which has three openings: one, by which the artery enters to carry its drop of pure blood, composed of 18 elements;

another, by which the absorbent, after selecting what it requires of these elements, (Sherwood's Cut) and combining them to carry off its secretion; and a third opening, appropriated to the orifice of a vein which sucks up the residue that is not wanted, and carries it off, to be finally brought back to the heart, mixed with elaborated chyle, and the compound again passed through the lungs for purification, to be pumped through the system.

GLANDS AND THEIR APPARATUS.—Special agents of the life power are stationed at various points to secrete peculiar fluids from the blood. These agents having a greater or less number of little bladders at their command, according to their importance, are called glands (cut of a gland). From the artery that leads to them they prepare the desired fluid, which they store up, ready at any command from the organic nerve to send forth. Thus the lachrymal gland secretes tears; the salivary gland, saliva; the sweet-breads, the pancreatic juice; and the liver, bile; the last compounding its secretion from venous blood.

NERVOUS FLUID.—The gray matter of the brain secretes from the blood the nervous fluid or animal spirits. It is this fluid that courses the white matter of the nerves, and acts upon the muscular fibre, causing it to contract and thus obey the commands of the will. Every movement thus made in the body consumes a portion of this fluid. By sending commands to a particular set of muscles, the nervous fluid of that part becomes exhausted, and we are forced to rest, not to allow the muscles to gain strength, but that we may replenish our supply of animal spirits. It is in this way that remote sympathy operates. The nerves from an affected part bring such news as to alter the entire nervous secretion of the brain, and this, radiated upon every part of the body induces corresponding action, as all the glands are under the control of nerves and work as they direct. The brain, though constantly busy, cannot elaborate enough in general cases to supply the demand. After a time the whole stock is used up; the muscles refuse to obey us; the eye cannot see, the ear hear, as these wires (nerves) are not charged with magnetism; we become drowsy, and pass into the state of slumber, and while thus inactive, accumulate a plentiful supply of the needed article.

PHYSIOLOGY AND PATHOLOGY.—When the body is surrounded by proper influences, as a fine atmosphere, good air, &c., its excitability is acted upon in such a manner as to induce health; and the study of it in this state is called physiology. But excitability is equally susceptible of unhealthy stimuli, and the study of the system in that condition is termed pathology; and it is with this last that we have unfortunately most to do, and to illustrate which our series was written.

DISEASE.—Acted upon by morbid agents, excitability, having no power of withstanding their influences, sinks under it; and were there no other attribute than those we have considered belonging to the powerful, let schexposure would in every in-

stance terminate in death. How then, living in a world such as this, do we continue to exist? The answer shows the infinite Wisdom that planned and formed our immaterial nature.

VIS MEDICATRIX NATURÆ.—Thousands of years ago it was perceived by the older physicians, many of whom were keen observers, that there was a power in our system that resisted disease, and repaired its ravages, and they gave it the name which forms the caption to this article. This principle is never brought into action except when its agency is necessary to save the organism, and consequently is not at all perceived in physiological investigation. It is the rock on which all medical science is based. By a few familiar illustrations we will explain its mode of operation. Most of us have gone out in winter, at times, without gloves, and been thus exposed to the action of severe cold; more especially when driving. At first the hands feel very uncomfortable and get benumbed; but in ordinary cases, in a little while a glow comes over them, and they become warm and remain so. The cold, acting on excitability, depresses the life power, until the spring was touched that roused into activity the *Vis Medicatrix*, which, thus alarmed, brought back the glow, immediately retiring when its work was finished. Many of our animals, as a writer has observed, too tender to endure the severity of a northern winter, wing their way on its approach to the sunny regions of the south, and find in tropical climates a temporary asylum. But there are others which have no means of leaving winter behind them, and what is the resource? It is a peculiar state of lethargy which comes on as the cold increases, and continues until the opening of spring and sunshine. This state of hybernation, as it is called, resembles that of profound sleep, except that the trance is deeper, the breathing nearly ceasing, and the bodily temperature reduced nearly to that of the atmosphere. If such an animal is taken from its obscure retreat and surrounded by a freezing mixture, it will, after a time, rouse into activity—its eye as bright, its pulse as fast, its breathing as rapid, and its temperature as high, as in the midst of summer. Exposure to the atmosphere will again make it torpid. All fevers are preceded by a chill, owing to the depressing influence of the miasma upon excitability, and sinking ensues, till, as in the case of the exposed hand and dormouse, the *Vis Medicatrix* is necessitated to act, fever succeeds, and the ensuing perspiration finishes the cure. Wherever in the history of Medicine this principle has been lost sight of, the science has sunk and its lustre paled; it becoming the bane instead of the hope of mankind.

ORIGIN OF MEDICINE.—Thus furnished with a standard by which to judge of the truth and usefulness of the views propounded by the learned and celebrated stars of the medical firmament, we will proceed to test the value of their light, commencing with the origin of the science, for which purpose we will glance at the Healing Art as practiced in later times among savage nations, presuming all beginnings to be somewhat alike,

and that the ancestors of Esculapius did not vary much in their treatment from barbarians of a later date. As practical benefit is our object, we will not unnecessarily encumber the page, and therefore our worthies will be only those who influence the opinions of their day.

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. SORSEBY, M. D.

[Continued from the February No.]

RAMAZINI, says M. Méral, advises the laborers in these factories, to protect themselves as much as possible from the injurious effects of this plant, to avoid the dust by covering their mouths and noses with fine gauze, to breathe the fresh air as often as possible, to wash their faces with fresh cold water, their mouths with vinegar, and drink vinegar and water, for nothing is more effectual, says he, to detach and carry down the acrid particles adhering to the mouth and œsophagus; to drink, also, emollient, sweet, and emulsive drinks, etc. etc.; he vomits them to make them throw up by the shortest and quickest way the dust and ambler they have swallowed, which of itself provokes vomiting.

To all these details, the obstinate devotee of the weed may reply, that one after a while becomes accustomed to these noxious emanations, or at least, is less susceptible to their injurious effects; for, say they, the *old laborers* are now scarcely ever tormented by them.

It is truly grievous that, to sustain his assertion, he is obliged to use a word which we have taken the trouble to underline; for he gives us the right to use that adverb as a mallet to break all of his arguments.

In a word, if the *old laborers* are *scarcely ever* tormented by these noxious emanations, does it follow that they never will be again, as long as they are surrounded by that poisonous air and dust, which presses upon their brains like an atmosphere of lead?

Not at all!

If we had not already sketched the picture of their sufferings, and if the frame of this work was sufficiently large to transcribe in it all the heavy and secret pains that destroy the lives of these men, what insurmountable objections should we not adduce to oppose to the reply that he made! "*The old laborers are now scarcely ever tormented by them.*"

Remember now, always, that diseases do not always manifest themselves by phenomena—symptoms, so plain that it suffices for the most inexperienced eye to recognize them. There are poisons which, given in certain doses, and in certain forms, will kill as dead as if we were struck with lightning. Take now the same dose of this same medicine; but, before, study its action, as

you have been so murderous, divide it into fiftieths and in hundredths of grains; then, if you wish to establish upon yourself a scale of comparison, take it into your stomach in the least possible form; take it daily, being careful to augment gradually the dose, and at the end of two or three months, you will be able to support a dose of poison, that, taken all at once before commencing its use, would kill you instantaneously.

Let us go a little further. In graduating thus the doses of this substance, that bears death with it, when we take not the wise precaution to divide its force, and neutralize its effects, you may, perhaps, have experienced no ill effects from it; but put yourself every day, for six months, or a year, under the influence of the same preparation, and the time will come, be well assured, when your health, though good in appearance, will suffer seriously, and without your perceiving the hurtful blows that you have directed against it.

For our part, we know a certain Professor of the school of Medicine at Paris, who, to cure himself of a violent *gastralgia* (nervous affection of the stomach), concluded to resort to opium, with the flattering hope of soon relieving himself of the cruel affection to which he had been subject for several years.

As you may suppose, he commenced by taking very small doses of the remedy; they did not produce any sensible amelioration in his health; he augmented gradually, daily, the dose; but, from dose to dose, it happened that the remedy became more insupportable than the disease itself. Thus, after being uselessly narcotized for some months, he decided to abandon the opium, and seek relief from means less dangerous.

To resume these general considerations, and before commencing the second part of this book, where we shall give the history of some of the diseases of smokers, snuffers, &c., we will repeat that the absorption of tobacco into the human system enervates and debilitates all the tissues; that it stupefies above all the brain, and that from this continued stupefaction springs very grave and general disorders, such as the loss of memory, the diminution of the vital forces, marasmus, torpidity of the liver, bilious and nervous complaints, dyspepsia, diarrhœa, consumption, and those palsies, or tremblings, numbness and coldness of the limbs, and a number of other diseases that are common to those who make an idol of this noxious weed, so deleterious to the constitution.

PART SECOND.—Of Snuffing Tobacco—The Organ of Smell—Tobacco considered as an Errhin—Sneezing—Of the Organic Change which Tobacco occasions in the Nose—Nasal Catarrh, Coryza, Cold of the Head—Ozena—Fistula Lachrymalis—Polypus of the Nose—Cancer of the Nose—The Consequences of the General Perturbation of Sneezing—Of the Pipe, Cigar and Cigarette—Anatomy and Physiology of the Mouth—The Sense of Taste—Mastication—Tobacco considered as a Masticatory—Of Smoking Tobacco—The Diseases of Smokers—Notes

by the Translator—Of Chewing Tobacco—Of Dipping and Rubbing the Teeth with Snuff.

GENTLE reader, if you have perused our pages so far, you will perceive, we have considered tobacco in relation to the physiological and toxicological phenomena which manifest themselves in those who use and abuse it. But its injurious action does not stop there.

It is evident, indeed, that if this plant has sufficient power to modify the intelligence, the sensibility, and volition to the degree to occasion in them disorders more or less serious, it must necessarily leave traces of its passage upon the parts with which it comes in immediate and almost continued contact.

Of course, a plant so *savory* should be presented to its numerous consumers in many different forms, to suit all their different tastes.

Such is the fact, tobacco is introduced into the nose in the form of powder, by snuffing; into the mouth, in powder by dipping, and in leaves by chewing; and more frequently, in fumes by smoking. It remains now to study its irritating action in the nose, and then in the mouth.

THE ORGAN OF SMELL.

With most people the nose is nothing more than that triangular and pyramidal projection situated in the middle of the face, between the eyes and mouth, without their doubting the least in the world, the beauty and delicacy of the texture which lines its interior.

Before commencing the study of the organic changes that tobacco occasions in the system, and noses of snuffers, we deem it our duty to cast a rapid *coup d'œil* upon the organization and physiological condition, or state, of the part upon which it exercises so powerful an action.

Perhaps it may not be inappropriate to remark, that we shall be well paid for the labor that writing this book cost us, if, after having sketched this short anatomical picture, we should see some snuffers renounce their detestable habit, in just fear of what we shall be able to inspire them, of destroying one of the five senses which procures us the sweetest and most agreeable sensations, except, understand me, that of the powder which we are now combating.

The nostrils are the two cavities of the nose, hollowed out of the thickness of the face, which extend backward and terminate in other cavities called *frontal sinuses*, &c., &c.

A mucous membrane, quite thick and always humid, in the tissue of which the olfactory nerves, as well as a great number of other nerves and blood-vessels are spread, line their interior surface, and is prolonged in the sinuses which joins them, and covers the projections and depressions of their walls. This soft and spongy membrane, called *pituitary*, when healthy, secretes mucus.

We should have added, the eyes communicate with the nostrils by the aid of two canals which conduct in them constantly, a part of the tears which have served to moisten the eyeballs.

We should not omit to state, that the nasal

fossas, or nostrils, communicate by sympathy with the brain and stomach, &c., &c.; and that they are the special seat of the sense of smell, the uses of which are to inform us immediately of the odoriferous particles suspended in the atmosphere, from which information two secondary properties are deduced, viz. :—

1st. To watch the qualities of the air; and,

2nd. To control the quality of certain aliments.

Indeed, one would suppose that the sense of smell procured man too many joys for him to make it a sport to abuse it.

Man derives great pleasure at first in smelling the enervating perfume which the chalice of sweet and beautiful flowers exhale; then, he happens, by degrees, to love the odor of certain emanations which the dirtiest animal refuses to smell. A most astonishing creature is man!

TOBACCO CONSIDERED AS AN ERRHIN.*

Of all errhins, the plant about which we are engaged is the most used.

It was in the form of powder that tobacco was first employed in France; but at first, as a medicine; the physicians advised King Charles IX. to use it as a remedy for the headache, to which he was subject.

Very soon after, snuffing was used, not to combat the headache, toothache, &c., &c., but to procure a *sensation*, or for irritation.

During the reign of Louis XIV., it became fashionable, to the degree, to be besmeared with it.

Voltaire, in his *Dictionnaire Philosophique*, (tome vii. p. 260), says, that the *small folks* in France, having commenced to snuff, it was at first considered indecent for women to do so.

This is why Boileau thus expresses himself in the satire of women :

" Et fait a ses amants, trop faibles d'estomac,
Redouter ses baisers, pleins d'ail et de tabac."

If, at present, snuff is more than ever enthroned in our domestic manners, we shall not need poets as much inspired as the songster *Lutrin*, to cast blame and ridicule upon the custom. As a proof of it, listen to M. Barthélemy, who, in uniting the waves of poetry with the blue and light clouds that escape from the pipe and the cigar, could not refrain from stigmatizing with his rapturous satire all the old and young noses stuffed with snuff.

" Le priseur, au contraire, offre dans tout son être
Certain je ne sais quoi, qu'on ne peut méconnaître
Son gabus est ridicule, et son maintien chétif;
Dès qu'il porte la main vers le siège olfactif,
La tête vers la terre obliquement s'incline,
Il étire la face et pince la narine;
Il a beau corriger ses gestes maladroits,
Arrondir le poignet en allongeant ses doigts,
Quelques soins qu'il se donne, il ne peut se défendre,
D'un air patriarcal qui frise le Cassandre,
Eh! comment ne pas rire, à voir le dénouement
De sa fatale prise, outre l'éternement ?

* Errhin, in medical language, is a substance applied to the mucous membrane of the nostrils to increase its secretion.

Comme le stimulant qu'il porte à cet organe,
 Contraint à suinter sa muqueuse membrane,
 Tantôt une topaze, effroi du linge blanc,
 Au bout du cartilage étincelle en tremblant ;
 Tantôt elle envahit la gouttière nasale,
 Et glisse vers la bouche en peute verticale ;
 A moins que présenté d'une assez prompte main,
 Le madras à carreaux n'éponge en chemin."

Well, Messrs Snuffers, and above all, Madam Snuffers, what think you of this portrait ! Do you think Boileau could have done better, and has not this poetical daguerreotype of the *refined* custom of snuffing stereotyped you well !

But if poetry makes you blush to such a degree as to cause you to sneeze with vexation, science in turn will give you some severe brushes before we complete the picture in which your ridiculous grimaces have been so well delineated.

(To be continued.)

HÆMOPTYSIS, OR PULMONARY HÆMORRHAGE.

BY S. ROGERS, M. D.

BLEEDING from the lungs is, in the public mind, so intimately associated with pulmonary disease, that the physician is generally obliged to direct his energies as much against the effects of fright as the actual danger from the hæmorrhage. It is erroneous to suppose that because blood sometimes oozes into the air-passages of the lungs, consumption must of necessity follow. On the contrary, most eminent medical authors tell us that pulmonary hæmorrhage is only a curative effort of Nature to relieve the morbid congestion of the lungs. This doctrine is no doubt true, and in cases where the consumptive tendency is not strongly marked, it is not uncommon for bleeding to occur, and repeatedly, too, without serious results to the patient.

Dr. Elliotson, an eminent medical author of much experience, says: "If a person spit blood, he should avoid everything which causes an irritation of the chest; but he ought not to condemn himself; for I have known persons spit a considerable quantity again and again, and yet afterward do perfectly well."

I would not, however, wish to convey the idea that hæmoptysis is always so slight in its effects as to be unworthy attention; but believe it always indicates something wrong in the system. This wrong varies in degree, from the simple congestion of the lungs produced by a common cold, to the fatal ulceration of blood-vessels in the last stage of pulmonary disease.

The popular belief that hæmorrhage is caused by the rupture of blood-vessels is unfounded, except as it sometimes occurs in ulceration of the lungs. "The blood," says Professor Sweetser, "is effused from the pores of the mucous or lining membrane of the air-passages, independent of any rupture, in the same manner as it sometimes oozes from the gums, eyes, skin, and other parts, in scurvy, the last stage of low fever, &c."

Immediate death from loss of blood, except in the last stage of consumption, or in great debility

from other disease, need scarcely ever be apprehended.

Pulmonary hæmorrhage may occur in the strongest constitutions, but oftener it is to be found with those of a scrofulous taint. The exciting causes are various. Anything which creates unequal circulation or sends an undue quantity of blood to the lungs may produce it. Long exposure to cold dry winds, undue physical exertions, blowing upon wind instruments when it causes pain or oppression of the chest, sudden fright, ordinary colds, suppression of the menses, or other habitual discharges, entering heated rooms after rapidly walking in the cold air, etc., etc.

The symptoms which generally precede hæmorrhage are, a sense of oppression about the chest, desire for fresh air, sensation of heat under the breast bone, lassitude, coldness of the extremities, shivering, and sometimes constriction and paleness of the skin. But these symptoms do not always occur, or if so, they may be so slight as to escape the notice of the patient. Again, different symptoms may precede a flow of blood, as general feverishness, accompanied by a strong and frequent pulse, headache, and acute pain in the chest.

The blood discharged varies in quantity from a single mouthful to a tea-cupful, or more. It is usually frothy, and of a bright red color, though not necessarily so. Sometimes it is quite dark. It is generally thrown up by coughing slightly, and is occasionally attended with a little stragulation.

I cannot better illustrate the treatment of pulmonary hæmorrhage than by describing the management of a case which came under the care of Dr. Shew and myself a little more than one year ago, which was as follows:

A young lady, aged about 20, slender form, small, flat chest, and large, active brain. She was considerably debilitated by sedentary habits and too frequent flow of the menses. At the period of the hæmorrhage she had been suffering two or three days with influenza. The quantity of blood emitted was not copious, but the patient was considerably prostrated. She had ordered the application of cold water to her chest, and the bleeding had ceased before I saw her. The febrile symptoms and cough, which before were quite severe, entirely subsided, the pulse feeble, extremities cold, and the general surface cold and moist.

The treatment of this case was antiphlogistic, but quite different from the common mode. Cool fresh air was freely admitted into the apartment. Sipping of cold water encouraged, cold compresses applied to the chest, and often changed, extremities thoroughly rubbed with warm hands, and then wrapped in warm flannels. Within a few hours the circulation was equalized.

On the second day after the hæmorrhage there was a slight return of the cough and headache, and some menstrual discharge, though it was but two weeks since this had occurred. In addition to the former treatment, the patient was washed

with towels or sponges, without removing the bed-clothing, cooling compress applied to the head, and one also over the region of the uterus. The effect of these was satisfactory.

At the suggestion of Dr. Shew the patient sat up awhile, and was refreshed by the change. This practice is entirely contrary to the received opinion of nearly all medical men; but Dr. Shew has demonstrated in the treatment of numbers of cases that it is unattended by danger. Besides affording much more comfort to the patient, the change of position promotes the natural action of all the bodily functions, the strength improves faster; hence the danger of pulmonary disease is lessened.

This young lady gradually improved in health and strength, though she was not allowed to partake of food for two or three days, and then commenced very sparingly upon coarse bread and ripe apples.

Her exercise during the first two weeks was of a passive nature; mostly riding, although she walked some. As she became stronger and was able to take much exercise by walking in the open air, the treatment consisted of dripping sheets in the morning, one sitting bath of five minutes before dinner, and another toward evening, and wet bandage about the chest at night.

It is now over a year since this hæmorrhage occurred, and the young lady has been in good health, except on one or two occasions, when she over-fatigued herself, both physically and mentally; pain in the chest returned, and she seemed threatened with another hæmorrhage, but by proper care and recreation, matters were soon set right again.

"But what," asks the reader, "are we to do in very severe cases of hæmorrhage when there is no physician at hand?" In the first place, remember that pulmonary hæmorrhage very seldom results fatally; therefore do not be frightened to death. In most cases, before the life of the patient is endangered by loss of blood, the action of the heart nearly ceases, fainting ensues, and the blood stops flowing. This is a beautiful provision of nature, and many lives have been saved through the changes which occur during this partial suspension of the heart's action.

In answer to the above question I cannot do better than to quote a few paragraphs from Dr. Shew's excellent treatise on consumption, which, by the way, is the best popular work upon this formidable disease, and should be in the possession of every family.

"The parts of treatment," says Dr. Shew, "in severe hæmorrhage from the lungs, may be stated like the following:

"1. To make cold applications to the chest by means of cloths wet in cold water, or by pounded ice or snow in their season, so as effectually to cool the mass of the circulation.

"2. To practice wet friction over the general system.

"3. To take frequently small quantities of water internally, and even pieces of ice where this is desired.

"4. To cool the back of the head, the neck, and spine, generally; and,

"5. To keep the feet in warm water, and make other warm applications to them when necessary."

CHEMICAL ANALYSIS.

EXPERIENCE had long taught the Scotch that oats, such as they grow in their climate, are a most nutritious food; but the habits of the more influential English, and the ridicule of a prejudiced lexicographer, were beginning to make them ashamed of their national diet. Chemistry has here stepped in, and by her analysis of both, has proved not only that the oat is richer in muscle-forming matter than the grain of wheat, but that oatmeal is in all respects a better form of nourishment than the finest wheaten flour. But what is more, chemistry has brought us acquainted with the value of parts of the grain formerly considered almost as waste. The husk or bran of wheat, for example, though given at times to pigs, to millers' horses, and other cattle, was usually thought to possess but little nutritive virtue in itself. Analysis, however, has shown it to be actually richer in muscular matter than the white interior of the grain. Thus the cause of its answering so well as food for cattle is explained; and it is shown that its use in bread (whole-meal bread) must be no less nutritive than economical. The true value of other kinds of food is also established by these inquiries. Cabbage is a crop which, up to the present time, has not been a general favorite in this country, either in the stall or for the table, except during early spring and summer. In North Germany and Scandinavia, however, it appears to have been long esteemed, and various modes of storing it for winter use have been very generally practiced. But the cabbage is one of the plants which has been chemically examined, in consequence of the failure of the potato, with the view of introducing it into general use, and the result of the examination is both interesting and unexpected. When dried so as to bring it into a state in which it can be compared with our other kinds of food (wheat, oats, beans, &c.), it is found to be *richer in muscular matter than any other crop we grow*. Wheat contains only about 12 per cent., and beans 25 per cent.; but dried cabbage contains from 30 to 40 per cent. of the so-called protein compounds. According to our present views, therefore, it is pre-eminently nourishing. Hence, if it can but be made generally agreeable to the palate, and easy of digestion, it is likely to prove the best and easiest cultivated substitute for the potato; and no doubt the Irish kolecannon (cabbage and potatoes beat together) derives part of its reputation from the great muscle-sustaining power of the cabbage—a property in which the potato is most deficient. Further, it is of interest—of national importance, we may say—that an acre of ordinary land will, according to the above result, produce a greater weight of this special kind of nourishment in the form of cabbage than in the form of any other crop. Thus twenty tons of cab-

bage—and good land will produce, in good hands, forty tons of drum-head cabbage on an imperial acre—contain fifteen hundred pounds of muscular matter; while twenty-five bushels of beans contain only four hundred pounds; as many of wheat only two hundred, twelve tons of potatoes only five hundred and fifty, and even thirty tons of turnips only a thousand pounds. The preference which some farmers have long given to this crop, as food for their stock and their milk cows, is accounted for by these facts; while of course they powerfully recommend its more general cultivation as food for man. Again:—In many parts of our island furze or gorse grows up an unheeded weed, and luxuriates in favorable spots without being applied to any useful purpose. In other districts, however, it is already an object of valuable though easy culture, and large breadths of it are grown for the feeding of stock, and yield profitable returns. Chemical researches show its nutritive property to be very great. Of muscle-building materials it contains, when dry, as much as 80 per cent, and is therefore in this respect superior to beans, and inferior only to the cabbage. Under these circumstances, we can no longer doubt the conclusions at which some experimental feeders had previously arrived, nor the advantage which might be obtained from the more extensive cultivation of gorse on many poor and hitherto almost neglected soils.

ORTHOPTHY.

BY DR. WM. A. ALCOOT.

CASE I.—Ten years ago, C—— R——, of Dedham, Mass., was confined to her bed, and regularly attended by a physician. She had lain for years on the same bed; had long ago given up all hope of living long; and had even called in her minister and the neighbors many times, to see her expire.

The nature and character of her diseases—for they were many, and might almost have been called "Legion"—I will not now attempt to detail. Suffice it to say that there was so much actual destruction of parts of the system, as left no hope in the mind of any medical man who attended her, that should she survive a little time longer she could ever be well. Indeed, she was only maintaining a temporary respite from death, by means of morphine and other powerful medicines.

I had often visited her; but it was only to hold a little religious conversation with her, or to pray over her dying bed. For had I entertained hope of her recovery, in any possible circumstances in which she might be placed, I should not have attempted the almost hopeless task of lessening her confidence in medicine and physician. Her attendant was my personal friend, and in many respects a gentleman and a Christian.

However, she had heard of my books, and in her most comfortable moments had read some of them, especially my thoughts on Bathing, and on Pure Air. And before I knew that she had even read a word on the subject, she had begun to

demand daily ventilation, and sometimes sleeping of the arms, chest, &c., with cold water.

At length her physician sickened and died. One day when I called to see her, and spoke of her bereavement, she made known her want of confidence in his treatment, and her increasing regard for my own views. She was poor, and so were her parents. I now ventured, in modesty, to become her physician, if she would comply with one condition, and only one; which was to follow, implicitly, my directions. Indigent as she was, and without confidence in anybody else, she gladly accepted my proposal.

My first object was to increase her faith in *law*—the physical law in particular—for with moral law she had long been acquainted. It was time enough, I thought, to take away the props on which she had so long leaned, when a substitute was provided, which was acceptable to her and her friends.

But it was not necessary to wait long. Besides, the costiveness and other terrible consequences of her medicine could not much longer be neglected, and by a preparatory conversation I found a greater readiness to go forward than I had expected. There were difficulties, and it required time, but she was at length emancipated.

After some time she began to sit up, and to take with some degree of regularity small portions of food. The functions of the body began to perform again their office; and she began even to talk of being placed in a carriage and moved in the open air.

The first exercises of the kind, such was her bodily condition, were purely passive. She could hardly have borne her weight, nor would the effort have been safe. But she could sit or recline in a chair or a carriage; though not long at a time. And as the season was not very favorable, it was a long time ere much was accomplished.

However, nature, now untrammelled, was doing her best, and was working wonders. She was almost constantly under those laws on which Orthopathy is wont to rely, and on which almost all systems are chiefly dependent. Her skin, her cerebral system, her stomach, her muscles—with their numerous relations and dependencies—were all renewed. She was also allowed the grateful stimulus of moderate hope.

In the course of a few years she was able to ride abroad, and even stand and walk. During this time I was under the necessity of leaving her to reside in another State. While I was absent, and she was abroad among her friends, gaining and yet not quite well, a medical friend persuaded her that she would never be *quite well* till she took at least *one course* of his medicine. She submitted, but she lost ground by it. Discovering her mistake, however, she returned to nature's path, and was again on "the king's high road."

Three or four years ago, on my return to Massachusetts, I went to Dedham and inquired for Miss R——. Judge of my surprise when I found her employed in one of the families there at house-work. She was not as able-bodied as

some persons of the same age, yet was she able to perform a great deal of valuable labor.

Subsequently to this, she became the head of a household. I have not heard from her for about two years. She is, no doubt, still living; but it is not to be supposed she can ever enjoy the most perfect health. As things are, her restoration to society falls little short of miraculous. It shows, at the least, what nature, as a dernier resort, can accomplish, especially when relieved from the burden of combating and removing medicine.

CASE II.—P — A —, a girl seven or eight years of age, was severely affected with fever, with a strong tendency to the throat, brain, and lungs. It was evening, and as usual in the winter, the case appeared somewhat threatening at that hour of the day.

An eminent hydropathic practitioner happening to come in, said, "If that child were mine I should place her in a tub of water, at a temperature of about 70°." "It would doubtless be useful," I replied, "were it not quite so late in the evening. But as things are, I think rest and sleep, and moderate draughts of cold water at lying down, much more strongly indicated."

She was accordingly put to bed; but not in a room where the temperature was too high, or the air bad; nor yet in woolen sheets, or on feathers. She was also watched carefully and the head kept cool, and whenever she awakened some water was administered.

The next morning she was evidently better, though still feverish. It required a good deal of attention to prevent her from throwing improper substances into her stomach during the day, and to keep up the constant or almost constant influence of moderate draughts of water. Our great object was to keep her constantly *under law*—so far as that law could be applied to her present circumstances; and to keep away all hinderances and obstructions to the restorative operations of nature. Our plan succeeded most perfectly. In a few days she was as well as ever—indeed, it seemed to all around as if her system was somewhat renovated.

Now I do not mean to say, or even to intimate, that the tepid bath would not have worked admirably, and somewhat facilitated recovery; and yet I think that, after all, the other was the more excellent way. The most rapid recoveries are not always the best; but usually the worst. "Make haste slowly," is nature's motto in most cases; whether the orthopathic theory, that disease is a repairing process, is or is not true.

CASE III.—O — A —, sixty years of age; gouty, dyspeptic, and dropsical; of irregular and somewhat intemperate habits; had the misfortune to bruise his leg a little above the ankle. The usual greasy applications were, to some extent, tried, but at length given up, from a common sense belief that they did no good.

The patient could not use much exercise, and the limb soon swelled, and became somewhat inflamed and painful. The swelling extended to the other limb, and approached the body. The

ulcer became of bad character, and danger seemed to threaten on every hand.

At this juncture, I happened to be in the neighborhood, and was consulted. I told him frankly of the danger, but at the same time held out the hope of recovery, if there could be a return to truth and nature. This, however, it was almost vain to hope. The intemperance before alluded to was an excessive use of fermented or old cider.

A plan of action was proposed, and reduced to writing. It was essentially as follows: Discontinue the use of all drinks but water; give up all medicine, external and internal, but tobacco;* take good care of the skin; walk forty rods the first day, forty-five the next, and so on; increasing five rods a day for the rest of the summer and autumn. Hope was excited and urged.

The cider was abandoned, and water substituted. Hope was elicited and cheerfulness encouraged. Temperance in eating was pretty well regarded, and, I believe, that less even of tobacco was used. In truth, nearly all the moral and physical laws were duly observed.

The change was begun July 13. For one month or more, all that could be said with truth was, that the leg was no worse. But toward the end of August, and particularly in September, the leg began to mend. In short, the man recovered, and lived about eleven years.

One question will now be asked with reference to all these cases. Had medicine been given or applied according to the former systems, and had the patients recovered in about the same time they now did, would not great credit have been given both to medicine and physician? Especially had I been called as a *counseling* medical man, and had I proposed some change, just at the time when I took away or refused all medicine, would not the recovery have been attributed, in no small degree, to my skill and experience?

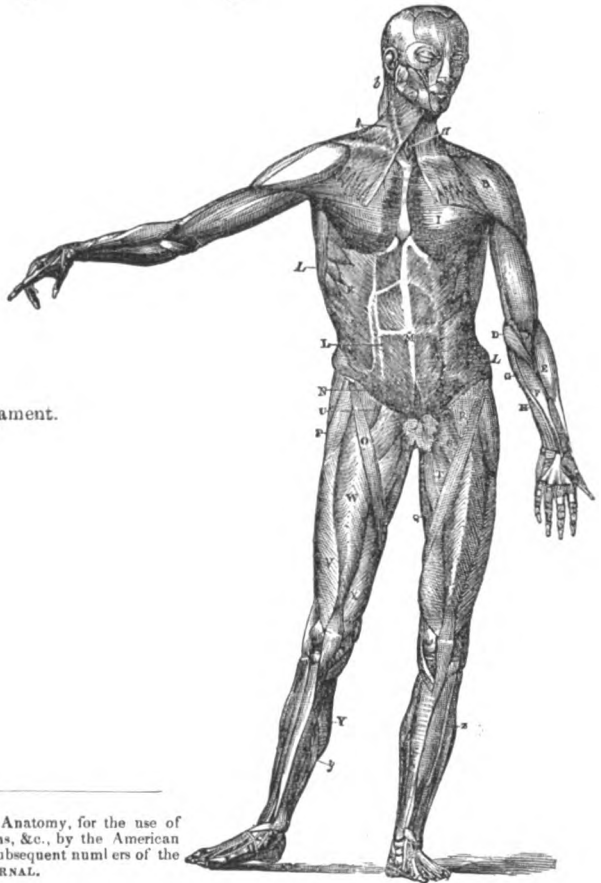
Your readers, Mr. Editor, will understand me. Mankind are tough, and will often recover, even under very bad treatment. In general, when they are medicated, they have enough left of constitution to recover in spite of the medicine; but *some* would die medicine or *no* medicine, as their day of grace was fully spent. I mean that their cup of physical transgression was full. When they die, they either die because they were so far gone in transgression, or so far deranged by length of transgression, that there was no return; or else they are killed by the conjoined powers of the disease and the medicine. Some few, however, have but little ail them, till a blundering physician makes up a disease by his blunders, and finally makes room for the sexton. Ignorance, however, usually gives the physician credit, when we are tough enough to withstand his attacks; and even congratulates him that he fought so manfully, even when he destroys.

* The man was a tobacco chewer, and I did not deem it best at the age of 60 to take away that form of solace and stimulus.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the February No.]

- A, Platysma myoides.
 a, Sterno hyoideus.
 b, Mastoideus.
 B, Deltoideus.
 C, Biceps brachii.
 D, Pronator radii teres.
 E, Supinator radii longus.
 F, Flexor carpi radialis.
 G, Palmaris longus.
 H, Flexor carpi ulnaris.
 I, Pectoralis major.
 K, Obliquus descendens.
 L L, Rectus.
 L, Linea semilunaris.
 M, Linea alba.
 N, Poupart's, or Fallopius's Ligament.
 O O, Sartorius.
 P, Tensor vaginæ femoris.
 Q, Gracilis.
 R, Iliacus internus.
 S, Pectinalis.
 T, Triceps abductor femoris.
 U, Psoas magnus.
 V, Vastus externus.
 W, Rectus femoris.
 X, Vastus internus.
 Y, Gastrocnemius.
 y, Soleus.
 Z, Tibialis anticus.



* 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 VI.—MUSCLES OF THE FRONT FIGURE.

A. PLATYSMA MYOIDES.—Arises from the cellular covering of the upper part of the deltoid and pectoral muscles; and runs obliquely upward, along the side of the neck; inserted into the lower jaw between its angle and the origin of the depressor anguli oris. *Use.*—To assist the depressor anguli oris; and also draws up, when the mouth is shut, the skin to which it is connected, below the lower jaw.

B. DELTOIDES.—Arises from the outer part of the clavicle, from the spine and acromion of the scapula. It is composed of several lobes or parcels of flesh, which all join in one tendon; and are inserted into the outside of the humerus, four fingers' breadth below its head. *Use.*—To raise the arm, and assist it in every motion except that of depressing it.

C. BICEPS.—Arises by two heads, one of which proceeds from the upper edge of the scapula; they both unite about the middle of the arm, and make one belly, which is inserted, by a strong, round tendon into the tuberosity at the upper end of the radius. *Use.*—To bend the fore-arm.

I. PECTORALIS.—Arises from part of the clavicle, from the sternum, and from the six upper ribs; and is inserted, by a strong tendon, into the humerus, four fingers' breadth below its head. *Use.*—Moves the arm forward and upward toward the sternum.

K. OBLIQUUS DESCENDENS.—Arises from the two last true, and the five false ribs, by five or six digitations, the four uppermost of which lie between the teeth of the serratus major anticus; it descends obliquely, by a broad and very thin tendon, and, passing over the rectus, is inserted all along the linea alba, to the upper and fore part of the spine of the ilium, and to the fore part of the os pubis. *Use.*—Assists in expiration, and occasionally, in discharging the contents of the stomach and belly.

L. RECTUS.—Arises from the sternum, and the two last true ribs, and is inserted into the os pubia.

Use.—Raises the body when we lie on the back, and sustains it when bent backward. It has three or four nervous or tendinous intersections or bands, which divide it and make it appear like several muscles; the third of these bands is not, in every body, exactly in the same place, it being sometimes even with the navel, and sometimes higher; sometimes there is one of these bands below the navel.

O. SARTORIUS.—Arises from the upper and fore part of the spine of the ilium, and descending obliquely over the thigh, is inserted into the inner and upper part of the tibia. *Use.*—Crosses the legs, in the manner tailors are used to sit, and hence it has its name.

P. TENSOR VAGINÆ FEMORIS.—This, covered by it, stretches the membranous, or fascialis, which arises from the upper and fore part of the spine of the ilium; its fleshy part terminates at the great trochanter, where its membranous part begins; and spreading itself over the muscles of the thigh, passes to its insertion on the upper part of the tibia. *Use.*—Draws the legs and thigh outward.

Q. GRACILIS.—Arises from the os pubis, near its articulation; and is inserted into the upper and inner part of the tibia. *Use.*—Helps to bend the leg, and assists in bringing it and the thigh inward.

T. TRICIPES.—Is named from having three heads; the first and second arise from near the articulation of the os pubis, and the third from the tubercle of the ischium; they are inserted all along the spine of the femur. *Use.*—Pulls the thigh inward.

V. VASTUS EXTERNUS.—Arises from the great trochanter and external part of the femur, and is inserted with the following muscles. *Use.*—Extends the leg.

W. RECTUS FEMORIS.—Arises from the lower part of the spine of the ilium; this and the two muscles V and X, just above the knee, make one strong tendon, which passes over the patella, to which it adheres, and is inserted into the upper part of the tibia. *Use.*—Extends the leg.

X. VASTUS INTERNUS.—Arises from the lesser trochanter and internal part of the femur, and is inserted with the rectus femoris. *Use.*—Extends the leg.

When a figure stands upright, and rests on one leg, there appear above the knee certain swellings, which are made by the tendon of the three last muscles and the skin, and which disappear when the knee is bent.

Y. GASTROCNEMIUS.—Has two distinct fleshy origins from the hindermost part of the two protuberances of the thigh-bone; in their descent they are dilated into two fleshy bellies, the innermost of which is thickest and largest, and, joining together, make a broad, strong tendon, which unites with the tendon of the soleus, and is inserted with it. *Use.*—Extends the foot.

CLOTHING IN CONSUMPTION AND OTHER DISEASES *

BY JOEL SHEW, M. D.

[Continued from the January No.]

I ADMIT Doctor Combe's first position, namely, that flannel serves as a protection against cold; but his second position, that, by its stimulation of the cutaneous vessels and nerves of the body, it effects good, I cannot consent to. My reason is this: Anything which acts so continuously upon the system as flannel worn constantly—even though by day only—must soon lose its effect. If we were to wear the flannel an hour or two at a time, once or twice during the day, this excitation of the surface might, I am willing to admit, accomplish good, especially with those who are not in the habit of bathing and keeping themselves clean; but to apply this process continually it must necessarily lose its effects.

There is also another way in which flannel may injure, and which should not be forgotten. If a person goes into the open air when it is cold, he needs a certain amount of clothing; when he passes into a warm room to remain, all will agree, I think, that he needs less flannel. We are to believe, then, that flannel, although good when we go out, must be not only unnecessary, but positively injurious, by its causing too great warmth, when we are within doors.

There is yet another important practical fact connected with a change of temperature which should be particularly remembered by those who have any form of ulceration in the lungs. It is

this—too great exposure to cold, or too much cooling of the system by any means, tends certainly to hasten the process of ulceration. Anything, then, whether in changes of clothing, bathing, or climate, or any change which robs the system of too great an amount of heat, is positively detrimental in the latter stages of pulmonary consumption, as also in any disease whatever where extensive ulceration exists.

The objections to which flannel is liable, stated briefly, are as follows:

1. It is too great an irritant to the skin, more especially if the article be not very fine.
2. It aggravates cutaneous eruptions, and when these are already present it prevents their cure.
3. It causes too great heat of the immediate surface of the skin, thereby weakening it and rendering it more sensitive to the impression of wet and cold.
4. It promotes an undue degree of perspiration, thereby debilitating the skin, and through it the whole system.

The advantages of flannel are:

1. That it affords a protection against cold.
2. That, possibly, in a very hot day, or in any case where a person perspires much, it may be a more agreeable article to the feelings, as when moist or wet, it admits more air to the surface than linen or cotton would do.

* From Consumption: its Prevention and Cure by the Water Treatment, By Joel Shew, M. D. Published by Fowler & Wells.

WATER-CURE FOR WOMEN.

BY FRANK STEWART, M. D.

THE annexed case is sent for the Journal—thinking it may prove of interest to some of the lady readers, or some tyro in Hydropathy:—

Mrs. A., æt. 24, of a nervous, sanguine temperament, placed herself under my charge as professional adviser, expecting to be confined during the fore part of January. She was, prior to her marriage some three and a half years since, continually ailing, owing to having taken repeated doses of calomel whenever she contracted a slight cold, which was by no means seldom, and the remedy produced an entire derangement of the nervous system, and made her liable to attacks of cold, besides causing frequent attacks of hysteria, resembling epilepsy, which baffled the skill of her physician—a gentleman by no means ignorant, and a practitioner of the old school. Her system was likely to be entirely broken down by the combined ailments and the remedies employed.

Being advised by a friend to forever forsake mineral poisons and use simples, her system gradually recovered, and she began to improve in health.

Some sixteen months after marriage she gave birth to a child. Being attended by an eclectic practitioner, and who used only the most simple medicines, she thus was enabled to be about soon; but hardly had she begun to use her limbs before violent attacks of cramp occurred, which laid her up in bed again, and which nothing appeared to relieve but mustard sinapisms. Just at this juncture a friend at her elbow suggested a few wet packings. After some hesitation she assented, and they were administered with washings of water at about 65°; this appeared to revive her entirely, and some two days afterward she expressed the wish to go out and take a walk, which was permitted. On returning home she found she had walked some twenty-four squares, which here measure over two miles and a quarter, and yet she was not fatigued. This convinced her of the good effects of water treatment. * * * *

Well, another year and a half rolled round and she was again about to become a mother, but during this lapse of time, she had not followed either the principles or the practice of hydropathy, and as the time drew near she dreaded to go through under the water treatment, and when the time arrived she "dodged," taking some warm herb teas, and resting then to let nature perform her functions. Some three hours after the pains first appeared she was cleared, and was advised to take a nap.

That day she was bathed all over in water at 65° or 70°, and a wet bandage applied to the abdomen, well protected from the air, so as to produce a calming, sudorific effect, and cold water only was given her to drink until near night, (some ten hours since the birth of the child)

when asking urgently for food, some water crackers and rusk were eaten. This plan was adopted, as she was not before to be considered as a *water patient*, and we were about to begin, at a critical period, treatment directly opposite to that allowed in usual allopathic practice, and customary among the old folks.

The after pains, early in the morning, were for some half an hour very severe. The application of the wet bandage, however, appeared to quell them until afternoon, when she had a *chill* for some five minutes or more—a *very severe one*, although the room was heated to the temperature of 67°. The bandage was at once removed; next a jug containing hot water was placed to the feet, which, with the application of flannel heated and placed on the abdomen, produced a soothing effect, and in the course of half an hour she felt as well as usual, with the exception of a headache—consequent, of course, on the *chill*. A wet bandage was then applied to the head. The remainder of the day she was free from pain almost entirely, and felt exceedingly hungry, continually asking for food. Some crackers and toasted rusk were, as I before said, then given her, which were grateful to her. She rested well through the night. Next day the washings were repeated, and a smaller wet bandage ordered in place of the former one, which was too large. This was to be well wrung out in cold water, and well protected from the air by suitable coverings.

This treatment was continued—she taking only chilled washings without getting out of bed until the third day—when a partial wet packing was directed, enveloping the trunk, arms, &c., and the lower limbs wrapped in blankets. She was permitted to be thus for one hour, or until a sense of heat and desire to be washed was created, when she was again washed in water now at about 50°, and permitted, as she desired it, to get up and be dressed. From this time she improved daily, was down stairs eight days after the birth of her child, and gradually resumed her usual duties.

I have related this case not as a fair specimen, if you may so term it, of what may be accomplished by water treatment, (for this patient only adopted Hydropathy for the time being) but to show to some of the lady readers of the Journal the good effect of water treatment, even when applied to a *delicate female*, and at a critical period of her life. This lady was but partially a hydropathist; besides, she had been used in former years to the most severe forms of drug treatment, and she was a good specimen of one of those ladies we so often meet, who are what is termed delicate; and this is the reason I go so much into detail. I know full well that my hydropathic friend, Dr. Weder of this city, has attended many cases where, in *three, four and five days* the ladies were enabled to go about and use exercise freely, and not only with no bad effects, but with the *greatest possible benefit accruing therefrom*. But these cases were

prepared by partial and general baths, water-drinking, &c., for the crisis.

How different from the treatment usually followed! and as directed by what is usually termed the "highest authorities" (!)—where females are commanded to remain quiet in bed, until at least the ninth or tenth day, and not venture to smell the fresh air or exercise, until the "month" has passed. The intervening time dosing with castor oil, or calomel, and resorting to *frequent large bleedings* for any pain or pressure across the lower part of the abdomen or frequency of the pulse, fearing the so often attendant puerperal fever, and the horrible and dreaded convulsions so often the precursor of that malady.

Here in this case, where so little was done, using no local baths, simply washing the patient whilst reclining on the bed, administering *one* and sometimes *two* clysters of pure water daily, and drinking, or imbibing if you please, as much cold water as was grateful to her, and did not oppress, was all that was done—a jug of hot water around which was wrapped a damp cloth, was placed at times to the feet—this embraced all the treatment, and was sufficient for her at least—her spirits were good, no bad forebodings—her appetite became first-rate; she herself was surprised at the flow of milk consequent on the renovation of her system by the drinking of water and the "*packings*."

One kind friend visited her some six or seven days after her confinement, and in course of conversation remarked, (for it appeared to force itself out) "Why, Mrs. A—, I am surprised to see you so well—how is it? You ought to be sick—indeed you ought." Now this lady was the mother of five children, and had been used to being confined to her room always during the month at least—and she could not imagine how it could be possible her young friend, so delicate usually, could thus feel so well—and this puzzles a good many well-meaning ladies, and will for some time yet to come, until at least Hydropathic practitioners are more generally applied to.

Now why will not ladies reflect—I mean those that are mothers, or about to become such? Many persons believe that to wash a patient of this kind in *cold water—when*—what, pure cold water! (!)—awful! why it would kill them sure! they know it—are quite sure of it—their physician says so—and *he* is a capable judge—yet if they would only ask questions of their *female friends* who are Hydropathists, and who are as capable of telling the truth perhaps as their professional adviser, they would learn quite a different story and save themselves more than half the pains—nearly all the perils, and certainly have a "getting up" sooner, and feel better, be happier—more hearty—have more healthy children, and make their household more happy by the change.

Is it not worth the trial? Surely it is worth something to escape the *needless* pains of labor—I mean those pains that frequently come on and go again, commonly denominated false pains—

surely it is bad enough to have to bear some pain—that which none can escape during the dilatation of the uterus—without needless prolongation of suffering, and perhaps an instrumental delivery, to say nothing of the puerperal fever caused by the malpractice of giving opium and calomel, and then the improper use of water to stop the flooding which *rude hands* so often cause.

Now it would be advisable for all mothers not only to be water-cure followers during parturition and after, but for months previous—then the system being under its influence they cannot have drawbacks, and will be repaid more than enough for all the inconvenience they may have been subject to, by the absence of suffering and greatly renewed strength which always follows.

VEGETABLE DIET.

BY S. M. HOBBS.

CAN a person live on a *vegetable diet*? is often asked in a most incredulous tone and manner. We reply at once, that not only can people *live* on such a system, but enjoy the very highest and happiest state of health. This ultra position, we are perfectly aware, is in direct opposition to the popular belief, and also, most strange is the fact, to the teachings of the medical profession, which we should naturally suppose, in view of the light of science, observation, and experience of the present day, would be the pioneers of a doctrine of a correct life. Such is unfortunately not the case. A great majority still most tenaciously cling to the greasy and swillish flesh-pots of Egypt, and stick out to the last for the old habits of life, which any man with brains above a porkster can see is everywhere making society a practical hospital.

Can people live on a vegetable diet? We repeat they can, and find a degree of health never experienced under the grossness of an animal regimen. Men would see this if they would open their eyes. Facts illustrating it are in existence in every portion of the world, and are repeated every day.

Who does not know that more than half the inhabitants of this globe seldom taste of animal food from the cradle to the grave? Yet that such is a fact no person of intelligence dare risk his reputation in denying. And the nations who thus live are notoriously and proverbially healthy and long-lived. They occupy, too, every variety of climate and almost every geographical position on the earth. None can escape these **FACTS**.

Go back into the history of nations, and what is the condition of things? We shall find our position fortified by an amount of evidence entirely overwhelming: that people, wherever their locality, and in whatever point of time they have lived, have been famous for *superiority in every respect*, whose diet has been simply and only a vegetable one. This holds with the philosopher, poet, statesman, in fact through every grade of the given people.

In our own age and time, what nations are the

heartiest, strongest, and longest lived! Go to the barren heights of Russia and see what a physically enduring race of men and women are there! See the almost incredible number over a century old, and in the enjoyment of a vigor, comeliness, and general integrity of powers, which is never the boast of our people after forty! And this almost entirely from coarse bread and water—never any meat. Ye gourmands of the greasy flesh-pots, can ye equal these! Never.

Look at the Hungarians, a nation the prowess of which is at this moment the song of the world. See their hardihood, their prodigies of valor, their marches, their heroic sufferings. Where is the people can surpass their recent bodily fatigues? And yet ninety-nine in every hundred of the Hungarian army seldom eat an ounce of meat. Courage, patriotism, fortitude, strength like theirs, binds its soul in a pint per day of oat-meal and water.

How with the Irish! Where under the blue and spangled firmanent shall we find a more robust and physically vigorous race? And who does not know that the great body of the nation live mainly on a scanty diet of potatoes?

It is the same with the Polish and Peruvian peasantry. More hardy races, or people who can endure more extended fatigue, who are more active, cheerful, kind, cannot be found. Do they eat meat? roast beef, pork—swim in soups and bathe in grease! PARCHED CORN is almost their entire food. Poor benighted ones! they know no better uses for the beasts of their glorious mountain-sides than honest service till death.

But we might go the circle of the nations, and with similar facts to meet us. Wherever the fair and ruddy banner of health is unfurled, there, and *there only*, we see this same simple, satisfactory, Scriptural, common sense style of life. And we do not see it where other systems prevail. England, France, America, and parts of some other nations, are the principal homes and nurseries of disease and death.

In our own country, wherever vegetable diet has been adopted, it has been with the most gratifying results. We need look for no other issue when the experiment has a fair and timely trial. The belief in its superior advantages is happily gaining ground and converts every day. No one influence is so potent to this result as the doctrines of WATER-CURE. From Priesnitz and Graefenberg to the confines of civilization, it teaches—commands—a coarse, simple, healthy, natural, philosophical diet.

It seems to us that nothing can sooner induce a defection from the flesh-eating ranks, than the demonstrated fact, that most of the meat sold throughout our markets and from our carts is *actually diseased*. This every person may know with but little exertion. The very idea is perfectly abhorrent and sickening, that people will persist in devouring from day to day that which cannot be other than full of corruption and death. And yet it is so. Why, it is a street-day fact that there are thousands round all our cities and large towns, whose sole business it is to buy up

old hulks and living carcasses of animals which have been worked and worked to within an inch of death, and then fat them by a most cruel system of stall-feeding, till the animals themselves are ready to take their last foul breath, when natural death is saved by the hurried axe and knife. And this is, to no little extent, the kind of flesh that runs its putrifying blood through our markets, and over which the bloated face of the gourmand chuckles with such sensual delight.

Not only the physical but the intellectual system would thrive with far more purpose and energy under a vegetable diet. Whatever insures elasticity, energy, vigor to the body, has a faithful reflex on the mind. This position is practically acknowledged by all men of much mind, for when anything of an intellectual task is to be performed, the assistance of a coarse, spare vegetable diet is put under arbitrary contribution. Witness Newton, Shakspeare, Bacon, and fifty others we could name.

STATE ECLECTIC MEDICAL CONVENTION.*

THE age in which we live is pregnant with signs of momentous interest to the philosopher, philanthropist, and Christian. The world is in intense commotion; throes of some mighty change are heaving society to its very centre; as if an earthquake with its deep murmurs were about to announce the rupture and ruin of continents. The impulse given to the human mind at present far exceeds anything in former times. No one can with certainty predict the result of such mental activity as is now manifested on every hand. Reformation is in embryo in the *medical* as well as in the *political and religious* world.

Many of the old school of medicine, men of refinement and intelligence, are disgusted with the present state of practice, and hold their art in contempt. If the science of medicine, when rendered practical, was of value to the human family, or if it accomplished in a good degree its pretended objects, such would not be the result. It must, then, in a high degree, be defective in its application to the relief of human suffering. Many men of eminence give but little medicine, relying mainly upon the recuperative powers of nature. Others continue to dose, thus practically saying that nature has but little power to relieve herself without the aid of poison. The less number of routine dosers we have, the better for the public health.

But we are not to set down practitioners of the old school as vile impostors, as conspirators against the public health. We are not to say that they design to fill their pockets at the expense of the health and best interests of the public. The medical profession is as high-minded and as truth-loving as any other of the learned professions. No class of men on the globe have spent more time or money, or made greater sac-

* Sketch of an Address delivered at Syracuse, January 4th, 1850, by S. O. Gleason, M. D.

rices, or welcomed greater toil, or sterner trials for the benefit of science and humanity, than the medical profession. We owe much that is valuable, useful, and practical to the efforts of the profession. As a class of men, they have as much learning, ornamental, philosophical, and practical, as any other class in the world. The light of heaven shines not on a better class of men.

But how are we to account for the numerous drug diseases induced by the administration of medicine? Diseases which are admitted to be caused by drugs and recorded as such in medical works? What account shall be given of the daily mischief done by drugs? What shall be said of all the misery created, and of all the untimely deaths induced? The victims of medicine are acknowledged to be numerous. How are we to reconcile such a state of things with honorable and just intentions? Here we have a large class of men, distinguished for learning and extensive experience, confessing that their art entails more suffering than it relieves; that it kills more than it cures.

How are we to account for this anomaly in human conduct? The world at large has not thought for itself: has hired its thinking done in all departments, to a great degree. The intellectually strong have been the leaders in thought. The world has blindly submitted in the practice of medicine to its servants and professors. I know of no way to explain the seeming want of honesty in the profession, but to say that custom and medical opinion has chained them to a given course of treatment.

But the public mind becoming enlightened upon this as well as other subjects, the profession have been compelled to make some reform, or at least to *appear* to do so in order to secure practice. There is not now that uniformity of action that used to prevail. Some are coming out and boldly advocating medical reform. The general voice of the public demands reform in the treatment of disease. It must and will be had. The demand is absolutely irresistible.

The old *colossal status* of medicine is to be broken in pieces by the hammer of public opinion. A new and better system is to be built from the material of which it is composed. The wants of the age demand it, and it will surely take place.

New thoughts, like the light of distant stars, are bursting upon the world. *Earnest and true* men are defuanded in this enterprise of benevolence and humanity. The *why*, the *wherefore*, and the *whereunto* of all our acts, will be demanded. We are in all things called upon to give a reason for our actions. Mind is gaining an ascendancy over matter. Privileged classes are not known in the medical world at present. Symbols of medical knowledge are of but little importance. The spirit and the practical take the place of the semblance and the letter. We earnestly hope that the reform here intended is to be in harmony with the demand of the times. Prejudice will doubtless raise its Hydra head;

printrude its forked tongue, and hiss out its cant phrase, "INNOVATION."

But we are not to be frightened by such weapons from our enterprise. We will earnestly seek for, and carry out better modes of practice in the healing art. Our skill will be sought. We shall be called to the test. The great laboratory of public opinion we must pass through. Medical aid and skill will always be sought, but the *weapons* are to change with which disease is to be combated. Weapons that are less hurtful to the constitution, and more efficacious in subduing disease, are to enter the field.

Notwithstanding the public are earnestly looking for a better way, there seems to be more or less unwillingness to abandon old and beaten paths. There will be clinging to time-honored prejudices; private interests will in many cases interfere with true inquiry. But there never was a better, a more auspicious time, than the present, for pushing the car of medical reform, since conviction is forcing itself upon the public mind in all directions, that there is much of serious fault in the old school of medicine.

A host of our population will use no calomel. They look upon it with horror; as an enemy to life, health, and happiness. Many will much sooner resort to those who are not well medically educated, rather than employ a physician who will administer this pernicious drug. But to command respect and secure confidence, we must be well and thoroughly educated in all the departments of medical science.

So many wrecks of constitutions are to be daily met on every hand, that the public have become justly alarmed, and fearful as to the results of medication. To see so many walking hospitals of woe, embodied in the shape of human beings, is truly a sad and pitiful sight; philanthropy may justly mourn, and humanity weep over such medical misery.

The present age may justly demand a burial of a practice that induces the most wo-begone misery that ever infested our earth. It is like a plague spot, the sooner buried the better. The reign of everlasting night must cover it. Its funeral dirge must be sung. The dark pall of oblivion must cover it.

Truth alone is to abide the hand of time. The "silicious casket" containing the imprisoned animalculæ has outlived the decaying hand of time thus far, but it must crumble to dust when the right influences are brought to bear upon it. The leaf and the twig have left their impress upon the solid rock, recording the changes of the past, but there are elements in existence that may deface the last trace of such valuable records that mark the history of the world. Truth will abide, eternity alone is capable of giving it an existence. Let us not, then, like blazing meteors, go burning down to ruin. Let us not shoot madly through the sky like the rocket to burst at our fall. Let us rather "prove all things, and hold fast to that which is good."

THE PHYSIOLOGY OF DIGESTION.

The following table is copied from that excellent work of Dr. ANDREW COMBE, bearing the above title, recently published by FOWLERS & WELLS, New York:

TABLE SHOWING THE MEAN TIME OF DIGESTION OF THE DIFFERENT ARTICLES OF DIET.

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H. M.
Rice	Boiled	1
Sago	"	1 45
Tapioca	"	2
Barley	"	2
Milk	"	2
"	Raw	2 15
Gelatine	Boiled	2 30
Pigs' feet, soused	"	1
Tripe, soused	"	1
Brains	"	1 45
Venison steak	Boiled	1 35
Spinal marrow	Boiled	2 40
Turkey, domestic	Roasted	2 30
" "	Boiled	2 25
" wild	Roasted	2 18
Goose	"	2 30
Pig, sucking	"	2 30
Liver, beef's, fresh	Boiled	2
Lamb, fresh	"	2 30
Chicken, full-grown	Fricassee	2 45
Eggs, fresh	Hard boiled	3 30
" "	Soft "	3
" "	Fried	3 20
" "	Roasted	2 15
" "	Raw	2
" whipped	"	1 30
Custard	Baked	2 45
Codfish, cured, dry	Boiled	2
Trout, Salmon, fresh	"	1 30
" "	"	1 30
Bass, striped, fresh	Boiled	3
Flounder, "	Fried	3 30
Catfish, "	"	3 30
Salmon, salted	Boiled	4 00
Oysters, fresh	Raw	2 55
" "	Roasted	3 15
" "	Stewed	3 30
Beef, fresh, lean, rare	Roasted	3
" " dry	"	3 30
" steak	Boiled	3
" with salt only	Boiled	2 45
" with mustard, &c.	"	3 30
" fresh, lean	Fried	4
" old, hard, salted	Boiled	4 15
Pork-steak	Boiled	3 15
Pork, fat and lean	Roasted	5 15
" recently salted	Boiled	4 30
" "	Fried	4 15
" "	Boiled	3 15
" "	Raw	3
" "	Stewed	3
Mutton, fresh	Roasted	3 15
" "	Boiled	3
" "	Boiled	3

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H. M.
Veal, fresh	Broiled	4
" "	Fried	4 30
Fowls, domestic	Boiled	4
" "	Roasted	4
Ducks, "	"	4
" wild	"	4 30
Suet, beef, fresh	Boiled	5 30
Suet, mutton	"	4 30
Butter	Melted	3 30
Cheese, old, strong	Raw	3 30
Soup, beef, vegetables, and bread	Boiled	4
" marrow-bones	"	4 15
" beans	"	3
" barley	"	1 30
" mutton	"	3 30
Green corn and beans	"	3 45
Chicken soup	"	3
Oyster soup	"	3 30
Hash, meat and vegetables	Warmed	2 30
Sausage, fresh	Boiled	3 20
Heart, animal	Fried	4
Tendon	Boiled	5 30
Cartilage	"	4 15
Aponeurosis	"	3
Beans, pod	"	2 30
Bread, wheaten, fresh	Baked	3 30
" corn	"	3 15
Cake, "	"	3
" sponge	"	2 30
Dumpling, apple	Boiled	3
Apples, sour and hard	Raw	2 50
" " mellow	"	2
" sweet	"	1 30
Parsnips	Boiled	2 30
Carrot, orange	"	3 15
Beet	"	3 45
Turnips, flat	"	3 30
Potatoes, Irish	"	3 30
" "	Roasted	2 30
" "	Baked	2 30
Cabbage, head	Raw	2 30
" with vinegar	"	2
" "	Boiled	4 30

This table is very interesting, but the results must not be too much relied upon, or regarded as representing the *uniform* rate of digestibility.

CITY MORTALITY. — The cholera added some 7000 or 8000 deaths to the city bills of mortality in 1849. It appears by the inspector's books, that the total mortality in this city last year was 22,372, and in 1848, 14,618—the increase being 7,754, or nearly one-half, which is ascribable to cholera and kindred maladies. Of the 22,372 interments in 1849, 13,300 were native born citizens, 5,973 Irish, and 1,532 German; 11,736 of the dead were males, and 10,636 females. Adults 11,502, children 10,870. Entire number of deaths by cholera asphyxia, 5,072.

NEW-YORK, MARCH, 1850.

MARCH MATTERS.

BY R. T. TRALL, M.D.

THE WEATHER.—The winter just passed has been one of the mildest on record. That of '48-9 was the coldest within the memory of that ever memorable individual, "the oldest inhabitant," dating back not more than twenty years. In a sanitary point of view, these extremes may be said to have met, each winter having been, so far as New York and its suburban cities and villages are concerned, distinguished for a comparatively low record of mortality. The inference we would deduce has been many times adverted to in this Journal; that climate, change of weather, extremes of cold and heat, have really far less influence on the physiological condition of our bodies than have our own voluntary habits. East, West, North, and South, wherever vegetation grows in sufficient quantities for the nourishment of human beings, life and health, and old age, without the infirmity of disease, are compatible with the order of nature. If diseases are prevalent in any locality at any particular season of the year, before we arraign Providence, denounce the place, try experiments on the electrical states of the atmosphere, or call malignant spirits from the vasty deep of imagination, let us look closely about home, examine those things more carefully which are tangible to our common senses, ascertain the relation between our maladies and our mal-conduct, and see precisely the conditions of health everywhere and at all times existing, for ever immutable. One of two things, reader, you must do, "as society is now constituted:" learn and obey the natural laws of your being, and keep well; or ever and anon get sick, send for the doctor, go through the cold water purification, or be triturated with infinitesimal pellets, or swallow down promiscuous apothecary stuff with most *uncertain* results. Choose ye which ye will do.

CURES FOR COLDS.—The early spring season is a sort of harvest-time for the dabblers in the illegitimate quack specifics for coughs and colds. Probably the largest book ever printed could not contain half the infallible cures which have been circulated in the public papers; yet, whether people will believe or marvel, there is more curative efficacy in simple water than in all of them multiplied by ten thousand times ten thousand.

The following remarks by a contemporary, who, by the way, does not keep an "establishment," show that the true idea is getting abroad:—

"A CERTAIN CURE FOR COLDS.—As the season for colds has now approached, I give you a remedy I have never known to fail:—

"Three cents worth of liquorice; three cents worth of rock candy; three cents worth of gum arabic; put in a quart of water, simmer them till thoroughly dissolved, then add three cents worth of peregoric, and a like quantity of antimonial wine. Let it cool, and sip whenever troublesome. It is pleasant, infallible, cheap and good. Its cost is fifteen cents."—*Long Island Farmer.*

"Mix three cents worth of sour milk with it and give it to the hogs. Wash yourself every morning all over

in cold water and you will never have a cold. If you have not begun the practice (and have a cold already), commence to-morrow, and your cold will leave you in less than twenty-four hours. We have tried this remedy for four years, and have seen others who have tried it, and in no one instance have we known it to fail. A man who says he has a cold and head-ache, and feels badly, says, in substance, that he is a filthy, lazy fellow; and if he greases his insides with the above mixture, he will be nasty inside as well as out, and will need a doctor to cleanse him."—*Merchants' Day Book.*

HEALTH REFORM.—How few among the many philanthropists whose names have, during the last several centuries, adorned the pages of history, have suspected that health reform was the true basis of all reform! Christians have labored hard, yet in vain, to regenerate souls in degenerate bodies. A high moral nature implies a sound mind, and a sound mind presupposes a healthy body, and a healthy body depends on salutary external circumstances. Happily, the press, both religious and secular, are taking hold of this subject in a way which promises not only to talk, but to *do* "decide meet for repentance." The "Independent," a Presbyterian weekly, concludes an excellent and forcible appeal to *Christian* landlords, to build comfortable and healthful houses for their poor tenants, instead of crowding them into dark garrets, damp cellars, and sickly alleys, with the following truly philosophical and eminently Christian remarks:—

"But we place the subject on the higher grounds of humanity and religion. Even if we ourselves were wholly exempt from danger, and by our favored circumstances with respect to dwellings, food, clothing, and medical advice, could live during each recurring epidemic without personal apprehensions, yet ought we to feel and act in behalf of thousands doomed by their physical condition to be an easy prey of the pestilence. This Humanity demands. This Religion also demands. In many cases, the sanitary reforms which we have recommended are indispensable to the success of moral reforms. Take a wretched, besotted inmate of the Old Brewery at the Points, and bring him to a church, arouse his conscience, extort from him the promise of amendment, and then send him back to that den of filth and infamy—with how much hope of permanent good? Gather children from such abodes into Sabbath-schools, teach them the morality of the Bible, the principles of the Gospel, and then send them back to grovel the week long in filth, and vice, and wretchedness, and how many of them will grow up to be virtuous citizens? how many will become followers of Christ? We submit these questions to city missionaries and tract visitors conversant with the facts; and we hazard nothing in saying that the moral renovation of some sections of New York is hopeless, while the physical condition of their population remains what it is. We have not yet begun the reformation of the poor in great cities at the right point. The Free-church system has failed. Tract distribution and Sabbath-school labors accomplish much good, but fall far short of the necessities of the case. We must lift the mass of society out of the mire before we can purify it. One-tenth part of the money expended upon stately church edifices, had it been appropriated to the erection of suitable dwellings for the poor, would have done more for their moral elevation than we fear is likely to be accomplished by our rich churches, and would have made a far better practical exhibition of Christianity. In all measures of true social reform, wherever the great interests of

humanity are to be promoted, Christians should take the lead. It remains for them to apply the spirit and maxims of the Gospel to the physical condition of the poor. This is God's teaching in the fearful visitation of the pestilence. When shall we begin to profit by it?"

CITY SLAUGHTER-HOUSES.—A late daily paper contains the following paragraph, wherein is much "food for reflection:"—

"Petitions are in circulation for the removal of the slaughter-houses from their present location far up town, on the borders of the river. This is a most desirable measure, and would confer a great benefit upon the community. Not only are they a decided nuisance, but these slaughtering establishments are constantly open, and children and youth are stimulated by curiosity to witness the most demoralizing spectacles of blood and slaughter."

Is it possible to present a stronger argument against eating the mangled carcasses of animals than the above? If flesh-meat was originally designed for the food of man, some bodies must demoralize themselves in preparing it for our tables. Can any one suppose, for a moment, that the Creator intended man so to live that brutalizing scenes of blood and slaughter should constitute a part of his necessary duties? Compare this butchering business with that of tilling the soil, cultivating esculent roots, beautiful grains, fragrant flowers, plucking and eating delicious fruits. All this is calculated to refine, ennoble, and exalt the minds of children and youth. How often do we mistake man's depravity for God's design!

TERRIFIC EXPLOSION OF AN ALLOPATHIC BLUNDERBUSS.—The following paragraph, credited to the "Philadelphia Medical News," is going the rounds of the regular medical journals.

HYDROPATHY AND CHOLERA.—The able German correspondent of the "Medical Times" states, in the number of that journal for Oct. 27th, that the hydropathists have suffered most severely from cholera. "They inundated the newspapers with the wondrous results of hydropathy, and their mode of treating cholera; but, alas! not less than eight of their number died of that disease."

Those who are accustomed to swallow huge doses of "potecary" poisons, under the agreeable delusion that they are medicines, may be willing to gulp down this whole-cloth fabrication with a vague idea that there may be some truth in it. We simply and explicitly pronounce it a LIE.

HYDROPATHY IN THE LONDON HOSPITALS.—The "Belmont Farmer" (Ohio) gives us the following side thrust, carelessly and without malice aforethought:—

"The wet sheet practice has had a fair trial on the cholera patients admitted into the London Hospital; but, although it had the effect of producing a general warmth of the skin and bringing about reaction, ALL THE PATIENTS DIED."

Permit us to inform you, Mr. Belmont Farmer, that while the London allopathics were warming up their cholera patients with the wet sheet, they were pouring down their throats *calomel*, *opium*, *brandy*, &c. Call you this a fair trial? You might as well confine a man twenty-four hours to a potato diet, then bleed him ten quarts, and then accuse him of dying

of starvation—the potato diet having had a "fair trial."

BROMA.—The Boston "Medical Journal," with the usual consistency of medical lingo, endorses the broma beverage as an excellent article of food.

"Broma, an admirable preparation, alike agreeable to the well or sick, has acquired a reputation which we think it certainly deserves. A few years since, a great manufacturer of Broma, Mr. W. Baker, of Dorchester, Mass., sought the opinions of many medical gentlemen of distinction, for the purpose of having an unobjectionable food for invalids, and he was assured that he had fully succeeded. Hospitals, infirmaries, and households generally, should always be provided with it. When gruel, arrowroot, groats, barley, starch, rice, farina, and many other things ordinarily resorted to for patients, are of no utility, the Broma is sometimes relished. It is believed that those who use it as a beverage will have manifest dietetic advantages over the consumers of tea and coffee."

What a wonderful reason is assigned for this unobjectionable food and drink! It is "*sometimes relished*." How would the argument apply to a little cold water? This must be the age of reason, or rather the season when reason becomes of age.

CHOLERA AND COD-LIVER OIL.—These themes continue to constitute the burden of the songs of nearly all the medical journals of the day. If the *uninitiated* into the mysteries of medical science were to read over the wonderful success of all sorts of treatment, as published in all sorts of medical periodicals, they would either conclude that the cholera was a very small matter in the hands of a "regular physician," or that this world is greatly given to mistakes.

Having already said our say respecting the cod liver speculation, we submit the subject to a jury of the people, after quoting another paragraph from a contemporary:—

"COD-LIVER OIL is said to be the best known remedy for incipient consumption; and such has been the demand for it, that a suspicion has arisen 'that there is more of the article in market than there are pounds of cod livers caught.' The Maine Farmer thinks this is of no consequence, as any other fish oil is quite as good as that of the eod. The Esquimaux grow fat on seal and blubber, and the Penobscot and Quoddy Indians on our coast increase in health and obesity during the fishing season, when porpoise oil is plenty. The Maine Farmer urges consumptives to try porpoise or any fish oil—it will nourish, if it does not cure."

HYDROPATHY FOR THE POOR.—The North-Western Gazetteer (Galensburg, Ill.) is out against the eight-dollar per week water-cure establishments, contending, very plausibly too, that the true medical gospel, like the true spiritual, should be preached to the poor. Two things, however, the Gazetteer has overlooked. The poor must be made to understand it before they can in all cases successfully apply it at home; and again, many of them have such morbid feelings within, or such prejudicial influences without, that they will not practice it at home. Establishments are "necessary evils"—and necessarily expensive—to demonstrate the efficiency of water-cure,

while the people are informing themselves, and getting rid of their false habits and prejudices, preparatory to a realization, in the bodily sense, of that glorious *humanitarian* sentiment, "To the poor the gospel is preached."

CONVULSIONS IN CHILDREN.—In the "British and Foreign Medico-Chirurgical Review," we find a very learned disquisition "On the Pathology of Convulsions in Children." After laying down a variety of unintelligible propositions, and reasoning himself into a brain-fever of confusion, the author—Dr. West—comes to the following conclusion:—

"The grand reason of their frequency is, no doubt, to be found in the *predominance of the spinal cord over the cerebral system in early life.*"

Mothers, if this sage counsel is anything but rank, silly nonsense, your children must die *just as it happens*, and you can't help it. But it is nonsense; very learned yet very absurd. If you keep your own bodies healthy, as we tell you how to do, before your children are born, and avoid stuffing them after birth with the nurses' slops and the doctors' drugs—and "dye-stuffs," as neighbor Nogs has it—they will not know anything about convulsions. Can anybody, excepting, of course, learned doctors, believe that God makes infants so blunderingly that one part of their organization so predominates over another as to produce convulsions and death soon after birth?

MALIGNANT TUMOR CURED BY DIET.—The celebrated Dr. Twitchell, one of the most noted surgeons of New England, has cured, in himself, a malignant tumor of the eye, of nearly ten years' standing, by a rigid diet of bread and milk. This is an important case, as showing the powerful influence of food upon the whole organization. Cancerous and scirrhus affections were hereditary in the family of Dr. T. In early life his health was delicate; while at college he became dyspeptic, with jaundice and enlarged liver, and finally became asthmatic. He then used animal food freely; but, on adopting a vegetable regimen for nine years, he never had a single attack of asthma during the time. On resuming animal food again, his health declined, and a hard tumor commenced forming in the internal angle of the right eye. From 1843 to 1845 he used a variety of local applications without permanent benefit. It was then cut out with a scalpel. It grew again, and was again cut out and caustic applied; still it grew and became worse in character, threatening to involve the whole eye, and Dr. T. had about concluded to have the whole organ extirpated. But conceiving the theory that malignant diseases arise from taking *too much* carbon in our systems, he determined to try an extremely simple diet. He has now for over two years adhered strictly to a diet of four to six ounces of cream, with the same quantity of brown or white bread at each meal, taking three meals a day. During the time, he has taken no medicines, and used no external medicinal applications. His eye is now well, and his whole body in apparently perfect health.

On the case of Dr. Twitchell, a writer in the Charleston Medical Journal makes the following comments:—

"The theory which governed Dr. T.—was it correct? I confess that I am unable to solve the question; I merely suggest it. Some, whom I consider as our ablest animal chemists, think that it was by the process of starvation, as described by Liebig, that the cure was wrought. It seems to me that this cannot be the true explanation—for Dr. T. has always been stout, and it will be remembered that at one time he actually gained flesh under the diet."

Surely here is a queer puzzle. The man is cured of his disease, and enjoys perfect health and strength, yet learned men cannot agree whether this condition is a result of *nutrition* or *starvation*.

NIGHTMARE.—Somebody wants to know something about the nature of this troublesome nocturnal visitation. Here is the key to unlock the whole mystery. A certain person consulted the doctor about a terrible dream. She dreamed the night before that she saw her grandmother. "What did you eat on going to bed?" "Only half a mince pie." "If you had eaten the other half you would have seen your grandfather, too."

Over-eating, eating late, or eating indigestible food, are the usual causes. Excessive fatigue may induce a fit; and the mental depression consequent on over-excitement sometimes predisposes to it. Dyspeptics, whose superficial vessels are shriveled up so that the blood accumulates in and over-distends the vessels of the brain and lungs, are very liable to nightmare paroxysms. Whatever the cause, the condition of the system is similar, and the treatment the same; plain, simple, opening diet, external bathing, friction, &c., and plenty of exercise out-door.

THE WATER-CURE IN CHILDBIRTH.

MR. WELLS.—The writer of this, as you are well aware, is one who has had sufficient practical experience of the efficacy of the WATER TREATMENT in cases of Pregnancy and Childbirth, to warrant her speaking of it in terms of well-grounded praise. Safe, simple, and perfectly in accordance with the laws of Nature, she does not hesitate to pronounce it immeasurably preferable to "the Chloroform practice" on the one hand, and "the Allopathic routine" on the other. The former—professing, as it does, to render childbirth a *painless* effort; and that by the agency of a most fearful means of inducing *stupefaction* (to the evident risk of life itself)—seems to her a mode of treatment both monstrous and unnatural; while the other, with its air of pompous mystery, its superstitious trifling, and its imbecile timidity, could hardly fail (one might naturally suppose) to carry with it, to every thoughtful and intelligent mind, its own irrevocable sentence of condemnation. Seldom troubling himself about the hygienic management of his patient before delivery; allowing her, tacitly, to gratify every whim and inclination during the period of pregnancy,—our allopathic physician is generally content to let things follow their own course until his

interference is absolutely demanded. Does she take a fancy to indulge in "a light supper" of clams or lobster-salad somewhere about midnight, and suffer accordingly, Dr. BOLUS is content to hurry to his patient, when sent for post-haste, and administer *ipæac*; and, in case she is lucky enough to survive such indiscretions and complete her full term, he is above all solicitous to confine the poor mother to her bed of anguish for nine mortal days! A regular conspiracy is entered into with "Nurse" to keep the unhappy victim in her recumbent position during all that mystic period; and even then, it is with reluctant misgiving that she is at last permitted to go out of her chamber. Pale, weak, and care-worn—like a prisoner just released—it is but slowly and gradually that she regains the strength her doctor has absolutely frittered away in the close air of an ill-ventilated sick-room. No wonder the world is so full of sallow young mothers, prematurely grown old, after lingering through such a process as this!

The WATER-CURE system so completely sweeps away all these superstitious practices and notions that it seems almost like inveighing against the current opinions in the era of "The Dark Ages," to pronounce such a mode of medical treatment, a downright imposition upon the good sense of woman. The Water Treatment in Childbirth is marked by no such absurdities. Without professing to remove *pain* in labor—for it regards pain at that period as the *natural* lot of woman—as the direct fulfillment, in fact, of the Divine decree—the Water-Cure so thoroughly invigorates the general health and renovates the whole system, that the period of labor is materially abridged, the power of enduring pain wonderfully enhanced, and the hour of trial so greatly shortened, that recovery is rapid, and almost always immediate. The utmost care and attention are bestowed upon the hygienic management of the patient during the period of pregnancy. Thorough ventilation, frequent changes of clothing, regular exercise, moderation in diet, sleep, and social amusements, are strictly enjoined; and a course of bathing is carefully prescribed to suit the circumstances of each individual case. By this mode of management, no patient completes a course of judicious water treatment in childbirth, weak, wretched, and languid, like the great majority of American mothers "doctored by routine." There is no loss of bloom and freshness visible on her cheek; no feeble, halting walk; no groan, or sigh; no weariness of the back, with dull, aching pains; no lifeless apathy. But the various positions assumed in these brief introductory remarks can be better illustrated and enforced by an appropriate selection of cases, than by any other mode. The following are chosen from a pretty well-filled note-book:—

CASE FIRST.—Mrs. J., a young lady, only 17½ years of age, of slight frame and delicate health, was under water treatment during her pregnancy. She faithfully followed the advice prescribed for her, and thus prepared herself to pass through her trial without any

real loss of strength or life. She was safely and speedily delivered; bathed three times the first day; and, after one good night's sleep, was able to sit up and walk without danger or inconvenience.

Treatment.—At the beginning of labor, a thorough clyster of tepid water was administered; and after this, a soothing general bath. It being very early in the morning and her usual time of rest, she slept between her pains while they remained light and the intervals long enough to admit of it. As a slow labor is almost always the safest, in the case of a *first* confinement, no exciting bath was given Mrs. J. at this time; it being most proper to let nature do her work alone as long as she could. In about one hour, the symptoms changed, and a sitz bath was given. The pains immediately became strong and efficient, and, in twenty-five minutes, Mrs. J.'s first-born—a fine strong boy—was placed in her arms. As soon as labor was complete, a bandage of soft, *wet* linen was put around the abdomen as firmly as the comfort of the patient would allow; and it was directed to be worn constantly, and kept wet and cool until she was perfectly restored. There being a great tendency to uterine hæmorrhage (flooding), Mrs. J. was very soon lifted from her bed and placed in a sitz bath of tepid water, which was gradually cooled before she was taken out. [This first bath after labor is the great blessing of the Water Treatment in such cases; words cannot describe its refreshing effect. It soothes the tired nerves; it removes all heat and soreness, and wonderfully assists nature to bring about the necessary contraction.] After this bath, Mrs. J. slept two hours, and awoke so greatly refreshed, that it was with difficulty she could be persuaded to be treated any longer as an invalid. After her third bath, she slept all night, and was up and about her room a great part of the second day. The secretion of milk was at first too abundant for so young a child; but this is always easily remedied by wet compresses, and the occasional use of the milk-pump. In this case, the wet linen compress so softened the breast that the milk ran out of itself. Mrs. J. was quite well at the end of the week, and, like most water-cure mothers, has lost none of her strength and youth by bearing a child. On the contrary, she is gradually gaining even more freshness and beauty.

CASE SECOND.—As an encouragement to those who have borne children, been badly treated, and are now in fear of another great drain upon their health and life, I here give the case of a Southern lady who came to New York to try the water-cure, having suffered greatly in childbirth under the regular treatment. When her first child was born, she was kept in bed two months, and was so much weakened that two abortions followed in due time, leaving her a mere wreck of her former self. With no other complaint but this, she was made twenty years older in four. Reduced to a state bordering on despair, she listened to a friend's advice, and in a measure adopted the Water Treatment. She was so far restored by the sitz bath alone, that she safely passed over her

usual time of abortion and went through her full time. She came to New York in the last month to have proper water-cure nursing and treatment at her time of delivery. She had a safe and easy labor, and was up every day, to take her baths and look after her child. This lady dined with me at my own table, *the third day after delivery*. Her child is a healthy, lovely girl—a bright rose-bud beside its pale, thin sister, who is five years older than “the water-cure baby.”

M. L. S.

No. 51, Tenth St., New York.

HYDROPATHY VS. CALOMEL.

BY L. B. ARNOLD.

TO THE EDITORS.—A case has occurred in which water has so signally triumphed over Calomel & Co., I am induced to offer a brief history of the circumstances to the readers of your Journal.

LANSING LEWIS, OF LITTLE FALLS, N. Y., aged twenty-two years, form slender, chest narrow and compressed, was attacked, in October last, with dysentery. The attack being severe, two physicians of reputed skill were called who attended him daily, yet he rapidly declined. At the expiration of ten days his symptoms and condition are thus described by his parents and those who took care of him. Tongue thickly coated all over, purple and glazed; stomach instantly rejected whatever of food or medicine was swallowed; upper bowels had not moved for a week, lower bowels for as long a time, (after douching off, apparently, their whole internal coating), discharged blood, fresh and inodorous, from fifty to sixty times a day; bowels all in constant and very severe pain, and much inflamed; could speak only with a whisper.

Lewis was taken on Saturday. A week from the following Monday the physicians called in as usual, and after an examination and consultation, one of them announced to the patient's father that they had done all they could for his son; that medicine failed to affect him; and that he “must die.” By request of the father the physician also announced the same solemn intelligence to the patient, that he might be prepared to meet the fate that must soon overtake him.

Next morning, as neighbors called in to learn the condition of the patient, after being informed of his situation, and the opinions of the physicians, some of them being accustomed to sickness, were asked if they could think of anything that would be likely to relieve the intensity of his pain, and render his short stay more comfortable. Of life there were no hopes. Having learned by reading and report (for they had never used it) the efficacy of water as a pain extractor, they suggested its use. The suggestion was approved, and they were solicited to make an application, which they undertook, with no other expectation than to mitigate the distress, and smooth the passage to the tomb, of their unfortunate neighbor.

They placed upon his bowels cold wet cloths, changing them every ten minutes—applied them at first only every alternate hour—gave tepid injections every twenty or thirty minutes—gave freely cold water to drink. This treatment commenced Tuesday morning, about ten o'clock, and continued through the day—pain began to abate in about twenty minutes, and soon entirely ceased. After the cessation of pain, the patient so much revived that a ray of hope gleamed, and a further effort with a view to *save* was proposed. Sweating was thought best, but this at first was deemed unsafe. The vital spark was so near extinct it was feared the sudden chill of a cold wet sheet would entirely extinguish it. Waited till seven o'clock, P. M., when it was ventured to wrap him in a wet sheet, of the temperature of the room, accompanied with moderate friction—copious sweating commenced in thirty minutes, and felt most grateful—kept him enveloped an hour, then washed and rubbed—in about three quarters of an hour after the removal of the wet sheet, upper bowels moved—excretions, putrid and offensive—appetite soon revived, and a little nourishment was taken with a satisfactory relish—slept, and awoke refreshed. The change now wrought inspired the most confident hopes. The crisis was evidently passed in safety.

Mindful of the responsibilities that attached to their undertaking, and the thundering denunciations that would be heaped upon them, and the means employed, should Lewis, by any mishap, die upon their hands, these hydropathic neighbors proposed following up with mild measures the advantages they had gained, and pursuing the most cautious and safe course. They continued the treatment with cold wet cloths upon the bowels until the inflammation was reduced; afterward wet bandages were worn for a time—gave tepid injections as before, but less and less frequent until dispensed with—daily ablutions of the whole person with cool water, followed with friction—gave freely cold water for drink. This constituted the whole treatment, except that his parents, not having yet entirely lost their confidence in drugs, gave a small dose of quinine, as a tonic, once a day. Under this treatment he daily gained strength—evacuations became less frequent and more natural, and the glazed coating of the tongue began very slowly to narrow. A more scientific prescription by a practical hydropath might have hastened the cure; but a rapid recovery in one whose vital organs are as feeble as Lewis's structure indicates, could not reasonably be looked for.

This being the first case of hydropathic treatment that had occurred in the village, and apparently a hopeless one, considerable interest was naturally awakened. The “regulars” not only, but the consumers of drugs became alarmed for the repute of their favorite nostrums. Opposing interests and opinions took different sides, and put in circulation contradictory reports. While proof was claimed on one side, it was denied on the other, that the physicians had given him up. Often inquiring after the sick

man of those who frequently saw him, I was confidently assured by some that he was getting better, and by others, as confidently, that he was continually growing worse. The friends of hydropathy seemed very anxious that he should recover; and the disciples of drugs—well, they didn't seem to care so much about it. But young Lewis grew better in spite of all opposition. In two weeks after his new treatment commenced he could walk across the house, and soon was about the village. And now, grateful to his friends for having saved his life, he is pursuing his studies at the academy in the village, in the enjoyment of more than his usual health.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTREDGE.

PHYSICIANS of almost all kinds, for years, have admitted the beneficial effects of cold sponging in high fevers, especially in scarlet fever; and in this latter disease, it would very much puzzle any of them to produce any medicine that can be relied on in the least.

But the great trouble has hitherto been, that the spongings have been but few and far between, and terribly small, while the dosings and druggings have been many and often. The latter, of course, would prevent the former from producing a cure, though as far as they went would assuage and counteract. Any one, however, at all conversant with fevers and their management, will perceive the necessity of frequent and full ablutio, &c. &c., in order to effect anything like a cure or decided relief.

Scarlet fever has three varieties: the mild or the "simplex," the less mild or the "anginosa," and the malignant.

The "Scarlatina Simplex" is scarcely more troublesome than simple Chicken-pox, and needs only to be let alone, "severely" giving the patient frequent draughts of pure cold water, with now and then a wash-down, to cure itself.

It is the officious intermeddling of the ignorant nurse or self-sufficient physician, that causes all the trouble in this simple form of the scarlet fever.

Poor ignorant souls, they are so anxious to show the world how much they know, that they hesitate not to take the work of nature out of her own hands, and substitute the workings of their own base agents! May God forgive them, nature never can.

Under the vain pretence of assisting the recuperative power to throw out the fever and the rash! they give their heating, pungent, aggravating drugs, which are as poisonous to the system as they are unpalatable and unavailing.

"Drive out the rash!" Poor benighted souls, did they begin to understand the pathological condition of the patients at such times, they would never propose such an absurdity.

The great reason, generally, that the eruption comes not readily to the surface is, that there is too much

"driving" already going on in the system. Owing to the false conditions in which the subject has always more or less existed, the pores of the skin are obstructed, the viscera oppressed, and as a consequence the arterial system is "driving" the blood with terrible velocity, through the vessels; and this excitement of the arteries, heart, &c., is what prevents the recuperative power within from pushing the eruption to the surface, and, with it, the cause of all the trouble.

Now, need any one, with brains better than mashed turnips, be told that all stimulants or irritants—and all drugs are one or the other—will inevitably make a bad matter worse in such cases, by increasing the excitement and oppressing the internal organs?

"Noggs" says, "nature can't be driven." You can coax her to do most anything, whether in a cow, a hog, or "a human," but you can't force her without doing harm.

Simple scarlet fever, maltreated, becomes oftentimes severe and dangerous, and one great mistake let me here correct, which many friendly to the Water-Cure too often fall into, viz.—that in an event of this kind—where the holy tabernacle of nature has been invaded, her noblest instincts perverted, and her highest efforts crushed by the ruthless hand of the so-called physician!—that it will not do to use water, for fear of the antagonism between it and the "medicine!" As well might you say, that it will not do to bring the hardened sinner under good influences!

My doctrine is, the more of the devilish a man has in him, in either case, the more necessity he has of the god-like or good.

The water, &c., properly applied, will "cast out devils"—especially drug ones—better than anything I know of; aye, even the prince of devils, Calomel himself, about offending whom, the water-cure-ates are particularly afraid.

But their fears are groundless; I have frequently had patients in the full tide of successful water treatment, while in a state of salivation, and the invariable effect has been, to take the i right out of the salivation; many a time, too, when but for the Water-Cure, physical salvation had they none.

No, no, friends, fear not to encounter evil with good; and to the poisoner let me say, with stentorian voice, "Do not evil, that good may come."

The second and most common form of scarlatina is the "anginosa," of most authors: this form is characterized by considerable swelling and soreness about the glands &c., of the throat. The soreness of the fauces or membranes of the throat, amounting to ulceration very frequently, has given this disease the distinctive name of "canker rash," and it is not unfrequently that you hear of a child dying of the "scarlet fever, canker rash, and throat distemper," as if they were three separate diseases. Whereas they are only different names for the same disease.

This form of scarlatina often proves fatal, especially when treated allopathically, and oftentimes, when not—as the patient's previous conditions have been

so long untrue, and the constitution so much impaired thereby, that even the water-cure will fail to cure—though it always gives immediate and great relief. As a general thing, however, this kind of scarlet fever can be cured with the Water-Cure, if applied properly, and in season.

I say the disease can be cured, it would be more proper to say that the system can be sustained, during the struggle between the disease and the constitution, the wet sheet, &c., acting like the electric conductors in carrying off the accumulated caloric, which otherwise would so oppress the system, and dry up the vital juices, as to cause the destruction of the delicate structures it so delights to revel amongst.

My treatment in this particular form may be learned from the following case:

A child of Mr. O., of Lynn, aged about one year, was taken vomiting—as they usually do in all forms of scarlet fever—this is one of the distinctive symptoms, and is the most sure, before the rash appears; but the parents did not know this important fact, and therefore were not alarmed, till the throat began to swell, and even then did not feel much so, as there was no appearance of any rash, or none noticeable to them, for three days after the vomiting took place. And here let me remark, that, in severe cases of scarlet fever, oftentimes there will be scarcely any eruption for several days and during the whole of its continuance, only here and there a patch. On the contrary, the patient is paler than usual—the trouble in the throat being the only real evidence of the presence of the terrible malady.

At the time I was called the child could scarcely swallow, and the matter was running from its nostrils, which the inflammation in the throat had caused to be formed; or in other words, suppuration had taken place, as it always does when inflammation reaches a certain height, it being the only way the recuperative power can devise to relieve the oppressed parts.

I immediately ordered the child to be put into a wet sheet—two thicknesses—and why? because, as I have said, there was no appearance of eruption, and the first thing was to produce a determination to the surface, and thereby take off the terrible pressure from the engorged vessels and viscera within: but equalizing the circulation is no easy matter after the disease has proceeded thus far, and I found it necessary to apply the sheet every three hours, for some two whole days, using the most active friction between whites, and keeping cloths constantly applied to the throat and stomach wet in ice water, and changed as often as they got hot. Once a day the bowels were gently moved by an injection of slightly tepid water, and the feet were washed in ice water and rubbed with the warm hand till well warmed, three or four times every day. In this way we succeeded in a few days in restoring to the arms of his fond and heroic mother one of the loveliest of children, which, had it not been for the water so faithfully applied, (and which many mothers would not have had the courage

to do), it must inevitably have perished. Aye, it has been mine to prescribe for hundreds sick with the same dire disease, but never before saw I one so sick as that, that ever recovered under the use of drugs. There is still another kind or form, called the malignant, which is one of the most dreadful diseases known; it seems to paralyze all the energies of the system at once, before the parents know what the matter is, and hence before the physician gets there it is too late to do anything but alleviate.

But in all cases, where anything can be done, the Water-Cure is the cure. Where the heat is great, you must apply the water in such a way as will reduce the temperature the quickest and with the least worryment to the patient—I find the sitz bath as good as anything in such cases, with frequent draughts of cold water, and wet bandages afterward. When the heat becomes nearly natural, then apply the sheet, but be careful not to keep them in too long. Watch them; when they look or act as if uncomfortably warm, take them out, let it be when it will, and wash them down till they are as cool as common, and a little more so.

In this way, the scarlet fever, in most cases, can be robbed of its terrors, and many a lovely darling saved.

HYDROPATHIC COOKERY.

BY R. T. TRALL, M. D.

As intimated in the last number, the vegetable kingdom affords the principal and best materials to nourish and restore the Water-Cure invalid. All the cereal grains may be made into common raised bread, or water-biscuit, or employed in the form of mush. For variety, bread may be made of several kinds of meal mixed: as wheat and corn; wheat, corn and rye; wheat and barley, etc. Unbolted flour is *per se* always the best, most healthful, and in fact most nutritious. Fine or superfine flour, as a matter of indulgence, may be allowed occasionally without seriously interfering with the cure of chronic diseases. It is true that a free use of vegetables and fruits will, in a considerable degree, counteract the constipating effects of fine bread, so that many invalids recover without using unconcentrated farinaceous food at all. Great care should always be taken in having fermented brown bread good. The bakers make an article which may be truly called detestable trash. Graham bread has lost caste in the community, simply because bread-makers, who manufacture to suit the market, sell an article more likely to give a human being the dyspepsia than to cure it. It is fermented to the rotting point, and then the acid evolved is neutralized with ammonia, saleratus, salt, &c. The coarse flour used in this market is often a damaged article. Hence none are fit to cook for hydropathic invalids who do not select their own grain, see that it is properly ground, and personally superintend its preparation for the table. The anathemas which have been so often pronounced against hydropathic fare, are owing more to carelessness or ignor-

ance in its preparation, than in the perverted appetites of patients, or its unpalatable nature.

In a Water-Cure establishment bread should be regarded as the *real* "staff of life," and all possible pains taken to have it pure and perfect. It is often and most significantly remarked, that good bread makes every thing else good," while bad, sour, heavy, or over-fermented bread spoils the whole meal, however nice and varied the accompaniments. Bad bread has been the death of more than one hydropathic establishment in this country. I dwell strongly on this point, for I regard it of paramount importance. Nothing would conduce more to the healthfulness of a family of children than good brown bread, made in the house by the careful hand of a fond mother or intelligent sister. Those who are taught to love it in childhood, will not be apt to depart wholly from the kind of bread they should eat when they become older. People generally eat as they dress, not according to health and comfort, but according to fashion.

Rice is an excellent grain, but usually badly cooked. It should be boiled very slowly and stirred but little, so as to leave the kernels whole, yet perfectly soft when it comes to the table.

Vegetables and fruits plainly stewed, boiled or roasted, may be allowed to almost any extent, due regard being had to individual habits. Persons of weak digestive powers should gradually accustom themselves to the more watery and less nutritious kinds. The common practice of cooking all sorts of vegetables in water made into a strong brine with salt, is highly objectionable. They should be cooked in fresh water, or but slightly salted, leaving those who *will* use salt excessively, to put it on afterward. This method will lead invalids into the habit of using less and less. Any person who has been in the habit of using freely salt, mustard, sugar, pepper, or vinegar, or any other seasoning ingredient, by restricting himself to a very small quantity for a few months, will find his lost susceptibilities of palate so restored, that one-half or one-fourth the former quantity will produce as strong an impression on the nerves of taste, and be equally satisfactory as far as appetite is concerned. Physiologically, however, there is but one rule for condiments and stimulants of all kinds—the less the better.

HEALTH THE BEST LEGACY.

ALL people generally, and young men particularly, would do well to attend to the following suggestions. They are extracted from a lecture recently delivered before the Boston Mercantile Library Association, by the HON. HORACE MANN.*

"The young man walks in the midst of temptation to appetite, the improper indulgence of which is in danger of proving his ruin. Health, longevity, and virtue depend on his resisting these temptations.

* Recently published in a handsome book. Price 25 cents. Mailable. Address Fowlers & Wells, New York.

The Providence of God is no more responsible, because a man by improper indulgence becomes subject to disease, than for the picking of his pockets. For a young man to injure his health, is to waste his patrimony and destroy his capacity for virtuous deeds. Should a man love God, he will have ten times the strength for the exercise of it, with a sound body. Not only the *amount*, but the *quality* of a man's labor depends on his health. The productions of the poet, the man of science, or the orator, must be affected by his health. Not only lying lips, but a dyspeptic stomach, is an abomination to the Lord. The man who neglects to control his appetites, is to himself what a state of barbarism is to society,—the brutish part predominates. He is to himself what Nicholas is to Hungary.

"Men buy pains, and the purveyor and marketman bring home disease. Our pious ancestors used to bury the suicide where four roads meet; yet every gentleman or lady who lays the foundation of disease with turtle soup or lobster-salad, as really commits suicide as if they used the rope or the pistol; and were the old law revived, how many, who are now honored with a resting-place at Mount Auburn, would be found at the cross roads! Is it not amazing that man, invited to repasts worthy of the gods, should stop to feed on garbage; or when called to partake of the Circean cup, should stop to guzzle with swine!

"If young men imagine that the gratification of appetite is the great source of enjoyment, they will find this in the highest degree with industry and *temperance*. The epicure, who seeks it in a dinner which costs five dollars, will find less enjoyment of appetite than the laborer who dines on a shilling. If the devotee of appetite desires its highest gratification, he must not send for Buffalo tongues, but climb a mountain or swing an axe. Without health there is no delicacy that can provoke an appetite. Whoever destroys his health, turns the most delicious viands into aloes. The man that is physically wicked does not live out half his days, and he is not half alive while he does live. However gracious God may be with the heart, he never pardons the stomach.

"Let a young man pursue a course of temperance, sobriety, and industry, and he may retain his vigor till three score years and ten, with his cup full of enjoyment, and depart painlessly:—as the candle burns out in its socket, he will expire.

"But look at the opposite. When a man suffers his appetites to control him, he turns his dwelling into a leazar house, whether he lives in a hovel, clothed with rags, or in the splendid mansions and gorgeous clothing of the upper ten.

"Let every young man look on this picture and on that, and tell which he will choose. Society despises the wretch who debases himself, and treats him as the wild horses do their intractable members,—get him inside of a ring, and with heads out, kick him to death."

MISCELLANY.

SINGULAR ORGANIC TRANSMISSION.

BY J. A. SPEAR.

ABOUT a year ago a sick man, fifty years of age, was brought to me by the overseer of the poor of an adjoining town, to be treated with water. He had been sick four months, was not getting any better, kept talking nearly all the time, said he did not know anything, that his head was all rotten, and would frequently ask if he was dead. At other times he would affirm positively that he was dead. I was told that he had been in a similar condition once before; that medicine did him no good; but when the warm season returned, he gradually recovered. I learned that if his sisters were sick, they were generally at a loss to know whether they were dead or alive, and would frequently affirm that they were dying. I thought there must be something a little singular in the matter, and perhaps it might be hereditary. I found by inquiry that their mother had a similar feeling. Still believing it to be hereditary, I inquired of his uncle, an aged man, if his father or mother were troubled with a similar feeling. He said no; they were both the farthest from it. Said I, how did this happen? He answered, that just before his sister's—Mrs. W.'s—birth (the mother of the sick man), his father was in the British service, under Gen. Wolfe, and was wounded in the battle on the plains of Abraham, where Wolfe fell. While in that condition, word came to his mother that his father was wounded, and it was not known by her for a long time whether he was dead or alive. Thus that doubtful feeling was impressed upon her infant, and through how many generations it will be transmitted we cannot tell.

“SWALLOWED A LEECH.—Some of our Sangrado doctors, whose delight in blood is so proverbial, have an odd way of treating an ordinary cold in the head, viz.: applying a leech to the inside of each nostril. This was tried upon a young man, from whose lips we learn the story, a few weeks ago. One of the leeches took good hold, according to the intention; the other, a very large one, was of a curious or exploring disposition, and chose to penetrate the interior, making his way up the nose and thence down into the throat. No effort at coughing or gagging on the part of the frightened patient could dislodge the invader. Finally, by a desperate effort, the poor man succeeded in swallowing him, to get rid of him. Now there was a time! What was to be done? Doctors were sent for in all directions, and many came straggling in of all sorts, regular and irregular—‘black spirits and gray.’ Some recommended one thing, some another. Cold baths and the stomach pump were in turn rejected. The patient called for dispatch, saying, he felt the leech boring a hole through his stomach. Upon this, Dr. Gray recommended the lancet (at which our learned friend, Dr. Francis, put on one of his approving smiles), on the principle of Hahneman, like curing like. On a second thought, however, in which Drs. Kirby and Joslin concurred, he concluded that the truest method of adhering to the principle of *similia similibus* would be to make the patient swallow another leech! At

this the regulars grunted, and the patient nearly fainted. At last, the majority agreed in the opinion that the best chance of ejecting the intruder from the stomach, was afforded by emetics. Accordingly, a variety were administered, viz.: ipecac, copper, zinc, tartar emetic, &c., &c.: but, owing to the panic of the sufferer, or some other cause, they all failed to operate. Hereupon half a dozen tumblers of warm salt water were given, which after several hours had the desired effect. Tremendous vomiting came on, but no leech appeared—no hide nor hair of his head ever was seen. It was more than a month before the young man was able to crawl out after such a fright and so many powerful emetics. He thinks he will never fully get over the scrape. But, whether the leech was digested as food, or remains battenning upon the rich food of the inner man, nobody can form the slightest conjecture.”—*Sunday Dispatch*.

A very good description of a very bad case. We think the *Dispatch* “rather hard” on our homœopathic cotemporaries.

PHYSICAL SALVATION.—In alluding to CONSUMPTION, its Prevention and Cure, recently published, the *New York Mirror* says:—

“We have great faith in the water treatment. Taken internally, it is far more efficacious than physic, in nine cases out of ten; and externally it should be applied eternally. Men ought to wash and pray without ceasing. It is really astonishing that the multitude will stupidly neglect this great means of physical salvation. The laboring classes in particular, whose health is their only capital, seldom extend their ablutions beyond the face and hands, which less need the purifying application than any other part of the system. We do not believe we overstate the case, by attributing four-fifths of the disease which human flesh engenders, to the unpardonable neglect to ‘wash and be clean.’ The physical significance of baptism is not yet understood; and we are disposed to lend a hand to all the Water Doctors, Water publishers, and Water advocates, who are preaching and practicing the doctrine of ‘cleanliness, which is next to godliness.’ Messrs. Fowlers and Wells are doing much to hasten the ‘days of purification,’ by persuading people, through their popular publications, to ‘wash and live like gentlemen,’ as Beauclercs advised Dr. Johnson.”

“DREAD OF REFORM.—It has generally happened that the men who disliked and opposed reform were those who were comfortably off under the existing order of things. They have persuaded themselves that their opposition and dislike proceeded from conservative principle, and the love of that order which is heaven’s first law. But the true explanation is generally found in the fact that, as Sidney Smith says, Providence, which has denied to them all that is great and good, has given them a fine tact for the preservation of their own candle ends and cheese parings. If reform begins, how can they tell where it will end? They do not oppose reform because they wish to see others wretched, destitute, and unhappy, but merely because they apprehend that any important change might make matters worse for themselves. The general rule has exceptions; but still it is the rule, that the comfortable, full-fed, amply-provided for, are not apt to hurry on social reform and improvement. That is the work of those who see, and perhaps feel, where the shoe pinches, and when supplies fail.”—*New York Organ*.

This is a correct version, and every way applicable to our allopathic friends, who affect to believe hydro-pathy not applicable to all cases, and all diseases.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR, No. III.—We are much pleased that this series is rapidly commanding attention. Few articles have been more noticed in the public journals, than these first two, and the remainder is looked for with great expectation. It will be recollected that the series promised a history of medicine and medical theories: and the present article prefaces this. In it the author has given his views of the Institutes of Medicine, and having thus proclaimed his own convictions, proceeds to analyze the various theories of the profession which divide it into as many creeds as theology. Each system will be presented as its adherents would wish, everything in its favor being shown, and the whole presented, as far as its essence is concerned, without note or comment. We think a stronger evidence of enlightened conviction of the superiority of the Water-Cure over all other systems could not be offered than is thus given by the Journal. Examine all things and prove that which is good is our motto, and we think that our readers, after questioning the authorities from Esculapuis to Samuel Dickson, will finally come to the same conclusion with ourselves, that were there fewer doctors, there would be less deaths, and that only by the common sense observation of nature can we hope to benefit effectually suffering humanity.

THE AMERICAN VEGETARIAN CONVENTION will be held in New York, on the 15th day of May next. The place of meeting will be given hereafter. It is expected that friends from England, Scotland, and other places, will be in attendance, and it is hoped that all in our own country, who sympathize with these views, will be present. Drs. Graham, Alcott, Metcalf, and others residing in different States, will doubtless take an active part in this first AMERICAN VEGETARIAN CONVENTION.

POPULAR CURATIVES.—The public ear is startled, every few weeks or months, by the announcement of a potent curative for some of the ills which most afflict mankind. These are generally useless and sometimes injurious, if not directly, certainly often by the delay which their trial causes,—the disease obtaining during the experiment a formidable headway. Not to go back many years, Sarsaparilla promised to cure everything; now, scarcely a well-informed medical man can be found who believes that the root has any perceptible remedial properties. During the last summer, Camphor, and afterward Charcoal and Sulphur, were pronounced curatives for Cholera; both are now considered useless. Belladonna has also fallen from its high estate as preventive of scarlet fever.

The hobby of the present day is Cod-Liver Oil. Apothecaries are quarreling as to who makes the best article, and the proprietors of cemeteries are disputing as to who shall receive those who have swallowed it.—*Cist's Advertiser.*

THE PROGRESS OF WATER-CURE.—The virtue of Water,—pure Water, as it bubbles up fresh and beautiful from the bosom of mother Earth, uncontaminated with the nostrums of man's invention,—is but just beginning to be appreciated. It is our firm conviction that its constant and judicious use, with a prudent course of life in other respects, will in a great measure supersede all other systems of medicine extant. When people can be persuaded to bathe freely in cold water every morning, the diseases which now so afflict body and soul, and deplete the pocket, will be diminished.—*Gem of the Prairie.*

COLD AND HOT ROOMS.—Never heat your rooms to excess—they might be better too cold than too warm, the sudden change from an over-heated room to the cold air produces more colds and consumptions than sleeping all night in the Park with the gate open. Care should be taken not to let the iron work of a stove get red hot, for in that case it absorbs the oxygen from the atmosphere, and vitiates the air of a room, rendering it unfit for the support of human life. Large surfaces, then, moderately heated, are the best means for heated apartments.

WATER-CURE EXPERIENCE IN EAST PRAIRIE, MO.—GENTLEMEN:—I inclose you one dollar for the Water-Cure Journal, in the full faith that you will comply with your promise in your Prospectus, to make it plain and familiar, adapted to the capacity of common people. I have every faith in the WATER-CURE. I have used cold water in my family for more than thirty years in all cases of fever of every description, and have never failed in effecting a cure.

Respectfully yours, ABRAHAM MILLAR.

WATER-CURE IN DAYTON, OHIO.—GENTLEMEN:—Enclosed you will find eleven dollars, the fruits of a couple of hours exertion. I am surprised that you have not a resident agent here. This is an important point. There might be one hundred subscribers obtained in this city, by a little exertion.

Truly yours, JAMES KELLY.

Will not our Hydropathic friends see to it that every family are provided with the Journal? We will furnish the Journal; will not they furnish subscribers?

THE PROVIDENCE FEMALE PHYSIOLOGICAL SOCIETY.—We take pleasure in announcing the formation of a new Society in Providence, R. I. The lectures recently delivered by Mrs. P. W. DAVIS, formerly PAULINE L. WRIGHT, have attracted much attention, and will do great good. We look forward hopefully for the time when every city and village will have similar Physiological Societies.

THE BOSTON LADIES have set a worthy example, by establishing the FIRST Society of this kind in the United States, if not in the world.

DAVID RUGGLES—causes of his death.—We copy from the North Star:—

“Early in Sept. 1849, he began to be troubled with a severe pain and inflammation in the left eye, from which he was never entirely relieved. At times the pain was so intense he feared there was something in the eye, but it was examined by Dr. Walker, of Northampton, and Dr. Dix of Boston, who both confirmed Dr. B.’s first opinion, that it was a serious case of inflammation of the optic nerve. Dr. W. advised him to give up all care and business for a while, that his already overtaken mental and bodily energies might have time to recruit. But it was difficult for him to do this while his house was filled with patients, some of them very sick, and most of them depending upon him for daily advice and attention. He declined taking new patients, and sought, as far as was possible under the circumstances, the rest and quiet he so much needed. But his health continued to fail, and in the latter part of November he was seized with severe inflammation of the bowels. He had the advice of Dr. Walker, (Homœopathist) and Drs. Wesselhoef and Grau, of Brattleboro, but nothing that was done for him seemed to avail anything to restore him to health. The inflammation was removed, but over-exertion, mental and physical, had so entirely prostrated his strength, causing a relapse of a former complaint, (induration of the bowels,) which added to the acute attack rendered his case a hopeless one. During the last three weeks of his life he was confined to his bed, and most of the time his mind seemed to be wandering, and burdened with the care of patients, arranging plans for improving the grounds about the establishment, erecting new buildings, &c. &c.; though he recognized any of his friends who spoke to him, and would converse sensibly for a few moments.”

UTICA has just completed her water works, which gives the city a copious supply of pure water, at a cost of only \$75,000. It has a great head, and the hydrants carry water 30 feet above the spires of their churches. Its benefits in case of fire will more than pay the whole cost of the works.

ECONOMY.—H. C. R., writes us, that he had intended to do without the WATER-CURE JOURNAL, after the close of the last volume; but, fearing he should feel its loss, changed his mind, and renewed his subscription. He says, “I have stopped the use of Tea and Coffee, and of course shall make a saving by it, although I paid a dollar for the instrument of my conversion. I am glad to see the cause progressing so rapidly all over the land, and hope it will continue.”

We like this candid confession; our friend has found it profitable to dispense with TEA AND COFFEE, even though he paid a dollar for the instrument through which he became convinced of their uselessness: We think this man a worthy example. Who will follow?

SELF-LIGHTING CIGARS.—A patent has just been taken out in England for this new invention.

Now, we most respectfully suggest the propriety of some ingenious Yankee inventing a Self-Smoking Cigar. Then all will be right, and no harm done; providing always, that the smoking be done on some desert—uninhabited by man or beast. For surely no living thing should be suffered to inhale the filthy smoke.

WARNING FOR APOTHECARIES.—“A young lady in South Trenton, N. J., a few evenings since, experienced a narrow escape from death by having administered to her a spoonful of creosote,” says the State Gazette, “which was sent from an apothecary’s shop in a vial, very improperly labeled asafoetida. The mistake was not discovered until the fatal poison was entirely swallowed, and the most agonizing pains ensued, heightened by keen and sudden apprehensions of the worst of consequences.”—*Newark Daily Advertiser*.

DR. C. K. BROADBENT has established a Water-Cure House in Providence, R. I., which, we believe, is the only one in the State. What his prospects for success may be we cannot tell. The proprietor is a persevering, industrious man, and if he combines other requisite qualities, this house may become a general resort for the afflicted.

A NEW ARTICLE OF DIET.—A short time since, a person in the western part of this county found buried in the sand a nest of eggs. Supposing them to be turtles’ eggs, and being passionately fond of that article, he carried them home, had them properly cooked, and commenced his luscious repast. After eating fourteen, “unsight and unseen,” curiosity prompted him to examine the “critters,” when, upon opening one of those left, he found an *infant blue racer*, beautifully coiled therein. Reader, place yourself in his condition; and then you may know his feelings.—*Oakland Gaz.*

REVIEWS.

BRAITHWAITE’S RETROSPECT OF PRACTICAL MEDICINE AND SURGERY, Part the Twentieth, published half yearly by Daniel Adee, New York. Terms \$1.50 in advance, or 75 cents per number.

This old and well-established work continues to shed all the light on the “regular” system which the entire fraternity of medical doctors generate from year to year. Let it not be supposed that the “regulars” are not an inventive class, for besides numberless extremely foolish things, (Cod Liver Oil, for example) they do develop scientific facts and principles of great importance. This Retrospect is designed to represent all which is new or important relating to the Allopathic system of medicine.

THE PHYSIOLOGY OF DIGESTION CONSIDERED WITH RELATION TO THE PRINCIPLES OF DIETETICS. By ANDREW COMBE, M. D., Fellow of the Royal College of Physicians of Edinburgh. Tenth Edition, with Engraved Illustrations.

New-York: Republished by FOWLERS & WELLS, 131 Nassau street. Mailable; price 25 cents.

This is Dr. Combe's excellent work on DIGESTION, DIET, &c., which has been so extensively circulated all over the world. The following are some of the subjects treated:—"The Appetites of Hunger and Thirst, Mastication, Insalivation, and Deglutition, Organs of Digestion, the Gastric Juice, Theory and Laws of Digestion, Chylification, and the Organs concerned in it, Times of Eating, On the Proper Quantity of Food, of the Kinds of Food, Conditions to be observed Before and After Eating, on Drinks, on the Proper Regulation of the Bowels, and so forth." Illustrated with twelve Engravings.

In his Preface, the Author says,—

"The matters discussed in this work relate chiefly to the function of digestion and the principles of dietetics. It may, at first sight, be doubted whether I have not exceeded proper bounds in thus dedicating a whole volume to the consideration of a single subject; but the more we consider the real complication of the function of digestion,—the extensive influence which it exercises at every period of life over the whole of the bodily organization,—the degree to which its morbid derangements undermine health, happiness, and social usefulness, and especially the share which they have in the production of serofulous and consumptive, as well as of nervous and mental affections—we shall become more and more convinced of the deep practical interest which attaches to a minute acquaintance with the laws by which it is regulated. In infancy, errors in diet, and derangement of the digestive organs, are admitted to be the principal causes of the striking mortality which occurs in that period of life. In youth and maturity, the same influence is recognized, not only in the numerous forms of disease directly traceable to that origin, but also in the universal practice of referring every obscure or anomalous disorder to derangement of the stomach or bowels. Hence, too, the interest which has always been felt by the public in the perusal of books on dietetics and indigestion; and hence the prevalent custom of using purgatives as remedies for every disorder, not unfrequently with injurious effects.

"Numerous and popular, however, as writings on dietetics have been, and excellent as are many of the precepts which have been handed down by them from the earliest ages, sanctioned by the warm approval of every successive generation, it is singular how very trifling their influence has been, and continues to be, in altering the habits of those to whom they are addressed. In a general way, we all acknowledge that diet is a powerful agent in modifying the animal economy; yet, from our conduct, it might justly be inferred, that we either regarded it as totally devoid of influence, or remained in utter ignorance of its

mode of operation, being left to the guidance of chance alone, or of notions picked up at random, often at variance with reason, and, it may be, in contradiction even with our own daily experience.

"The cause of this extraordinary anomaly—and it is of consequence to remark it—seems to be, not so much the absolute want of valuable information, as the faulty manner in which the subject is usually considered. In many of our best works, *the relation subsisting between the human body on the one hand, and the qualities of the alimentary substances on the other*, as the only solid principle on which their proper adaptation to each other can be based, is altogether lost sight of; so that, while the attention is carefully directed to the consideration of the abstract qualities of the different kinds of aliment, little or no regard is paid to the relation in which they stand to the individual constitution, as modified by age, sex, season, and circumstances, or to the observance of the fundamental laws of digestion."

This gives but a mere "bird's eye view" of the importance of the book, yet enough to inform our readers of its existence.

THE USES AND ABUSES OF AIR. By JOHN H. GRISCOM, M.D. Showing its Influence in Sustaining Life, and Producing Disease; with Remarks on the Ventilation of Houses, and the best Methods of Securing a Pure and Wholesome Atmosphere Inside of Dwellings, Churches, Court-rooms, Workshops, and buildings of all kinds.

New-York: J. S. Redfield, Publisher: for sale at the Water-Cure Journal Office, price 75 Cents.

We have here a 12mo. volume, of 252 pages, with numerous lithographic and other appropriate illustrations. Although the book is from the pen of a "Regular Old-School Doctor," we do not hesitate to pronounce it "a capital work." The author has left his pill-bags, blister-plasters, lancet, and other murderous weapons at home, and has written from his text, namely, THE USES AND ABUSES OF AIR.

Without a single exception, we regard this work as the most important that has been issued from the press for many months. Next to pure water, pure air is the most indispensable to health, and the author shows clearly how it may be obtained.

These views are in perfect harmony with those advocated by Hydropathic authors; yet Dr. Griscom is justly entitled to the credit of bringing out a more elaborate and complete treatise on this subject than any of his predecessors. That many of the most fatal diseases are caused by bad air, is incontestably proved; shall we not, then, look into this subject?

We hope every friend of hydropathy, every builder, every teacher, and, in short, every inhabitant of our own, and all other countries, will read this work.

ANNOUNCEMENT.—In press, Illustrated Botany, for all Classes, containing a Floral Dictionary, and a glossary of Scientific Terms. Illustrated with more than One Hundred Engravings. Price, 50 Cents; Fowlers & Wells, publishers.

VARIETIES.

ONE OF THE "REGULAR PROFESSION"

RECEIVING "REGULAR TREATMENT"



Unparalleled in the History of Medicine as the most remarkable External Application ever discovered, for

HORSES AND HUMAN FLESH!

TIME and experience have fully proved that this UNIVERSAL REMEDY has not its equal on the list of medicines, having been before the public for more than 14 years. Testimony of the most interested character of its wonderful effects on the animal economy is almost daily presented to the proprietor. It has been employed in a great variety of the maladies which

AFFLICT THE HUMAN RACE.

Ignorance of facts and philosophy, start at the assertion that any one remedy can possess within itself the virtue of curing many diseases. Experience of years has established the fact that it will cure most cases, and relieve all such as the following, among many others in the cure of which this Oil has been completely successful, and in which other pretended remedies had entirely failed:—

Rheumatism, Affections, Bites, Frost Bites, Corns, Whitlows, Scalds, Cramps, Strains, Caked Breasts, Contractions, Wounds Also, a host of Diseases in Horses and other Animals. Sweeney, Windgalls, Poll Evil, Callous, Cracked Heels, Galls of all kinds, Fistula, Sitfast, Sand Cracks, Scratches, or Farcy.

CAUTION TO PURCHASERS.

Beware of COUNTERFEITS, and be sure the name of the Sole Proprietor is blown in the side of the bottle, or in his hand writing over the signature. Don't be persuaded to take anything else with the promise it is just as good. This is practiced by those unprincipled dealers whose conscience will stretch like India Rubber, and who are of a kindred spirit of those in our large cities, whose nefarious practices have so recently been exposed to the action of Congress.

All Orders addressed to the proprietor will be promptly responded to.

Get a pamphlet of the agent, and see what wonders are accomplished by the use of this medicine.

Sold by respectable dealers generally in the United States.

We copy the above from a newspaper. Our readers will be glad to be advised in regard to these new and wonderful remedies!

Who is the most unfortunate speculator mentioned in the Bible? Jonah, because he went a-whaling, and got regularly sucked in.

A SNAKE STORY.—We have heard and read some remarkable fish stories; have told some good anecdotes of dogs and reproduced others; have even had something to say, and our correspondents more, about snakes; but the following snake story, which we take from the editorial column of the New York Observer, outsnakes any snakish incident of which we have ever read—*New York Commercial Advertiser.*

THE BLACK SNAKE.—A pious Indian, a deacon of the Church at Natick, was once while in the woods attacked by a very large number of black snakes. He found that it was in vain to attempt to make his escape by running from them, and he had no weapon of defence. He concluded to stand still, and let them take their course, concluding that it was the will of God that he should perish. They approached him on every side with their heads erect, brandishing their forked tongues. They began to wind themselves around his limbs and body, and one of them soon reached his neck, and moved its head about his mouth. He opened his jaws, which were furnished with a noble set of teeth. The snake thrust its head into the open mouth. The jaws were brought together, and the head was bitten off in an instant. The blood streaming down from the decapitated assailant seemed to terrify its companions, for they untwined themselves from the Indian's limbs and body and left him master of the field."

This same New York Observer don't believe in Hydropathy, but can almost swallow a black snake. We have heard of such a word as "Consistency," and another, "Truth," neither of which belong to the Observer.

"How do I look, Pompey?" said a dandy to his servant as he finished dressing.

"Elegant, massa; you look bold as a lion."

"Bold as a lion, Pompey? How do you know? You never saw a lion."

"O yes, massa, I seed one down to massa Jenks, in his stable."

"Down to Jenks, Pompey! Why, you great fool, Jenks hasn't got a lion, that's a Jackass."

"Can't help it, massa, you look just like him!"

A RAGGED, red faced, forlorn-looking Irish woman accosted us with, "Plaise, sure, for the love of heaven, give me a sip to buy bread wid. I am a poor lone woman, and have two young twins to support"

"Why, my good woman," we replied, "you seem too old to have twins of your own."

"They are not mine, sur, I am only raising 'em."

"How old are your twins?"

"One of 'em is seven weeks ould, and t'other is eight months ould, plaise God!"

REASONABLE.—A drunken fellow stumbled into the river at the foot of Vesey street the other day, and when hauled out he was in a towering passion with the authorities. "Vy don't they," said he, "put chains around all the docks, so that ven a feller falls in, as he vill do sometimes, he could ketch hold o' something?"—*N. Y. Globe.*

AN exchange tells a story of a negro boy who fell into a hoghead of molasses, and wonders if they licked him, when they took him out.

CORNS may be removed by simply walking away with them. To make the cure permanent, don't come back yourself.

DEATH.—Take away but the pomps of death, the disguise and solemn bug-bears, and the actings by candlelight, and proper and fantastic ceremonies, the minstrels and the noise-makers, the women and the weepers, the swooning and the shriekings, the nurses and the physicians, the dark room and the ministers, the kindred and the watches, and then to die is easy, ready, and quitted from its troublesome circumstances. It is the same harmless thing that a poor shepherd suffered yesterday, or a maid-servant to-day; and at the same time in which you die, in that very night a thousand creatures die with you, some men and many fools; and the wisdom of the first will not quit him, and the folly of the latter does not make him unable to die.—*Jeremy Taylor.*

NOTICES.

COMBINATION GIVES POWER, AND UNION GIVES STRENGTH.—It has been, and still is, the object of the publishers of this Journal to COMBINE and CONCENTRATE all the Hydropathic talent in this country in the WATER-CURE JOURNAL, and in order to do so, no efforts have been spared. Have we SUCCEEDED?

While other Journals devoted to the same cause, commenced in other sections of our country, have failed and been stopped for want of support, ours has been constantly increasing until it has become firmly rooted, and represents the entire, profession and Hydropathic interest in the United States, our present circulation being 18,000 copies.

Soon after this Journal was established, others sprung up, but to die a premature death. Now the question arises, what is the CAUSE of this failure? We think we can SOLVE the question.

PUBLICATIONS having only a LOCAL interest can never be sustained. The public will never tolerate a publication THE ONE MAIN purpose of which is to ADVERTISE A PARTICULAR "Water Cure Establishment." It must carry on its face evidence that it is designed for PUBLIC GOOD, and not merely for private gain; for every one will soon detect the cheat.

NOR, is this true of one class ONLY. It applies to other schools, and whoever attempts to trumpet themselves into not ceasing by starting ECLECTIC REPORTERS or self-puffing ORGANS, will be very sure to find it "a bad investment."

VOLUNTARY AGENTS.—We have many applications from young men for agencies, authorizing them to obtain subscribers for this Journal, some of whom come with good recommendations. To such we always send certificates. But the most desirable agents of all are self-constituted. They are those who do good for the sake of humanity rather than for money. There are, in almost every neighborhood, a few "choice spirits," who take it upon themselves to "form clubs" and induce their friends to become subscribers for this Journal, with no other motive than that of doing good. To such we acknowledge our obligations, and are always happy to record their names upon our list of CO-WORKERS and VOLUNTARY AGENTS.

It will be seen that we have two articles in this number relating to the same subject, namely:—"CHILD-BIRTH," under the Water Treatment, by different contributors. The importance of the subject, however, would warrant us in devoting double the space now occupied, if necessary. We intend that this branch of our system shall be thoroughly represented.

POSTAGE.—It is seldom that we have occasion to call the attention of our friends to this matter. There are a few persons, however, who fail to pay the postage on their letters to us. This necessarily creates confusion, and as a general thing, their letters remain in the dead letter office. When sample numbers are wanted, or a change in the direction of the Journal desired, the postmaster will frank all such letters.

WATER-CURE JOURNAL.—We hail this "Herald of Reforms" for February, with delight. The number before us should be read by all who attempt to dabble in the practice of medicine. Number two of the "Confessions of an Allopathic Doctor" is the most glorious article we have ever read. We would like to copy it, but it would take too much of our space; however, those who may want to read it can get a copy of the publishers, FOWLERS & WELLS, No. 131 Nassau Street, New York. The price, per annum, is but one dollar.—*Hudson River Chronicle.*

POST OFFICE STAMPS may be obtained of all postmasters and remitted to the publishers in place of "specie," for books the price of which may be less than a dollar. A quarter of a dollar, however, may be enclosed in a letter and sent by mail without increasing the postage.

J. L. POOL has recently established a Book and Periodical Store in the Bank Building, Oswego, N. Y., where he will keep a general assortment of new publications, including those published at the office of the Water-Cure Journal.

WHAT has become of the Water-Cure Journal?—*Elyria Weekly Courier.*

Ask Uncle Samuel. It is mailed and directed to you regularly. We can account for its non-reception by you in no other way than this. The rare merits of the Journal may have excited the organ of appropriateness of somebody to an irresistible degree, which may have induced them to stop it before reaching its place of destination. We re-send it.

It seems to be the ambition of the publishers to remove the necessity of any other serial publication on the Water-Cure in this country, by supplying the VERY BEST that can be made, adapted to all sections, and every class of mind. It cannot be SURPASSED, if equaled, by any Health periodical.—*Excelsior.*

E. G. FULLER, of Halifax, Nova Scotia, is agent for all Hydropathic, Physiological, and other Reformatory publications. Give him a call.

IN PENN YAN, NEW YORK, our publications may be obtained of Messrs. COOK and MILLER, who will supply our friends at the publishers' prices.

TO CORRESPONDENTS.

TIC-DOULOUREUX, OR NEURALGIA.—Has the Tic-doulooureux ever been successfully treated Hydropathically? If so, what would be the best practice? The case is this: A man of naturally good constitution, aged 68, afflicted more or less periodically for 20 years, for the last two years mostly confined to his room—frequent paroxysms of the most excruciating pain—life intolerable. The nerves have been twice separated, to no purpose. The most eminent ALLOPATHS in your city and state have exhausted their skill in the case, and all their prescriptions have, to appearance, made it worse. E. D. H.

ANSWER.—Many cases as severe, probably, as the above have been completely cured at the establishments. The full treatment is usually required, with a rigid diet. It is best generally to commence with tepid water, making it gradually

colder as the patient becomes accustomed to it. One or two wet packs a day, with constant use of local wet bandages, are necessary to ensure the best result. The food should be as nearly limited to bread and milk as possible.

ABLUTIONS.—Yes. Once a day is not too often. This keeps the system in a regular habit, and regularity itself is of much consequence. The stream is preferable, though either are sufficient for good health. Persons much subject to headache should wet the head first; otherwise, get into the water any way that is most convenient, only be sure and wet all over.

SCROFULA.—Mrs. D. wants a prescription for her husband, Steady, general, persevering treatment is necessary. The wet sheet pack daily, followed by a shallow or half bath, should be employed, if possible. The water should not be very cold, that is, not so cold but that a comfortable reaction easily succeeds each bath. Sitting baths, two, three, or four a day, are next in order. Let the diet be extremely simple—brown bread and milk, potatoes, apples, &c.

H. C. E. WESTFORD, CONN.—This patient should be managed at first with gentle rubbings over the body with a cold or cool wet cloth, wear the abdominal wet bandage constantly, and take one or two sitz baths daily, as cold as she can comfortably bear. After she recovers a little, a daily pack should be added. Avoid animal food entirely.

E. D.—We would cheerfully give you the information relative to the estates of Franklin, and others, for which you inquire, if we had the data.

DR. H. W.—Manakins, four feet high, may be obtained in New York for \$250; six feet, or the largest size, for \$1,000. Orders will be received by the publishers of the Water-Cure Journal. Terms cash. Remittances should be made in checks or drafts on New York, Boston, or Philadelphia.

M. A. H.—We are unable to give you the No. of Dr. Weder's residence at the present time. In November last he occupied house No. 3 Marshall street. So says Dr. Mundie. Nor are we aware of his removal.

BOOK NOTICES.

REPORT OF THE COMMISSIONER OF PATENTS, for the year 1849, by Thomas Ewbank, with an Introduction by Horace Greeley, New York. J. S. Redfield publisher, price 37½ cents, and may be had at the Journal Office. Periodical.

This 1st part is devoted to Arts and Manufactures, with the views of the Commissioner on the following important and interesting subjects:—Origin and progress of Invention. The Motions Chief Levers of Civilization. Proposed application of the Patent Fund. National Prizes, and on the Propulsion of Steamers, with numerous beautiful engraved illustrations. We look upon this, and similar efforts, as the greatest humanizers of the age. The advantages of inventions and mechanical arts cannot be computed. They are synonymous with civilization, human development, and perfection. Every working man in the nation should read this book, and we have no doubt it would awaken and excite to action the minds of even the most lazy drones by which society is afflicted.

VOICES FROM PRISON.—A selection of poetry written within the cell, by various prisoners, with biographical and critical notices. Charles Spear, editor. Third edition, revised by the author. Boston: published by the author. Price 50 cents. For sale by Fowlers & Wells, New York.

If portraying the deepest agony ever expressed by the human heart when under the most unutterable affliction, will have a tendency to soften those who *rule*, and incline them rather to *pity* than to *punish*, then the volume before us will be an efficient co-worker in the cause of humanity.

We would most sincerely pray that every man, woman, and child should become acquainted with the world of human anguish, described in this appeal. ALL should read it and become better Christians, by knowing how to sympathize with the poor criminals, and, if possible, improve their condition, and thereby make them better members of society.

CAPITAL PUNISHMENT, or the Death Penalty, by Charles Spear, price 62½ cents, for sale at the Journal office.

"I shall ask for the abolition of the penalty of death, until I have the infallibility of human judgment demonstrated to me. The punishment of death has always inspired me with feelings of horror, since the execrable use made of it during the former Revolution."—LAFAYETTE.

We find public sentiment somewhat divided on this subject, yet an evident change is rapidly taking place, and present indications are propitious of the ultimate abolition of the death penalty. Those who wish to examine the subject will find it well elucidated in the work under notice.

THE NORTHERN LANCET, and Gazette of Legal Medicine, published by Horace Nelson, M. D., Plattsburgh, N. Y. Terms \$1 a year, in advance.

"Every day brings something new," and the "newest" thing of all, is a physiologico-"Legal" Botanico, mineralogico-natural philosophico, journal of criticism, natural-historico journal of medical science, literature, and news!!

Well, really, if there is not a dollar's worth, then we are no judge; as much as these "regulars" hate us, we must admit that we rather *like* them, and are glad to see them put forth their juvenile efforts to throw "moonshine" on "Legal Medicine." "The People" have had almost enough of this kind of medical science, (!) yet not quite. Hence this new luminary will doubtless receive a liberal amount of "Cod Liver Oil" patronage. That we may fairly represent this new medical oracle, we copy from the first number of the Lancet an article on hemorrhoids:

"We must first attend to the functions of the liver and bowels, by giving small doses of mercury, and mild purgatives, such as the confection of black pepper, or give the following draught thrice a day: R. Comp. Decoction of aloe, one drachm and a half; extract of Sarsaparilla, half a drachm; compound decoction of Sarsaparilla, half ounce, mix; with an alternative pill two hours before dinner, to induce defecation at bed-time. If there is very great irritation excited by the piles, give one of the following pills, twice or thrice a day: R. Acetate of morphine, one sixth grain: ext. hyoscinus, one and one half grain; camphor, two grains; comp. ext. colocyath, two grains, mix."

For further information on the system advocated by this editor, we respectfully refer him to the **CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR,** published in the WATER-CURE JOURNAL.

A FEW THOUGHTS FOR A YOUNG MAN, (for all young men) by Horace Mann. New York: For sale by Fowlers & Wells. Mailable; price 25 cents.

A Gem—a full casket of Intellectual Diamonds, worth more than "fine gold." If it were in our power we would put a copy of this most valuable little book into the hands of every young man in the nation. A fund should be raised and a few millions of copies be printed and circulated on the plan of our Bible and Tract societies. The good that would grow out of its universal diffusion cannot be estimated. It contains more of the best advice, in the smallest compass, than we have ever before seen. Buy it, read it, remember it, and practice its teachings.

THE LITERARY UNION, published in Syracuse, N. Y., by Messrs. Winchell & Johannot, has changed its form, and instead of a weekly it is now published monthly, in a beautiful octavo form, and is furnished at \$2 a year. We hope it will meet with that liberal patronage to which its merits entitle it.

THE BOSTON MUSICAL GAZETTE comes to us in an improved form. The editors have had a considerable unpleasant experience in the printing department during the last year, but their establishment is now well organized, and excellent music may be expected. Terms \$1 a year. Address A. N. and J. C. Johnson, Boston, Mass.

We have received the first Nos. of *The Friend of Youth*, edited by Mrs. M. L. Bailey, of Washington, D. C.

It is really an attractive companion, admirably adapted to the purposes of entertainment and instruction while it inculcates a love for the good, beautiful, and true.

Our "Parley's Magazines," our "Cabinets," and "Museums" have served to please the fancy, awaken the intellect, and instruct in natural science. The "Friend" goes farther—stimulating to a hatred of wrong, injustice, and oppression—and a sympathy with the suffering of all classes, colors, and conditions. May it be welcomed to every fireside, and accomplish the mission it bids fair to perform.



In addition to our regular list of books, which may be found on another page, we have for sale at the Journal office the following, at the prices affixed.

A FEW THOUGHTS FOR YOUNG MEN—By Hon. Horace Mann. A capital work. Price 25 cents.

BEECHER'S LECTURES TO YOUNG MEN—On various important subjects, by Henry Ward Beecher. Price 75 cents.

SWEDENBORG—His Biography, by J. J. Wilkinson. Price 62½ cents.

THE COMPLETE PHONOGRAPHIC CLASS-BOOK AND READER. Price 62½ cents.

THE PHONOGRAPHIC REPORTER'S FIRST BOOK—A good work for beginners. Price \$1.00.

A VOICE TO YOUTH—Addressed to young men and young ladies, by Rev. J. M. Austin. 50 cents.

ILLUSTRATIONS OF THE LAW OF KINDNESS—By Rev. G. W. Montgomery. 40 cents.

VOICES FROM PRISON—A selection of poetry written in the cell by various prisoners, by Charles Spear. 50 cents.

CAPITAL PUNISHMENT—Or the Death Penalty, showing its bad effects. Same author. 62½ cents.

A TREATISE ON DEATH AND AGAINST THE DEATH PENALTY—By A. Van Wyck. 10 cents.

VIEWS OF DISTINGUISHED PHRENOLOGISTS ON RELIGION—By Rev. Lucius Holmes. 25 cents.

TEA AND COFFEE—Their physical, intellectual, and moral effects on the human system, by Dr. W. A. Alcott. 15 cents.

THE COMPLETE GARDENER AND FLORIST. 25 cents.

PHYSIOGNOMY, OUTLINES OF A NEW SYSTEM—By Dr. J. W. Redfield. 25 cents.

THE USES AND ABUSES OF AIR—with illustrations. A good book. 75 cents.

THE PHILOSOPHY OF SPECIAL PROVIDENCES—A vision by A. J. Davis. 15 cents.

NATURE'S DIVINE REVELATIONS—A Voice to Mankind. Same author. \$2.00.

A CHART exhibiting an outline of the Progressive History and Approaching Destiny of the Race. Same author. \$2.00.

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THE SCIENCE OF HUMAN LIFE—By Sylvester Graham, in two large 12mo. volumes. \$3.00.

LECTURES TO YOUNG MEN ON CHASTITY. Same author. 50 cents.

THE PHILOSOPHY OF GENERATION—Its abuses, &c., by John B. Newman, M. D. 37½ cents.

LETTER TO LADIES IN FAVOR OF FEMALE PHYSICIANS—By Samuel Gregory. 12½ cents.

LICENTIOUSNESS AND ITS EFFECTS UPON BODILY AND MENTAL HEALTH—By a physician. 12½ cents.

FACTS AND IMPORTANT INFORMATION FOR YOUNG MEN—On the subject of Masturbation, &c. 12½ cents.

FACTS AND IMPORTANT INFORMATION FOR YOUNG WOMEN—On the same subject. 12½ cents.

FACTS IN HYDROPATHY—A collection of cases. 12½ cts.

WATER CURE FOR DEBILITATED YOUNG MEN—Translated from the German. 25 cents.

It will be understood by our agents that our discount on the above will be liberal, yet not the same as on our own publications.

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