

# THE WATER-CURE JOURNAL.

## CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 4.

Foundation of Medicine—Medical Practice Derived from Brutes—American Practice—Medical Knowledge among Savage Nations of the Old World—Application of Remedies—Priests the First Doctors—Negro Medicine—Greeks and Amulets—Turkish Talismans—Priest Physicians of Guiana—Practice of the Peri—Medicine in the Pacific Islands—Tyler's Observations—Distrust of Oracles—Superior Opportunities of Priests—Curative Visions—Pagan Worship among Christians—Egyptian Records of Cures—Source of Grecian Knowledge—Account of Chiron the Centaur—Pupils of Chiron—Esculapius and his Sons—Account of Hippocrates.

**FOUNDATION OF MEDICINE.**—Whatever those circumstances may have been, says a writer, that by their peculiar agency served to lay the first foundation of PRACTICAL MEDICINE in the world, it were now, perhaps, amidst the obscurity of distant ages, vain to inquire. Whatever they were, however—whether experiments blindly undertaken, under the anguish and pressure of disease, discoveries afforded by accident, or, as some have alleged, observations made by men on the instincts of inferior animals, no fact in the history of human knowledge seems better attested than that a proficiency in the arts of practical physic, far beyond the humble scope of their other attainments, forms a curious, and generally an unerring trait, in the character of savages.

**MEDICAL PRACTICE DERIVED FROM BRUTES.**—The dog, when sick, is often observed to eat a quantity of prickly grass, an expedient which seldom fails to answer all the purposes of an emetic. The apes of Abyssinia are reported to have, by trials on themselves, first exhibited to man the laxative quality of the cassia fistula. It is said that the Pylli, a tribe inhabiting a district infested with venomous serpents, gained the art of protecting themselves from their poisonous bites by observing the lower animals resort, when bitten, to a particular herb, in whose virtues they discovered not only a perfect cure, when bitten, but also by an habitual use of it a certain preventive. Bruce tells us that the Arabs of Lennad chew a root, and wash themselves with its infusion, and can thus handle and allow themselves to be bitten, without danger, by either scorpion or viper. Don Pedro Vargas, a native of Santa Fe, tells us, in his Memoir, drawn up in 1791, that, by drinking a small portion of the juice of the Guaco-withy, and inoculating himself with it in various parts of the body, both himself and servants would venture into the open fields, and fearlessly seize hold of the largest and most

venomous serpents; they rarely biting, and even when they did, the wound being of no consequence. It was discovered by the Indians from having seen the serpent-hawk usually suck it before attacking poisonous serpents, and then battling them without injury.

**AMERICAN PRACTICE.**—It is considered that, debarred as they were from the improvements of foreign intercourse, by immense seas and continents interposed betwixt them and more civilized states, the Americans might be considered as affording a spectacle of what the human mind is capable of attaining, when left to its own efforts, in the natural progress of men from rudeness to refinement. The first navigators to the shores of the New World describe the state of its medicine in terms of respect and admiration, and assert, in one voice, that not only had the aboriginal inhabitants rendered themselves acquainted with a copious store of powerful simples, but had even acquired the more difficult art of applying them with skill and precision to the removal of numerous and formidable maladies. But perhaps the best proof afforded by the value of their remedies is the adoption of them by European doctors. For some of the choicest treasures of the *Materia Medica*, it is well known that the natives of the Old World are entirely indebted to those of the New, and the more obstinate diseases of civilized Europe have frequently yielded to the powerful simples originally culled by savage hands, amidst the wilds and forests of America. History tells us of the recovery of Cortes by the skill of the Mexican physicians, after his own had failed, and also that of the Spanish captain, Gonsalvo Ferrand.

**MEDICAL KNOWLEDGE AMONG SAVAGE NATIONS OF THE OLD WORLD.**—Various nations of the Old World have discovered a knowledge of medicinal herbs no less remarkable than those of the New. Most of the nations of the African coast deserve this praise. One of the native remedies of Kroo is the astringent and sweetish bark of the *Rondeletia Africana*, employed among the Negroes for dysentery, and was found by Dr. Wittan to be extremely serviceable in diarrhoeas, dysentery, ague, common fever, and sore throat. The Madagascasees have also an ample list of medicine. The information possessed by the rude Asiatic communities has often astonished their more polished visitants. Marsden tells us that the Sumatrans have a degree of knowledge in Botany that surprises a European. They are in general, and at a very early age, acquainted not only with the names, but the qualities and properties of every shrub and herb amongst the exuberant

variety with which their islands are clothed. They distinguish the sexes of many plants and trees, and divide several of the genera into as many species as our professors. They have even named twelve varieties of fern.

**APPLICATION OF REMEDIES.**—The knowledge of the proper application of these herbs was also, according to Marsden, possessed in a high degree. Fevers, he adds, are treated among them with the hot bath; and if that fail, after three or four trials, with the cold affusion. Local pains and swellings they dissipate after a manner common to many rude nations; long-continued swellings by the application of watery steam to the naked body, covered up with many clothes; or, by sitting in the sun at noon, wrapped up in a mat.

**PRIESTS THE FIRST DOCTORS.**—The first practitioners of the healing art, in all cases, have been the priests, whose treatment was rude and barbarous; and until it has been taken out of their hands, medicine has never made any progress. Savages look upon disease as a dispensation from an offended God, and in accordance with this idea, the priest is called in to propitiate their deity by charms and incantations. From this, it can be perceived, that when a tribe has a medicine-man, whose office it is solely to administer to the sick, that tribe is advancing in civilization.

**NEGRO MEDICINE.**—Dr. Winterbottom tells us, in his account of Sierra Leone, that when a person of consequence happens to be taken sick, he is immediately conveyed from his own residence to another town at some distance, to be farther from the effects of the witchcraft which is supposed to have been practiced upon him. If he does not soon recover in his new situation, a hut is built in the deepest recesses of some impenetrable forest, whither he is carried, the place of his retreat being known only to his confidential friends. The late king of Narmbana, in his last illness, was removed to a small island a few miles distant from his village. A semicircular piece of ground was cleared from the underwood, only the larger trees being left standing, and the only avenue to it was defended by the most potent gree-grees that could be procured. A small hut about eight or ten feet square, and about six feet high, was formed of stakes driven into the ground, the sides and roof being composed of grass and flags, neatly woven like a basket, but not so close as to prevent the access of light. In the midst was left standing the stem of a young tree, lopped about five feet from the ground, and upon the top of which was placed a gree-gree. The old king was laid upon mats spread upon the ground, surrounded by his own family. On one side stood the physician, (priest) who had in his hand a gree-gree of a very uncouth form, about four feet long and ornamented with bells and pieces of iron, which he occasionally jingled with much self-complacency, making a most distracting noise. A blister was applied to the patient, and medicines administered by Dr. Winterbottom; but he tells us that despite of his endeavors, and the gree-gree of

the attendant physician, the king died soon after, much and deservedly lamented.

**GREE-GREES AND AMULETS.**—What are called gree-grees in the above narrative, it may be remarked, are a species of talisman, or idol, universally in use among the whole Negro nations for all purposes of a divinity. They are found to be composed indifferently of any material whatever, as pieces of bone, cloth, wood or stones, according to the fancy of the priest, who then consecrates it. The priests sell them in great numbers to the people, particularly the military, pretending that they can be so fashioned as to defend any part of the purchaser against the danger of wounds, casualties, and disease. Another name for the same class of objects is *Pelish*, derived from a Portuguese word, meaning witch. In the West Indies they are known under the name of *Obi*. Many of the Obi men employ the most powerful remedies in their practice, using the obi merely to insure success.

**TURKISH TALISMAN.**—This belief in the power of the gree-grees is not confined to the Pagan Negroes, for the Mahometans bestow equal faith on certain texts of the Koran when worn about the person. Nor are some of our own countrymen exempt from the same superstition at the present time, for fortune-telling and exorcising disease is even at the present day a thriving business. Lord Bacon says that if a man wear a bone ring or planet seal, strongly believing that by that means he might obtain his mistress, or that it would preserve him unhurt at sea or in battle, it would probably make him more active and less timid; as the audacity they would inspire would conquer and bind weaker minds in the execution of a perilous duty.

**PRIEST PHYSICIANS OF GUIANA.**—Bancroft gives an amusing account of the peii or priest physicians of Guiana. Of their cures, the principal instrument is a large calabash freed from the seeds, and internal spongy substance in which there is a variety of small circular holes made in different parts of the shell, which is likewise painted in various colors. Within the shell are put several small white stones, which are a species of agates, and on this account are held in superstitious veneration by the laity among the Indians, who durst not even touch them. To these are added a great number of small pea-like seeds variegated with small black and yellow spots, which, as is commonly believed by the Indians, will occasion the teeth to fall out if chewed. A long round piece of wood is then run through the middle of the shells from end to end by means of two holes properly made, so that each end of the stick extends about a foot beyond the calabash. The largest end affords a handle, and the other is ornamented with a string of beautiful feathers of various colors, wound on the stick in spiral circles.

**PRACTICE OF THE PEII.**—With this magic shell the Peii begins his nocturnal exorcism about ten o'clock in the evening, having first darkened

the room and made every one quit it except his patient. He then rattles his shell by turning it slowly in a circular direction, at the same time singing a supplication to the Yowahoo, which, as well as the motion of the shell, is repeated until midnight, when the Peii pretends to have an interview with the Yowahoo, and at the same time two apparently distinct voices may be always overheard by any person who has the curiosity to listen, unless it happens to rain at the time, when the Peii immediately postpones his incantation to the next evening. What passes at these interviews is unintelligible even to the Indian laity themselves; but the Peii makes a report conformable to his conjectures concerning the event of his patient's disorder, though usually in a doubtful style.

**MEDICINE IN THE PACIFIC ISLANDS.**—So low are the Pacific Islanders in the scale of civilization that the only physic is found in the hands of the priests, who seem to have little idea of the value of any kind of simples, relying mostly upon intercession with the gods to cure their patients.

**TYTLER'S OBSERVATIONS.**—Tyler remarks that all savage nations have a pharmacy of their own equal, in general, to their wants. Luxury creating new diseases, requires a profounder knowledge of medicine and of the animal economy. Savages are often eminently skillful in the knowledge of the virtues of plants in the cure of diseases, and are very dexterous in the treatment of wounds. But without the knowledge of the internal structure of the body, medicine can hardly deserve the name of a science.

**DISTRUST OF ORACLES.**—It has been well said, that the Pagan priests dared not altogether, in their treatment of disease, trust to the inspiration of their deities. Obligated by their sacred function not only to foretell the issue, but also to prescribe a cure for distempers, a powerful motive would arise for rendering themselves acquainted in the most complete manner possible with all the physic of the age.

**SUPERIOR OPPORTUNITIES OF PRIESTS.**—For this purpose, facilities awaited the priesthood not easily accessible to other men. The temple: of the gods over whose service they presided were the perpetual resort of the sick; in the multitude of cases that presented themselves, observation, stimulated by interest, might readily acquire no mean information regarding the modes of terminating, and principal symptoms incident to, a variety of diseases; and the necessity incumbent on the sacerdotal office of dictating medical responses from the holy shrine, might in time lead to such a knowledge of the powers of medicine, as was sufficient for the cure and alleviation of many of those maladies they were in the daily habit of contemplating.

**CURATIVE VISIONS.**—It was customary for patients to repose during the night in many of the Pagan temples, in order that they might be at hand to receive the medical admonitions of the divinity. This practice is found to have prevail-

ed at the fanes of Esculapius, Isis, Serapis, Bacchus, Pluto, and Proserpine. The prescription was usually communicated during a dream or vision; and so popular had this method become, that it continued long after physic had grown up into a separate profession. Aristophanes, ridiculing it, says, that it was customary for the priests to dress themselves in the habiliments of their deity, and deliver in his person such medical directions as seemed necessary for their patients. The sick, on the other hand, though they perceived the cheat, said nothing, and if not asleep, pretended to be so. In severe cases resort was had to superior deities, and for a while Apollo was celebrated above the other Greek divinities.

**PAGAN WORSHIP AMONG CHRISTIANS.**—St. Gregory, bishop of Tours, speaking of the efficacy of pilgrimages to the tombs of the saints, says that any person, filled with faith, coming near their tombs and praying, will be speedily cured of whatever illness may befall them. Some, he adds, affirm that the saints appear to them in the night, while sleeping by their tombs, and in their dreams reveal the proper remedies. Fabricius states that he saw in Pndua country people who were going to the church of St. Anthony for the purpose of obtaining salutary visions during their sleep. He tells us that these doings exactly resemble the old pagan worship. That, in truth, in his day, the churches of saints were resorted to to receive the same kind of revelations for curing disease.

**EGYPTIAN RECORDS OF CURES.**—In the Egyptian temples, an account of each vision was engraved on the walls of the temple, to instruct those who wished in practical medicine. We will quote one:—A blind soldier, named Valurinus, after consulting the god, received for answer, Go into the temple, mix the blood of a white fowl with honey, and wash your eyes with it during three days. He recovered his sight, and thanked the god before the people.

**SOURCE OF GRECIAN KNOWLEDGE.**—The medical knowledge known to the Greeks was obtained from Egypt. The distinguished Orpheus, who added so much to the stores of mankind in medicine, was at one time a pupil of the priests of Egypt, who had four great schools of philosophy, of which Memphis, where he studied, was one. Pythagoras studied at Thebes; Plato at Heliopolis, the Orr of Scripture; and at the fourth, Sais, Solon resided. Apollo, and his son Esculapius, were the principal medical gods of the Greeks.

**ACCOUNT OF CHIRON THE CENTAUR.**—Chiron is reckoned the great father of medicine in Greece, an honor to which he may justly lay claim, as even Esculapius himself was his pupil. This illustrious chieftain is known in history as the Centaur, so named because he was by the poets fabled to have been half horse, half man, a fiction probably arising from an opinion current in antiquity, that his countrymen, the Thessalians, were the first inhabitants of Europe who reclaim-

ed the horse from his wild state, and tamed him for the use of man. Chiron, discovered the virtues of the greater and lesser Centaury, which derives its name from him.

**PUPILS OF CHIRON—ESCALAPIUS AND HIS SONS.**—Of the pupils of Chiron, the first in medical reputation was Esculapius. He, like his master, was a prince of Thessaly, and one of the heroes who embarked in the expedition of the Argonauts, as his two sons, Podalerius and Machaon, engaged afterward in the cause of Greece against Troy. He extended medicine far beyond the bounds of Chiron, and was not only deeply conversant in the surgery of his age, the knowledge of external medicaments, and the art of incisions, but is represented to have pushed his researches into a more difficult department of healing, the discovery of the causes of disease, a branch of the profession little cultivated among the other rude and warlike chieftains of Greece. In after times his medical fame far eclipsed that of all other heroes of the heroic ages. He was early invested by the people with divine attributes, though the precise era of his apotheosis is unknown, and no other god of antiquity could compare with him in eminence. The adoration of the divinity of Cos (the place of his residence) is observed to have flourished during a long succession of ages, and to have continued with unabated splendor till the final overthrow of the Greek and Roman Polytheism, at that memorable era when the empire of the East exchanged, at the command of Constantine, the old gods of paganism for the new saints of a spurious Christianity.

**ACCOUNT OF HIPPOCRATES.**—After the death of Esculapius, his sons, to whom he had communicated his knowledge, succeeded him in expounding and practicing medicine, and after them it still continued in the family, who finally established medical schools. The twelfth in descent from Esculapius was Hippocrates, the greatest probably of the whole race of doctors, before and since. He elevated medicine into the rank of a science by generalizing the facts and information that had accumulated up to his time. His writings are even now studied with profit and interest. It is probable that he took advantage of the **SIX SACRED BOOKS OF TOR**, by which the Egyptian practitioner was obliged to regulate his conduct. Provided these were followed, no blame was incurred, even if the patient died; but if departed from in the least, and the case ended fatally, the doctor's own life was the forfeit. Aristotle mentions a law of Egypt, which says that no physician should purge or move the bowels before the fourth day, unless he chose to do so at his own risk.

**NINETY** thousand patients are annually received into the hospitals in Paris. Fourteen thousand old and infirm are supported in the infirmaries. Five thousand foundlings are taken care of in the public institutions, and twenty-three thousand are sent out to nurse. Thirty thousand indigent families also receive assistance.

#### A POSITION DEFINED,

OR REASONS FOR BECOMING A WATER-CURE PHYSICIAN.

BY THOMAS L. NICHOLS, M.D.

**MORE** than fifteen years ago I studied Medicine, and attended my first course of lectures at the Medical Department of Dartmouth College, when its Faculty boasted a **MUZZY** and an **OLIVER**. As pupil and assistant of one of the most able and successful Allopathic physicians I ever knew, (I refer to Dr. M. R. WOODBURY, now of Sanbornton, N. H.,) I saw something better than the common routine of regular practice; but, interested as I was in many departments of medical science, medical practice had no charms for me. It was a dark and devious way, in which I saw but a few gleams of light, and in which the wisest men I knew seemed to blunder upon their successes, and could seldom give a reason for their conclusions. From the observation of the past fifteen years, during which time I have naturally taken an interest in subjects connected with my early studies, I became more and more convinced that Allopathic Medicine is unphilosophical in its principles, and terribly disastrous in its practice.

It was only when I became acquainted, first by reading, and during the two past years, by observation and practice, with the **WATER-CURE**, that my early chosen profession took on new charms, and I resolved to complete the course of study I so long ago commenced under happy auspices. I selected for my teachers in Medicine and Surgery the learned and illustrious Professors of the Medical Department of the University of New York; and, after attending nearly five hundred lectures and clinics, I see no reason to repent my choice. I know of no more thorough and earnest teacher of Anatomy than the venerable **GRANVILLE SHARPE PATTISON**, who has been for forty years a professor of his favorite science in both hemispheres, and whose vigor and enthusiasm seem to increase with his declining years. **VALENTINE MOTT** is doubtless the first of living operative surgeons, and the same faculties of mind which make him an adroit and successful operator, also render his teachings too clear and interesting ever to be forgotten. It is impossible not to respect the laborious research and erudition of **MARTYN PAYNE**, Professor of the Institutes of Medicine and Materia Medica. The chair of Chemistry is filled by Professor **JOHN W. DRAPER**, who, in the department of organic Chemistry, has probably no superior in the world. The very important chair of Obstetrics is filled with great credit by Dr. G. S. **BEDFORD**, a thorough and pains-taking teacher, and a general favorite with the students, and whose views on many subjects are much in advance of the text-books of Midwifery. I have reserved the Professor of Theory and Practice, Dr. **SAMUEL H. DICKSON**, to be mentioned last, that I may the more fully express my sense of his learning, his philosophical spirit, his liberality, and the tone of sincere honesty and genuine chivalry of

feeling, which render him an honor to the profession and to the University. Nor can I, without ingratitude, pass over unnoticed the admirable demonstrator of Anatomy, Dr. DARLING, whose teachings in the dissecting-room, and daily careful and unwearied examinations in Anatomy and Surgery, contribute so much to the progress of the student, and the credit of their final examinations; and these examinations, let me say, though of necessity brief, were, in my case at least, and I presume in all cases, searching, thorough, and practical. Thus much, at present, for my Alma Mater.

Having completed my course of studies, according to law, I received at the late commencement, from the honorable Chancellor of the University, that parchment scroll, bearing the broad seal and signatures of "Cancellarius, Concilium et Professores," which confers upon me all the rights, honors, and privileges appertaining to the degree of Doctor of Medicine, and then and there I solemnly took upon myself the duties and responsibilities of that sacred trust.

I am not of those who undervalue the science taught in Universities. I regret that it is insufficient; but such as it is, I receive it gladly. Its very errors aid my perception of the truth; and the right way never seems so precious as when we contrast it with the wrong. I do not say a man may not be a successful practitioner of hydropathy without having taken his degree of Doctor of Medicine; but I do aver that the more one knows of the anatomy and pathology of the human system; the more he knows even of Allopathic therapeutics, the better qualified he must be to treat disease upon the principles of true science.

And now the purport of this article may begin to be apparent. It has seemed necessary for me, not to make an apology for the course I am taking, but to explain why, being a thorough convert to Hydropathy, I should take my diploma from an Allopathic University; or why, having graduated as a regular physician, I should adopt the practice of Hydropathy. I will endeavor to explain both these seeming inconsistencies.

Hydropathy, or the Water-Cure, means more than giving sick people baths. Names are not things, and both of these names are very deficient in meaning. The agents of Hydropathy are all the elements of nature, which bear a vital relation to the human constitution; they are those most intimately connected with all the phenomena of life. The elements of life are air, water, food, heat, cold, electricity, and others less understood. Anatomy, physiology, and pathology teach us the structure of the human system, the nature of its healthy processes, and the diseases to which it is liable. Chemistry opens to us the vast domain of nature, and makes us acquainted with the elements in which we "live, and move, and have our being." When all these are understood, a true philosophy teaches us how to apply these principles to the two grand objects of medical science, the preservation of health, and the cure of disease; and it is this philosophy,

in its broadest sense and its widest application, which has received the designation of Hydropathy, or the Water-Cure.

And I, with an entire belief in, and some theoretical knowledge of, and experience in Water-Cure, have graduated at the University of New York, simply because the science in which I desired to perfect myself could be nowhere so well acquired as at that and similar institutions. We may have, at some future time, a Hydropathic College, but I am by no means satisfied that, even in that case, an Allopathic course would not be desirable, for no day passed, in my attendance of the late course of lectures, in which I did not gather useful hints in Water-Cure, from the very errors and absurdities of the drug treatment. The most scientific and eclectic treatment of disease, as given by Professor Dickson, threw a flood of light upon the superior methods of Hydropathy. The dry lectures on *Materia Medica*, in which were described the properties of all the poisons of the three kingdoms of nature, were full of interest and instruction to one who had learned that every good effect they were ever hoped to produce, could be brought about promptly, safely, and effectually by the agents and processes of Water-Cure. I hold, therefore, that a thorough hydropathic education must include a full course of Medicine and Surgery, and a knowledge of the principles and results of all other systems. As long as we are obliged to grapple with errors, we must understand what we combat. To denounce Allopathy without understanding it, would be too closely copying those who cry "quackery" upon Hydropathy. Hydropathists are reformers, and it seems highly necessary that they should have a thorough understanding of the abuses they seek to reform.

It will be seen that my first explanation involves much of the second. Being a Hydropathist, I have studied Allopathy, because both systems of practice recognize the same fundamental sciences—studying Allopathy, I practice Hydropathy, because I find it of immeasurable superiority. I find no new anatomy, no new physiology, no principles of pathology which have not been recognized by the most learned philosophers, no diseases which have not been minutely and carefully described by Allopathic writers. Thus far we go in company, and it is only at the bed-side of the sick, and after our diagnosis is made, that we are forced to part. Here the Allopathist, finding symptoms of a disordered circulation, takes out his lancet and proceeds to bleed the patient; an operation never needful, always hurtful, and often fatal. The hydropathist restores the equilibrium of the circulation by agencies more rapid and effectual than the lancet, leaving the patient all his vitality to combat disease.

The Allopathist finds a system filled with the poison of scrofula, and he proceeds to add the equally potent poisons of calomel, or corrosive sublimate, or arsenic, in the vague hope that somehow one poison will expel the other, and then get out itself. In such a case, the scientific hy-

dropathist calls into aid the elements of health; he brings the depurative organs into action, and washes the diseasing matter from the system. Every drug,—every potent article in the *Materia Medica* of Allopathy, is a poison, and as such, in large or small dose, exerts a diseasing influence upon the system. Of this there is no question—it is on all hands admitted—and the whole practice of Allopathy is confessedly a choice between evils. It professes to cure a greater evil by producing a less, but in practice, too often, this rule is reversed, or one evil is added to another.

In Hydropathy, on the other hand, there is no tampering with evils. They are all rejected, and only beneficent agencies are invoked. We neither bleed, nor madden, nor stupefy, nor intoxicate—in a word, we do not *poison*. We cleanse, purify, and strengthen. We restore the vital functions to their natural harmony and their highest vigor.

In Allopathic practice, when one medicine is given to act upon a disease, another is given to counteract the effect of the first, and so on, until the patient, feeble and exhausted from the actions and reactions of a whole series of poisons, is left at last, with just the breath of life remaining, to get well by the action of what vital power bleedings and medication have spared him.

In Hydropathy, the healing processes of nature are aided from the beginning, and the recovery is proportionably rapid.

But I need not prolong this comparison. I have adopted Hydropathy, and I reject Allopathy, because that after a study, observation, and experience of both systems, I am bound in conscience to prefer the best; nor can I make any hotch-potch of so-called Eclecticisim. The only Eclecticisim an honest man can practice is to choose the good and reject the bad. Some drugs are worse than others, but they are all bad, and I reject them all, as not only useless, but always and of necessity injurious, and only to be used where better agents cannot be obtained, and where one is under the necessity of making a choice of evils—the very foundation of allopathic practice. Some agents and processes in Water-Cure are more effectual than others, but they are all good, as indicated, and I adopt them as the best that science has given us. In this matter I can make no compromises. I cheerfully admit that Homœopathy is an advance upon Allopathy. It is better to take a poison in infinitesimal doses, than in allopathic quantities. Undoubtedly, I would sooner take or give the billionth of a grain of colomet or arsenic than ten grains of one, or the sixteenth of a grain of the other—but I see no reason why I should prescribe either.

I adopt Hydropathy fully, on the highest principle of Medical Ethics, that first of all, I should do my patient no harm; and secondly, that I should do him all the good in my power. Now Allopathy does harm continually and always. Good may come out of it, or come in spite of it; but I am convinced that its general effect is to increase human suffering and shorten human life.

Homœopathy does little harm with its medicines, much good with its sympathy and regimen, and leaves nature a chance to do her work as she can. Neither of these could ever satisfy me; but in Hydropathy I find agents and influences at once potent and beneficent. Art here is the real handmaid of nature, and the truly scientific practitioner of Water-Cure preserves health, and restores it with the use of those elements on which existence itself depends.

After the sincere tribute of respect and gratitude which I have felt constrained to pay to the professors under whose auspicious guidance I have completed the regular course of medical education, I may be permitted to say a word of those to whom I am indebted for my knowledge of Water-Cure. Almost my first knowledge of it was derived from the celebrated letter of Sir EDWARD LYTTON BULWER, the novelist, whose description of his own recovery from hopeless prostration, at the springs of Malvern, made a strong impression upon me. In my profession as editor, I read all that appeared in the papers on the subject with great interest, and I am also much indebted to the zeal and industry of Dr. SHAW, who has been greatly instrumental in introducing a knowledge of Water-Cure into the United States. The works of JOHNSON, WILSON, ROUSSK, and especially of GULLY, I have found full of instruction.

But it was not until my acquaintance with Mrs. MARY S. GOVE, and her writings, that I gave the subject of hydropathy any serious study. I found in her a thorough understanding of the principles and practice of the Water-Cure in its purest and highest sense. A thorough anatomist, a profound physiologist, and a woman of remarkable philosophic powers, she had penetrated more deeply the mysteries of life than any one I had ever seen, or whose works were familiar to me; and when our acquaintance and friendship grew into the more intimate relation of marriage, I saw in her daily practice the results of the science of health and life which she, more than all others, had unfolded to me, and in the application of which her clear judgment was aided by a remarkable intuition. It was impossible to see as I saw, day after day, and week after week, the most seemingly hopeless and incurable diseases—those which for years had defied every system of medicine, yielding and giving place to the animation and vigor of health, without wishing to understand how such miracles were accomplished. I applied myself to the study of the principles of Hydropathy, and in their light the science of medicine took on a new aspect. In observing, and, in some cases, assisting in, her daily practice, and in revising through the press her recently published "Experience in Water-Cure," I became fully acquainted with the remarkable results of her science and skill. I resolved to make the art of healing my future profession, and with that view, I completed my long intermitted studies—with that view I enter the ranks of Water-Cure.

With these explanations of the course I am taking, which may be due both to the medical

profession and the public, I have a few words to add, in regard to the professional course I have marked out for myself. The first object of every physician *should* be the prevention of disease, and the promotion of public health. We are not paid for this, indeed, and more shame and blame to society that we are not. If prevention is better than cure, it is better worth paying for. But this does not alter our moral obligations; and I shall steadily and earnestly labor for this object, as I have done in years past. It is my design to lecture and write on Public Health and the Water-Cure, and to "take the stump" in this basis of all reform movements.

The Water-Cure is yet to achieve some of its most brilliant triumphs in the field of surgery, and I wish to give special attention to that department, feeling sure that limbs and lives could every day be saved, were surgeons aware of the simple and effectual means of commanding inflammation and arresting morbid action, afforded by the Water-Cure.

In a great city, few, comparatively, can enjoy Water-Cure treatment in expensive establishments, but all may have it at home, under judicious direction, and I hope, ere long, that public and private charity will furnish Water-Cure hospitals in which the poor may be treated gratuitously, and at such moderate rates as to be within the reach of humble means.

With such views and hopes, I enlist in the cause of Water-Cure, in the earnest faith that the time is approaching, when general intelligence in regard to the laws of life will render our profession an institution of the Past.

#### CONSEQUENCES OF DRUGGING.

##### THE ADHESION OF INDURATED MUCUS TO THE WALLS OF THE ALIMENTARY CANAL.

FROM THE GERMAN OF RAUSSE, BY C. H. MEEKER.

In behalf of the fact, that in many diseases mucus deposits itself on certain tracts of the folds of the alimentary canal, and there gradually hardens, the water-cure has afforded proofs, against which no unprejudiced and impartial person can entertain a doubt. It is possible that facts appertaining hereunto have been already confirmed by dissection, and noted in some works of the physicians. In the elaboration of this treatise, I had not time to subject all pathological and toxicological works relating thereto to a strict examination, and must, therefore, in the argument in question, restrict myself in this instance to practical results taken from the Water-Cure, and to physiological analogies.

The most material and palpable evidence that foreign matters may lie for a length of time adhering firmly to the folds of the stomach and intestines, was afforded me by the effect of the treatment in my own case. In earliest childhood I was dosed in a perfectly unheard-of manner day after day, for years together, with constipating medicines, and especially with laudanum. The consequence of this medicinal mal-treatment

was, as it exhibited itself in the Water-Cure, that all the medicaments, or indeed the greater part of all the medicaments taken by me, had deposited themselves upon the foldings of the stomach and bowels, in gradually-indurating mucus. In a vomiting crisis of unexampled length, I have, by vomiting and purging, again ejected all kinds of medicaments which I have ever taken, and in so doing have again tasted, in the most indubitable manner, medicaments of the most marked character. This circumstance is indeed such as occurs but rarely in the Water-Cure, still it is by no means an isolated case. In my establishment a year never passes in which at least some patients do not have vomiting crises, during which they have again plainly tasted medicines previously taken, and indeed medicines which they had in part taken many years before. I could substantiate these facts by the declarations of various patients, were it desired; I omit it only because similar phenomena have long since been experienced in other Water-Cure establishments. The physicians can object least of all to the evidence of the sensation of taste, because they, in their own science, in regard to medicines of marked smell or taste, have conceded to these two senses a power of discrimination valid before the forum of science. But still one other objection can be rightfully made by persons conversant with the matter, against the idea that the vomiting of medicinal substances, plainly perceptible to the taste, is proof that these stuffs have until then lain in the folds of the stomach, or in general, in the cavity of the stomach. For it is a fact long since determined, that many medicaments from other points of application besides the stomach produce purging and vomiting, and manifest excitant on of the taste of the applied medicament. *Kaimier* caused an incision to be made in the upper part of his arm, penetrating to the muscles, and introduced therewith two grains of tartar emetic. In an hour and a half there ensued nausea, ill-feelings, and in two hours vomiting seven times in rapid succession. (*Horn's Archives of Medical Experience*, 1816, vol. 5, pages 924-89.) Croton oil rubbed in the abdomen produces purging, without exercising any local effect on that part of the intestines where it is applied. In the *Medico-Chirurgical Journal*, 34th volume, 1831, it is reported that American physicians applied rhubarb to the mutilated surface of an amputated leg, and that on the following day violent purging ensued, combined with a bitter and nauseous taste in the mouth. When the patient was given a little rhubarb to take into the mouth, he recognized immediately the taste as being the same which he had experienced after the said application to the stump of the leg.

After the decisions above mentioned, the vomiting of medicinal stuffs, which had been taken a length of time before, is still no proof that these stuffs had lain till then in the folds, and consequently in the cavity of the stomach. They may possibly have lain in any organ, and after their disengagement by the Water-Cure have been carried through the circulation in part into the

Stomach, and in contact with the nerves of taste. I am, however, able to adduce proofs which admit of no doubt as to the adhesion of *hardened mucus* in the cavity of the folds of the stomach, and, indeed, I borrow the first proof from my own above-cited Water-Cure, the further result of which I have now to relate. After I had in that vomiting crisis already ejected large quantities of mucus and substances of decidedly the taste of quinine, I felt one day in vomiting a hairy mass rise through the oesophagus into my mouth; at which time I recognised plainly the taste of ship's soup, smelling of rancid oil, which I had taken on a sea-voyage about three years previously. As is known, the ship's cooks are not very nice in the exercise of their art, and as I had to share with all my traveling companions a very mean fare, it frequently happened that we constrained ourselves forcibly to swallow the most disagreeable foods and soups. Particularly at that dinner, the taste of which I experienced again in my vomiting crisis, a black soup was served us, which I forced down as hastily as possible, at the same time remarking to my companions that it resembled the black soup of the Spartans. In swallowing this liquid, I felt that a hairy mass was swallowed with it, but was not able, however, to draw it out again. That day at sea had long since departed from out my memory, when in the vomiting crisis I ejected this hairy substance. I took it out of the basin and laid it in the oven of a heated stove, still supposing that it must be a mat of hair. When I examined the dried mass, I found it to be a small lump of *oakum* saturated in rancid linseed oil. For although the mat of oakum was quite dried out, still it emitted a penetrating smell of rancid linseed oil. I have carefully preserved this relic of my vomiting crisis; it is an absolutely undeceiving proof of the truth, that pernicious substances may fix themselves and lie for years in weak and ruined digestive organs. That these and all heterogeneous substances deposited in the body lose nothing of their chemical properties, and consequently also none of their peculiar odor, is evident from this, that they are enveloped in gradually-indurating mucus, and consequently that no solvent element can produce any effect upon them.

To this recorded fact of the ejected string of oakum, a refutation cannot otherwise be produced than by declaring my deposition to be a fabrication. Against this, indeed, I can bring no legal proof; I had not engaged a notary and two witnesses during my crisis. But I can allege other demonstrable facts, which evidence, with indisputable force, the deposition of hardened mucus upon the folds of the digestive canals. In the vomiting crises in the Water-Cure, to wit, besides mucus of fluid and unconstrued substance, there is also always ejected mucous fibres and mucous tissue of plastic structure. I refer, then, back to the two letters,\* which I have published in another volume. Both writers are not in the most remote degree interested in the truth

\* Letters published in the Errors of Physicians, &c.

or untruth of the matter of fact in question. Consequently, entire credibility must be conceded to their declarations, as well in a moral as in a judicial point of view. I could, were it not an unnecessary repetition, add to these two letters still a good number of others of a similar purport. I myself have experienced it in my own person. It has been decided with certainty, and is undisputed by physicians and chemists, that such mucous substances as have a firm and manifest structure, and consequently are neither half nor entirely fluid, and which have lost the power to become normally mucus again on being moistened with water, must have been quite exsiccated, old and indurated mucous masses. I have not been able to produce by solution thereof in water the original and fluid mucous substance, and have, to my great satisfaction and the fullest corroboration of my views, afterward found in *Berchleus*, that mucus, when quite exsiccated, can only be dissolved by adding alkali to the water, but never by water alone. Hence, then, it follows that the mucus ejected during a vomiting crisis, having a visible structure and insoluble in water, must already have been entirely dried out previously in the inside of the body. This mucus cannot, therefore, be such as is freshly secreted from the glands during the act of vomiting, or shortly before.

Since it is only at times that atmospheric air occurs in the stomach, and even then but in small quantity, it must require a long time so to exsiccate the mucus as to impart to it the property of insolubility in water.

The very many old mucous masses vomited during Water-Cures which I have seen, had very various forms and structures; in part they consisted of long tape-like strings, in part of lumps of coarse tissue knitted in and in each other, in part of net-like forms, with latitudinal and longitudinal threads adhering together. The color, which comprehended the most various shades—bluish, greenish, blackish, whitish, yellowish, but most frequently brownish, and particularly grayish,—the variousness of all these colors together, can only be explained by the variousness of the color which the medicaments had which elicited the mucus, and these were enveloped therein. Some of these colors can be explained by the secretions of the bile.

(Conclusion in our next.)

#### A WORD TO WATER PATIENTS ON HOUSEHOLD TREATMENT.

BY JOEL SHEW, M.D.

THE writer has always maintained that the Water-Cure is eminently a DOMESTIC treatment. No method ever known by man can at all compare with it in this respect. Water, powerful as it is for good or for harm, accordingly as it is used, MAY be so far comprehended by persons of ordinary capacity, that they can apply it in the vast majority of cases, both with safety and positive good. Indeed, it requires a great degree of awkwardness in its application, for one to do any



great harm. I think I have made the methods of bathing so plain in the Water-Cure Manual, that all who will read them carefully, may practice safely upon themselves, in a great variety of cases. I would not, however, be understood as affirming that no physicians are ever needed; on the contrary, every well-regulated society does and must have those in its midst, whose business it is to obtain their earnings from the misfortunes of mankind.

I must earnestly recommend, as I have often done before, that all persons, however obscure may be their position or calling, do, by all means in their power, acquaint themselves with the advantages and the blessings of this most abundant, most powerful, and best of all remedies on the face of the earth—PURE WATER.

It has often been objected that water treatment costs too much at the establishments. It must necessarily be expensive at such institutions, so long as states and benevolent societies do nothing to forward its spread. The expensiveness of the Water-Cure at the establishments, then, is an argument for its employment as a home remedy.

It has also been said that hydropathic physicians charge too high a price for their services. I think I may safely say, that there are a number of water practitioners in the United States who have given more advice *gratis* than for *pay*; and certainly I think no water practitioner ever received a *fee*, however small, by letter, without promptly giving the necessary advice.

It is said, "The laborer is worthy of his hire," and that "time is money," most men are compelled to understand. Let me suggest, then, in behalf of hydropathic practitioners generally, that those patients who write for advice *pay for it*. Pay for it not exorbitantly, but in accordance with your means. If you are in reality poor, and not able to buy or beg money for tea, coffee, tobacco, spirits, &c., let some responsible friend, the minister, postmaster, magistrate, or doctor write for you, and be assured no true hydropathist will send you away empty.

For the benefit and instruction of those who wish to consult a physician by letter, the following list of questions will aid them in making out an intelligent description of any individual case:—

1. Age, sex, and occupation or profession? 2. Married or single? 3. Weight, height, and bodily conformation? 4. Color of eyes, hair, and complexion? 5. Progenitors and near relations long or short-lived? 6. Were they consumptive or otherwise? 7. Were you vaccinated, when, and with what effect? 8. What have been your diseases? 9. What medicines taken? 10. Have you had any secret disease, and, if so, what? 11. What medicine or medicines for it? 12. Have you suffered from the practice of solitary vice? 13. In what way or ways? 14. Have there been sexual excesses of any kind? 15. Have you seminal weakness? 16. Seminal discharges, and how often? 17. If a female, have you leucorrhœa or the whites? 18. For how long a time? 19. Falling of the womb, and how long? 20. Piles or hemorrhoids, and of what character? 21. For how long a time present? 22. How far can you walk ordinarily? 23. Have you borne children, and how many? 24. Were you much debilitated thereby? 25. Any difficulty in passing water? 26. Any sediment in the urine, and what its color? 27. Are the monthly periods regular? 28. Painful or otherwise? 29.

Too copious or too spare? 30. At what age did the menses commence? 31. If they have ceased, at what age? 32. Have there been hysterical symptoms? 33. How the appetite? 34. The digestion? 35. How the action of the bowels? 36. If constipated, how long a time? 37. If too loose, how long? 38. Sleep good or otherwise? 39. Spirits good, variable, or depressed? 40. Have tea, coffee, tobacco, or spirits been used, and to what extent? 41. What the diet? 42. Any pains, and in what part? 43. Have you had colds often? 44. Of what nature? 45. Any bleeding from the lungs or stomach? 46. How much, and its effects? 47. Any other hemorrhages, and what? 48. Coughing, and for how long a time? 49. What time of day most? 50. Character of the cough? 51. What kind of matter raised, and how much? 52. Pains in the chest, and what part? 53. Breathing difficult or not? 54. How many respirations per minute? 55. Pulsations, how many per minute, morning and evening? 56. Night sweats, and for how long a time? 57. Have the nails become curved? 58. If the throat has been sore, for how long a time? 59. Have the tonsils one or both been cut out? 60. If asthma has existed, how long?

It is not presumed that the above list of questions is perfect, or as full as might be given; but it is sufficient to serve as a guide to patients, whether male or female, in describing their case. No important particular should be omitted. If a physician be at all worthy of the name, nothing that is entrusted to him as a secret is ever divulged. Even courts of justice cannot compel him to testify concerning the condition of his patient.

CONSIDERATIONS FOR COMMON FOLKS.

BY J. C. JACKSON.

ONCE more my feet press the hill-sides of our glen—our haven of rest to the weary and way-worn—the quietest—coziest—beautifullest spot on earth to me. I do not say to others, for others love, mayhap, bustle, and turmoil, and society in large masses. They like the tramp of horses, the roll of carriages, the interminable din and noise of cities. They develop only in the whirl of business, the rivalries of trade, the tight, deadly, gripping struggle of competition. They grow only as they are familiar with the doings of the Old World as well as the New, with the strifes of politicians, the controversies of theologues, the fist-cuffs in our great national bear garden—the Congress of these United States. They must walk on hot-beds that they may grow as they travel, or they do not consider life desirable. A nook like ours to such is quite too quiet. They have not learned that quiet—rest, what Quakers call "getting into the silences," constitutes the divinest philosophy extant. So they must follow their bent, and I must mine. Glad am I, gentlemen, to get home again, to turn about a few times, and at last to square myself to my duties, among which is that of writing to you and your readers. For the present, I have had enough of intercourse with the great world, and am now longing for Spring, who,

"with balmy breath,  
Shall send a summons loud and long,  
In the crowded haunts of the toiling throng;  
And shall fill the dreams of the sickly child.  
With songs of the wood-birds sweet and wild.  
But shall whisper *love* in the sleepless ear  
Of the maiden, young and pale.  
Of a cottage *home* by a fountain clear,  
In a far and sunny vale,  
And the young heart answers with a prayer,  
For the lot of the birds and blossoms there!"

Do you ask what I have been doing? I answer, With what of ability I have, I have been demon-

strating the superiority of water as a remedial instrumentality over drugs in the cure of disease. The trip was taken through Onondaga, Oswego, Wayne, Monroe, Ontario, Seneca, and Cayuga counties; and in all cases good audiences as to numbers came and listened with great interest. Invitations were at almost all the places tendered me to visit them again, and stay at length and give a *course* of lectures; so that, as far as my vanity may be said to be concerned, the reception I met was sufficiently gratifying. A better and more cheering reflection to me is, that I did good, that some true hearts were quickened into more earnestness to master the true secret of LIFE, and that in quite numerous instances the young and healthful were induced to pledge themselves to a reformation of personal habits, which, if attended to faithfully, will add greatly to their usefulness and longevity.

Without detailing any arguments, let me say, I made these points. 1st. Considerations which go to show how health may be maintained. 2d. Considerations which tend to show how health may be *recovered* when lost. These led me over a great field of thought—mostly condensed for want of time—but made available as possible. Among many points of real interest which impressed me, TWO FORCED THEMSELVES HOME:

First, I was greatly surprised at finding so many people chronically diseased. I gave at each place at which I lectured public notice, that I would gratuitously examine all who would call at my rooms, and advise with them as to the probable effects of the water treatment in their cases.—Such notice brought me a large number of persons, and gave me notice of many others who wanted to see me, but could not come. Of course, I could not attend to their cases, though in some few instances I went to see the sick at their homes. In all cases almost that came before me for examination, I found that the chronic form of disease supervened the acute by means and under the influence of drug medication. I did not have a case whose subject had not taken internal remedies, and in the first instance at the suggestions of men who are always careful to parade their names publicly with M.D. attached. M.D.—medicine dealer—rightful name—truthful appellation—appropriate synonym. Much as it is relied on, it can scarcely add to the success of him who is so proud to wear it—in *kill*ing mortals, except so far as to make his blunders *legal*, and his victims content to die, when physicked to death *by authority*. O LAW! how death's kingdom has been peopled by thy consent! and not the least among the modes of hastening human beings off this earth, has been this M.D.-ing them off.

Sad as it is, it is not the less true, that, for the mal-practice of medical men, the people who patronize them must take their share of blame. They are more anxious to take drugs and nauseous nostrums than doctors are to give them. They throw their influence in favor of such administration of the sick, that it is harder to find a child over twelve years of age who has not taken drugs

than it is to find Egyptian locusts in our latitude. Harder still is it to find adults who, when questioned as to their health, promptly reply, "Very well; very well indeed!" The vast majority answer with strong qualifications. They are "pretty well," or, "so-so," or, "so as to be comfortable," or, "so as to keep about," or, "moderately well," or, "almost sick." This one has the bronchitis, and this one the rheumatism; this one torpidity of liver, and this one a sour stomach. That one rush of blood to the head, and that one pain in the kidneys. That one is nervous and cannot sleep, and that one suffers severe and protracted constipation. This other has neuralgia in the face, and that other has fever and ague. This one has paralysis, and his next door neighbor is threatened with apoplexy. So goes the questionings after the health of one's friends and fellows, and so come their answers. *Disease* is Death's great caterer. It attends the grim monster as the jackal the lion. Does the reader doubt? He can easily satisfy himself. Let him take any circuit he pleases and travel, six out of each seven adults he shall meet shall have some lingering ailment or ache, of which they will be prompt to tell if the questions are put with pertinence.

The second consideration that very sensibly impressed me, was the *great love of life* most persons possess, and the great ignorance they exhibit as to its true means of continuance. The great departure from the laws of life, grows not out of an indifference to life; for as a general thing, human beings *want to live*. They struggle to live. Satan made the truth luminous when he said, on a certain occasion, "Skin for skin, yea, all that a man hath will he give for his life." To test this matter, select a person and approach him with the intelligence that his hours are numbered; that in a little time he will lie level with the clod which the ploughman turns with his foot; that this earth, with her green fields and the outshining stars over her, shall no more be seen by him; that from the side of his fellows and his friends he must *alone* go to explore that unknown world, whose breadth is as a waste of waters; make him believe it, make him feel that the death gurgle is in his throat, and then offer him life on conditions that involve nothing but personal suffering, and he will accept the alternative with a scream of joy.

I never saw this longing for LIFE more graphically described than by Eugene Sue, in his Wandering Jew. One of the prominent characters in that work is a Jesuit by the name of Rodin. He is a man of very superior talents, who, by his ability, has arisen from a very humble position to a chieftainship of his Order. By exposure he "takes cold," and is seized with congestion of the lungs, and Death walks into his room and looks him straight in the face. The man *will* not die. He motions the grim monster away, and summons his physician to his side. He is told that as far as his knowledge extends, the physician can apply but one remedy, which, at least, is excruciatingly painful, and at best is of doubtful utility in Rodin's case. It is the application of

mass, and the object to be gained is REACTION by counter-irritation. The patient calls for it with a sort of savage exultation at the thought of recovery. The application is made, the congestion is broken up, Rodin breathes and lives; and for once the pale horse bears the skeleton monarch back to his kingdom—his long, bony fingers clutching no prey.

This longing, this unquenchable desire for life, proclaims with unmistakable voice what is the Divine law. It shows that after the Divine plan disease is not the legitimately constituted precursor of death. It shows that if men are to die as their Maker prescribes, OLD AGE must be death's harbinger. To be warned by Age that one must die by "wrapping the drapery of his couch about him, as one that lieth down to pleasant dreams," makes of death a deliverer, not a destroyer; changes him from a skeleton to an angel of beauty; fills his gaunt form with living fibre, and causes to play on his cadaverous face the hues and dimples of health. His mission becomes that of a translator, whose office is to take the dying to a more elevated state; and by such his coming would be heralded with delight. It would no longer be heart-rending, oft-times disgusting, and uniformly unpleasant to see a human being pass from our sphere.

As it is, human beings make of death a hired butcher. They indirectly stipulate with disease, that for a certain term of time it shall make slow inroads on life, that so they may have the privilege of debauching themselves, and when nerves and stomach, heart and lungs, liver, kidneys, and bowels, brain, muscle, and blood are all vitiated and worn out, Death may have them to do what he pleases with them, save to deliver their bodies to the surgeon for dissection. Their living bodies are specimens of Divine architecture to be subjected to all the caprices of animal impulse—all the sallies of passion. Their corpses—if they have pecuniary means—they will to be shrouded in fine linen, like the enrobing of an Israelitish maiden going to her bridal bed, and laid out in state, that friends shall weep in heartfelt sorrow, that priests shall say their prayers for the repose of their souls, or for the benefit of the living, and the choir shall chant the anthem, "LET THEM REST IN PEACE."

### PULMONARY CONSUMPTION.

CASE OF JOHN BURDELL, OF NEW YORK.

BY S. ROGERS, M.D.

THERE is no chronic disease at the present time in the United States so universal and so fatal in its effects as pulmonary consumption. During many years it has been enlarging its gloomy borders, and now it is difficult to find a civilized community, however small, exempt from the mournful records of this dire malady.

Consumption is a disease that belongs essentially to civilization, and seems to increase just in proportion as men advance in what are termed the

refinements of society. I do not wish to be understood as affirming that barbarism is essential to immunity from consumption, but that the dietetic and other hygienic habits of enlightened races are, on the whole, so far inferior to those of the aborigines of our country, and also of our forefathers, that it is unnecessary to look further for the principal causes of this common malady.

In speaking of this disease, the great Dr. Russ remarked that "it was scarcely known by those citizens of the United States who lived in the first stages of civilized life, and who had lately obtained the title of *first settlers*; that it was less common in country places than cities, and that it increased in both with intemperance and sedentary modes of life."

Consumption is far from being confined exclusively to that class of persons who live without physical labor. To sustain the present artificial states of society, the poorer class is subjected to sedentary habits in illy-ventilated workshops, and many other violations of physiological laws which tend always powerfully to induce disease of the lungs. But so common are pulmonic complaints, that it seems unnecessary for me to speak of their *predisposing* and *exciting causes*, and I am sure my readers are too familiar with the *symptoms* of consumption to render a description of them necessary here. I shall therefore proceed to narrate an interesting, though melancholy case, which lately came under my observation, and the medical care of Dr. Shew and myself.

JOHN BURDELL, late of the city of New-York, a gentleman extensively known as a skillful dentist, and during the last nineteen years a strong and practical advocate of "Vegetarianism," was born in Oneida county, N. Y., in the year 1806. He was of medium height, slender form, small and sharp features, rather light hair, with blue eyes. He spent the first twenty years of his life in the country in active habits. But he was always considered a feeble boy; and it was supposed that he would die of consumption before the age of twenty. He had frequent attacks of sick headache, with nausea; was habitually constipated, and often experienced nightmare. But his worst prominent difficulties were colds. He was subject to them every winter, of which he could recollect; and some of the attacks were severe upon his lungs. He had, besides, pulmonary hemorrhage repeatedly; and in after years, while residing in the city, he in some instances raised matter from the lungs, with streaks of blood. Partaking too freely of food, even of the simplest kinds, he thought had in some instances caused this effect.

John Burdell's parents were considered as being tolerably healthy. On his father's side there was, however, a predisposition to paralysis; his mother died of inflammation of the brain. He lost a half-sister, younger than himself, on his mother's side, with consumption.

At the age of twenty he came to the city, being at the time in poor health, with very sore eyes, probably of a scrofulous nature. From that time up to his death, he lived almost wholly

in New York, and was always sedentary in his occupation and habits.

In 1831, he commenced experimenting upon the vegetarian diet, using, however, a moderate allowance of milk and fresh meat, for about one year. From that time to his death he ate no flesh, except possibly for a space of three weeks. In the whole period of his experiment he used milk, he judged, not more than one year in the aggregate, and then only in small quantities. He practiced bathing in cold water every morning, as regularly as the day dawned. This was commenced at the same time with the vegetable diet. He drank nothing but pure water, and that rarely, as his free use of fruits supplied the necessary amount of liquid to his system. He repeatedly passed six months at a time without for once tasting fluid, or feeling any desire therefor. He never tasted tea, coffee, or hot drinks of any kind, during the whole of the period in question. He slept on a hard bed with a hard pillow, retiring to rest punctually at nine o'clock. He slept soundly till about six in the morning, when he arose and took his daily bath. Winter and summer he always had his bed-room window open at night. He endeavored to exercise more or less every day in the open air, but he always regarded that he would have been much better off, physically, if he could have been more out-door and active in his occupation.

In 1836, he believed himself to be consumptive, and for this reason went to the island of St. Croix, where he remained five months. The common fever of the island was raging, and nearly all visitors suffered from it; many also died. But no attack whatever was experienced by him. At another time he also spent a few months at New Orleans, and in the Southern States. During both of these trips his diet consisted of bread, rice, fruits, and potatoes.

About eight years before his death, John Burdell was attacked, in the month of April, with a diarrhoea, which at length became a dysentery, and nearly destroyed his life. He had been in the habit of eating (as he afterward believed) too many sour apples, nearly living upon them the whole winter. He had, besides, for a number of months, been living in a state of most unpleasant mental excitement. He had never experienced any bowel complaint whatever, after commencing the vegetarian experiment. At the time of this attack he regarded the homœopathic treatment as being the safest he knew of, and having an acquaintance who was himself a practitioner of this school, he called him to prescribe, on the condition that no calomel or other mineral poison should be administered. The doctor, however, believing doubtless that it was his duty to deceive him in so serious a case, gave him both calomel and arsenic, and that in no small quantities. He had, moreover, reason, he said, to believe that he was over-drugged by an evil-minded person, whose duty it was, a part of the time, to give the medicine. At all events, the disease became

much worse under the treatment, and severe dysentery set in. This continued for more than a whole month, and he remarked that the smell coming from the discharges was as offensive as that of rats poisoned with arsenic. As soon as he found out what he had been taking, he discharged the practitioner, and declared that he would take no more drugs. All of his extremities became nearly powerless, as is common from the effects of an over-dose of arsenic, and it was nearly two years before they regained their power as before.

At this time he was persuaded, for a short period, to break over the rules of diet he had so long and so rigidly observed. He ate a little beef-steak for about two weeks, but became so nauseated and disgusted with it that he could not be prevailed upon to continue the experiment any longer. Substituting for it Indian meal gruel, well boiled, home-made brown bread, and the free use of fruits, he grew rapidly better in every respect, except the extremities.

After this dangerous illness he took but two meals a day, morning and evening, never touching food of any kind between times. Having ascertained, experimentally, the quantity of nutriment required, as he supposed, he weighed or measured the articles used for each meal. Thus he was enabled to be uniform in quantity. In summer his food consisted wholly of unbolted wheat meal bread and fruits, according to the season. He regarded those of our own climate the best. In winter he partook mostly of potatoes and apples, using at times, however, other farinaceous articles. At some times he ate unleavened bread, at other times the leavened. He used no butter, neither spices of any kind, and, as before remarked, used no coffee or tea, or other hot drinks. Nor had he ever taken alcoholic or fermented liquors. In September, 1849, he remarked that he could not then recollect when he had last taken milk or even water to drink. The juice of the fruits he had used so freely answered all the demands of thirst, and the total disuse of all animal food and spices had much to do, he regarded, in preventing thirst. It was many years, he said, since he had taken the slightest cold, or experienced the least nausea, headache, disorder of the bowels, or indisposition of any kind; and for the last seven years he had not omitted a single meal. "He seemed," in the language of one of his friends, "in perfect health, with skin clear and mildly suffused with a natural tinge, in the place of the bloated flesh of drunkenness and gluttony. His mind was unclouded and active, his spirits gentle and cheerful, his conversation fluent, easy, and instructive. Altogether he appeared a very happy man. His wants, with his mode of life, were few, and required very moderate ends to meet them."

"Much may be learned from this case, and the inference will naturally arise that much sickness, with its attendant calamities, is superinduced among mankind by unintelligent and beast-like indulgence in improper and pernicious articles of

food and drink."\* During the cholera seasons of '32, '34, and '49, he remained unharmed. But in the dispensations of an all-wise Providence, there was soon to occur a great change in his physical health. He was probably born with the seeds of tubercular consumption within him. Providence always operates through the laws he has wisely established in nature—laws which are as fixed and immutable as his own existence. Doubtless, John Burdell had for many a year, by force of physiological habits, (faulty although they were in some respects) kept at bay the monster disease which was ready at any moment to corrode the very vitals within him. About the middle of 11th month last (1849), he took a cold, as he informed me about two weeks thereafter, cough and expectoration ensued, but to a small extent only. He continued in his business and other habits as usual, but from the first doubted whether he should ever recover from this attack. In the hope of religion he was calm and cheerful in mind, and experienced no bodily pain.

At the urgent request of a medical friend, in the early part of his illness he daily ate two oysters for nearly three weeks, although he was convinced that the cough and febrile symptoms were aggravated. After ceasing the use of the oysters his fever, expectoration, and cough gradually decreased. Until within two weeks of his death he was able to walk and ride as usual. During the remainder of his life his strength became less and less, until the 11th of 3d month, at 6 P. M., he expired without a struggle.

Now it has been, and no doubt will be, currently reported that the death of this gentleman was caused or hastened by starvation. For the satisfaction of all who feel an interest in his dietetic course, and to refute the absurd notion entertained by those who neither investigate nor understand the physiological laws which govern the human system, it was thought proper by his friends to fulfill a request of the deceased, that a post-mortem examination be made. Accordingly, fourteen hours after death, Dr. Shew, assisted by my self, examined minutely the entire viscera, and found all the organs in a healthy condition except the lungs. There was slight hardening and enlargement of the pyloric orifice, also the appearance of partial congestion of the right kidney; but neither of these deviations were sufficient to cause much disturbance. The liver, heart, stomach, intestines, pancreas, and spleen, appeared perfectly healthy.

The right lung adhered at the summit, and full half of the upper portion was one tuberculated mass. Near its centre, in front, was a cicatrix about the size of a half dollar. The left lung was even more diseased than the right. So great had been the inflammation of the pleura many years before, that this lung was attached nearly its entire depth to the left wall of the thorax. With the exception of about one tenth of the inferior portion, there were tubercles and

caverns to such an extent as rendered it entirely unfit for use.

In regard to the treatment of John Burdell's case, it will be readily inferred that we did not at any time hope to effect a radical cure. The treatment was wholly palliative, it being simple washings in water at moderate temperature twice daily. These baths were always refreshing, the frequency of the pulse was reduced, and the night sweats were so slight as to be scarcely perceptible at any time; usually no symptoms of the kind appeared. And here let me remark, in all deference to the opinions of others, that in cases like this, a very slight treatment only is admissible.

The peculiarities of this case were, first, the entire absence of pain and bodily distress of every kind; second, the almost constant freedom from night sweats; third, that no diarrhœa occurred; fourth, that the limbs did not at any time swell; and fifth, that the mind remained clear, and the spirits undepressed.

Our patient was carefully watched, and his wants attended to during his whole illness, by his very worthy and intelligent assistant, B. F. MAGUIRE, who succeeds him in that useful and difficult art to which he so long and so ably devoted himself.

#### HYDROPATHY IN EUROPE;

OR, A FEW WORDS TO THE READERS OF THE WATER-CURE JOURNAL.

BY DR. CHARLES MUNDIE.

HAVING been requested by the Editors, several months ago, to write articles for the Water-Cure Journal, I would have willingly responded to their wishes before, had not another literary work of some importance in my own language occupied all my leisure hours. That work having been sent away by the last steamer, I will make the best of a few days of repose to contribute to the laudable end of this paper, by communicating some of the results obtained by an intimate acquaintance with Priessnitz, Oertel, Weiss, Schrott, Thiel, and other celebrated water physicians, as also by a long practice and large correspondence. My own fate being closely connected with the progress of Priessnitz's method of curing diseases, I crave permission to begin my articles with a few words on the efforts I have made to promote that method, and help to complete the reform in medical matters which had been so successfully commenced by Oertel, Priessnitz, and others. I need not tell the readers of this Journal who is Priessnitz.

Experience and hypotheses, proceeding from undigested learning, stupid pride, and despicable egotism, aided by the zeal of thoughtless students, mere vehicles of their "magisters'" ideas, had been building up for 2000 years a large edifice, with mysterious accessions, and more difficult issues, the darkness of which was unimpenetrable to the unaided eye of the layman, and not much dearer to the physician initiated into these mysteries.

\* See Appendix of Lambe on Vegetable Diet.

Whilst the disciples of the two schools, Allopathy and Homœopathy, were destroying the confidence of their patients by their reciprocal invectives, which were received with applause and laughter by the public, old *Oertel* began to sweep the polluted temple of Hygien with cold water, overthrowing all the learning of the doctors, and directing his patients to "drink water in abundance and bathe in cold water until they would turn blue." The numerous cures he effected and the thanks of his patients, whose diseases had baffled the learning of the masters over death and life, soon awakened the attention of suffering mankind, and directed it to Anspach (in Bavaria, where Professor *Oertel*, 86 years old, still lives) and to Graefenberg, where *Priessnitz* had commenced his miraculous cures.

*Vincenz Priessnitz*, although a farmer, yet a man of a sound, penetrating mind, treating his patients in a much more judicious way than Professor *Oertel*, attracted the attention of several physicians, two of whom, Drs. *Kroeber* and *Kurz*, as well as two Prussian officers, published each a small pamphlet on Graefenberg and its miracles. The writer of this soon after went to Graefenberg to restore his health, which had been suffering for several years, baffling his own efforts, those of his medical friends, and even the use of baths and cold water employed in *Oertel's* way. The happy and nearly immediate effect of the Water-Cure at Graefenberg, and the success he experienced all around him, soon made him a faithful adherer to the new system, induced him to study it thoroughly, (in which he was greatly assisted by the intimacy which existed between *Priessnitz* and himself,) to set up a Water-Cure establishment in his native country, and to give (1836 to 1837) an accurate description of Graefenberg and *Priessnitz's* method of curing diseases with water, in a work entitled, "Genauere Beschreibung vom Graefenberg und der *Priessnitz's*chen Curmethode, etc., Pesth and Leipzig, bei *Hartleben*."

This book was the first that explained to the physician and layman the different processes of the water treatment, their effects upon the system, and the way to treat upward of seventy diseases according to principles of the great water physician of our age. Nearly all the books, which have been written since, in German or any other language, so far as I am acquainted, bear the marks of their authors having made, either immediately or mediately, an attentive study of my writings; many an author has not scorned to copy it half out, and nearly all German publications on the subject have cited it, as well as later writings of the author, as authorities. This I may be allowed to state, and if required to prove, as a matter of fact, not as a reproach to those who have not acknowledged their obligations.

My books—the titles of which have already been given by an article in the December number of last year—were partly translated into several languages, and spread in hundreds and thousands of copies all over Europe, converting the people into water friends, teaching them a simple mode

of life, and a better way of educating their children, were received in the most favorable manner by the public, with an approbating smile by the homœopaths, and with rage by most of the disciples of the old system—the allopaths.

They soon peopled the Graefenberg and the village below, (*Freiwaldau*), so that the number of *Priessnitz's* cure guests amounted in 1839 to upward of 1600, exclusive of about half the number of the servants and poor. When I paid *Priessnitz* a visit that year, my presence caused quite a sensation, and all his patients complimented me with saying that it was I who sent them thither.

My water practice soon increased; several journeys through Germany, France, Hungary; a call by Prince *Waronz* over to Russia, another call by the Duke of *Gothals* to *Elyersburg*, the setting up of several establishments, and a correspondence of about one thousand letters yearly, the editorship of a hydiatic paper, ("Der Wasserfreund,") the direction of my own establishment at *Freiberg*, in Saxony, of that of *Elyersburg*, and repeated visits to Graefenberg, *Freiwaldau*, *Kreischa*, *Schweizermühle*, *Königsbrunn*, *Liebenstein*, *Jemenau*, *Hohenstein*, *Stettin*, *Prag*, *Wien*, *Berlin*, and numerous other establishments, and the experience gained on my own body, made me thoroughly acquainted with the use of water in acute and chronic diseases, as well as other hydiatic matters in general, and allowed me, not to become a blind imitator of one great master, but to study and appreciate also the advantages of other similar methods, and even those which were entirely rejected by blind adherents to the one, who certainly has proved the most eminent and most useful of all hydropaths, but whose knowledge and skill are not sufficiently large to exclude all remedies beyond his reach from a natural method of curing diseases.

#### CURIOSITIES OF MEDICAL SCIENCE.

UNDER the above head the Sunday Times publishes some rather severe remarks concerning the *modus operandi* of fashionable drug-doctoring, as the following extract will show:—

"The 'right divine' is still the doctrine of kings and the belief of nations—divine ordination is still claimed by the priests of every religious faith—while the medical profession in all countries still think it necessary to shroud its science in mystery, and to claim the faith and blind confidence of the sick, as of great importance to the proper effect of their prescriptions. An eminent modern medical authority has asserted that—'If medicine be entirely divested of its mystery, its power over the mind, which in most cases forms its main strength, will no longer exist.'

"This is doubtless the general opinion of the medical profession. They shrug their shoulders, and talk of the '*profanum vulgus*.' They seldom

explain, even to the most intelligent patients, the cause or nature of their diseases—much less do they condescend to tell how they are to be cured. The doctor comes, feels of the pulse, shakes his head, examines the tongue, looks wise, asks a few questions, nods knowingly, asks for a piece of paper, writes a prescription in Latin terms and hieroglyphics, and you have nothing to do but confide in his knowledge and take the medicine. And all this when it is for the interest of the doctor to deceive you—when his very subsistence may depend upon the number of visits he pays you, the quantity of medicine he gets you to swallow, and the length of time he keeps you sick. It is wonderful how easily men submit to this despotic power; but not more wonderful, perhaps, than that mankind have, for so many centuries, submitted their bodies to kings and their souls to priests. Alas! we are but children in leading-strings, and we are beginning to find that in other things than politics 'the world is governed too much.'

"Professor Dickson, in his late address to the medical graduates of the University, well said that the physician exercised the most despotic power on earth. It is a power of sickness and health—a power of life and death—a power unquestioned even by the coroner. The doctor has at hand a hundred instruments of disease and death, and he can administer them unquestioned; either dealing out the most subtle and potent poisons himself, or sending his prescriptions to the apothecary, with whom his secrets are sacred. In vain does the sick man attempt to penetrate the mysterious formula. The sickness of a day may be prolonged indefinitely, a light ailment may be doctored into a fatal illness, and there can be no remedy and no redress. I do not say that this is done commonly and willfully—that it is done sometimes purposely, and often ignorantly, there is too much reason to believe. I am ready to admit—nay, I am proud to boast—that no profession excels that of medicine in disinterestedness and honesty. If there were as many selfish and unscrupulous doctors as there are ambitious and hypocritical clergymen, or knavish and unprincipled lawyers, woe to those who swallow their prescriptions! If doctors were as much in the habit of slighting their work as some mechanics and tradesmen, if they perpetrated frauds as systematically as is done in every branch of commerce, there is no doubt that the public would be much worse poisoned than they are. It may well be the pride of the profession that they are very honest, considering their temptations. Doctors are but men, with human weaknesses and wants; and every man kept from sickness is robbing the medical profession, and every day a disease is shortened takes so much money from the pockets of doctor and druggist. Under this condition of things, it is well that we have no more on the sick list, and that there are no worse returns on our bills of mortality.

"Our antipodean friends, the Chinese, with their curious practical wisdom, manage matters rather better. With them it is, 'No cure, no pay'; and

a doctor is paid in proportion to the rapidity with which the patient is cured, and not according to the duration of the disease, the number of visits, and the quantity of drugs he can be made to swallow. But even this is not the best plan that could be adopted. While people are so ignorant of the laws of life as to be liable to sickness, a state of things equally unnecessary and unnatural, a doctor should be well paid for instructing the public in the rules of health and preventing sickness, and the more healthy the community the higher should be his salary. If he were fined for every case of sickness and premature death, it might be an additional stimulus to his exertions in the legitimate work of the medical profession.

"But in speaking of the possible, and, as human nature is constituted or conditioned, almost inevitable abuses which may come from the despotic power of doctors, and the blind faith of their patients, it may be well to advert to the unquestionable frauds of their coadjutors, the druggists and apothecaries. In the case of physicians, we can have no certainty of their errors, whether willful or ignorant, for there is no chance for investigation. The certificate with its magic 'M. D.' prevents all inquiry, and the grave conceals all mischief. But the druggists are not so fortunate. Their articles are open to chemical analysis. From the enormous prices of many drugs, and the ease with which they can be counterfeited, the temptation is too great for common mortality to withstand. Consequently there is no drug of any considerable demand and price which is not adulterated, counterfeited, or debased, in the most shameless manner.

"Those who know most of drugs excuse this to their consciences, on the ground that all medicines are poisons, about the efficacy of which the doctors perpetually disagree. But Congress has recently seen fit to pass a law appointing inspectors of drugs at our principal sea-ports, who are empowered to condemn and destroy all spurious importations. This is a fine enactment, especially for our own druggists, who have the matter all in their own hands, and who, by importing their articles separately, can adulterate and imitate to suit themselves, and make the entire profit. So extensively is adulteration practiced abroad, that eminent medical men have expressed the belief that very few medical prescriptions are ever properly put up in Great Britain; and we have yet to learn that our Yankee apothecaries are behind their English brethren in the handiness of their craft and calling.

"It may be rather instructive than otherwise to give a few of the more common of these falsifications and adulterations. Thus we have the sulphuret of antimony adulterated with lead, arsenic, manganese, and iron; white arsenic with chalk, plaster of Paris, and sulphate of barytes—not a bad exchange, perhaps; cayenne pepper is mixed with red lead; castor is imitated by a mixture of dried blood, gum ammoniac, and a little real castor stuffed into the scrotum of a goat; white wax is mixed with white lead and

tallow; for cochineal we get pieces of dough pressed in moulds and colored with the genuine article; saffron is mixed with fibres of smoked beef; we get red lead instead of red precipitate; calomel, or, to be more scientific, hydrargyri submurias, is often mixed with corrosive sublimate, a more violent poison; for magnesia we buy lime or its sulphates; musk often contains dried blood, asphaltum, and small particles of lead; opium is rendered cheaper at wholesale by containing liquorice, bullets, and stones, other vegetable extracts, gum arabic, gum tragacanth, linseed oil, and cow's dung; for strychnia we get brucia; and for flowers of zinc, chalk and white lead; while the vegetable extracts are mixed and diluted in a hundred ways, so as to defy detection.

"It is in this way that druggists tamper with the healths and lives of their fellow-citizens, and yet there is no reason why they should not be as honest generally as the doctors; and as to the mischief done, the counterfeited medicines in most cases have probably as much good and as little bad effect as the genuine. It is a common practice for apothecaries, when out of any medicine prescribed, to put some other in its place; and it can be done with perfect safety, since neither doctor nor patient will ever know the difference. In the same way secret nostrums or patent medicines are constantly imitated; and the more celebrated the medicine, the less the chance of getting it genuine, or from the hands of the inventor."

#### APPLES FOR HUMAN FOOD.

We have, more than once, predicted that the time will come when Fruit will be substituted for *FLIES* as an article of diet. Our own experience has quite satisfied our mind on this subject, but see what the American Agriculturist says:—

"The importance of apples, as food, has not hitherto been sufficiently estimated in this country, nor understood. Besides contributing a large portion of sugar, mucilage, and other nutritive matter, in the form of food, they contain such a fine combination of vegetable acids, abstractive substances, and aromatic principles, with the nutritive matter, as to act powerfully in the capacity of refrigerants, tonics, and antiseptics; and, when freely used at the season of ripeness, by rural laborers and others, they prevent debility, strengthen digestion, correct the putrefactive tendencies of nitrogenous food, avert scurvy, and probably maintain and strengthen the powers of productive labor.

"The operators of Cornwall, in England, consider ripe apples nearly as nourishing as bread, and more so than potatoes. In the year 1801, a year of scarcity, apples, instead of being converted into cider, were sold to the poor; and the laborers asserted that they could stand their work on baked apples, without meat; whereas, a potato diet required either meat or fish.

"The French and Germans use apples extensively; indeed, it is rare that they sit down, in the rural districts, without them in some shape or

other, even at the best tables. The laborers and mechanics depend on them, to a very great extent, as an article of food, and frequently dine on sliced apples and bread. Stewed with rice, red cabbage, carrots, or by themselves, with a little sugar and milk, they make both a pleasant and nutritious dish."

If our friends will only provide themselves with plenty of choice fruit, we will venture that not one man, woman, or child, in fifty, would care for animal flesh to eat. Who doubts, for a moment, that many scrofulous and other diseases are traceable to a flesh diet! It is well known that *much* of the meat we eat is in a diseased state when slaughtered, and its effect may be well imagined. Yet our fruit is always in a healthy state, and cannot generate disease in the human body; but it has a diluting, purifying, and renovating tendency.

#### PREMATURE DEVELOPMENT OF MIND.\*

THE premature exertion of intellect to which it is stimulated by the constant excitement of emulation and vanity, far from strengthening, tends to impair the health and tone of the brain, and of all the organs depending on it; and hence we rarely perceive the genius of the school manifesting in future years any of the superiority which attracted attention in early life; but we find him, on the contrary, either sunk below mediocrity, or dragging out a painful existence, the victim of indigestion and melancholy. On the other hand, some of the most distinguished men who ever lived were in childhood remarkable only for health, idleness, and apparent stupidity. The illustrious Newton was, by his own account, an idle and inattentive boy, and "very low in the school," till he reached twelve years of age; and the young Napoleon himself is described as "having good health, and being in other respects like other boys." Adam Clarke was considered "a grievous dunce" when a boy, and was seldom praised by his father except for his ability in *rolling large stones*, which his robust frame and good health enabled him to do. Shakspeare, Gibbon, Byron, Scott, and Davy, were in like manner undistinguished for precocious genius, and were fortunately allowed to indulge freely in those wholesome bodily exercises, and that freedom of mind, which contributed so much to their future excellence. The mother of Sheridan too long regarded him as "the dullest and most hopeless of her sons."

Among the many who give great promise in early life, and whose talents are then forced by ill-judged cultivation into precocious maturity, how few live to manhood to reap the reward of their exertions, and how few of those who survive preserve their superiority unimpaired! Tasso was early distinguished, and wrote his immortal epic at twenty-two years of age; but his life was miserable, and his reason disordered. Pascal is also another example of the same result.

\* From Dr. Combe's "Physiology of Digestion;" a new edition of which has just been issued from the press of Messrs. Fowler & Wells.



## NEW-YORK, APRIL, 1850.

## APRIL SHOWERS.

BY E. T. TRALL, M.D.

WHAT'S IN A NAME?—There is not only a manifest propriety, but an almost unavoidable naturalness in the selection of the names of things. Thus our allopathic competitors for the care and custody of the public health, address the said public on the subject of the healing art, through periodicals bearing such portentous yet significant titles as, "London Lancet," "New York Scalpel," etc. There is as much savageness in the names they delight to be known by, as barbarity in the way they like to medicate our maladies. We propose that they adopt more medicinal and less chirurgical phrases, as "Cod Liver Oil Advocate," "Calomel and Antimony Reporter," "Opium and Ipecac Gazette," "Asafoetida and Skunk Cabbage Review," &c., &c. We offer these as suggestions merely. Those whose business it is to "cure people till they die," have the same right to name their own bantlings as we hydrops, who are obliged to reverse the accustomed order of things, and "kill patients until they get well." These premises being granted, the conclusion follows that the twenty thousand subscribers to the Water-Cure Journal—with a list of readers outnumbering, and, we think, *out-thinking*, those of any other medical journal in the world—are bound to be satisfied with the heading of this monthly medley. This introductory shower, we beg to be understood, is intended only as a sort of preliminary sprinkle to the general showers of the subject and the season.

The first shower, next in order, seems to be adapted to the particular cases of our allopathic brethren, and as we always advise them gratuitously, we give it place for their especial benefit. It is taken from the Boston Post:—

"A NEW PHASE IN THE HEALING ART.—Dr. N. Ray, of Madison county, Mo., recently administered a large dose of morphine, for Dover's powders, to a worthy citizen of that county, Mr. Joseph Farrell, who died in consequence. The doctor publishes a card exculpating the error on the ground of 'its being night, and having *went to bed*.' It is but justice to the doctor's keen sense of the fitness of things to mention that, in his card, he announces his withdrawal from the medical profession for ever—so that Mr. Farrell's friends have the melancholy consolation of knowing that his death will be the means of saving many others."

TREATMENT OF HOOPING-COUGH.—Here is a shower which ought to wake up the people to the beauties of the drug system. We take it from L'Union Médicale:—

"Dr. Paresi has published experiments of his made during an epidemic of hooping-cough, which reigned in the Lomeline. He had in view to ascertain the relative value of the various treatments which had been proposed for that disease. Out of 122 patients, 111 were from three to ten years old, nine from ten to thirty, and two were fifty years old. Forty-eight of these were treated by the ordinary

method; twenty-seven took cochineal; nineteen, laurel-water; six, vegetable acids; and twenty-two were treated by a mixed method. All those who were treated with cochineal, or the vegetable acids, recovered without exception. The result was almost the same with those who took laurel-water; and out of the remaining sixty who were treated either by the ordinary or mixed method, eighteen died."

Observe, reader, that we condemn druggery, not upon the evidence of its opponents, but by the testimony of its own professors and advocates. Criticise the above paragraph carefully, and you will find that the mortality was exactly proportioned to the activity and power of the treatment. All who took simple things, medicines which produced but little effect of any kind, got well; while *eighteen of the sixty*, who were treated scientifically—that is, by the ordinary and mixed methods, which of course means, after the most approved authorities, DIED. Can any evidence be more satisfactory that the less treatment a patient receives "by the ordinary and mixed methods," the more likely he is to live through his disease?

SEMOLA.—Of all the bungling, blundering, nonsensical, ridiculous, absurd, and absurdly unnatural twattle, which makes up so large a proportion of that "budget of blunders," which swells out the pages of medical journals, the most exquisitely foolish is that part which pertains to diet. God and nature in wisdom and providence have furnished their creature man with food, the constituent elements of which are exactly adapted to his structure and condition, in sickness and in health. With this self-evident fact before their eyes, the proof of which is spread out as broad as the pages of nature's book, our learned, college-made, medical professors, are continually worrying their brains and working their laboratories to get something fit for humans to eat! A London chemist has lately come out with a new preparation of grain, which he calls *Semola*, and recommends it "to the notice of the profession." Let us see what profound reasons he gives for his new article of food, which we suppose has much more importance to its proprietor in a *commercial* than in a sanitary point of view. We quote from the London Lancet:—

"It would appear to be an object of primary importance, in a regulated system of diet, to be able to separate the vegetable nutritive principles from the large amount of starch, woody fibre, sugar, &c., with which they are naturally associated; and thus to have the means of administering nourishment without stimulating, and in a small bulk. In the special case of diabetes, it has long been recognised as a desideratum to find some vegetable substances congenial to the stomach, and at the same time highly nutritious, with as little starch as possible. In many forms of indigestion and diseases of debility, it must be equally desirable to administer a diet of similar character—namely, as nutritive as animal food without stimulating. There is no substance in nature which seems to possess the required chemical composition and properties so perfectly as wheat gluten, and the facility with which this is separated from the starch, sugar, etc., of the wheat, has directed much attention to it. But all attempts

hitherto made to convert food into a palatable and manageable food have failed."

So they always will fail, as will all other attempts to make healthful or medicinal food, by separating or changing its natural constituents. When will doctors learn that nature has done her own work about right, and try to *imitate* instead of attempting to improve her? A food is wanted, "as nutritive as animal food, without stimulating!" Does the author we are examining know that wheat, rye, corn, oats, barley, and rice, just as they grow, each and all are three times as nutritive as animal food of any or all kinds, and that too without possessing any stimulating property whatever?

STATE MEDICAL SOCIETY.—The annual meeting of the New York State Medical Society, which took place in January last, at Albany, elicited the usual amount of "great talk and little meaning." The address of the President, Dr. Stephens, is redolent of self-laudation. The subject was, "The Public Health," on which the doctor observes:—"A learned and skillful faculty of medicine is essential to the well-being of society. Rightly, therefore, are we recognized by the legislature as the *sole and exclusive* guardians of the public health." It is very true, indeed, that legislative authority and patronage do very much help to bolster up a system which the people, who, by the way, make legislatures, are fast repudiating. When the people undertake in good earnest to be the guardians of their own health, they will have but little sickness; but so long as they trust it, "solely and exclusively," to a "learned and skillful faculty," they will find apothecary shops very convenient. The question of the contagiousness or non-contagiousness of typhus fever was discussed, as the papers said, "in a very able and satisfactory manner;" but, like the discussion of the contagiousness or non-contagiousness of cholera by the "Academy" in this city, they couldn't come to any sort of conclusion. The proceedings wound up by offering a premium of twenty dollars for the best essay on quack nostrums. We hope the successful competitor won't forget cod liver oil.

Having thus thrown some gentle showers of cool water upon our theoretical foes—and we know they hate and fear cold water almost as much as we despise and abhor calomel—we purpose to administer a few to our friends, who, we hope, can feel themselves perfectly at home under a reasonable deluge of the purifying element.

ERYSIPLEATOUS FEVER AND SMALL-POX.—These complaints have prevailed in some parts of the Western country of late. In the vicinity of Akron, Ohio, many deaths have occurred, and several schools have been discontinued. Two or three physicians have recently died from the virus received in dissecting bodies whose deaths were occasioned by erysipelas. For the special benefit of the people in that region, and the physicians whose lives, under their own system, are held by a frail tenure, we repeat what has often been uttered before in hydropathic

books and journals, that erysipelas in all its forms, and small-pox in both its varieties, are easily managed by the water-cure appliances. The rule for bathing in all these cases is as simple as invariable. Always apply water according to the temperature of the body, the single aim being to restore and maintain the animal heat in all parts of the body at its natural standard. Of course the stomach and bowels are to be cleansed when necessary by warm water and tepid injections. The patient may drink all the thirst demands, but eat virtually nothing, till the violence of febrile reaction is materially abated. When great general heat exists, frequent ablutions; or the wet sheet envelope, lightly covered, should be employed. Local inflammations of the throat or elsewhere are to be met with wet cloths often changed, and the severer the inflammatory action, the colder should the water be. Cold parts or cold extremities require warm cloths, fomentations, &c. When the temperature is irregular—alternating heat and chills—the circulation can be best balanced by the packing wet sheet. Exercise both perseverance and patience. Do not undertake to do too much. Let the patient have as much rest as possible. Be a little "orthopathic," that is, give nature a chance to do something. She will seldom if ever disappoint you. One word especially to the doctors: If you will live hydropathically, and thus keep your skins clean, your blood pure, and your secretions healthy, and your whole bodies clear of putrescent accumulations, this virus which emanates from dead and decomposing bodies will not kill you. It may poison you somewhat, to be sure, but the vitality of your pure blood will destroy it before it seriously injures you. Our friends in Ohio have inquired whether there is any necessity for persons who have formerly been vaccinated to be re-vaccinated? There is not. It is true one person in several thousands may have the disease twice; but a plain, simple, healthy manner of living is always preparation enough for all sorts of contagious diseases.

BLINDNESS AND SORE EYES.—The Allopathic proceedings, in almost all cases of weak or inflamed eyes, or partial blindness, resulting from chronic inflammation, or mal-practice, are, to apply a constant succession of caustics and astringents to the organs themselves, put blisters behind the ears, or setons in the neck, and leech and bleed the general constitution. The leading treatment is topical; the constitutional is merely incidental, yet incidentally bad. Whatever is done to the general system tends to mar, break down, lower, destroy its powers. The Hydropathic system reverses the whole plan, as it does nearly everything else of an allopathic nature. We depend mainly on general treatment; purifying, invigorating, building up, improving the general tone of health, and making local applications merely incidental auxiliaries. It is, indeed, an every-day affair for solutions of nitrate of silver, blue vitriol, sugar of lead, &c., to *pucker up* the relaxed vessels of an inflamed eye for a time and make it feel and look a great deal better. But re-

lapses are continually coming on. The part will not "stay cured." Thousands of persons have doctored, relieved and cured their eyes in this way for years, and yet in the end found them as far from being well as ever. I am of opinion that caustic and irritating applications to the eye have not a little to do in producing those organic changes in the humors and coats of the organ which eventually ultimate in partial or total loss of vision. Scarcely anything else is really necessary in persons of weak or chronically inflamed eyes, except rigid attention to the general laws of hygiene. In severe functional derangements or slight structural changes, an active course of general water-treatment, with occasional local appliances, will prove, and often has proved, the most safe and efficient medication.

**CANCERS.**—It is often asked, what can be expected from Water-Cure in these formidable diseases? It is positively certain that drug-medication never does them any good. If they are eaten away with caustic they usually re-appear after a longer or shorter period; and if extirpated with the knife they soon grow again; how soon, depends entirely on the general health. It has been noticed that all treatment which apparently benefits a cancerous ulcer for a time, bears a very precise relation to the constitutional habit of the patient—his greater or less morbid condition of body. From these premises, which no intelligent medical man will dispute, the conclusion is quite natural that everything which tends to renovate the whole physiological condition, conduces to the cure of cancer when curable, and to its alleviation when incurable. From the wonderful results which have followed a rigidly abstemious and simple diet, connected with ordinary bathing as a mere matter of cleanliness, in various malignant ulcers and tumors of long standing, I have the utmost confidence that most cancers, taken in their incipient stages, could be entirely cured by the whole hydropathic water and dietetic regimen. But one thing is morally certain. It could not fail to prove a vast improvement on any other method of treating cancerous affections, now recognized by the profession, or known to the public.

**A NORTH-EASTER.**—The last number of the "New England Botanic and Medical Journal," published at Worcester, Mass., comes down upon us with a steam-shower, as highly seasoned almost as "No. 6," in an article from the pen of one F. T. Albee, who hails from Pawtucket, R. I. The article is headed, "EXCLUSIVENESS, FOUNDED IN IGNORANCE OF THE TRUE SCIENCE OF MEDICINE, THE BANE OF THE PROFESSION." This is a formidable head, but the tail is absolutely tremendous. The writer wants to have hydropathy become auxiliary to roots, and herbs, and Buena Vista pills, but has no notion of allowing it to supersede them. Hear him:

"If men, with the wet sheet and bathing-tub, will be sober and tell us (what we have known ever since we have known anything about medicine), that the various applications of water are a valuable auxiliary

to the healing art, I am most ready to admit it; but, when I see them, like wild maniacs, reprobating at once and forever the use of efficient and healthful medicines, on which the God of nature has imprinted his own signet of approbation, I think it time that the public mind should be informed upon this subject."

Well, sir, *perhaps* you are just the individual to scintillate the necessary light on this subject into the public mind; so we quote your next paragraph.

"If we take but a slight survey of the effects of *exclusive* water treatment in this community, we have a fearful comment on the incongruity of dismembering, from the beautiful fabric of an established science, fragments, which, when isolated, appear as meagre and as insignificant as a mole-hill beside a mountain, and as disproportionate to the systematized aggregate of medical science as an ocean's drop to the great mass of the mighty deep."

Dear, disconsolate man, where are you? You have gone so down, down, into deep water, that we can't find a single "ocean's drop" of meaning in the whole "systematized aggregate" of that sentence. But a little further along comes something in the shape of facts and statistics. These we may be able to comprehend, so we copy again:

"I have seen the worst effects follow the *exclusive* water-treatment—worse, even, than the effects of the old drug system itself. One was a case of fever, which terminated in fatal consumption; another, a case of fever, terminating in dropsy. Other cases might be mentioned, but these took place under my immediate notice. The first of these was the case of a stout, athletic young man, in the prime of life, with as good a pair of lungs as ever inhaled the breath of heaven. His disease, as a sequel of the wondrous water-cure treatment, was *lingering, painful, and fatal.*"

There is a smack of originality as well as an awful pathos in this narrative. A *fatal* consumption, as a sequel of the water-treatment, the writer tells us with astonishing ingenuity, was "lingering," "painful," AND "*fatal.*" Of course we are to suppose that a death by consumption from any other cause would be neither lingering, painful, nor fatal! The simple truth, man, is, that you have told your story too bunglingly to make anybody believe it. When you try again, recollect that the secret of success in all fictitious writing is to "keep probability in view."

#### HYDROPATHY FOR INFANTS.

It seems to me very evident that THE WATER-CURE SYSTEM is destined to prove a far greater blessing to what is popularly termed "the rising generation," than to the one now "on the stage." How very few of us have been trained Hydropathically *from the start!* How few there are who have *perfectly* healthy nerves, and lungs, and digestive organs,—despite our present more correct way of life! How few there are who have escaped the apothecary and his nauseous nostrums,—or, far worse yet, the savage medication of "The Monthly Nurse!"

It is a cheering fact, though, that there *are* children whose stomachs have never been poisoned,

nerves stupefied, and digestion half ruined by officious dosing. Few though there be, there are still enough to establish the complete truth of this Water-Cure axiom: that the period of infancy is the one of all others which *most* requires GOOD HYGIENIC MANAGEMENT, to the total exclusion of medicinal poisons. No need of morphine, paregoric, and M'Munn's Elixir,—castor-oil, rhubarb, and catnip-tea! "The thing has been tried." A strange infatuation that, which induces young mothers to commit their tender new-born infants to the fussy "care" of the "Monthly Nurse!" Active as is the practice of the family druggist, it is nothing to be compared to that of *Mrs. Gamp*. The very first thing she does is to force down the throat of the poor little victim enough castor-oil to poison its young blood, and impair its digestion from its very entrance upon life. It is then bandaged up so tightly as to make every vital act a positive misery; and so the poor thing cries as piteously as it knows how. But *Mrs. Gamp* never dreams that the bandages are in fault; not she. "The child is only fretting because it is hungry." It is accordingly nursed to repletion—nay, even to distension; whereupon Nature kindly interferes, and sets up the process of vomiting, until the burden upon the stomach is finally reduced to more moderate dimensions. By-and-bye, the child *hicups*, and *Mrs. Gamp* has recourse to a strong decoction of catnip-tea, "to drive off the wind!" And now it will not sleep, and *Mrs. Gamp's* supper is just ready. But that worthy soul very soon settles this difficulty by means of some "cordial" or "tincture" (opium in disguise); and the poor infant at length sinks into the feverish slumber of drug-intoxication. It is then covered up, hot and close, so as "to keep off the air;" and *Mrs. Gamp* goes to her supper. Next morning, "Baby" moans, and tosses from side to side; and, of course, "Nurse" says it is "only hungry;" so the *over-nursing* and vomiting follow next in order; then comes the catnip-tea, and, last of all, the paregoric—just as before. And so the poor child is *worried* through the first month of its earthly existence. *Mrs. Gamp* now resigns her pulling charge to its feeble mother, and takes her leave to go and torment a fresh victim. Perhaps "Baby" thrives a little after this, if left to itself long enough to have a chance; but, in five cases out of ten, especially if it is scrofulous, it dies of *convulsions* or *cholera infantum*, ere the completion of its second summer.

It, therefore, seems to me very evident (as I have said before) that the great truths of the WATER-CURE system will accomplish more good in regard to the physical education of the young, hereafter, when better understood and more generally acted upon than they are now effecting, as regards all those who have been brought up in "the old way"—at the feet of *Mrs. Gamp*. The one will be trained in the *right way*, from the start: while the others, but too often, have to be "made over anew."

A few words, now, about the management of in-

fants upon Hydropathic principles. In the first place, I am happy to say, that such persons as *Mrs. Gamp* "have no confidence in THE WATER-CURE," for the very excellent reason, that THE WATER-CURE strikes at the very root of their existence. Hydropathy does not recognize any sort of necessity for fastening such an incubus around the neck of any young mother: it repudiates wholly "The Monthly Nurse." What need of a *Mrs. Gamp*, when, with proper care and judicious Water-Treatment, the young mother is herself able to take care of her child almost from the very day of its birth! A good family-servant, to assist her in bathing and watching her infant, is, in ordinary circumstances, all she requires.

As soon as it is fairly brought into the world, the child is carefully washed in *tepid* water, wrapped in a soft, warm blanket, and placed beside its mother to rest and sleep. No castor-oil is given; nothing, in fact, but a spoonful, or more, of pure, simple water, (in spite of *Mrs. Gamp's* notion, that water *might* give babies the colic!) If everything goes on naturally, the child sleeps until it is time to give it its appropriate food. Should it cry, however, with hunger, a little milk-and-water will appease its cravings for the time being.

No bandages are fastened upon "Water-Cure babies," and their clothing is never too tight for comfort. Great care is taken to keep the child neat and clean, but more regard is paid to its physical well-being than its personal appearance. During the first month, its only costume is a loose night-dress. The child is never pinioned about its stomach, for the navel invariably is well in a week, and generally in three days. If the child is regularly bathed, as it should be, *every morning and evening*, in *tepid* water, and dressed and handled with tender care, it heals easily and quickly. Sometimes a soft, *wet* linen cloth is carefully adjusted about it—for an hour at a time, usually; but frequent washing of the part keeps down the heat, and the healing process is rapidly completed, even though nothing be done except thus paying strict attention to local cleanliness.

One of the nicest points in the management of infants is the proper regulation of their hours for nursing. It is unnecessary for me to say, that *regularity* should be observed as carefully as possible. I do not mean, however, that the infant should be nursed "*will ye, will ye*," once every two, or three, or four hours, as the case may be. An enlightened mother will rather educate her instinct so as to recognize promptly when the child is hungry and when it is not. Nature's language is generally easy of interpretation—that is, to those who are competent to distinguish, for instance, between genuine hunger on the one hand, and childish caprice on the other; and it would, therefore, seem most rational and expedient to leave this matter to the good sense of the mother, rather than enact any arbitrary hour-rule.

Another nice point is the proper regulation of the digestive process. Not a day should pass without

careful attention to this important particular. Should the infant be constipated, an enema of slightly warm water (nothing else is needed) will speedily and effectually afford relief; while, on the other hand, if the bowels are relaxed, and there are any symptoms of pain, an enema should likewise be administered, but with this important difference, the water must be tepid instead of warm. In this simple way, any sensible mother can safely and speedily treat all cases of constipation and diarrhoea arising in her own family, under ordinary circumstances; and it will be her own fault if, knowing all this, such complaints are suffered to become so obstinate as to require medical advice—for it will be a fair inference to say, that she has neglected her duty. These enemata are best administered by means of the small glass syringes, as it is much easier, when these are employed, to avoid injecting air, and thus adding to the previous sufferings of the poor little patient.

On the subject of ventilation, and the advantages to be derived from sending children, even at an early age, into the open air as frequently as possible, I trust it is unnecessary for me to add much, in conclusion. Those of us who reside in New York know very well that the awful mortality among infants, of which we are weekly apprised by the City Inspector, is mainly owing to the neglect of ventilation and cleanliness—especially among the poorer classes, living, as they do, in ill-constructed and crowded dwellings. But this is a theme decidedly foreign to my present purpose; I only allude to it now, in passing, because it serves very well to “point the moral” of the preceding observations.

M. L. S.

No. 51 Tenth-street, New York.

#### WATER-CURE IN CHILDBIRTH—AGAIN.

It is well that the public mind is awaking to the indescribable blessings of Water-Cure in gestation and parturition. Hitherto, many have said, “These things cannot be true.” The news was too good to be believed. Again and again, my patients have been told by their friends that they would surely die if they resorted to Water-Cure in child-bearing.

“Why,” says one, “everybody knows that a woman must not even wash her face and hands, or have anything damp about her till after the ninth day succeeding delivery, and these Water-Cure people wash a woman in cold water who has just been delivered. It is perfectly frightful.” And when a Water-Cure lady bears her child without pain, very delicate and proper persons have been known to sneer, and say, “Just like the animals.” And why should not the human mother suffer as little as the animal? Is she vulgar and indelicate because she does not endure pangs worse than these of death?

I have been very much gratified with several births that have recently come under my care. One young lady, who was really far from being strong, but who had been living very carefully on Water-Cure principles through her pregnancy, encouraged and sup-

ported by a strong, earnest husband, suffered slightly one quarter of an hour. Another, with a first child, and whose friends frightened her all in their power, took the cure under my care, and when she was delivered she could hardly be said to suffer at all. I was uncertain whether the expulsive efforts were accompanied by pain. I said, after the birth, “Were these efforts painful?” She hesitated, and then said, “Slightly.” The same day she sat up and held her babe, and said she felt well.

Another, the last case I had. The babe was born with three expulsive efforts, each of which was somewhat painful. *This was all.* The lady was up the day after the birth, and about house, as usual, in a week.

I have never known the slightest ill effect from the use of water in childbirth in the practice of any Water-Cure physician, not even when the patient seemed imprudent in sitting up and walking directly after the birth.

As soon as a lady is perfectly delivered, I use the vagina syringe, with cold water, throwing a pint or more upon the uterus. This causes the organ to contract immediately, and saves the patient from after-pains, which are caused by the efforts of the uterus to contract, and assume its normal state. I then wash the patient with a sponge, or towel, in cold water, and put a long, cold, wet bandage closely around the abdomen. She then is dressed, goes into a clean bed, and generally sleeps five or six hours. When she wakes, she goes into a cold sitz bath for fifteen minutes, and is sponged over the whole surface, also; a fresh wet bandage is then applied, and she is allowed to sit up for a short time if she wishes. This is my practice in all ordinary cases. The treatment with healthy women is continued for a month. They take a sitz bath mid-forenoon and mid-afternoon, use the vagina syringe three times a day, and wear the wet bandage. Nearly all my patients are able to be about house, and to go out walking or riding in a week. All get up the day after the birth. We know that this course, with the old method of treatment, would be death.

There is no fear of accumulating too much testimony on this most vital subject. The truth must be literally dinned in the ears of the people before they can believe it; all their experience contradicts it. “Line upon line, precept upon precept, here a little and there a little,” and woman may be saved. God speed the day.

M. S. GOVE NICHOLS.

46 Lexington Avenue, New York.

“MOTHER, I GUESS THE BABY WON'T CRY ANY MORE, FOR I'VE KILLED IT AND THROWN IT OUT DOORS.”—The Dedham Democrat relates that these are the words which a little girl in that town, only four and a half years old, addressed to her mother, upon her return from a short absence; and that the baby was found under the sink spout, with a cut upon its wrist, from which it had almost bled to death.

## NOTES OF CITY PRACTICE.

BY R. S. HOUGHTON, M.D.

CASE I.—*Chronic Rheumatism.*

June 20th, 1849.—Mr. C. commenced the water-treatment with the hope of obtaining relief from chronic rheumatism of six years' standing, during which time he had passed through almost every kind of Allopathic medication, regular and irregular. As is usual in such cases, what with this thing and that, (*colchicum* especially, in its various guises,) he was "nothing bettered, but rather made worse;" and, at the time I have specified above, the enemy was muttering in the joints in a way that denoted a good deal of irritation in the nobler organs. Mr. C., at the outset, wore his right arm in a sling, and complained of a "catch" in the ankle on ascending the stairway; otherwise, with the exception of the lassitude caused by the enfeebling influence of the six years of medication he had gone through, there were no very striking symptoms apparent, save this characteristic one: *the skin did not act*. In spite of the heat of the season, Mr. C. wore an unusual quantity of under-clothing; any one in ordinary health would have sweltered under it; but, notwithstanding all this, *no perspiration whatever appeared on the surface*, even in the middle of the day.

*Treatment*.—For the first ten or twelve days, Mr. C. came for a wet sheet and plunge bath at half past ten, A.M.; and resumed his baths on rising, at his own residence. Under this preparatory treatment, the pores opened, the skin began to act, and perspiration gradually broke out. The right wrist improved, and Mr. C. could even use his right hand a little, instead of the left, when driving out. On the 1st of July, he took an unusually long walk, and, becoming overheated, sat down to rest himself in the open air. The sudden check of perspiration thus produced brought on a violent attack of acute rheumatism;\* and, on the 3d of July, Mr. C. gave himself wholly up to my treatment. On this day, it was with great difficulty that he could ascend the stairway, to take his wet sheet and bath. Next day, his knee-joints and ankles were swollen, inflamed, and very tender to the touch. The treatment now pursued was substantially this: COOLING WET BANDAGES were constantly applied to the parts affected; a half-wet sheet was occasionally employed; and at least two plunge baths were given during the day. The bath-room immediately adjoining the one assigned Mr. C., he was carefully assisted into a rocking-chair, and drawn in beside the bath-tub. This was a somewhat fatiguing operation to the patient, but he invariably felt so much invigorated by the plunge, that he was always drawn back greatly refreshed. Under this kind of cooling treatment, the inflammatory attack was soon overcome, the lost appetite gradually returned, and great relief ensued; still, the limbs were too much

swollen and too tender for walking. Mr. C. was easily induced, unlike many patients under the old regime, to leave his bed in a few days, and sit up a good portion of the day. In this stage of the treatment, *rubbing* the feet with the bare hand was found by Mr. C. to be a great luxury. *Two clysters were administered daily*, for their purgative effect; and always with decided advantage. A gradual and steady amendment now ensued. Before long, Mr. C. was able to ride home, spend the day, and return at night. On Saturday, the 21st (less than three weeks from the commencement of his acute attack), he rode home and stayed until Monday. During the following week, there was a rapid improvement; and the use of the douche upon the limbs was found highly beneficial. On the 28th, Mr. C. returned home to remain,—with the understanding that he should come back occasionally for a wet sheet to confirm his recovery, *and never omit his morning cold bath on rising*. To this latter clause he has rigidly adhered; more rigidly than to the former, owing to the heavy pressure of his business engagements. He has enjoyed unusually good health from that day to this (March 15th); he has been out in all kinds of weather, but he has had no return of rheumatism—not even an ache, which his usual bath, or an occasional douching of the part afflicted, did not dispel immediately. On the whole, this case of Mr. C.'s may be considered as good an instance of what Dr. Gully calls "a strengthening cure," as we could wish for. One thing is very evident: the "six weeks," which the elder Dr. Warren pronounced so very "good for rheumatism," are cut down one-third or one-half, by rational Water-Cure.

CASE II.—*Midwifery.*

October 25th, 1849.—Mrs. M., a young married lady, commenced the water-treatment, with the intention of following it up until after her confinement (with her first child). Her general health being perfectly good, she was placed upon a light, tonic treatment. She took two plunge baths each day; exercised regularly; and ate only twice a day, of simple food. Slight labor pains set in on Saturday evening, Nov. 17th; a thorough enema of tepid water was immediately administered, and about 11 o'clock, a tepid sitz bath was given, (and repeated at 2) with very good effect. At intervals, a little refreshing sleep was obtained. The pains continued to increase steadily in efficacy, and at an early hour in the morning Mrs. M. was safely delivered of a fine boy. Soon afterward she was carefully bathed, and then lay down for a quiet sleep, with her infant by her side. She awoke from this greatly revived; and from this time forward recovered rapidly, with no attending drawback. A wet bandage was worn about the abdomen by Mrs. M., for some time after delivery, with excellent effects; and three or four days after her confinement she went out shopping as well as ever.

No. 51 Tenth-street, New York.

\* "A smart attack of acute rheumatism will be found to occur in the majority of cases of old rheumatism treated by water."—Dr. Gully.

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

BY E. A. KITTREDGE.

The next and most dangerous disease to scarlet fever is the croup. This also has its varieties, the most common of which is the spasmodic.

The croup, as most people know, is an inflammation of the trachea or windpipe, and sometimes of the larynx and bronchial tubes, which parts being excessively sensitive, are disposed, when once affected, to take on most violent inflammation.

The croup may be distinguished from other affections by the peculiar sound of the cough, which much resembles the crowing of a young rooster, or the barking of a young dog.

The results of this inflammation, if not properly treated, especially, are spasms of the severest kind, terminating in exhaustion of vital power, or in suffocation, generally within a few days from its commencement.

The most common form, as I have said, is the spasmodic, and fortunately altogether the most easily cured.

This form occurs mostly in the nervous and irritable constitution, the least obstruction in any of the organs being sufficient, with children of such temperaments, to superinduce an attack of the spasmodic croup; hence parents, &c., should be exceedingly cautious how they let such children indulge in improper and inordinate meals, inasmuch as an ounce of prevention is worth a whole cart-load of cure!

The spasmodic form, unless grossly mismanaged, is seldom fatal; and many a simple medicine has become famous among the allopaths and nurses because of its power to relieve, almost instantly, this terrible sounding, but, in reality, little alarming, complaint.

Aye, many a one is there among both of these classes who have built up a faith in medicine, firm and steadfast, from the simple fact that emetics, &c., will give immediate relief as a general thing in cases of this kind. Poor souls, they have never asked themselves, or anybody else, if there was no way of producing the same amount of relief without any of the waste of physical power consequent upon the introduction of irritants poisonous enough to induce vomiting. Many and many a poor nervous child has been puked to death by the frequent administration of emetics in the shape of "Hive Syrup," &c., &c., which the fond but foolish mother kept always by her, because some ignorant physician once "relieved a child in this way of a powerful bad case of the croup," and with which she kept "curing" her children till they died!

To all such let me say, there is now no excuse for such practice, for in these latter days, it has been discovered that poisoning the system with drugs is not the very best way that could be devised for removing simple obstructions, or quieting nervous irritability. The more you "cure" croup in this way, the more you may, as the "remedy" increases the disposition to the disease.

To the understanding hydropath I need only say, that all that is necessary is to equalize the circulation, thereby removing the immediate cause of the spasmodic contraction, &c., of the windpipe; it is this contraction, &c., lessening the aperture through which the breath issues, that gives the frightful sound to the cough and breathing; and in order to prevent a recurrence, restore the equilibrium of the nervous system.

How to do these they well know: in slight cases a simple application of a wet cloth to the chest is all sufficient—aye, in most of the cases where these debilitating, tone-destroying emetics are given, which so often produce or develop other diseases—a simple napkin, dipped in cold water, and repeated a few times, will be equally efficacious in giving instant relief without any of the trouble of going for doctor or medicine, or being obliged to force down the reluctant throats of the little darlings a horribly nauseous dose, which any one with decent brains must feel has a tendency to destroy life.

In some cases, which have been neglected or maltreated, it becomes necessary to use more active means. If there be much fever, I recommend the use of the sitz bath at 65°, with free abluion on the whole body, till the temperature is reduced to the natural standard, and then, if there be much irritation remaining, to put them into a wet sheet, in which they should be kept only just long enough to restore the equilibrium—say half an hour.

When they come out of the sheet, of course they are to be well washed down, and cold wet cloths kept constantly on the chest, changed as often as they become hot.

It may be necessary, in some severe cases, to repeat the sitz bath, three or four times in the course of as many hours, before you put them in the sheet, and perhaps the sheet will have to be repeated every few hours for a day or two.

The great danger in these cases will be that the mother or attendants, not having faith or knowledge enough, will be too afraid of applying the water sufficiently, and thereby let the symptoms gain on them, and then the simple spasmodic may become the dangerous inflammatory or membranous croup.

A case of this want of efficiency occurred in my practice once, whereby the child nearly lost his life, the parents being afraid to put on water enough to *put out the fire*, or in other words, to keep the fever down.

Six hours after my first visit to the child, whom I found with symptoms of bronchitis and spasmodic croup, they sent for me again, saying, the child was growing worse all the time, and wanting to know if I couldn't "give it something." I told them I thought I could, and I did—"give it" an all-sufficient soaking—and impressed upon them by so doing the importance of following up the treatment energetically, seeing and believing the child was saved, though the neighbors had flattered themselves "cold water had killed it."

As for the membranaceous croup, the only sure way to cure this is to prevent it! I mean by this, that when the membranaceous sac is once formed, it is almost impossible to cure it even with water. Hence the importance of keeping down the fever at all hazards, as every physician agrees that this is an inflammatory disease, and to those who will see, it is no wonder that they so seldom succeed in curing it, when we take into view the irritating means made use of, which would create inflammation in and of themselves.

In all cases, then, where the symptoms run high, the pulse being quick and strong, and full withal, with difficult, wheezing, and accelerated respiration, you must be "up and doing," while there is yet time, and peradventure you may in most cases prevent the terrible catastrophe, that otherwise will most surely ensue, viz., the formation of a false membrane, and in a few short days, a terrible death.

The same treatment here, as in bad cases of the spasmodic kind, only more so! is required. Some recommend the cold dash in the later stages, where there is a tendency to suffocation, &c., &c., i. e. the throwing on of a pail of cold water upon the body, hoping thereby to produce a shock sufficient to break up the formation of the sac.

I have tried this, in some cases, but cannot say that I have seen any decided advantages from it, though no doubt there are periods in the disease where it might be very useful.

I should use, when practicable, in the first stages, the full bath, keeping the patient in a bath of 66, for three or four minutes, or more, rubbing them briskly all the while, then immediately enveloping them in a dry blanket or two, till warm again; then apply moderately cold cloths to the throat and chest, reducing the temperature gradually to ice-water, and keeping up, as stated above, the sitz baths, sheets, &c., &c. If anything will cure it, this will.

#### IMAGINARY DISEASES.

BY L. REUBEN, M.D.

It is strange to hear people, who call themselves sensible, telling of such an one who has an *imaginary disease*, or another who is *spleeny*, *imagines himself sick*, has "*hypo*," or NOTHING BUT HYSTERIC! When will such persons learn that there is not such a thing as an imaginary disease under heaven; and that those diseases which they call imaginary, are positively the *most real and tormenting* that poor human flesh ever writhed and groaned under, this side of paradise! When will we be *just and generous* to the large, very large portion of our fellow-beings now writhing under these real and fearful maladies? "But," says some iron-souled objector, whose nerves, by mistake, were all made *sineus*, and whose brain is but a species of *white liver*, "can you prove that?" Let us see.—Without nerves, we should feel neither pleasure nor pain, health nor sickness; in fact, nothing; nor should we manifest anything. By and

through nerves, then, we feel and manifest all sensations. Now, if the nerves feel pleasure, they manifest pleasure; if they feel pain, they manifest that. And how can they feel pain, unless some real, substantial, and sufficient thing be present somewhere, grating, like a rasp, upon their delicate fibrils, or cutting, like a knife, into the quivering, exquisite threads! They cannot. If pain, or convulsions, or simple discomfort, *ennui*, or hypochondria is felt, there must be a *bodily something* grating upon the nerves, and thus producing those unhappy sensations, no matter whether we can or cannot see it—can or cannot name it! Hence follows this conclusion: *Many are diseased who think themselves well*, because, though the nerves never manifest pain unless there is something present to pain them; yet the thing may be present, and they may be so far benumbed and dead, as not to feel it; *but none are well who think themselves diseased*, because, if they were well, every sensation felt by the nerves would be one of pleasure, and could not possibly be painful. Of course, I speak of sensations coming from the body itself, and not of those coming from the external world. Let the unjust and cruel sneerer step forward now, and refute the argument. He may then taunt the wretched sufferers from Nervous Diseases, Dyspepsia, &c., to his heart's content!

#### WATER TREATMENT IN WOUNDS.

BY J. A. SPEAR.

A YEAR ago last September, a young man in my employ unfortunately wounded his knee with an axe. Though there are four men near here who are partially cripples by means of a wound on the knee, three of whom suffered a number of months, and underwent everything but death, while they were treated in the usual way by the apothecary, yet this wound was more severe than either of those at the commencement, and quite the largest that I had ever seen on that joint. It commenced on the lower portion of the knee-pan, and ran nearly in the direction of the heel-cord; thus bringing the whole blow directly over the joint. Knowing the common result of such wounds, and seeing the severity of this, at first I felt rather fearful that a stiff knee could not be avoided. But, after examining it, I had a strong impression that if the inflammation could be kept down, and the limb quiet until the wound healed, the secretion of the joint would not be destroyed. Therefore, knowing that his blood was in a good condition, I told him that I would see that it was healed in one week if he would follow my directions, which were to keep the knee quiet, live on about one-third, and not to exceed half of his usual allowance of food, and subject himself to the water treatment. To this he readily consented. The wound was made clean, and then drawn nearly together by means of narrow strips of cloth, a fourth or a third of an inch in width, and six or eight inches in length, covered on one side with shoemaker's-wax, and applied warm. This was an easy and convenient means of



supporting it. It was then covered with wet compresses, and they were kept in their place by a convenient bandage. Covering enough was worn around the knee to keep it just comfortably warm. I believe the cloths were changed only two or three times in twenty-four hours, just according to his desire, and the parts around the wound gently showered at each time with a small stream of falling water, and rubbed as much as convenience would allow. Then the compresses were replaced and secured as before. The result was, that the wound healed without inflammation or pain, and finding it healed in six days instead of seven, he laughingly said, I had gained one day, and might go a-fishing, if I chose. He commenced using it then, though it was not strong by any means, nor free from a sort of numbness and tenderness for a long time, which was occasioned by injuring the bones. But it gradually became strong, and that numbness, together with the tenderness and slight difficulty in bending the knee, gradually wore away, until it became quite natural, and as strong as ever.

Last June I was called upon to dress a wound, which had just been made by a carpenter, upon his knee. It was a cross wound, about two inches in length, made with the corner of a sort of chisel, about four inches wide, used for smoothing mortises, paring, &c. The wound was directly across the knee-pan, about three-fourths of an inch from the upper portion of it. The knee-pan was cut quite off on the side where the corner of the tool penetrated, and quite across the top, leaving only a little at the bottom and one side. One end of the wound was carefully brought together and held, while a strip of strong cloth, eight inches in length, and one-third of an inch in width, covered with wax, was adjusted in such a manner as to keep it in place. At a little distance from the side of this strip, a second was carefully applied, while the wax was quite warm, and so on until the whole wound was drawn in place, and properly supported. It was treated with wet compresses, washing, gentle showering, &c., as the other, and healed rapidly without pain, and though it took a number of weeks for the knee-pan to become thoroughly united and strong, it is now as well as it ever was.

In these cases there were not the slightest symptoms of inflammation, or a cold. But those other cases alluded to above, that were attended with such extreme suffering and ill consequences, were treated with warm applications, which caused debility, which was followed by what was called taking cold in the wound.

Those who are suddenly taken from much active exercise and a full diet, and obliged to keep quiet, will be much benefited by a plain and scanty diet, and the towel or hand bath. If the blood be kept in a proper condition, and the skin is clean and healthy, and the stomach not overtaxed with food, there is but little danger of taking what is called a cold. If a general cold is taken, it is

often realized only in some weak or injured part of the system. There is no danger in applying cold to wounds, bruises, &c., provided it be followed with a comfortable reaction. The very means which are generally resorted to for the purpose of guarding against colds—such as warm applications, heated rooms, confined air, &c., result in producing the cold. Patients thus guarded and suddenly attacked with colds, are generally considered by their physicians and friends as *providentially* smitten with what every possible means had been used to ward off. Thus they seem to understand cause and effect about as well as though the world was governed by chance, and effects were not produced by causes. Let the case go as it may, it is all charged to Jehovah, and man (the foolish transgressor) pleads his spotless innocence!

#### ALLOPATHIC MIDWIFERY.

BY R. T. TRALL, M.D.

If there is any department of what is called medical science pre-eminently demanding reform, it is the usual *scientific* management of women in child-birth. The function of child-bearing is a natural and necessary process, and, the doctor's dosing and drugging, and the nurse's slopping and stuffing aside, not at all alarming or dangerous. But a false system of medication, and constant interference with, and disturbance of the natural course of things, have converted the act of parturition into a day of perils, and its previous and subsequent periods into seasons of terrors and accidents.

Those who read believingly the mass of unintelligible trash in the medical journals of the day, must inevitably get into the notion, or get the notion into them, that all manner of maladies are the pre-ordained accompaniments of pregnancy, and that nature could never do a thing which did not require correcting by the doctor. Under the popular medical orders of the day, pregnant females are regarded as invalids, and are bled, paregoric'd, magnesia'd, stimulated, mineralized and poisoned, just as though they were going through a regular course of fever. No wonder so many die suddenly; no wonder so many are confined to their rooms from three weeks to three years, after delivery; no wonder so many lay on their backs a month or two with *puerperal swelled leg*, or are rendered helpless for three or six months with a *broken breast*, or are cut off in ten or twelve days with *puerperal fever*. A Dr. Carpenter has lately reported several cases of *puerperal anemia*, which teach a solemn and an awful lesson. Let us try to understand it and profit by it. We extract from the Boston Medical and Surgical Journal a full report of some of them:

CASE I.—Feb. 22d, 1841. Called to see Mrs. B. Found her pregnant with her third child. Age 25. Sanguine temperament, robust and vigorous constitution, weighing 150 pounds. General health good. Great depression of spirits, with a premonition that

she should die in labor; throbbing in the head; red canker; oedema; cadaverous skin; dyspnoea on motion; stomach irritable; bowels loose; loss of appetite; pulse 100. She was now about house. Treatment—chalybeates and nit. argenti.

MARCH 24.—Saw her again, with all the former symptoms aggravated, and the following in addition. Pulse now 120 to 150, quick, wiry, very tense. Intense throbbing of the heart. Great tendency to syncope, with a constant desire to be fanned. Great restlessness and inability to sleep. Urine scanty and high-colored. Tongue, lips, and mouth perfectly bleached, and without coat or sordes. Blood constantly oozing from the nose, but without crassamentum or coloring matter, scarcely tinging the linen upon which it fell. Treatment—chalybeates and nit. argenti, topical and general, with morphia.

On 25th, Dr. W. saw her in consultation. Treatment continued, with wine.

On the night of the 31st, confined, giving birth to a dead child, of full growth. Labor easy, and without hemorrhage, after which she sank rapidly, and died April 2d.

CASE II.—June 8th, 1841. Called to see Mrs. P., who desired to be bled. Age 21. Size average. Temperament sanguineous. Previous health good. Pregnant with her first child. She had all the symptoms of Case I., except usual hemorrhage and the aphthous mouth additional. She evidently had effusion in the chest. Her friends attributed her disease to her having lived in a house recently painted. She insisted on being bled to relieve her breathing; nor could any remonstrance of mine dissuade her from it. I bled her 8oz., and on separation there could not have been one ounce of crassamentum. The serum almost without color. No other treatment. Delivered of a dead child, of full growth, on the night of the 14th. Labor easy, no hemorrhage, but she sank rapidly, and died before morning.

CASE III.—April 22d, 1841. Called to Mrs. E., in labor with her first child; and although the distance was short, she was delivered of a weak living child before my arrival. Child lived but a few days. Never saw the patient before. Age about 25. Nervous temperament and delicate constitution. No uterine hemorrhage. And here I would observe, that no excess of this kind occurred in any one of the cases. On the other hand, the lochial discharge was unusually scanty and of a light color. She had all the symptoms of Case I., except the hemorrhage and oedema. Bad nursing, small room, and unwholesome air. She was put upon the same treatment as Case I., with a nutritious diet. Stomach soon became capricious and would retain nothing. The patient sank, and died June 9th, much emaciated.

CASE IV.—May 6th, 1841. Called to see Mrs. F., in labor with her fourth child. Child born before my arrival. Age 31. Previous health good, except canker in the mouth. Temperament nervous. Size average. No appearance of anæmia. Good getting up, for the first two or three weeks. Called again on the 29th, when the anæmic symptoms were distinct. So strong are the indications for the chalybeate treatment in this disease, that they were again resorted to in this case, in the varied forms of the carbonate, the sulphate, the muriate and iodate, but with no good effect. The nit. argenti was also used; yet the patient sank and died, July 29th, apparently bloodless.

CASE V.—Oct. 2d, 1842. Called to see Mrs. W. She desired to be bled for pain in the head. No symptoms of anæmia. Bled her 12 oz., with relief. No peculiar appearances in the blood when drawn. Did not see it afterward. Age 22. Pregnant with her first child. Size average. Temperament nervo-sanguineous.

Nov. 19th confined, with a healthy child. Getting up good; afterward healthy.

Dec. 20th, found her far advanced in anæmia, but without oedema, effusion, or hemorrhage. Treatment—morphine, brandy and quinine, with a nutritious diet. On the 25th, in consultation with Dr. M., and at his earnest recommendation, changed the treatment to chalybeates. The patient died on the 31st.

CASE VI.—June 25, 1842. Called to see Mrs. A. She had been put to bed some four weeks previous by Dr. P. with her first child. Child living. Age of mother 21. Temperament nervous. Size small. Previous health good. There was no effusion, canker, or hemorrhage; all the other characteristics of the disease strongly marked. The woman's mother, who was the nurse, insisted that there was laceration of the perineum, and desired me to examine. This enabled me to examine the organs of generation during life, which I found entirely bloodless and colorless as wax. Treatment—morphine, wine and quinine. Saw the patient but three times. Another physician was called, under whose care she soon died."

In pondering upon this sad story of mortality, we are compelled to inquire, why did all these women die? In the first case related we have a female of *robust and vigorous constitution*, having an *easy labor*, without any accident at all; yet the child was still-born, and the mother died soon after giving it birth! Why was all this? Mark. The doctor saw her Feb. 25, 1841, and although he found her complaining of many unpleasant symptoms, he reported her then "in good general health." But, mark you again; then he commenced his dosing. He gave her a course of mineral poisons to swallow continually—preparations of iron and lunar caustic. She is kept on this druggery to March 24, over four weeks, and then, as the doctor tells us, "*all the former symptoms were aggravated!*" What does he next do? Why he gives *more* of the same mineral poisons, to which he adds a powerful vegetable poison, called morphine!! March 29, five days after, the patient is still worse, yet all the previous poisons are continued, to which another poison of the stimulating kind is added, viz., wine. Two days after, she died, and there, reader, you have the whole story of *cause and effect*.

In the second case the woman was killed very easily. *Anæmia* means defective nutrition, bloodlessness, want of vitality, &c. The body is so debilitated and relaxed in this condition that spontaneous hemorrhages are frequent. No one, therefore, in the exercise of common sense would ever think of bleeding when a want of blood constitutes the very essence of the disease. Even in this case the doctor *knew better*—so he says. But he could not persuade the woman from being bled, therefore he bled her, and therefore she died!!!

There is nothing peculiar in the third case, except, unlike the first case, her constitution was delicate. She was put on the same treatment as the first case, and with the same result—she died in about the same time after she commenced swallowing the poisons. The inference, then, seems to be, that a vigorous course of mineral and narcotic poisons kills a strong constitution as soon as it does a weakly one. I don't

know but a pistol ball, shot through the heart of a strong, athletic man, would be the death of him, as soon as it would of a man in feeble and delicate health. And I cannot see why the same rule will not apply to mineral poisons operating through the stomach.

The fourth case is ranker with quackery than either of the preceding. Here the woman was in good health, and luckily got safely through her delivery before the doctor interfered. She did well for three weeks; but, fatal kindness, the doctor had to keep watch of her, and on the most unfortunate visit of the 29th, he could distinctly perceive anæmic symptoms. So he put her on the same course of poisons, with variations, which killed the first and third, and killed her too!

The fifth case is very like unto the fourth; only the treatment was commenced with narcotic and stimulant poisons first; and after these had been continued five days, as though to make the work of death sure, the minerals were resorted to again.

The sixth case, in all essential features of the disease, and the treatment, and the killing, and the dying, was like unto the preceding one.

Can any rational and impartial mind read these melancholy records of drug-science and not turn away in horror from the whole extended catalogue of (*medicinal*) (!) poisons? It is time, high time, that pregnant women, nursing mothers, and suckling infants, were rescued from the hands of these Philistines of the apothecary shop. It does but little good to talk to or reason with the doctors, who are so busily engaged in dealing destruction round the land. Their judgments are as be-poisoned with false theories as their *materia medica* is with chemical compounds. They cannot understand. But the people can and will whenever their attention can be thoroughly fixed upon this matter.

In concluding this running commentary, I will place in juxtaposition with the above allopathic record the following statement. During the last month I have attended several females through parturition in the water-cure way. The water-cure way, be it understood, is a way of doing *almost nothing at all*. In all the cases above named, and among all the cases I have ever attended or known, as managed hydropathically, I have met with no serious accident, nor the most trifling disease, in either mother or child. The only preparation ever made has been plain, simple living, regular bathing, and a religious abstinence from, and abhorrence of, everything in the shape of "doctor stuffs."

**WATER-CURE LECTURES.**—Many of our zealous co-workers have commenced promulgating Hydropathy amongst the "people," by calling them together, in towns, villages, and neighborhoods, and lecturing to them on this subject. This not unfrequently "calls out" the "regulars" when a public discussion takes place, and, of course, Hydropathy

(like all other truth) triumphs. This familiar lecturing is just what is most needed at the present time, and we hope every person, who is acquainted with the WATER-CURE, will "turn lecturer," until the "whole world" become informed of its importance, in PREVENTING AND CURING DISEASE. Let every "school-house" become a lecture-room, and every teacher a lecturer.

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## REVIEWS.

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BY DR. H. D. SHEPPARD.

**HYDROPATHY FOR THE PEOPLE.**—The common fault of most publications on medical subjects, since the world began, is, they are too learned for the unlearned people. Many excellent Water-Cure works are also, to some extent, chargeable with the same misfortune. But here is really a people's book. Perhaps the publishers' names, Fowlers & Wells, are a sufficient guaranty that the work will suit the people at large, for the firm has obtained a world-wide celebrity in addressing the great masses of the human family in an intelligible way, through the medium of understandable books, on almost all subjects relating to "a higher and better destiny."

The work in question is a sort of compendium of the facts, statistics, principles, and arguments bearing on the laws of hygiene, the use or misuse of drugs, and the practical appliances of Water-Cure. The subjects of air, water, diet, exercise, bathing, &c., are discussed in a racy and familiar manner, while the works of science and records of history have been judiciously culled to explain and illustrate the laws for preserving health and attaining longevity, and the true philosophy of the treatment of disease.

Though written by a non-medical man—William Horsell, of London—the book contains an array of scientific facts and an exposition of the unutterable absurdities of the popular (soon to be unpopular) system of drugification, that might well startle the profoundest allopath from his dream of bleeding, blistering, leeching, scarifying, cauterising, poisoning, and otherwise tormenting, maiming, marring, and scarring the "human form divine." No work has yet issued from the prolific hydropathic press better calculated to press home upon the doctors the irreparable ravages of their miscalled medicinal agents, and to impress on the minds of the people the obvious propriety, yea, the stern necessity of taking the business of taking care of their own health into their own hands. In a word, it is a "hydropathy for the people."

Appended to the work is a series of editorial articles from the pen of DR. TRALL, whose extensive experience as a practical hydropath has qualified him to make many valuable explanations and suggestions. Of the character of these the readers of the Journal will need no endorsement.

## MISCELLANY:

PROFESSOR WIETING, the distinguished lecturer on *PHYSIOLOGY AND ANATOMY*, has been spending the winter in New York, where he has delivered several courses of lectures to *fuller houses* than have ever been assembled, so many evenings in succession, by any other lecturer on these subjects. Dr. Wieting stands at the head of his profession as a popular lecturer, unsurpassed by any other man in this country, or probably in the world.

His extensive apparatus, consisting of manikins, skeletons, paintings, and drawings, costing several thousand dollars, are used to illustrate his subject, which, together with the plain, familiar, common-sense instruction which he imparts, enables every one to understand. These lectures cannot fail to produce the most beneficial results on the minds and bodies of all who heard them. The doctor's remarks on patent medicines were particularly good, and those on tobacco of vast importance.

Now that the doctor is leaving us, we tender him our most sincere thanks, and commend him to the kind regard of those whom he may visit in other places, assuring them that a more profitable investment of a few shillings and a few evenings' time, cannot be made.

CONSUMPTION.—In the last number of the *Democratic Review* we find the following observations, which we copy, as an indication "of the signs of the times." The book referred to is entitled *Consumption, its Prevention and Cure*. By Dr. Shew:—\*

"We have no fears of the too free use of water, either internally or externally, and would gladly see exchanged for it the 'perilous stuff' which often covers the surface, or deranges the interior. The present work is an admirable compendium of the best directions for the application of water, accompanied with important suggestions from the experience of the author. Its instructions with regard to the gradual approach of consumptive diseases, the management of their Protean symptoms, and the means of arresting their fearful progress, to say the least, are well worthy the attention of the invalid. No person, who has reason to think that his constitution inherits the seeds of consumption, or that it has already commenced its inroads upon his frame, should neglect to put himself in possession of the contents of this book. They are plain, lucid, practical, free from presumption and quackery, and will certainly greatly contribute to the comfort of the patient, if they do not effect his cure."

Thus do the editors of even *political* periodicals "speak out" on the Water-Cure. We do not believe there are a dozen *secular* presses in the United States but what recommend Hydropathy, over all other medical systems, nor can it be long before this will be equally true of "THE PEOPLE."

GLEN-HAVEN WATER-CURE.—It will be seen, by referring to our advertising department, that this favorite establishment has already opened, with improved facilities, and will, of course, become popular.

\* Recently published by FOWLERS & WELLS, price 50 cents.

READ THIS SNUFFY TALK.—We recommend the following dialogue to snuff-takers. To understand its peculiar signification and moral, let it be borne in mind that all genuine snuffers, in consequence of the paralysis of the nasal and vocal organs, consequent upon their habit, use *b* and *d* instead of *m* and *n*, and can seldom pronounce clearly some other letters.

"Good bordig, Biss Hardedbrook, how do you this bordig?"

"Why, Biss Gribes! do tell us is that you? Where have you bid this log tibe? Why hav't you bid id to see us?"

"O, I do't go out buch, ad I have bid troubled a good deal with paid in my head ad stobach. I hab it sobe dow, but it's gettid better."

"Ah! well I ab glad ob it; you busn't catch cold, Biss Gribes. Wod't you hab a pitch of sduff?"

"This is very dice sduff, where does it cobe frob?"

"Well, I do'd't dow; I sedt little Tobby after it, he got it dowd street sobwhero."

"Do you dow that bad that goes by every bordig with a tid pail, and carries it back agid at dight?"

"O, that is Bister Jiddings. He works dowd to the bashed shop, ad carries his didder with hib. He is a dice young bad, ad they say he is bakid buddy."

"Aidt he the wud that is paid attetid to Bajor Boeed's daughter Bary Add?"

"Do, i'ad't Bary Add, it is Ebelide, wud of the twids. I suppose they will bake a batch of it."

"Well, I guess it's tibe for to be a goid."

"Cobe id ad see us agid sood, 'wod't you?"

"THE WATER-CURE JOURNAL AND HERALD OF REFORMS FOR MARCH.—New York: FOWLERS & WELLS.—This popular work contains a large amount of useful information touching the general laws of health, independent of the Hydropathic system, of which it is the leading organ in the United States, if not in the entire world. Its monthly circulation already exceeds 20,000 copies; and before another year comes round it will probably more than double this number. The water treatment takes with the masses, who prefer bathing to purging; and who find in frequent baptism, not only a renovation of health, but a conscious improvement of mind and morals. Water, as Captain Cuttle says of the sea, is 'a halmighty helement,' and divinely intended for purposes other than navigation."—*N. Y. Mirror*.

ALL RIGHT, neighbor *Mirror*, but the 20,000. If you had said 18,000, you would have hit the mark. Yet we do *hope* and BELIEVE that we shall soon reach 20,000. However, this all depends upon our friends and co-workers, of whom we are rejoiced to say there are NOT A FEW.

DR. MUNDE has just bought the handsome WATER-CURE ESTABLISHMENT of the late Dr. Ruggles, at Bensonville, near Northampton, Mass. The establishment has an abundance of the coldest and softest water, beautiful environs, shady walks, and large, new, and convenient buildings. Farther particulars will be given in New York, by the editors, and by the Doctor, at Northampton.

THE VEGETARIAN CONVENTION will meet on the 15th of May, in New York city.

**COD-LIVER OIL vs. WHALE AND SEAL OIL, OR ANY KIND OF FISH OIL.**—In the last number of Braithwaite's Retrospect, we find an article, copied from the Medical Gazette, "a Regular," containing a report of nine cases, treated with various kinds of Fish Oil.

"I applied to my oilman for some specimens of the purest and sweetest lamp oil, and procured several varieties of whale and seal oil, decidedly fishy and rank in flavor, but not rancid, or oxydized, or putrescent. In fact, the flavor of the oil commonly called 'southern oil,' the produce of the black whale, which I chiefly employed, is not disagreeable to any one who is free from fancies on the subject; and if mixed with three or four parts of almond oil, is not a whit more offensive to the taste than the common oleum jecoris aselli."

The author then gives us cases, including those of children, in which he attempts to prove that good effects were produced by the use of these oils. We have neither room nor disposition to insert these cases.

In conclusion, the author says:—

"I would therefore suggest, that it is well worth while to make a fair experiment on a large scale, to determine whether it is fish oil in general that does good, or only the oil of the cod's liver. If, as I believe, almost any kind of fish oil will answer the purpose, then many of the poor will be able to use the cheaper kinds, who could not afford the nicer but more costly cod-liver oil."

Thus we have a confession of this most obnoxious, filthy, and disgusting fish oil, Regular Drug Doctor's trick. Such outrageous cod-liver oil quackery deserves punishment. Think of it. The entire gang of "Regulars," all joining in, and raising such a "hue and cry," recommending to the poor, dying man, such a loathsome "Remedy" as cod-liver oil, and that too when any other fish oil will do just as well, "for the poor." "Oh ye ignorant, or wicked, or designing doctors, ye have much to answer for."

**ASA FESSENDEN**, of Baldwinville, Mass., has obtained a patent for improvements in machinery for making pill-boxes.—*N. Y. Com. Adv.*

Now, Asa, this is a little too bad. Think of it, a man of such gigantic powers, and with a name, VENERATED as it is, in the State of Maine, where dwells that good old man, known to all Reformers, called "GENERAL FESSENDEN." Why, sir, your invention is almost as useful as that recently noticed in this Journal, called the SELF-LIGHTING CIGAR, and belongs to the "Cod-Liver Oil" department of "Medical Science." Try again, Asa, and you may still further distinguish yourself. Contrast the above, Asa, with the following, and see how you will be looked upon by the world.

"**JAMES CUNNINGHAM**, of Reading, Pa., has obtained a patent for improvement in ventilating railroad cars and steamboats."

Now, Asa, don't you feel small, mean, and contemptible? You are an object of pity.

But here is another, which belongs to the same "Patent Pill-Box class," to whom Asa ought, at

once, to be married; a thriving business would doubtless be the result.

Mary W. O'Meara, of New York—For improvement in abdominal (abominable) supporters.

**A CASE.**—*Mercer, Ohio, March 8th, 1850.*—Some ten months since, I sent to you for the Water-Cure Manual. For more than three years previous to that time my health had been very bad, from a chronic affection of the liver. I was at times confined to my bed for weeks, took calomel, the blue pill, and quantities of other medicine, but grew worse, and my physicians pronounced my disease incurable. Since I received the Water-Cure Manual, I have kept the blue pill and other medicines lying on the shelf, but have used nothing, as a medicine, except water. My health has been constantly improving, so that I feel now almost, if not quite, a sound man again.

Yours respectfully, M. COLLINS.

**DR. N. BEDORTHA** will open again the Water-Cure Establishment at New Lebanon Springs the first of May, where he will spend the summer, and be ready to attend calls and treat patients under the Hydropathic system, as heretofore. The advantages of that place for Water-Cure are well known to the public.

## NOTICES.

**UNITED STATES CURRENCY.**—We are always interested in the politics of our country, and rejoice when any new measure is adopted calculated to benefit every inhabitant.

In 1848 a law was passed authorizing the Postmaster General to issue Stamps of the denomination of five and ten cents, which were to be used to prepay letters. These stamps were sent to all the principal postmasters throughout the Union, and sold in sheets by the quantity to all who wished to use them; some purchasing a dollar's worth at a time, others five, ten, fifteen, twenty, or twenty-five cents worth.

These stamps soon became a regular currency, and when any individual wished to remit a fractional part of a dollar to a creditor in any part of the United States, it was only necessary for him to obtain, enclose, and remit the amount in Post-office Stamps, this being the only national currency without discount (gold and silver excepted) in the country.

This custom of remitting Post-office Stamps has become so general, that publishers offer to receive them to any amount, in payment for books, and all other publications. It is, indeed, a national currency, and is a very great convenience to all our people throughout the Union, and thousands are daily availing themselves of it.

It is the design of the Post-office Department at Washington to supply all postmasters with these stamps, and they in return are expected to supply "the people" in their neighborhood. Thus, we have a regular United States currency, the Postmaster General being President, and all the Postmasters in the Union Vice-Presidents.

IN CANTON, Illinois, our publications may be had of S. B. Hopkins. Subscriptions for the Journal will also be received and forwarded by him.

WILLIAM CLARK, of Rensselaer county, N. Y., has sent us one hundred and forty subscribers for this Journal. We think his name deserves a place among the Reformers of the age. Mr. Clark is a voluntary agent, and works for "the good of the cause," and the "people." He thinks he shall reach two hundred before the expiration of the year.

TO OUR COUNTRY FRIENDS.—We have frequent inquiries as to the best hotel or boarding-house for them to stop at while in the city; and in answer, we would recommend them to Dr. Trall's, 15 Laight street, where they can usually find such accommodations as will suit them. Terms, \$1 per day, or \$6 per week.

MANY of Fowlers & Wells' publications have done great good. We believe "The Water-Cure Journal" is among the best of them, and that it has brought an entire revolution in the habits and health of many a family who read it.—*Cleveland True Democrat.*

WATER-CURE JOURNAL.—This is one of the best journals in America.—*Flag of Freedom.*

HON. H. B. STANTON will please accept our thanks for valuable public documents.

#### TO CORRESPONDENTS.

RHEUMATISM.—Dr. Schetterly has forwarded another communication relative to the case of Mrs. Hazard. In such long standing cases, where the system has become so shattered by disease and drugs, two or three years may be required to work out a cure. Improvement will not always be manifestly rapid. In fact, there may be occasional aggravations, or even apparent retrogradations, when the treatment should be very mild until the system recovers its balance. After the first favorable impression is made, gentleness and perseverance should constitute the "law of progress," thus giving "orthopathy"—nature, every possible chance. Let us hear from her again soon.

SALT RHEUM AND TYPHUS FEVER.—Friend Clark wants to know how to cure salt rheum, so that it will stay cured; also how to manage typhus fever. The latter question is answered in various hydropathic books, especially in "Hydropathy for the People;" also in Water-Cure Journal of November last. Salt rheum requires general treatment; tepid and cool ablutions, and rubbing wet sheet, with pack sheet as often as twice a week. Great attention must be paid to diet in all skin diseases. The quantity of food must be very moderate, and its quality of the simplest kind—brown bread, wheaten mush, apples, potatoes, with milk, if this article agrees, should be the principal things. Salt and grease, and spices, are extremely bad.

CAN a case of spermatorrhœa be cured without resorting to the operation of cauterization—if so, what book will give the directions?

SPERMATORRHŒA.—This complaint can generally be cured by mild hydropathic treatment, combined with judicious, mechanical pressure in severe cases. We know of no book which pretends to any successful plan of treatment without cauterization.

THE MEDICAL ART AT PRESENT, by S. O. G., will appear in our next.

A FRIEND of Medical Reform wishes to know if we will publish a brief article in the W. C. Journal, describing the Chrono-thermal system of curing diseases.

ANSWER.—Most certainly we will, always providing that it be written in the true spirit. In fact, we shall be glad to lay before our readers *all* systems of medicine. We wish our friends to judge for themselves, after examining the various conflicting opinions of innumerable doctors. We have no fears for Hydropathy, when weighed in the balance with any of the old theories

THE BEST BOOK.—A correspondent asks, what is the best book on Water-Cure for family use, a hundred miles from any establishment, and surrounded by allopaths? We especially recommend two books as containing precise directions, and familiar explanations for home-practice: the Water-Cure Manual, and Hydropathy for the People.

A C. McD., together with many other readers of the Water-Cure Journal, would be very glad to have published the *mode of diagnosis* pursued by Dr. David Euggles. Will not some friend prepare an article for the Journal, giving *all* the particulars?

VENTILATION, by O. V. T., is at hand. Look for it in the May number.

## VARIETIES.

WASHING MADE EASY.—Some of our country friends have been greatly imposed upon by an advertisement which has appeared in several of our New York newspapers, which reads as follows:

### WASHING MADE EASY;

*Or, how to Wash Clothes without Machines, Washboards, or Pounding Barrels.*

Send me one dollar, free of postage, and I will send you, by mail, a printed circular, giving plain directions for washing clothes, that will enable one person to do all the washing of a large family before breakfast, thus avoiding all the confusion of a washing day. This method requires no machines, washboards, or pounding barrels—no turpentine, no camphene, or other offensive article—no rubbing the skin off your fingers—no tearing off buttons and wearing out clothes. This plan saves the clothes, makes them whiter, and never injures the finest fabric. The articles used cost but a few cents for a large washing, and can be obtained anywhere.

The circular also contains directions for Starching, Ironing, Washing, Removing Stains, etc., etc.

These are the greatest chemical discoveries of the age. All the hotels, steamers, and large laundry establishments use my method of washing.

To avoid imitations and counterfeits, be sure to direct your letter to—

Now, we would most respectfully recommend our friends not to send a dollar for this washing invention. "The circular" or pamphlet alluded to does not cost three cents to print, yet a dollar is charged for it. Is this honest? We think it a cheat.

For the benefit of the curious, we extract the following from an *exchange*, which explains this "great secret":

WASHING LIQUOR.—A correspondent, who calls himself the "Washerwoman's Friend," says: "There is now a washing liquor sold in Sheffield, at the most extortionate prices, beautifully labeled;" but, for the benefit of washerwomen, who are generally the really deserving poor, we will impart the wonderful secret, which has been obtained from Mr.

Twelvetees:—1 lb. of soda, 1-2 lb. of lime, 1-2 lb. of soap. The soda and soap are boiled together, and the lime alone, in two quarts of water; and then, after being boiled, are used as required.—*Liverpool Standard.*

Another paper is still more definite:—Dissolve 1-4 lb. of lime in boiling water, straining twice through a flannel bag; dissolve separately 1-2 lb. of brown soap, and 1-2 lb. of soda—boil the three together. Put six gallons of water into the boiler, and when boiling add the mixture. The linens, which must have been steeped in cold water for twelve hours, are wrung out, any stains rubbed with soap, and put into the boiler, where they must boil for thirty-five minutes. They are then drawn, (the liquor being preserved, as it can be used three times,) placed in a tub, and clear boiling water poured over it. Rub them out, rinse them well in cold water, and they are ready for drying.

Thus, we have the whole secret, which appears to be of English origin, brought to America on a speculation. We think it won't succeed.

**THE FIRST POETRY WRITTEN IN AMERICA.**—A correspondent of the Bangor Whig thus claims for a popular nursery rhyme the honor of being the first effusion of poetry ever produced on American soil.

"The first poetic effusion ever produced on American soil originated in a circumstance which was handsomely explained by one of the Jibawa, or (as we call them) Chippewas. All those who have witnessed the performances of the Indians of the Far West recently in our city, must recollect the cradle and the mode in which the Indians bring up their children. Soon after our forefathers landed at Plymouth, some of the young people went out into a field where Indian women were picking strawberries, and observed several cradles hung upon the boughs of trees, with the infants fastened upon them—a novel and curious sight to any European. A gentle breeze sprang up which waved the cradle to and fro. A young man, one of the party, peeled off a piece of birch bark, and upon the spot wrote the following, which has been repeated thousands of times by thousands of American matrons, very few of whom ever knew or cared for its origin:

Lul-a-by baby upon the tree top,  
When the wind blows the cradle will rock;  
When the bough breaks the cradle will fall,  
And down come lul-a-by baby and all.

The above facts were taken some years since from the archives of the ancient historical society in Boston."

What man or woman, born and brought up on this continent, will not at once recognize in these lines that simplicity and truth which charms our senses, and awakens our hope and fear?

**A FLOWERY SPEECH.**—At a prayer-meeting held in Exeter, N. H., some time since, the reality of sudden conversion was under discussion, when a Mr. W. arose and proved the reality in his own mind in the following lucid and eloquent manner:

"Brothers and sisters, the reality of this power is beyond a doubt; why, I believe it stronger than I believe my own existence; I believe it, in fact, just as strong as I believe that I yesterday received fifty barrels of flour, and good flour, too, and am willing to sell it out at my place, for six dollars and fifty cents a barrel, to any man in this room." Mr. S. arose, and in his peculiarly affable manner, exclaimed,

"Brother W., wouldn't some other time and place be equally appropriate for you to advertise that flour?"—*Exchange.*

**GOOD AND WISE ADVICE.**—"Parents should teach their children to love and practice gardening. It will learn them system and order, patience and hope; it will give strength to the body and mind; it will improve the head and the heart. It will teach them self-reliance—that success is the reward of industry and perseverance, while failure is the result of negligence. It will teach them to

'Look through Nature up to Nature's God.'

"What affords pleasure like visiting the scene of our childhood, and there beholding, growing in majesty and pride, the trees we planted in our childish glee! What music so sweet as the shouting of the tempest in their lofty tops!"—*Genesee Farmer.*

Quite poetic and sublime, yet as true as nature itself. Boys and girls, it will be the most pleasant thing you can do to take the advice of this same Genesee Farmer.

**THE HUTCHINSONS**, from the Granite State, are again with us, and most heartily do our citizens respond to their call. We believe the entire tribe belong to the "Hydropathic Society," and of course, they are all reformers. Their sympathies are with "the people."

**EXCESSIVE IDEALITY.**—We knew a good lady in New Jersey who whitewashed all the wood she burned.

**HORACE GREELEY** says this is a free country, and a man isn't obliged to use common sense unless he has it.

## BOOK NOTICES.

**ORIGINAL VIEWS ON DIET**, with Remarks addressed to Consumptive Patients, on the Water-Cure. London: W. Horsell. New York: Fowlers & Wells. Price 25 cents. Of course, the author is a Vegetarian. We copy the following paragraph, which will interest our readers:

"Under the idea that the English, Scotch, and Irish represented three different degrees of flesh-eating, a relative number of each were fairly taken, measured, weighed, and tested by what is called lumber strength, that is, their power of lifting off the ground. The average proved to be as under:

	Height.	Weight.	Strength.
English, . . .	5ft. 8-9in. . . .	151lbs. . . .	403lbs.
Scotch, . . .	5ft. 9-3in. . . .	152½lbs. . . .	423lbs.
Irish, . . .	5ft. 10-2in. . . .	155½lbs. . . .	431lbs.

"The symptoms of indigestion are, unhappily, too common to require any description, few persons having escaped from headaches, giddiness, and drowsiness after eating; constipation, heartburn, acidity, eructations, and dreaming. But how few there are who trace these to their common source—gluttony. Drunkenness does much to injure health and shorten life, but gluttony more; those who practice the former may live to be old, but a glutton never can. Gluttony has killed more than alcohol, the pestilence, and the sword."

**MEDICAL REFORM.**—Our friend, Dr. S. R. Jones, has issued a prospectus for a monthly journal, to bear the above title, to be edited by him, and published in Memphis, Tennessee, at \$1 a year in advance. On the reception of the first number we shall have more to say about it.

**ANNOUNCEMENT.**—The Illustrated Water-Cure and Health Almanac, for 1861, is now being prepared for the press. The object for so early an issue is in order to supply those in season who "buy to sell again." Our market extends from Nova Scotia to New Mexico, including the Canadas, and all the Territories on the American continent. It will therefore be understood why it is that we go to press so much in advance of the time when its calendars will be needed. The reading matter of this Almanac will at once recommend it to every family. Agents and booksellers will order soon, and in such quantities as will enable them to supply each inhabitant with a "Water-Cure and Health Almanac for 1861."

**HYDROPATHY FOR THE PEOPLE**, with plain observations on Drugs, Diet, Water, Air, and Exercise, by William Horsell, of London, with notes and observations by R. T. Trall, M.D. New York: Fowlers & Wells, publishers. Mailable. Price 50 cents.

An excellent guide for the 'Home Practice' of the Water-Cure in families. It is a 12mo. of 250 pages, with a complete table of contents, and a copious index. This work is highly prized in England, and will have a wide circulation in America. For a further description, see Reviews in this number.

**THE STUDENT**—A Family Miscellany and Monthly School Reader. Vol. one, new series, commencing on the first of May, 1850. N. A. Calkins, editor. Fowlers and Wells, publishers. Terms, \$1 a year, in advance.

In his prospectus, the editor says:—"This work is published monthly, containing thirty-two large octavo pages, and intended to supply families and schools with valuable reading, combining interest with instruction, and so arranged as to be adapted to all. It is devoted to the Moral, Intellectual, and Physical improvement of Youth; embracing the Natural Sciences, including Astronomy, Botany, Geology, Chemistry, Physiology, and Natural Philosophy."

And in addition to all the useful branches taught in schools, Phonography will be advocated in the 'Student,' and lessons given for those who may wish to examine or learn this method of writing by sounds, the best system of reporting.

Music, Drawing, Natural History, and other subjects of general interest will be introduced.

For further particulars relative to this Magazine of Education, see prospectus in advertising department.

**A DEFENCE OF CAPITAL PUNISHMENT.** By Rev. Dr. George B. Cheever. New York: John Wiley, publisher.

Here we have an 'able' and 'learned' argument in favor of the death penalty. We regard this very much in the light of an able lawyer attempting to prove that the moon was made of 'green cheese,' and Dr. Cheever's argument is just about as valuable. We have no patience with these fellows who thus throw their time away. Better far set about reforming or improving the condition of criminals, than to bolster up an old barbarous system of killing them, which the humanity of all true Christians would gladly abolish. We consider it a bad book, and although its influence, under any circumstances, would be exceedingly limited, yet we would not advise our friends to spend their money for the book, or their time in reading it.

**TRAVELS IN MINNESOTA**, the New England of the West, with a map of the Territory, by S. Seymour. Price 75 cents. For sale by Fowlers & Wells, New York.

A more interesting book, of a more interesting country, has not been written. Mr. Seymour possesses unusual powers of

observation, and a retentive memory of all objects which come within the range of his vision. Hence, it would be expected that he would produce a work which would at once introduce itself favorably to the attention of every one interested in the geography, soil, climate, and capabilities of this portion of our country. Those of our Eastern friends who contemplate visiting the West, will do well to read this book. We venture to predict that in less than five years, *sc.* in the city of New York, shall be in telegraphic communication with the capital (St. Paul) of this new and thriving territory, appropriately named "The New England of the West."

**THE FAMILY VISITOR**, a weekly newspaper, published in Cleveland, Ohio, is one of the best family journals within our knowledge. It is adapted to all classes, the young and the old. It is serious, yet lively and entertaining. The agricultural interest forms a leading feature. The Fishes of Ohio, with life-like illustrations, are exceedingly interesting, and most beautifully executed. This alone is worth the price of a year's subscription, which is only \$1.50, in advance. J. P. Kirtland, S. St. John, and O. H. Knapp, are the editors and proprietors.

**UNITED STATES RAILROAD GUIDE and Steamboat Journal**, published on the first of each month, in a compact 18mo., with a map of the city of New York. Published by G. R. Holbrook & Co. Price 12½ cents.

To all travelers in America we commend this little guide. It contains statistics relating to the various railroad and steamboat routes, the time of starting, and the rates of charges for passage, besides other useful and necessary information.



**WATER-CURE JOURNAL and HERALD OF REFORMS**—Devoted to Hydrophaty and Reform. A year, \$1.

**WATER-CURE MANUAL**—A popular work on Hydrophaty, by Joel Shew, M.D. 50 cents.

**HYDROPATHY FOR THE PEOPLE**—With observations on drugs, diet, water, air, exercise, &c. 50 cents.

**WATER and VEGETABLE DIET**—In scrofula, cancer, asthma, and various diseases. By W. Lamb, M.D. 50 cents.

**CONSUMPTION**—Its prevention and cure by the water treatment. By Joel Shew, M.D. 50 cents.

**THE PARENT'S GUIDE**—Relating to childbirth and hereditary transmission. By Mrs. Pendleton. 50 cents.

**INFANCY**—Or, the physiological and moral management of children. Illustrated. By Dr. Combe. 50 cents.

**VEGETABLE DIET**—As sanctioned by medical men, and experience in all ages. 50 cents.

**EXPERIENCE IN WATER CURE**—In acute and other diseases. By M. S. Gove Nichols. 25 cents.

**WATER-CURE**—For women in pregnancy and childbirth. Illustrated with numerous cases. By Dr. Shew. 25 cents.

**ERRORS OF PHYSICIANS and OTHERS**—In the application of the water-cure. By J. H. RAUSSE. 25 cents.

**PHYSIOLOGY OF DIGESTION**—Considered with relation to the principles of dietetics. By Andrew Combe, M.D. 25 cents.

**COMBE'S PHYSIOLOGY**—Applied to the improvement of mental and physical education. 50 cents.

**CHOLERA**—Its causes, prevention, and cure; and all other bowel complaints, treated by water. 25 cents.

These books may be sent by mail at a trifling postage. Please address all letters, POST PAID, to

FOWLERS & WELLS,  
CLINTON HALL, 131 Nassau Street, New York.