

THE WATER-CURE JOURNAL.

TOBACCO:

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

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Translated from the Fourth French Edition, with Notes and
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(Continued from the March No.)

ON SNEEZING.

SNEEZING is a peculiar phenomenon which succeeds immediately the introduction of snuff into the nostrils of those unaccustomed to it. This effort of nature to rid the pituitary membrane of the nostrils of whatever irritates it, is of great importance to its well-being. It excites the action of the heart, and renders the circulation more active everywhere; it shakes the stomach, the liver, the intestinal mass, all the organs, in fact, and awakens their organic energy; it disturbs the brain by augmenting its vitality in a slight manner, and shocks the whole system: now all these effects are the direct result of sneezing. If, after having spoken of this effort of sneezing, and of the concussion it determines throughout the animal system, we pass to the accidents that the impression of tobacco gives rise to upon the mucous membrane of the nose, we shall have two things to discuss, viz.:—1st, The organic changes that tobacco produces in the nose; and 2d, The consequences of the general perturbation which sneezing occasions when it takes place. First:

OF THE ORGANIC CHANGES WHICH TOBACCO PRODUCES IN THE NOSE.

People think, despite the immense and almost general use of *snuff*, that no inconvenience to the system arises from it. All authors on the subject state facts that prove the contrary; but without giving entire faith, as M. Méral says, in what Barrichiu^s relates (in a letter addressed to Barthelin) of a person who was so empty-headed as to be obliged to use *snuff*, and whose cranium, after death, was found to contain, in place of brains, only a black lump of *snuff*, we do say that *snuff*, being a foreign body, cannot be introduced into the nasal fossas without disturbing their functions. Indeed, tobacco *snuff*, applied upon the mucous membrane of the nose, commences by, at first, weakening the sense of smell, at the same time injuring the integrity of the taste, for some particles will fall in the mouth upon the tongue. It provokes a lively irritation, the blood rushes forcibly through the capillary vessels distributed throughout the parts, and causes congestion; the mucous secretion and exhalation which habitually takes place upon the surface of that

membrane, are singularly and greatly augmented.

Though one continues to snuff only moderately, yet the secretion will become more abundant. But, as people have religiously, we might more properly say, foolishly preserved the conjectures and false notions of ignorant ancient physicians, who ordered *errhines* because they supposed they emptied the brain of torrents of mucus which they conceived accumulated there, it follows from this unfortunate error, I say, that certain snuffers stuff their noses with the vile poison until they blindly develop in that important organ the germs of a multitude of diseases, such as *inflammatory affections, ulcers, lachrymal fistulas, polyposes, cancers, &c. &c. &c.*

We will now proceed to take a rapid sketch of each of these disorders.

NASAL CATARRH, CORYZA, COLD IN THE HEAD.

These three terms are employed in medical language to express one and the same disease. All authors consider *snuff* as the first and most frequent cause of cold in the head. We will analyze at length all its symptoms. This affection consists, in the beginning, of a dryness, heat, redness, and swelling of the pituitary membrane, with shivering, sneezing, a sense of weight at the root of the nose, a dull, aching pain of the head, loss of smell, sometimes itching of the nasal fossas, with a stopping up of the nostrils, and a decided nasal voice—all the result of congestion of the mucous membrane of the parts. This membrane once congested, inflammation succeeds, and does not remain dry long; it becomes very soon the seat of an abundant aqueous, colorless, ratty secretion, producing by its acrimony excoriation of the upper lip, and angles of the nose themselves.

Most snuffers, thus affected, fail not then to snuff more freely; they fill their noses with *snuff* in hopes of being able thus, as we said above, of purging their brains of the *noxious humors* that it incloses. Henceforth, the thicker the excreting matter becomes, the more they are led to praise the happy benefits of their remedy; they will refuse to renounce their remedy, without doubting, if a healthy person were to employ the same means, it would produce infallibly the same result—that is, the same *purgation*. The inflammation is sometimes most violent; the pain seems to be seated in the frontal sinuses, and is very acute, the head is heavy, and the teguments of the nose and cheeks become swollen, &c.

If, in spite of the sufferings that the snuffer experiences, he continues as usual to take *snuff*, the malady progresses, and either forms *abscesses* in

the maxillary fossas that are very painful, but generally burst and discharges the thick purulent matter through the nostrils, or else becomes a true chronic catarrh; which consists in a very abundant nasal discharge, differing from the nasal mucus. This matter sometimes remains limpid, colorless, and without odor;* sometimes it is thick, yellow, or green and foetid; sometimes, in fact, it is purulent; in this case there is ulceration of the pituitary membrane, an ulceration that has received the name of ozena.

OF OZENA.

This name is given to ulcers seated in the nostrils, from which issues a foetid discharge, and persons affected with this repulsive disease, pass under the generic name of *punais*—one who has a *stinking nose*.

This affection commences, sometimes, among snufflers, with an intolerable stopping up of the nose, which is soon accompanied, and principally at the time the inflamed pituitary membrane passes to the state of ulceration, with headache that is exasperated at night. At other times, they experience only a dull, heavy, deep, itching sensation; the nose swells and reddens; the voice changes, and if the ulcers are visible to the eye, they are seen covered with a grayish scab, or thick, brown, dry, muco-purulent crust, which falls off by degrees each time that the patient blows his nose hard, but fails not to form again soon after.

In fact, it is unnecessary to say a loss of smell, or, at least, a very sensible diminution in this faculty of perceiving odors, is constantly remarked among those snufflers attacked with this repulsive and disgusting disease, against which the surgeon possesses but slight means to relieve, unless the patient renounces the habit of snuffing.

OF FISTULA LACHRYMALIS.

We have already remarked, in speaking of the organization of the nose, that the tears flow into the nasal fossas through two small canals extending from the inner angles of the eyelids and terminating in the nostrils, called lachrymal ducts; and added, that these two canals, like the nasal fossas, are lined with a mucous membrane.

These simple anatomical facts being premised, suppose the nostrils are highly inflamed for an instant by tobacco, what will happen? For however flat the nose may be from congenital defect, or from any other cause, the inflammation, in extending itself into these canals, will terminate, very likely, in obliterating them; and the tears not being able to pass through these ducts, will accumulate in a sac, the walls of which will inflame in turn, and *fistula lachrymalis*, or false opening, will soon appear, which will give exit to the tears and a puriform matter, that will run down the cheeks, and spoil the prettiest face. They are very troublesome to cure.

OF POLYPUS OF THE NASAL FOSSAS.

According to certain authors, this name origi-

* Snufflers fail not to think, then, that they have a bag of water in their heads.

nated from the fact that polypus of the nose sends numerous roots into all the cavities or infractuosities of the nasal fossas, and constrains the respiration, in the same manner that polypus of the sea annoys fishermen with their long arms.

Whatever may be the origin of this name, we call thus commonly, the fleshy, fibrous, fungous excrescences, which can be developed upon all the mucous membranes, but which are more frequently observed in the interior of the nose.

The causes that produce polypus, says MM. Roche and Lanson, are sometimes unknown. Nevertheless, add they, they are so often seen to attack persons who are inveterate snuff-takers, that we are justified in concluding that a continual irritation of the pituitary membrane is not, in many cases, foreign to their development.

A brief sketch of the symptoms of this frightful disease, we hope, will perhaps be the means of inducing some snufflers to abandon forever their snuff-box.

The patient complains first of a stopping up of the nostril, he breathes with difficulty with the affected nostril, he experiences the sensation of a soft foreign body in the nostril, and endeavors, by frequent blowing and sneezing, to get rid of it, as he feels it vibrate when he urges strongly the column of air with which he endeavors to expel it. The nostril soon becomes completely obstructed. The constraint occasioned to the respiration by the polypus is not always the same, nor constant; it is greater during humid than dry weather, and it sometimes happens that the patient feels completely relieved of it for some time after having expelled from the nose a given quantity of limpid serum.

In the first case, the polypus seems to absorb and return its humidity to the air, like a sponge. In the second, its substance is torn, disgorged of serum, and contracts until the wound becomes cicatrized; it then retains again the serum it secretes. When polypuses arise near the posterior part of the nostril, they hang down in the throat; when they originate in the front part of the nostril, they compress the inferior orifice of the lachrymal duct of which we have spoken, and misdirect the course of the tears, and if not, they do not occasion *lachrymal fistulas*, at least a continual flow of tears.

As soon as they have advanced toward the anterior and posterior openings of the nostrils, and filled them up, they penetrate the maxillary sinuses, dilate them, and perforate them to project toward the cheek, or in the mouth by the inferior wall of the orbit, push the eye from its cavity, and send, in fine, branches in the temporal fossas, and sometimes, even, to within the cavity of the cranium, pushing aside or perforating the bone.

Before such a picture, many snufflers may exclaim, they have snuffed tobacco for ten, twenty, or thirty years without ever experiencing the least signs of the affection we have described; but if you are well to-day, can you deny that you may not be sick to-morrow?

"We know not what the morrow may bring forth," says the Bible.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the March No.]



- A, *Mastoideus.*
- B, *Trapezius, seu Cucullaris.*
- α , *Infra spinatus.*
- β , *Teres minor.*
- γ , *Teres major.*
- C, *Latissimus dorsi.*
- D, *Deltoideus.*
- f, *Triceps brachialis.*
- g. *Anconeus.*
- h, *Extensor carpi radialis longus.*
- E, *Sacro lumbalis.*
- F, *Longissimus dorsi.*
- G, *Glutæus medius.*
- H, *Glutæus maximus.*
- I, *Semitendinosus.*
- K, *Semimembranosus.*
- L, *Biceps femoris.*
- M, *Gastrocnemius externus.*

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

PLATE VII.—MUSCLES OF THE BACK FIGURE.

B. TRAPEZIUS.—Arises from the hinder part of the head, from the spines of the vertebræ of the neck, and the eight upper ones of the back; and is inserted into the spine and acromion of the scapula and the clavicle. *Use*—To move the clavicle, scapula, head, and neck. This muscle, passing over the scapula, contributes very much to a certain roundness we see in that part.

α INFRA SPINATUS.—Arises from the cavity below the spine of the scapula; and, filling that cavity, is inserted into the humerus, a little below its head. *Use*—Draws the arm downward and backward.

β TERES MINOR.—Arises from the inferior costa of the scapula adhering to the capsular ligament, and is inserted into the outside of the external tubercle of the humerus, below the infra spinatus. *Use*—To roll the humerus outward, and to draw it backward.

γ TERES MAJOR.—Arises from the lower angle of the scapula; and is inserted into the humerus, with the latissimus dorsi. *Use*—Helps to draw the arm downward and backward.

f. GEMELLUS, or TRICEPS BRACHIALIS, is composed of the brachæus externus, which arises about the middle and hinder part of the humerus; the musculus longus, which arises from the lower side of the scapula; and the musculus brevis, which arises from the hinder part of the humerus. These three make one tendon, which covers the elbow, and is inserted into the hinder part of the olecranon. *Use*—To extend the fore-arm.

C. LATISSIMUS DORSI.—Arises from the hinder part of the spine of the ilium, from the upper spine of the os sacrum, from the spines of all the vertebræ of the loins, and from the seven lower ones of the back: it passes by the lower angle of the scapula, to which some of its fibres are fixed, and, joining with the teres major, is inserted with it into the humerus, three fingers' breadth below its head. *Use*—Helps to draw the arm downward, and obliquely backward. This muscle, at its

origin, is so thin, that it does not hinder your seeing the action of the muscles that are underneath it; but toward its insertion it becomes very thick and fleshy.

E. SACRO LUMBALIS.—Arises from the upper part of the os sacrum, and back part of the spine of the ilium; and is inserted into the back part of the ribs, near their root.

F. LONGISSIMUS DORSI.—Arises from the same origin as the last muscles, and is inserted partly into the processes of the vertebræ of the back, and partly into the ribs.

These last two muscles keep the body erect, bend it backward, and sustain it when bent forward; and when they act only on one side, they draw the body sideways. Although these two last, and the splenius, are entirely covered by the trapezius and latissimus dorsi, their action and shape appear very plainly.

G. GLUTÆUS MEDIUS.—Arises from the spine and dorsum of the ilium; and is inserted into the back part of the trochanter major. *Use*—To pull the thigh outward, a little backward; and rotate it inward.

H. GLUTÆUS MAXIMUS.—Arises from the external surface of the ilium, from the os coccygis and os sacrum; and is inserted into the thigh-bone, a hand's breadth below the great trochanter. *Use*—To extend and rotate the thigh inward.

I. SEMITENDINOSUS.—Arises from the protuberance of the ischium, and is inserted into the inner part of the tibia, below its articulation with the fibula. *Use*—Helps to bend the leg.

K. SEMIMEMBRANOSUS.—Arises from the protuberance of the ischium, and is inserted into the upper and back part of the tibia. *Use*—Helps to bend the leg. N. B. These last two muscles form the inner hamstrings.

L. BICEPS FEMORIS.—Arises by two heads, one of which arises from the tuberosity of the ischium, the other from the linea aspera of the thigh-bone: they both join together, and are inserted, by one tendon, into the upper part of the fibula. *Use*—Helps to bend the leg; and is likewise employed in turning the leg and foot outward, when we sit down. N. B. This muscle forms the outer hamstring.



PLATE VIII.—MUSCLES OF THE SIDE FIGURE.

- A, Deltoides.
- B, Biceps brachii.
- C, Brachialis internus.
- D, Supinator radii longus.
- E, Triceps.
- F, Trapezius, seu Cucullaris.
- G, Latissimus dorsi.
- H, Serratus major anticus.
- I, Obliquus descendens externus.
- K, Glutæus maximus.
- L, Glutæus medius.
- M, Rectus femoris.
- N, Vastus internus.
- O, Vastus externus.
- P, Tendons of the semimembranosus and semitendinosus muscles, forming the inner hamstring.
- Q, Tendon of the biceps femoris, forming the outer hamstring.
- S, Gastrocnemius externus.
- T, Soleus.
- U, Peroneus tertius.
- V, Extensor longus digitorum pedis.
- W, Tibialis anticus.

C. BRACHIALIS INTERNUS.—(This is partly covered by the biceps)—Arises from the middle and internal part of the humerus, on each side of the deltoides; and is inserted into the upper and fore part of the ulna. *Use*—To bend the fore-arm.

H. SERRATUS MAJOR ANTIQUS.—Arises from the six lower true ribs, and from the first and sometimes the second of the false ones, by so many distinct portions, resembling the teeth of a saw; and is inserted into the base of the scapula. *Use*—Moves the scapula forward; and, when the scapula is forcibly raised, to draw the ribs upward.

CASES OF FEVER AND DELIRIUM.

BY J. A. SPEAR.

THE circumstances that first drew my mind to the subject of WATER-CURE, were two accidental cases that a respectable old gentleman related to me seventeen years ago.

The first was that of a robust man, who had been suffering a number of days with a burning fever and delirium. He was so raving, that it required two strong men to manage him. Medical treatment was resorted to, but to no apparent benefit. At last, as there was no other way of escape, he suddenly raised the window, leaped out, and ran with all his might into the meadow, with no other clothes on but a shirt. It was early in the morning, and the grass was tall and wet. His attendants pursued him as fast as possible, but fell considerably in the rear. After running awhile, he took a circuitous route, which brought him back to the house, and he went in at the same window that he went out at. Being wet nearly all over, he immediately secured himself under the bed-clothes, was calm, and soon enjoyed a profuse perspiration. Health returned rapidly, and his anxious friends were relieved of further trouble in guarding and waiting upon him. Thus, exercise, air, and water, (the three best physicians) did what drugs and friends had failed to do.

The other was the case of a gentleman who was suffering under the compound disease of drugs and fever, and strictly denied a single drop of water to cool his parched tongue. After his physician informed him that it was impossible for him to get well—that everything had been done for him that could be, and all to no benefit, he thought intruded itself, that a little cold water could no more than kill him. But he plead for it in vain, till at length his watcher happened to fall asleep. Then, like the suffering captive, he seized upon his last, his only chance. Being unable to walk, or even stand, he managed so as to get himself off from the bed, crept to the door, opened it, and succeeded in getting to a cold spring several rods from the house. He drank a little, and paused a few moments, and then drank a little more, and so on, thinking that, in all probability, he should drink enough to kill himself, but contented himself with the idea, that it was nobody's business but his own, if he did. He continued to drink till he judged he had drank two quarts. Then he returned to the house somewhat invigorated, and succeeded in getting into bed without waking his watcher. When his watcher awoke, he found

him enjoying a quiet sleep, and bathed with a warm, profuse perspiration. In the morning the physician said he was certainly better, that the fever had abated, and he would get well. Then he told his physician and friends what he had done, but they would not believe him until they went and found the print of his knees by the spring. The gentleman continued to get better, until he was quite well.

An aged physician informed me that he once had a patient who had been very sick a long time with a fever, and at last he was called to him in a hurry, and found him to all appearance almost gone. He appeared to be sinking very fast, and alcoholic stimulants had not seemed to raise him in the least. Said he, "I felt doubtful about raising him, and as I was thinking pretty fast, I asked him if there was anything that he wanted. 'Yes,' was the reply, 'I want a little water, and if I can't have that, I want some brandy.' The water was granted just as he wanted it, and in a few minutes the almost dying man began to revive." Said the old doctor, "I said nothing, but always thought the water saved his life."

I might mention several other cases, that at the request of the patients, the watchers have given them water secretly, when the physicians and friends had strictly forbidden it. But in no case did I ever hear of any injury being done when the patient really desired it. Nature desires what it needs, and receives it with gratitude. If the drug treatment were in harmony with Nature's laws, and disease so changed the organism as to make a demand for drugs, then those drugs that would cure or eradicate the disease, would be received by the diseased system with the same pleasing sensation as rest is to the weary, food to the hungry, or drink to the thirsty.

But, says the physician, the amputation of a limb, or any other surgical operation, does not produce a pleasing sensation, though they are often rendered necessary.

To all such objections I answer, that a rotten tooth is not restored to health or cured by being extracted, neither is the mangled or perishing limb restored to health by being amputated. Their life is destroyed by being separated from the living system. This is exactly the opposite from curing or restoring to health. But it is in perfect harmony with the drug treatment, as is proved by the rapidity

with which the medicinera and druggista populate the grave-yard. Every sensation and every fibre of the human system loathes and abominates drugs, and their tendency is to irritate and destroy the living principle. They goad the system to increased action, as the spur does the horse; therefore they are tormentors—not restorers. No one thing has cost mankind more pain, misery, and real suffering, than the idea that man should *poison himself because he is diseased*. That was what gave birth to intemperance, and now sustains the hydra monster, while annually it drinks the blood of millions, and basks in the afflictions and tears of those it has pierced. It is utterly impossible to save mankind from physical sufferings, while the base idea is cherished that *man should poison himself because he is diseased*.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—NO. 5.

MILD Practice of the Ancient Physicians—Patriotism of Hippocrates—Teachings of Hippocrates—Greek Surgeons—Surgery of the Homeric Age—Machaon's Triumph in Surgery—Practice of Patroclus—Captain White's Narrative—Homeric Diet in Wounds—First Mineral Doctor—Truth not Followed—Medicine in Japan—Superstitious Notions—Pestilence at Rome—Indian Notions—Surgery in Advance of Physic—Human Sacrifices—Negro Surgery—Hottentot Surgery—Indian Surgery in North America—General Sketch of Ancient Practice.

MILD PRACTICE OF THE ANCIENT PHYSICIANS.—Hippocrates has preserved a precept from the Books of Lot, which says, that no medicine was to be given which might not be swallowed with as little danger or disturbance as our ordinary food. The early Greeks pursued the same mild plan of administration, as appears clearly from such fragments as remain of their first philosophers. Even after the Grecian physic was formed into a science by Hippocrates, the same gentle method was continued. The management of diet, or its regulation, in point of quantity or quality, and the time of administering, was the great means of cure resorted to in many cases, by the Father of Medicine.

PATRIOTISM OF HIPPOCRATES.—It is said that Artaxerxes, on the plague breaking out in Persia, made to Hippocrates the most magnificent offers if he would visit his kingdom; and, on his positive refusal, sent a fleet to seize him; but the great man had gone to Athens, whence most of the doctors had fled, to stay the ravages of disease there, and is reputed to have been very successful in his endeavors.

TEACHINGS OF HIPPOCRATES.—The grand outlines of his doctrines have already been presented in our article on physiology, such as the *circulation of the blood*, life power, and vis medicatrix nature, his laws being even in our time the standards, and will probably continue such while our organization remains in its present state! "We have been liberal," says the learned

and celebrated Professor Martyn Paine, "here and elsewhere in our quotations from Hippocrates, as we believe them to concern fundamental principles, which shall endure till the order of nature is changed. We acknowledge him as our guide in the pursuit of truth, and we do but extend his views in the practical application of great elements. That he has come short of the entire philosophy of diseases is certainly true; and it is only astonishing that he succeeded so well in drawing the grand outlines. It should be also considered that the art of printing was then unknown, and that it is the province of extraordinary genius to unfold the laws of nature, to group her phenomena into general truths, and to leave to mankind at large their illustration by endless facts, and to weigh specifically the adaptation of principles to individual subjects. True, it is laid to the charge of Hippocrates, that he sometimes confounded the nerves with the tendons, that he supposed 'the popular phrase of the black bile passing into the blood to be consonant with the science,' and that he was even guilty of imagining the brain to discharge its phlegm through the nostrils. But these are among the rare blemishes upon his system of medical philosophy; and that this extraordinary man had a general knowledge of healthy and morbid [unhealthy] anatomy, is evident from every page of his writings, for without such knowledge he could never have attained that philosophy in relation to disease and its remedies, which must forever remain the great basis of medical science."

GREEK SURGEONS.—It is said to be an omission, chargeable upon many historians of medicine, that they have neglected the universally high rank of the early Greek surgeons. They were all, in fact, petty sovereigns, and the ascriptions of medical honors to them was considered as their highest praise. In one instance, a fee was received for service in accordance with the benefit rendered, and as the story is interesting, we will relate it. Stephen of Byzantium states, Podiliarius, in his return from the siege of Troy, being shipwrecked on the coast of Caria, he was called to visit the king of the country's daughter, who had accidentally fallen from a house-top, and that he cured her from the effects of the bruises she had received by letting blood at both arms. The legend adds, that the fee received was the hand of the lady in marriage; together with the Chersonesus of Caria, where he afterward founded the two cities of Syrne and Bubastus. This peninsula was exactly opposite to Cos, the birth-place of his father Hippocrates and himself, so that the dowry formed quite a convenient principality.

SURGERY OF THE HOMERIC AGE.—In the eleventh Iliad, as Dr. Millar observes, we have a good example of the high estimation in which a knowledge of surgery was held among the chiefs and leaders of the Homeric age. The passage relates to Machaon, brother of Podiliarius, who ranked next in skill to his father, Esculapius. By some omission, the first line of the passage is not rendered at all in Pope's translation:—

"The spouse of Helen dealing darts around,
Had pierced Machaon with a distant wound;
In his right shoulder the broad shaft appeared,
And trembling Greece for her physician feared.
To Nestor then, Idomeneus begun:
Glory of Greece, old Neleus' valiant son!
Ascend thy chariot, haste with speed away,
And great Machaon to the ships convey.
A wise physician, skilled our wound to heal,
Is more than armies to the public weal."

MACHAON'S TRIUMPH IN SURGERY.—In the fourth Iliad, Menelaus is wounded by an arrow, and restored by Machaon. Pope gives it thus:—

"Where to the steely point the reed was joined,
The shaft he drew, but left the head behind;
Strait the broad belt, with gay embroidery grac'd,
He loos'd; the corselet from his breast unbraced;
Then sucked the blood, and sov'reign balm infus'd,
Which Chiron gave, and Eeacalpius us'd."

The most remarkable circumstance here is that of curing flesh-wounds by suction of the blood, adopted by Machaon, a practice common to many savage nations, and among others, to the Iroquois Indians.

PRACTICE OF PATROCLUS.—This example, in its surgical description, is more minute than the other. Patroclus had been instructed by Achilles, a pupil of Chiron, and the wounded Eurypylus, aware of this fact, asks the assistance of his friend—

"But thou, Patroclus, act a friendly part,
Lead to my ships, and draw this deadly dart;
With lukewarm water wash the gore away,
With healing balsms the raging smart allay,
Such as sage Chiron, sire of pharmacy,
Once taught Achilles and Achilles thee.
Of two famed surgeons, Podaliarius stands
This hour surrounded by the Trojan bands,
And great Machaon, wounded in his tent,
Now wants that succor which so oft he lent."

Dr. Millar thus translates literally the conduct of Patroclus, in granting the request of his friend:—"Patroclus having made an end of speaking, lifted upon his breast the shepherd of the people, and bore him to his tent; there his approach being perceived, cowhides are spread by his attendants upon the floor. Patroclus having stretched himself upon them, cut out of his thigh with a knife the sharp, exceedingly bitter missile weapon, washed away the black blood with lukewarm water, and applied a bitter root, previously bruised betwixt his hands, capable of abating pain. The root removed the whole pain, the wound dried, and the bleeding ceased."

CAPTAIN WHITE'S NARRATIVE.—The use of rubbing the root here betwixt the hands was to render it more fibrous and flexible, and, of course, its contact with the wound more perfect, as also to elicit a portion of its juice. Rude tribes generally chew or bruise their vegetable simples before they apply them. Captain White relates, that while shipwrecked in Lagon Bay, on the southern coast of Africa, he perceived the natives to cure wounds by means of an aromatic astrigent herb. He observed them use it to cure any bleeding wound with success, by chewing and applying it to the part. They likewise informed

him they could always cure pains with it in the same way.

HOMERIC DIET IN WOUNDS.—The regimen adopted during the cure will hardly meet with the approbation of modern surgeons. The following elegant and precise translation of Pope shows that practiced by Machaon in his own case:—

"The draught prescribed, fair Hecamede prepares,
Arsinoe's daughter, grac'd with golden hairs;
(Whom to his aged arms a royal slave
Greece, as the price of Nestor's wisdom, gave)
A table first, with azure feet, she placed,
Whose ample orb a brazen charger grac'd;
Honey new pressed, the sacred foor of wheat,
And wholesome garlic, crown'd the savory treat;
Next her white hand an antique goblet brings,
A goblet sacred to the Fylian kings.
From eldest times, embossed with studs of gold,
Two feet support it, and four handles hold;
On each bright handle, bending o'er the brink,
In sculptured gold, two turtles seem to drink—
A massy weight, yet heaved with ease by him
When the bright nectar overlooked the brim:
'Tamp'd in this, the nymph of form divine
Pours a large portion of the Ramanian wine;
With goat's-milk cheese, a savorous taste bestows,
And last with the smiling surface strews.
This for the wounded prince the dame prepares—"

FIRST MINERAL DOCTOR.—Melampus is reported as the first person who discovered the efficacy of a briek cathartic in the treatment of melancholy or madness. He is also the first who ventured to exhibit internally a substance derived from the mineral kingdom. The purge he used was the black hellebore, which long was known in botany by the appellation of Melampodium. The mineral substance he prescribed was the rust of iron infused in wine, and administered as a tonic. He is said to have learned his secrets, after a solemn sacrifice, from the vulture, a bird sacred to Isis, the great medical divinity of the Egyptians. The gratitude of Greece erected temples to Melampus, where divine rites were solemnized in his honor.

TRUTH NOT FOLLOWED.—Great as was the reputation of Hippocrates, yet his doctrines did not become so universally diffused as we might have expected, and although a few faithful observers of nature kept his system strictly in view, both in teaching and practice, yet the majority continued, as before, in darkness, and the treatment generally pursued was as erroneous as if he had never existed. Thus, even in Egypt, where better things might have been expected, so little was known of the unity of the body and the laws of life, that Herodotus tells us, that in his time the art of medicine was so practiced in Egypt that there was found an individual healer for each individual distemper. Hence the whole country was filled with doctors. Some took charge of disorders of the eyes, others of those of the head, others of those of the teeth, others of those of the abdomen, and others, again, of secret diseases.

MEDICINE IN JAPAN.—Owing to a similar cause, the same state of things exists now in the empire of Japan. General tenets of anatomy,

physiology, and pathology being utterly unknown, everything in that island is empirical, and, as among other empirics, the art is split into a thousand departments. Some practitioners pretend to cure only internal, others external maladies. There is even a difference in the mode of producing sores by burning, some doing it with red-hot needles, others by setting fire to the down of mugwort. All is cut up into minute divisions, and there is no single individual who attempts the treatment of any number of diseases, whether external or internal. This will always be found a characteristic of semi-barbarism.

SUPERSTITIOUS NOTIONS.—Were not the foolish conduct of the ancients repeated in our own times, it would be exceedingly difficult to credit the accounts we receive of their ideas of disease, especially when of a pestilential character. Yet the cholera of last summer was regarded as a special pest, being looked upon in the same light as its prototype, the plague, was viewed by the early nations. During the tenth year of the Trojan blockade a dreadful disorder broke out in the intrenchments of the Greeks, sweeping away whole ranks of the besiegers. As usual, the disaster was never once imputed to natural causes, and, accordingly, no application made for assistance to any of the medical chiefs. The evil was attributed to the operation of the vengeance of the god Apollo, because the commander-in-chief had refused to rescue from captivity the daughter of his priest. The remedies resorted to were the restoration of this female, prayers, lustrations, and hymns of praise. Modern travelers have shown us that the position of the Greek camp exposed it completely to the marsh effluvia, and that at the present time, whenever there is an overflow of the rivers, it is exceedingly unhealthy.

PESTILENCE AT ROME.—In perusing the early annals of Rome, a destructive pestilence is observed every few years to break out within the walls, and which is as regularly imputed to the anger of some of the tutelary deities. In 116 years, four of these plagues occurred. The reason is, that the city was built on low, marshy ground, and had a marshy district around it, which is even now the cause of great sickness, and, as Revere says, will eventually depopulate the "Eternal City."

INDIAN NOTIONS.—The small-pox, which has often extirpated whole tribes of the Indians, is not regarded by them as contagious, but is solely and invariably imputed to the displeasure of some malignant divinity. So in Hindostan, where the endemic liver complaint is laid to the Jiggahars, or liver-eaters, and these poor creatures often tortured for the imaginary crime.

SURGERY IN ADVANCE OF PHYSIC.—It is an error to suppose that the early nations were ignorant of anatomy. Wherever sacrifices were offered, they answered as the substitute of dissections. Not only must the victim be of good

form externally, but the internal parts must also be without blemish; so that the fabric, configuration, and position of the various deep-seated organs became the subject of minute scrutiny, as it was on these, according to ancient belief, that the gods impressed those marks which were to manifest their good-will or displeasure toward men, and also point out to them the course of future events. The liver seems to have been the viscus principally resorted to for information of this sort; and the accuracy with which it was inspected appears from the number of parts into which it was distributed during the investigation.

HUMAN SACRIFICES.—Not only were the lower animals offered, but also the human race itself, for it would be difficult to name a people whose early history is not stained with cannibalism, and sacrifices of their fellow-men. The Shepherd Kings of Egypt have been celebrated for the skill they displayed in investigating the corporeal structure of their species. Cortes found the abominable rites of human sacrifice to have arrived at the most shocking extent in Mexico, some four thousand victims being annually slaughtered in honor of the war-god. Acosta tells us that the high-priest opened the stomach of the victim with a knife made of a large and sharp flint, with considerable dexterity and nimbleness, tore the heart out with his hand, which he held up, yet reeking, toward the sun, to whom he offered it, and then turning toward its representative, the idol, cast the heart at its feet. Dr. Millar has well observed, that the Mexican practice evinced no inconsiderable knowledge of dissection, as for the purpose of extracting the human heart, it will be found a quicker method to plunge the knife into the stomach, perforate the midriff, or diaphragm, and thus gain access to it, than to open the ribs in the usual way.

NEGRO SURGERY.—The Negro nations that inhabit the southern coasts of Africa discover considerable acquaintance with several manipulations of surgery. Thus the natives of Congo and the Gold Coast understand very well how to bleed, and employ with sufficient effect a species of cupping-glasses made after their own fashion. A Portuguese missionary relates, that while in Congo, being ill of a tertian ague, he was let blood by the king's brother, with as much dexterity as is customary in Europe. The blacks that inhabit the kingdom of Issini remove the pleurisies of their country by deep scarifications on the shoulders, whence they extract the blood by pieces of horn, used after the manner of a cupping-glass. The horn of a bullock, perforated at the end, is put over the part after the incisions are made, the operator then sucking the air out and closing the orifice with wax; the discharge produced is in general plentiful. Father Soyertells us, that the same people, by means of their simple, cure wounds of extraordinary depth, as five inches, and even where the bone has been exposed.

HOTTENTOT SURGERY.—The Hottentots are not less skillful than the Negroes of the western coast. Acquainted with the powerful effects in inflammatory diseases, produced by loss of blood artificially, they open a vein with adroitness, and suck the quantity of blood required by means of a cow's horn. Their incisions are two in number, each about an inch in length. In dislocations, they first try to supple the parts by friction with grease, and then proceed to reduction. They can cure even poisoned wounds by these simples. Mungo Park tells of similar skill shown by the Mandingoes. He says, the management of fractures and dislocations among the people is highly successful, and their splints and bandages simple and easily removed. They open abscesses by burning into them with a red-hot iron.

INDIAN SURGERY IN NORTH AMERICA.—The Iroquois nation, as we have before mentioned, restore injuries of soft parts with uncommon rapidity, by means of a method of suction, formerly well known in French practice, and of late highly extolled by John Bell, one of the first modern surgeons. The savages of Canada let blood by means of scarifying with pointed reeds, or sharpened pieces of stone. The flow of blood is promoted by a rude cupping-glass, formed of a species of gourd. They apply red-hot iron in a variety of ways to cauterize, and are also very successful in curing wounds. Lafitan celebrates their skill in ruptures, dislocations, and fractures. Ulloa tells us that the natives of Carthagena Bay far exceed the Europeans in extracting the guinea worm. Even the rude Patagonians, as Magellan tells us, who first discovered and named them, appear acquainted with the alleviation of pain experienced in diseases by withdrawing a quantity of blood from the body. Thus, when seized with headache, they cut themselves across the forehead so as to let the blood flow; while, in pains of other parts, they have recourse to similar incisions. To excite vomiting, they touch the top of the fauces with an arrow.

GENERAL SKETCH OF ANCIENT PRACTICE.—We have now given a general sketch of ancient medicine and surgery, and by comparing them with the same arts as practiced in barbarous nations in our own day, have proved that mankind all begin in about the same way; and also, that the original faculties of civilized and savage are identical, the difference lying in the cultivation. Our after articles will show the gradual progress of the art of healing, and that, despite conflicting theories and occasional standings-still, it has slowly improved, and will continue to advance until for every pain there shall be found a remedy, and sickness and sorrow be no more.

THE FASHION.—While thousands fall by clashing swords, ten thousands fall by corset boards. Yet giddy females—thoughtless train!—for sake of fashion, yield to pain.—J. S. E.

VENTILATION.

BY O. V. THAYER.

It is much to be regretted that, in connection with the various improvements which the style of building and the internal arrangement of our houses have undergone within the last ten years, more attention has not been paid to the means for ensuring a free ventilation throughout every apartment. In the large and sumptuous dwellings of the rich, the wide halls, lofty ceilings, and free communication existing between the principal apartments, prevent, it is true, most of the causes of complaint in this respect; but in the more numerous and humble dwellings, occupied by the poorer class of community, the mechanic and artisan, and in the buildings appropriated for workshops, stores, warehouses, churches, and lecture-rooms, the means of ventilation have, in too many cases, been sadly neglected. If our churches were properly ventilated the clergymen would not preach so often to a sleeping congregation. As a necessary consequence, cleanliness is prevented, and the health and comfort of the inhabitants and inmates prejudiced to a greater or less extent. A free circulation of air in and about a building is of too much importance to allow of its being sacrificed from motives of economy, avarice, or mere convenience. Air, when it is confined for any time within a room, or rendered stagnant by any other means, soon becomes not only unfitted for respiration, but absolutely destructive to life.

Under such circumstances, its composition is quickly changed from various causes; while at the same time it is loaded with dust, and deleterious exhalations given out by the human body, even in health, or produced from the decomposition of animal or vegetable substances. Every one who has entered a bedroom where one or more persons have slept during the night, or that has been completely shut up for even a few days, whether inhabited or not, must have been struck with the peculiar smell of the air in it, and experienced the disagreeable sensation caused by its admission into the lungs. Many complain of the unpleasant smell and dampness of their houses, without suspecting for a moment that this is merely the result of defective ventilation. It is all-important, therefore, that the air from without should be allowed to enter freely into every part of a building, if not in a continual current, at least at frequent intervals, so as fully to expel that previously existing in the several apartments. The causes of deficient ventilation are either the location of the building, the want of free communication between the different rooms in each story, or the situation of the doors and windows so that they will not admit a free current of air. The healthfulness of a dwelling is increased very considerably by allowing to it a capacious yard, which may be either paved or covered with grass, or cultivated as a flower-garden. I would urge again the great necessity of having your sleeping-rooms well ventilated; they should be spacious, and every day thrown open to the free circulation of air.

CONSEQUENCES OF DRUGGING.

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

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

(Concluded from the April No.)

THE existence of a structure in the mucus and its insolubility in water, proves that it is inveterate, and has been indurated. The size of the coherent lumps of mucus and nets of mucus repudiate the thought that the mucus in question could have lain in the inside of the membranes of the stomach. For a secretion of bodies of mucus possessing a structure of the length of an inch and corresponding breadth from the glands of the stomach, or through the tissue of the skin, is unhesitatingly a physiological impossibility. We are, therefore, from all sides constrained to the acceptance, that bodies of mucus of the described character must have been existing in the cavity of the stomach, and already adhering to its folds, for a considerable length of time. If, then, coeaneously with the vomiting of mucus, the taste of medicaments formerly taken is distinctly perceived; if, moreover, the mucus and the fluid have the color of the medicament tasted, then the opinion, that the medicament, upon its entrance into the stomach, was enveloped in freshly-made mucus, and in this gradually hardening mass had adhered to the folds of the stomach, appears to be perfectly justified. In support of this opinion is to be added, that no ground can be discovered which disputes the possibility of an adhesion of mucus in the folds of the stomach. On the contrary, very many analogies speak in its favor. For instance, if the glands are diseased, mucus settles firmly upon the teeth, and hardens upon them to that solid concretion which people in common life are accustomed to call Tartar, and which is removed from the teeth periodically by dentists. If any one will raise the objection, that the internal-skin of the stomach is thoroughly lubrical, and provided with numberless glands and organs of secretion, and that for this reason an adhesion of mucus upon the folds of the stomach is not possible in such a manner as upon the dry teeth, I reply, the healthy and normal stomach, especially of beasts, possesses the capability of forcing needles accidentally swallowed crosswise through all lateral tissue gradually to the exterior, and of casting them off. But in every respect the condition of the diseased and medicine-ruined stomach is quite otherwise. By long-continued drugging, particularly if the medicines employed are of a more acrid and poisonous nature, the stomach and bowels are in places gradually organically destroyed, excoriated, sometimes morbidly softened, again morbidly indurated, now abnormally attenuated, now equally thickened, and again affected with chemical inflammation and suppuration. These facts are by no means subject to doubt and dispute; the occurrence of these diseases is recorded in all pathologies and well known to all drug-physicians, and it affords the most decided proof of the possibility

of adhesion of mucus and induration of mucus in the alimentary canal. Many kinds of indurated and disorganized places in the stomach secrete no fluid at all, are by no means lubrical, and offer, therefore, quite as little impediment to the adhesion of mucus as the teeth do. Indeed, we are justified in saying, that in alimentary canals which have indurated tracts along them, the adhesion of mucus must frequently be much greater than upon the teeth of such persons. For with these individuals there is much more diseased mucus present in the alimentary canal than in the mouth, and it has at all events a much longer sojourn in the former organ than in the latter, whence it is more speedily removed by the act of spitting.

In opening the alimentary canal by section, the part covered with indurated mucus may present itself to the eye in no other light than any other ordinary induration of the stomach, usually combined with somewhat thickening of the membrane, frequently also not. Most certainly there are gastric indurations of another kind, which consist in the conversion of the organic tissue in places into indurated substance, which have not been covered with mucus. The distinction of these different indurations escapes a superficial examination, and certainly physicians have in dissections frequently mistaken gastric indurations with adherent mucus and containing medicaments, for simple indurations of the organic tissue alone. Indeed, it need scarcely be observed, that that part of the stomach which is permanently covered with mucus, must necessarily perish organically, even in the inner tissue. All indurations found in the alimentary canal should be cut out by physicians, and subjected to hard boiling in water, in which the indurated mucus will without doubt resolve itself, although not into the original fluid mucous substance, still into the above described mucous body, having a perceptible structure. They would then make the discovery, that the water used in the boiling process was impregnated with medicinal substances, and that in most cases it would have either an acrid, sour, biting, or medicinally disgusting taste. Frequently they would be enabled to discover, also, metallic poisons in the water, by means of reagents.

When, as was above shown, Fxx found in a tumor of the left hypochondrium of a syphilitic patient treated with mercury a stone-like concretion which contained quicksilver, the fact is thereby also proved by experience, that poisons and medicaments in mucus may deposit themselves in the body, and that this mucus in the course of time hardens to a stone-like concretion.

It is well known to every chemist, that certain bodies can be compressed by condensation from a large volume into an incredibly small one. In regard to this facts have been attained which border upon the incredible. Also, mucus is compressed, by induration to a stone-like concretion, into an incredibly small space. I consider it very possible that a mucous mass, which in its fresh state occupies several cubic feet, does not

in a state of perfect hardness occupy the space of one cubic inch.

It need, indeed, scarcely be observed, that all that has been said of the adhesion and induration of mucus in the stomach, relates also in like manner to the intestines; and indeed it is a decided fact, that long-continued drugging desiccates and in tracto disorganizes the intestines, much sooner than the stomach, and consequently that indurated mucus is much more frequently found in the bowels than in the stomach. According to my experience, I would say that this ratio holds as sixteen to one in practice. The mucus, which by the use of water clysters is carried off in the water-cure, has likewise, when it is already old and indurated, as was above noted in regard to old mucus in the stomach, a perceptible structure, and is soluble in water into smaller forms of structure, but not into the original fluid and formless substance of mucus.

It is well known that, with rare exceptions, only such patients go to water-cure establishments as have already emptied to the dregs the vials of the apothecaries, who after long years of drugging have suffered only exaggeration of their afflictions, and who have been declared incurable by their physicians, if not to the face of the patient, at least behind their backs; since, as shown, the adhesion of mucus is only an effect of much drugging, and since in water-cure institutes especially the strongest medicine eaters are found, it follows that among water-cure patients very many must be found with indurated mucus in the alimentary canal, still I have observed in my establishment, that among sixteen patients only one got a vomiting crisis, which was conclusive evidence of the existence of indurated mucus in the stomach. Hence it may be seen how seldom must be the adhesion of mucus and medicaments in the stomach, with the generality of persons. Although this same mucous induration is much more frequent in the intestines, still even then it is only found in such persons as have taken much medicine. Hence it follows, that indurated mucus of the stomach and intestines is but rarely found in the alimentary canal in dissections, which in general are performed upon subjects taken from the lower classes of the people, who have not taken much medicine. Still they will be found, if the propositions which I have made are followed. Two professors of medicine, who, living in large cities, have frequent opportunity to attend dissections, have promised me to undertake the examinations which are necessary to search out the indurated mucus and medicinal stuffs, in indurations of the stomach.

It oftentimes occurs through the use of clysters in the water-cure, that considerable quantities of mucus of abnormal color are excreted by the evacuations, which appear shapeless and half fluid. These slimy masses have by no means been inveterate and indurated, but it is mucus freshly secreted from diseased, and especially from healing glands. At all events, such mucus as has lain very long in the alimentary canal and has been already indurated, must, after its inten-

eration and evacuation by water, have a visible structure, and must, as above shown, be capable of being softened by water, but not soluble into original mucous substance. These indications are perfectly infallible in solving the question, whether secreted masses of mucus are fresh, or have become old and indurated.

THE MEDICAL ART AT PRESENT.

BY S. O. GLEASON, M.D.

THIS art, among physicians themselves, from the highest to the lowest, is in a very unsettled state. The practice is, to say the least, unsatisfactory in the extreme. Many of the most eminent look upon it with great distrust; while others, equally so, "hold their art in contempt." By many it is blindly relied upon, and medicine given with an unsparing hand. Variance and difference of opinion among the highest authorities, in regard to the treatment of the most common and best understood diseases, is a matter of almost daily occurrence. And the prospect for an agreement among the "regulars" by no means becomes brighter as time advances. Let them speak for themselves:

Says Boerhaave, "I have examined the subject pretty thoroughly, and think the best plan is to keep the feet warm, the head cool, and the body open, and reject all physicians."

Abercrombie says, "Gentlemen, we might as well confess the whole truth as not, that our whole pretended science is but a system of guessing, the art of conjecture, mere learned quackery. We neither know the seat nor the cause of disease, nor the action of remedies. Our practice resembles the conduct of a blind man armed with a club, and striking in the dark. If we hit the disease, we kill it; if we hit the patient, we kill him."

Robinson says, "More have been slain by the lancet alone, since the days of Sydenham, than all that have perished by war, pestilence, and famine."

Says Graham, "I think three grains of calomel enough for a dose." Yandell replies, "Three grains! We use two hundred and fifty in old Kentuck, and generally lose our patients at last."

These remarks need no comment, they are a volume in themselves. The Allopathic practice is daily losing reputation among the more enlightened portion of our community. The practice is now "reduced to the level of a trade." The golden-headed cane and cloak of dignity, together with the utterance of learned technicalities and high-sounding phrases, no longer pass for knowledge and skill. The efforts of the "regulars" to maintain their dignity react upon themselves. The most plain and familiar in their conversation upon disease,—the most open in their practice, secure the strongest hold upon community.

The good practical sense of mankind is not now to be imposed upon by mystery. There is too much knowledge of the medical art disseminated at present, to allow of such imposition as

has been for centuries practiced upon the people, under the pretence of its being medical science. This is an age of thorough scrutiny and close investigation, into old things as well as new. Whatever shrinks from the touch of scrutiny is regarded with distrust.

Many of the most eminent in the medical profession feel this to be true, and are openly and boldly calling upon their brethren for a reform. But comparatively few are, perhaps, aware of the civil war that is raging among the "regulars." Many of them have come to the honest conclusion that the people will find out for themselves soon the fallacies of their art; so they might as well begin to teach the world its errors. While others adhere, with the tenacity of a drowning man the stick which he has grasped in his dying struggle, to their favorite system of practice.

It is not until recently that these disclosures have found their way into the public mind. Medical books have alone contained the startling admissions and staring nonsense which now begins to come before the world. "The press, that mighty tell-tale," will now utter it to the remotest bounds of civilization. The people at large begin to understand that all there is of value in medicine can be understood as easily as any other branch of science, and that, what there is that cannot be easily comprehended and made practical, is worthless, or mere learned mummery.

We do not intend, in these remarks, to destroy confidence in the medical art, but merely to show its present state. Nor do we question at all the motives of medical men. For the "regulars," as a body, are men of some scientific attainments, and many of them are eminently wise and judicious men,—men who make noble and manly sacrifices for the public weal,—men who spend their lives and fortunes in instructing the public how to preserve health, and aid in rolling back the tide of disease and death consequent upon our indulgence and sensual gratification. Such men never play upon the marvelous in human nature. "They never practice deception," "nor are they opposed to the dissemination" of any department of human knowledge. From such we have received encouragement and aid in our endeavors to heal the sick, and to enforce obedience to the laws of life and health.

But there is an error which has naturally enough crept into the public mind,—an error which has done, and is still doing, incalculable mischief to the human race. It is this, that disease is under the almost entire and absolute control of medicine, some how or other applied to the human body; the idea that drugs do destroy or drive out disease, as the cat destroys or drives out rats and mice from an infested house. In the minds of many, no treatment can be of any use if drugs are not swallowed in enormous quantities. This leads the more honorable part of the medical profession to use deception in the employment of inert substances, to satisfy their patients that they are taking medicine. Bread pills, and water slightly colored, are often prescribed when the patient needs no medicine, or

when it would be an actual injury to him. If a patient receives good and wholesome advice from his physician in relation to his diet, exercise, and general regimen, and *no medicine*, he "straightway goeth, like an ox to the slaughter," to a drug-shop and obtains some kind of *patent medicine*, which he swallows according to his "good pleasure," neglecting the advice of his physician, and doubting very much in his own mind whether the doctor understood his case.

This idea must, some how or other, be gotten out of the public mind, if life, health, and happiness are to be secured. If medical men would universally come out and express their belief in the non-efficacy of drugs, in the great majority of cases, the entire aspect of drugging, patent as otherwise, would soon be changed. And a greater benefit in no one direction could be conferred upon the world.

HYDROPATHY.—We now propose to present the outlines of a system for the treatment of disease in which no medicine is used. This system is called the Water-Cure. We claim that a large share of the diseases to which the human family are subject may be successfully treated by water, and its aids—**AIR, EXERCISE, AND WHOLESOME DIET.**

Water, as a medical agent, is no new thing. It has had a name and place among articles styled "curative agents" in all ages of the world. At times it has taken a high stand, and played a conspicuous part in the healing of diseases.

THE KNICKERBOCKER ON PACKING.

A CORRESPONDENT of the Knickerbocker has been writing his experience in the Water-Cure. In the January number the packing operation is described in a manner to affect one's risibilities pretty considerably. By the way, this Knickerbocker is one of the best Magazines for patients at an establishment. The table editorial is always supplied with that kind of intellectual entertainment which, by a "reflex action"—as the doctors say when they don't mean anything—produces a pleasant side-shaking of the respiratory apparatus, whereby "good digestion is made to wait on appetite, and health on both." If you want the Knick—the "old Knick" it is, too, being in its thirty-fourth voluminal year—address Samuel Hueston, 139 Nassau street.

"Last Friday I was first inducted into the wet sheet, or 'Pack,' as it is technically termed, and will give you an inkling of that *chef d'œuvre* of the Water-Cure. Having first provided two comforters, two blankets and two sheets, one cotton and one linen, you await the arrival of *PETER* to 'pack' you. At half-past three or four in the morning he enters your room, lamp in hand, with a hurried step, and with the look and manner of a familiar of the Inquisition. The bed-clothes being removed and the pillows properly arranged, a comforter is first spread out upon the mattress, then the two blankets, then the cotton sheet, wrung out of cold water. Upon this you stretch yourself out on your back, with your arms beside you and your head on the pillow. The wet sheet

is first wrapped round you, then the blankets are well tucked in under your shoulders and all the way to your feet; the comforter is then fixed in the same way; the other comforter is then doubled and put over you, and tucked in so as to pin you down and effectually exclude the air. In this condition you lie from half an hour to an hour and a half, as may be necessary, until you get perfectly warm. Your sensations are various, but on the whole not unpleasant, and when you get in a glow, delightful. You generally fall into a doze, and have all manner of visions. But I will begin at the beginning, and take you through a 'pack' *seriatim*; showing you the different phases through which I passed on my first appearance as a 'packed patient' in a water-cure establishment.

"My first vision was a long icicle in one of the caves of Nova Zembla, which changed into a snow man, who gradually vanished, repeating as he melted:

'Cold on his midnight watch the breezes blow
From wastes that slumber in eternal snow,
And waft across the waves' tumultuous roar
The wolf's long howl from Onaslaka's shore.'

Having got somewhat over the chill, I arrived at what may be called the 'nervous phase.' 'Suppose,' thought I, 'that a fly should walk over my face, or explore my ear, or some blood-thirsty mosquito should attack me in this helpless state! or worse than either, if the house should take fire, and I all alone in "masterly inactivity!"' To this Reason replied: 'It is so early in the morning, that not a fly is stirring; it is much better to let a mosquito take his fill than to kill him before he is done; and if the house takes fire, there is water enough, in all conscience, to put out a dozen such houses as this!' To which Philosophy adds: "'Do not be frightened before you are hurt,'" if the fire comes it will burn the fly and the mosquito also, which is some comfort.' So passes *that* phase.

"I now begin to look about me and examine my state, beginning to warm a little, and slightly to doze; but such a succession of visions and odd fancies and beautiful scenes, interspersed with songs, did the sight of myself bring upon me, that I hardly know where to begin. First, I was a barrel of 'Prime Beef, No. 1,' packed for the English market; 'Mess Pork' was out of the question, being contraband in a water-cure establishment. Next I was one of the 'Forty Thieves' in the oil-jar, and expected every moment some beautiful MORGIANA to give me a 'douche' of boiling oil; this vision was mingled with the caravan's march and 'MORGIANA, thou art my dearest!' Then I was a mummy, and wandered far away among the catacombs and into the days of PROLEMY PHILADELPHUS, interspersed with fine scraps from 'MOSES in Egypt'; then an Indian papoose bound in bark, and I roved among the islands of the South Pacific, Typee and the Bay of Islands; FAT-AWAY sang to me, 'Come to the sunset tree,' and a tall New-Zealander threatened to devour me; but I knew he could never get at me through the blankets and comforters, and felt

more afraid of a mosquito than of forty New-Zealanders. Lastly, I was the Culprit Fay, enclosed in a walnut-shell, and soared high over Tarrytown to Crow's-Nest and the Beacon, looked down upon West Point, and warbled sweetly into J. . . . 's ear:

'My heart's in the Highlands,
Oh, gin I were there!'

"So ended *this* phase. The heat was now increasing, and I felt as if I were enveloped in a warm hasty-pudding, or rather like an apple inside of a dumpling, with this difference between myself and his most gracious majesty King GEORGE the Third, that I knew very well how I got in, but the puzzle was how I should get out. The heat still increasing, I fancied myself for a moment PLINY the Elder in the crater of Vesuvius; but Imagination, taking the reins in its own hands, fairly ran riot. Give me a 'pack' for inspiration! Opium is a fool to it; gin-and-water isn't a circumstance; and clairvoyance may hang up its fiddle. I was now right under the line, (in this state you never get north of the equator,) amid the most luxuriant of tropical scenes; now descending the AMAZON with GONZALO PIZARRO, and anon ascending the Oronoco with HUMBOLDT; then in India, entwined in the folds of a boa-constrictor, or an unfortunate Rajah, powerless in the embraces of British affection. Finally I expanded into a gaseous state, and leaving my worry coating in the 'pack,' emerged like a butterfly from its chrysalis, and soared on wings of purple and gold into boundless space!

"These were all efforts of the imagination. You must not think, my dear J. . . ., that any of these things did really take place. Oh, no! the only reality was PETER, who came in, and like twelve o'clock, reduced CINDERELLA to blankets and comforters again. Removing the outer shell of comforters, and setting my feet at liberty, he gallanted me, still swathed in blankets, to the bath, which had about a foot of water in it, of the temperature of seventy degrees. Lying down for a moment in this, you then sit up in the water, and rub and are rubbed briskly with the water for about two minutes; the water-pipe is then let loose upon you and dashed two or three times over your shoulders and back. Imagination, not yet fairly unhorsed, combining with the actual circumstances of the case, leads you to imagine yourself passing under the sheet at Niagara, or in the case of a delinquent husband put under the hydrant for beating his wife. The last idea, however, merely flashed through my mind, inasmuch as I had no wife to beat, and withal felt a glow of satisfaction come over me such as I imagine very rarely comes over the culprit under sentence for spouse-flagellation. This process over, I stepped out of the bath, and was immediately enveloped from head to foot in the dry linen sheet; a perfect fac-simile of a Bedouin Arab. So striking was the resemblance, that I should have serenaded PETER and invited him to 'Fly to the Desert' with me, were it not that I should as soon think of joking with DANIEL WEB-

STER, or the great Centre of Gravity himself, as with the bath functionary of Mount Orange. After being thoroughly rubbed dry through the sheet until I felt like a beef-steak smothered in onions, I stepped out of it, and the whole illusion vanished :

'THE cocks have crowed, and the flays are gone ;'
'PETER has vomosed, and 'the pack' is done !'

CASES OF ORTHOPATHY.

M— B—, fourteen years of age, of nervous temperament, had been for some months feeble, and troubled with cough, pain in the side and chest, and many other symptoms indicating the same general tendency. To add to her trouble and increase the parental anxiety and alarm, the salutary course of nature was far from being established—indeed, there was almost an entire suppression.

In these circumstances, and while traveling through the place, I was consulted. I found that a natural delicacy and tenderness of constitution had been greatly aggravated by tonics, alteratives, and nostrums. Every wise mother, and aunt, and grandmother, to say nothing of other friends, and even strangers, had been desirous of prescribing in the case. The girl was exceedingly beloved, and all wished to save her. And most of all, they were most ready and officious who were least entitled to be so.

One bottle of medicine and syrup after another was shown me, and I found that many of them had been already pretty well tried. It was hardly to be endured that I should condemn them all, and advise a course of obedience to Nature's laws, to the exclusion of all medicine whatever. I ordered pure air, abundance of passive exercise, the warm bath at bed-time thrice a week on going to bed, to give place to cold shower bathing in the morning as soon as she could bear it, and general cheerfulness. I reasoned with the parents, and endeavored to rouse them to a due faith in Nature's laws, and left them.

Five or six weeks afterward I had occasion to pass through the village again, when I made inquiry after M—. "Much better," said her father. "If nothing befalls her, we have every reason to believe she will now recover." This was about the first of April. I had given them no encouragement of her fully recovering before October.

E— T— had been much exposed to alterations of heat and cold during the winter, and besides was naturally very susceptible. She was of a high nervous and sanguine temperament, and of a scrofulous tendency. A peculiar form of influenza prevailed in the neighborhood, in which the ears, one or both of them, were subject to a violent inflammation, and the sensibility and irritation was apt to extend to the lungs.

E— was attacked by acute pain in the right ear, and in other parts of the head, accompanied by chills and other symptoms of general fever.

In this condition I saw her and prescribed for her. It was toward evening. I advised a warm bread and milk poultice to be applied to the ear, and the whole surface to be kept warm, but not hot. For the febrile symptoms I advised the free internal use of cold water.

The patient herself had fears that the treatment was not sufficiently energetic, but I endeavored to establish and increase her confidence in the restorative powers of Nature, and partly succeeded. When the surface became warm, say at ten o'clock, we all retired to rest. The old system would have required an attendant for the night, but I preferred to have it otherwise, as I slept in a room adjoining hers, and could hear her voice should she ask for anything.

I have said that I *slept, &c.*, but it was not so easy to sleep in circumstances that involved so much of anxiety and of responsibility. However, as the patient herself became more easy about midnight and slept, I no longer hesitated, but yielded to the same general law. In the morning she was evidently better.

During the day she had a partial return of the ear disease, with signs of a determination to the lungs, and in the early part of the evening she required the same orthopathic treatment to which she had been subjected the previous evening. Next morning the disease was rapidly disappearing, and though the appetite had not yet returned, I found it safe to leave her. The day after she was so far restored as to be able to make a journey of about one hundred and fifty miles by stage and railroad. I have not heard from her since.

Two children of Dr. —, in Worcester county, had a regular course of fever last year, during which the doctor left them entirely to the mother, and her nursing and attendance. She simply placed them under law, and in one instance gave them a little thoroughwort. They recovered in less time and in better condition than the average of children of similar age, who are affected in a similar way.

CONSUMPTION.—I do not take the ground, with Drs. Rose and Fitch, that all cases of consumption can be cured. And yet there are, all over the country, remarkable cases of partial restoration. The two following cases were gleaned up in the town of Lancaster, Mass.

W. was suffering, twenty-two years ago, from an hereditary tendency to consumption. Indeed, he was so far affected as to be given up, or nearly so, by his friends, as well as by his physicians. In this extremity he abandoned medicine, placed himself "under law," especially "physical" law, and gradually recovered. He is now some forty to fifty years of age, and able to labor every day throughout the year.

T. was in a much worse condition, twenty-three years ago, than W. He took a similar course, with the exception of one particular, (in which he went even *beyond law*), and with similar results. He is now nearly fifty years of age, and appears active and healthy.

The exception referred to was the following.

He slept, in summer, on the floor, without even blanket or pillow. In winter, he took a board, cut of suitable width, took it to his bed, placed it under the sheet he lay on, and slept on it. This course, he says, he continued eight years.

HYGIENE THE TRUE MORAL OF THE CHOLERA.*

BY ROLAND S. HOUGHTON, A.M., M.D.

A MEMORABLE year is drawing nigh its close—a year vividly suggestive to thousands and myriads, both in the Old World and the New, of unnumbered scenes of terror and death. War and pestilence have done their work; the shock of arms in the heart of Europe has thrilled the whole world; Hungarian "independence" is a dream now over; Kossuth still lingers in the domains of the Turk; and heavy in the scale lies the sword of the Czar.

But I am here to speak, not of "grim-visaged war," but of his rival in destruction, the pestilence of Asia. In its onward progress from the jungles of the East, this horrible disease, moving, as is its wont, in spite of mountain, desert, and plain—of Persian heat, Ionian blandness and Russian snows; defying alike the fierce sweep of the Simoom, the cold blasts of the North, and the midland calm;—crossing at a bound the swollen river, the sheeted lake and the boundless ocean, has once more committed its ravages in our midst. It has burst through Quarantines and refused to be barred out by Boards of Health. It has performed its "mission," but it has hardly yet gone—seemingly lingering in the track of the ruin it has made. In the course of its march it has advanced and retreated; it has wound its tedious, snake-like course, now here, now there—decimating this place, leaping over that, and depopulating a third: appearing, at one time, coy and capricious—at another, stern, exact, and relentless—at all times, fearful! To the squalid denizen of the sweltering and crowded town—to the pampered devotee of unbounded sensuality—to the far-off emigrant, journeying through the soft clime of Mexico or the rugged territory of our Indian tribes, in adventurous quest of the rich ores of the Sacramento, the dread Cholera has alike appeared, and laid on each and all his cold, withering, and merciless grasp. Countless the victims! Hasty their summons and awful their fate; thus to sink, languidly and helplessly, into untimely graves, at the bidding of a pestilence that "walketh in darkness" and a sickness that "destroyeth at noon-day!"

As we look back upon our last summer—upon that season which is, to most of you, one of relaxation and joyousness, of sunshine and flowers—what "thick-coming" recollections of the then-prevailing anxiety and gloom! What sad remembrances of lost friends and kindred! What mournful memories of selfish fears and unmanly weakness! Funeral processions darkening our

streets! Timorous townsmen hurrying along from the daily bulletin, in superstitious dread of the imagined contagion! Senseless braggarts proclaiming their immunity in alcoholic protection! Credulous citizens breathing in their "antidote" from little scented bage, or binding on the fetters of astringent drugs! Brandy and red-pepper on every shelf—sulphur and charcoal in everybody's pocket—camphor and opium in everybody's mouth! Fishermen starving—"the butcher" thriving—and fruits and vegetables thrown back on the market! Peaches tabooed—"sweet" grapes voted "sour"—and innocent melons looked on with horror! Cities and towns half deserted of their inhabitants—and cramped-up country-inns overflowing with the exiles—so potent the spells of the general panic! Business "dull"—the "fancies" drooping—and Wall-street empty! Blind Justice at a stand-still, and lawyers, like their clients, lounging for their health on public stairways at rural retreats! Medical practitioners agreeing about nothing: one doctor scouting the bare thought of Cholera; another one arguing that the disease is death despite all treatment; a third proclaiming he has never lost a case; and a fourth announcing an "infallible" specific—perchance dying of it on the morrow! Analytical chemists bottling up air in fruitless search for some secret *virus*, some mystic "ozone"—impalpable to ordinary, unaided senses—impalpable even to senses inured to the abracadabra of the crucible and the alembic! Profound savans, "heavily laden" with scientific lore and academic honors, vying with the owl by strenuous efforts to see in the dark; one viewing naught in the intense gloom but "fungous growths;" another, vast hordes of infinitesimal animalculæ, with funny little tails; while a third, as he turns his electrical grinding-glass, is absorbed in a new theory based on the sparks—and quite as long-lived!

Just so, in the days when the quiet old monk invented gunpowder, the metaphysical schoolmen were wondering "whether fishes think!"—"whether the stars have eyes, and, if so, do they see?"

Let us devote an hour to the moral of this picture.

"Nothing," says Seneca,* "is more hateful to true wisdom than *excessive acuteness*!" Of this position the late Mr. Poe, one of the most ingenious writers our country boasts, once published a remarkably clever illustration. I shall proceed to give some idea of the tale, as its point is decidedly "pat to my purpose."

It seems that the astute prefect of the Parisian police had vainly exhausted the resources of his calling in endeavoring to discover a highly-important purloined letter. He had positively ascertained the house it was concealed in, and spent month after month in a personal *ransack* every night. He had taken the whole building, room by room, devoting the nights of a whole week to each. He had closely examined the whole of

* A LECTURE, recently delivered before the Mercantile Library Association, in Clinton Hall, New York.

* Nil sapientie odiosius acuminis nimio.

the furniture, chair-rungs, and jointings; opened every possible drawer; scrutinized the bottoms and tops of bed-posts; probed the cushions with fine long needles—and then the beds and bed-clothes, curtains and carpets; “looked to the mirrors between the boards and the plates;” opened every book, turned over every leaf, and measured the thickness of every book-cover; nay, he had even gone so far as to divide the entire surface of the house into compartments, which he and his party had carefully numbered, so that none might be missed; and then they had scrutinized with a powerful microscope each individual square inch throughout the premises, including the two houses immediately adjoining! Thoroughly mystified and excessively chagrined—for an enormous reward had been offered for the restoration of the purloined letter—the worthy official made known his dilemma to one of his friends—a gentleman whose genuine shrewdness was tempered by good judgment.

“The fact is,” said the prefect, “the business is very simple, indeed, and I make no doubt that we can manage it sufficiently well ourselves; but then I thought you would like to hear the details of it, because it is so excessively odd.”

“Simple and odd!” asked the prefect’s friend.

“Why, yes; and not exactly that, either. The fact is, we have all been puzzled because the affair is so simple, and yet baffles us altogether.”

“Perhaps,” was the reply, “it is the very simplicity of the thing which puts you at fault; perhaps the mystery is a little too plain.—a little too self-evident!”

Now this was a suggestion wholly beyond the range of the prefect’s philosophy; the man who had examined every square inch with a microscope could not brook the idea of having been foiled in any such way as that.

Profoundly amused, he retorted on his friend: “Oh! good heavens! who ever heard of such an idea! Oh! my dear sir, you will be the death of me, yet!”

After such a reception of his friend’s hint as this, the prefect could get no better advice than to make a thorough re-search of the premises. A month later, he again met his friend, as luckless as before.

“Confound it!” said the prefect, “I made the re-examination just as you suggested; but it was all labor lost, as I knew it would be.”

But now behold a new turn in affairs!

“How much did you say was the reward offered?” asked the friend.

“Why, a very great deal—a very liberal reward—I don’t like to say how much precisely; but one thing I will say, that I wouldn’t mind giving my individual check for fifty thousand francs to any one who could obtain me that letter. The fact is, it is becoming of more and more importance every day; and the reward has been lately doubled. If it were trebled, however, I could do no more than I have done.”

“Why,” said his friend, drawlingly, between the whiffs of his meerschaum; “I really think you have not exerted yourself to the utmost in

this matter. You might do a little more, I think—eh!”

“How! in what way!”

“Why, you might employ counsel in the matter—eh! Do you remember the story they tell of Abernethy?”

“No: hang Abernethy!”

“To be sure; hang him and welcome. But once upon a time, a certain rich miser conceived the idea of spunging upon this Abernethy for a medical opinion. Getting up, for this purpose, an ordinary conversation in a private company, he insinuated his case to the physician, as that of an imaginary individual. ‘We will suppose,’ said the miser, ‘that his symptoms are such and such; now, doctor, what would you have directed him to take?’ ‘Take!’ said Abernethy; ‘why, take advice, to be sure.’”

“But,” said the prefect, a little discomposd; “I am perfectly willing to take advice, and to pay for it. I would really give fifty thousand francs to any one who would aid me in this matter.”

“In that case,” replied his friend, opening a drawer and producing a check-book, “you may as well fill me up a check for the amount mentioned. When you have signed it, I will hand you the letter.”

The prefect, at this, appeared absolutely thunderstruck. For some minutes he remained speechless and motionless, with open mouth, and eyes starting from their sockets; then, apparently recovering himself in some measure, he seized a pen, and, after several pauses and vacant stares, finally filled up and signed a check for fifty thousand francs, and handed it over the table to his confidential adviser. The latter examined it carefully and deposited it in his pocket-book; then, unlocking an *escritoire*, he took thence a letter, and gave it to the prefect. This functionary grasped it in a perfect agony of joy, opened it with a trembling hand, cast a rapid glance at its contents, and then, scrambling and struggling to the door, rushed at length unceremoniously from the room and from the house, without having uttered a syllable since he had been requested to fill up the check. And now for the explanation.

Acting on the idea that the prefect had been foiled by the simplicity of the mode of concealment adopted, his friend had himself visited the house in question, and actually discovered the missing document in full view, in a trumpery card-rack. “Soiled and crumpled”—“refolded in a reverse direction, in the same creases or edges which had formed the original fold”—“re-directed and re-sealed”—“torn nearly in two, across the middle, as if a design, in the first instance, to tear it entirely up as worthless, had been altered or stayed in the second”—and “thrust carelessly, and even, as it seemed, contemptuously, into one of the uppermost divisions of the rack, full in the view of every visitor,” it had scarcely been glanced at during the prolonged search of the over-wise official!

(To be continued.)

NEW-YORK, MAY, 1850.

MAY MUSINGS.

BY E. T. TRALL, M.D.

BILIOUSNESS.—In all communities, and among all nations, where people call themselves civilized, the approach of the warm season is always attended with the general prevalence of what is called biliousness. Why so? Most medical books, with characteristic absurdity, tell us it is because "the heat expands the fluids more than it relaxes the solids," and such like nonsense, laying, as is usual, all the fault to the order of nature. Now there is no actual wickedness in the seasons, no real perversity or original sin in the elements as such; nor is there anything in the revolutions of the planets to make one part of the year more bilious than another. But there is something, there is much, there is everything in human habits to render certain classes of ailments peculiar to certain seasons.

In cold weather, as we all know, the digestive powers are more vigorous, and all the excretory functions are more active. Action and reaction are more powerful from the centre to the surface. Hence the body is enabled to sustain itself against bad habits of living which would be immediately productive of acute disease in warm weather. Still all unnatural habits must produce their legitimate results; and as the hot weather comes on, the skin becomes relaxed, its depurating function is diminished, and internal obstructions result, to relieve itself of which the organism attempts to throw off the accumulated morbid secretions and effete matters, by an increased discharge of bile, feces, &c. The same morbid condition that in winter would produce external fevers and inflammations on taking colds, overdoing, &c., may occasion, in warm weather, bowel complaints, and the many forms of digestive derangements known as bilious attacks.

This philosophy implies that people who live healthfully in winter will not have bilious attacks on the approach of warm weather, and we may, and do, boldly challenge all experience to controvert this proposition. The thousands who pursue the hydropathic regimen are no more liable to a bilious attack at one season than at another, for the very simple and satisfactory reason that they are never liable to them. But, practically, we know the great majority do not pursue their daily walk according to the ways of Hygiene, therefore many of them must and will have the "spring sickness." For such we must prescribe a remedy. The regular practice is to bleed, vomit, and purge. If one course does not cure or kill, bleed, antimonialize, and sweat. If this is not sufficient, bleed, mercurialize, and blister, with other things too numerous to mention. Hydropathically, these complaints are easily managed with plentiful cold water ablutions or the rubbing wet sheet, abundant water-drinking—tepid water when

there is much sickness at the stomach, and a day or two of abstemiousness or fasting. The principal cause is greasy animal and concentrated farinaceous food. Avoid these, and you will have no occasion for even the cold water doctor.

ARTIFICIAL LEECHES.—Again we are compelled to pay our respects to the genius of our blood-loving and blood-spilling contemporaries of the Allopathic school. After an experiment of three thousand years, we have the confession of their most eminent professors, that bleeding, taken all in all, has done incomparably more injury than good. Yet in the face of this experience and this acknowledgment, we have new contrivances to shed the vital current with still greater facility brought to our notice. The last of these is an artificial leech, a kind of mechanical blood-sucker, which is intended to supersede the use of the animal leech. It is the invention of one M. M. Alexandre, of Paris, who doubtless will make a fortune out of the blood lost to this and the next generation, and it comes to us—rather goes to the public, for we abhor everything of the kind, natural or artificial—endorsed and approved by the academies and colleges of medicine of Paris, London, Berlin, and New York. Notwithstanding these high authorities, we advise all our friends—and they are all mankind—to keep their blood in their own veins, despite all the destructive devices of the healing art which ever have been or may be invented, fully assured that in so doing they will more perfectly recover from all their maladies, live longer, and have sounder constitutions.

DROWSINESS AFTER DINNER.—The Sunday Times, in its answers to correspondents, gives the following lucid and luminous explanation of a very common phenomenon:

"How is it that we find ourselves so sleepy after eating a hearty dinner? The brain being crowded with the grosser vapors ascending from the stomach, and the influx of the animal spirits out of the carotid arteries into the nerves being in part obstructed, drowsiness ensues."

An improvement on this exquisitely learned lingo might be made thus: The pericardium rising up against the medulla oblongata, occasions a tenesmus of the longus communis digitorum pedis, thereby obstructing the influx of the peritoneum into the iter a tertio ad quartum ventriculum; hence, if one eats too much dinner, he will feel, look, act, and be, dull and stupid.

TYPHUS FEVER IN WISCONSIN.—A correspondent gives a sad account of the results of drugging in the far West. How the story contrasts with the simple, natural, and always efficacious water-treatment! He says: "The people here have had so much to do the present winter with sickness, death, drugs, doctors, false doctrines, and heavy taxes, the fruits of violated laws, natural and social, that no time or money seems to be left for anything else. All who have died in this neighborhood have been treated either with lobelia and cayenne, or calomel and

quinine. The former practice I think rather the worse of the two."

SCARIFYING THE GUMS.—Can anybody, after exercising their thinking faculties for about five minutes, hesitate to believe that the teeth of children were intended by nature to work their way through the gums without chirurgical assistance? Poor little things! They are so abused and misused, and dosed and drugged, and slopped, and stuffed, and ill-fed and ill-managed every way, that the little irritation of teething throws them into a regular fever. Then the doctor comes, and, overlooking entirely the inflammatory condition of the baby's whole body, expends his whole mind and might, tact and talent, science and art, on the dear little creature's swelled and turgid gums, which he proceeds to scarify—alash open, with a lancet. In ninety-nine cases out of ninety and nine he had better let them alone. Great injury, mischief, and deformity have often resulted from this use of that "minute instrument of mighty mischief."

Dr. Castle, a skillful dentist of this city, has lately published an article on this subject in the Boston Medical and Surgical Journal, from which we extract the following anecdote, which is certainly in point:

In the year 1837, my eldest child, then at the age of seven months, was suffering extremely from tumefaction of the gums, with much attendant constitutional irritation and the usual fretfulness accompanying the symptoms of teething children. I, in accordance with established rules, lanced the gums freely, making crucial incisions over each tooth down to their substance. Immediately after the operation was completed, the child sunk into almost a comatose state, with cold, clammy-skin, torpor of the bowels, the eyeballs turned up and fixed, no motion of any muscle or limb; and notwithstanding the best possible care and treatment for five days, no hope of recovery was presented. It was with the greatest difficulty that anything was conveyed into the child's stomach, and it was then instantly rejected with more than ordinary force, exhibiting the excitable and irritable state of this viscus. On the sixth day, symptoms of high febrile excitement supervened—the stomach, if possible, still more irritable; the abdomen hard, and bowels costive; the urinary secretion deficient; with general spasmodic twitches of the surface of the muscular fibres of the skin, which were occasionally attended with partial convulsions. I then requested the attendance of an eminent professor of obstetrics, in the absence of the advice of my friend Dr. F. U. Johnston. The worthy professor looked at the child, compressed his lips, and exclaimed, "Why did you scarify this child's gums?" "Because, Sir, when I attended your lectures, you laid particular emphasis upon this proceeding, impressing upon your class the necessity of cutting the gums under such circumstances; and cutting them deeply and freely." "All very true—so I did; but it does not agree with this child."

CAUTION TO MOTHERS.—The following note, appended to the communication of Dr. Castle, above quoted, ought to induce all mothers to have a care to whom they entrust their children out of their sight:—

The most outrageous and infamous of all the vile

practices of which nurses are guilty, and of which nursery-maids avail themselves to get rid of nursing or attending to their young charge for a short time, is that of *holding children by their feet, their heads pendent to the earth, and swinging them to and fro*. This is the common practice of Irish nurses and servants. (I hope that I may not be charged with slander.) I vouch for the fact; not a child of my own—and I have six—having ever escaped this treatment, notwithstanding every watchfulness. I know it to have occurred in numerous families. When reprimanded for such conduct, the reply of the nurse always is—"Sure we do it in Ireland to put the children to slape [sleep]." How many cases of hydrocephalus, marasmus, and nervous diseases, are thus superinduced, it is impossible even to surmise.

ICE IN TYPHUS FEVER.—M. Wanner, in the Trans. Med. Journal, states that he has treated this disease for the last three years *exclusively* with ice, as the internal remedy, and has not lost a single case! Will any of our allopaths imitate this treatment on the strength of this testimony? We fear not. If some scientific adventurer has introduced some new combination of powerful poisons, there would be enough to try the experiment over and over again. But ice—this is a one-idea entirely. Mr. Wanner's management is thus described:—

The patient is caused to swallow every minute, or at the furthest, every two minutes, a piece of ice, of the size of a comfit (dragee), which, when melted, is equal to a glass or a glass and a half of water, every hour.

When I have succeeded, by this means, in reducing the temperature of the body to its normal state, although there may be no longer any fever, and the patient may exhibit a marked disgust to the further use of ice (which is a sign that he is better), I still continue, according to the gravity of the case, for twelve or even twenty-four hours more. During this treatment the patient ought not to take any kind of drink—ought to be submitted to the use of ice alone. In order to subdue the cephalalgia, and to prevent cerebral complications, I prescribe a pillow of hair or oat straw; I pass frequently over the forehead a sponge dipped in ice-cold water. The patient also takes, every half hour, a small injection of cold water. Every two days he is placed for an hour in a bath at 28° Reaumur (about 93° Fahrenheit). During three years, in which I have employed this treatment, all the patients on whom I have attended have, without exception, been cured, some in twenty-four hours, others in forty-eight hours, and others in five or six days at the latest; and these latter have not been entirely regular in the treatment.

AN ALLOPATHIC PENCIL.—The Boston Medical and Surgical Journal of 10th ult., published an article from one Dr. Field, now in London, under the head of "Pencilings from Abroad," which, like a majority of the rant of Allopathic journals, expends all the wit and wisdom of the writer in blowing all the *pathies* except *allo* sky high, and calling the people all sorts of hard names, because they are beginning to prefer being cured irregularly, to being killed according to the books. Well, gentlemen, there is no help for it. The world is going ahead; intelligence is pervading the masses; the errors of old theories are being abandoned for new truths, and those who will hang on to the absurdities of ancient dogmas must and will be left behind. It is no use

for you Allopaths to scold the people, or fret yourselves because the whole world is rapidly losing confidence in your system. You may howl, and bark, and growl, and grumble till doomsday, yet the wheels of progress will roll on. It is your business to prove to the people that your system is worthy of confidence; that the legalized practice of medicine is more successful in curing diseases than the unlegalized vending of patent nostrums. This you don't do and can't do, hence the people have just about the same confidence in the medicine-mongers, that they have in the regular physicians. True, they employ the regulars rather the most because they are the fashionable class of doctors. But we are running away from our subject. Here is a specimen extract from the "pencil" aforesaid.

"The unanimity of the medical profession is the best possible resistance that can be offered to charlatanism; next to this, for want of special enactment, is the appreciation and reward by the civil authorities, of such distinguished services as may have emanated from an enlarged philanthropy, or have been the result of unusual investigation. Such safeguards, however, do not exist in England. The strife, which for so many months has disgraced the medical and surgical world, respectively represented by the Royal College of Physicians, and the Royal College of Surgeons, still rages with unabated fury. In the mean time the various ultraisms of the day, under cover of the smoke and dust of the allopathic struggle, insidiously extend the sphere of their baneful influence, and thus assume an importance due neither to the doctrines nor their promulgators. The rankest weed of this description is *Homœopathy*. Fattening on the neglect of the only rational mode of treating disease, and the unhappy divisions existing among its natural defenders, here and there scattered over the metropolis may be seen its ephemeral 'Institutions,' which, according to the statements of the numerous noisy publications issuing thence, are the only legitimate depots of pure medical science. Humiliating thought, that a class of men can be found that will thus coolly impose upon their fellow-men; and equally humiliating thought, that the common sense of people should suffer itself to be occluded by so much shameless effrontery and ignorance. However, since Truth, like the water-lily, is in its nature expansive, and daily exhibits more and more of its peerless beauty, we look upon it as certain that, ere many years have elapsed, these excrescences upon the profession will be regarded in the same light as the mummies in our museums are: and the only query will be by what wonderful art they could have been preserved so long! The next in point of number and importance is that idle vagary of the imagination, called *Hydrophathy*. This, however, has reached its culminating point, and is rapidly on the decline; partly owing to the blighting influence of the mushroom *Homœopathy*, but more especially to the fact that its converts have ascertained its total inefficiency, and, like Sidney Smith's duck in the *sedtz bad* at Baden, cry out, 'quack, quack, quack!'"

Oh! dear, dear. The only resistance the profession can make to quackery is by unanimity, but, sad to relate, the members of the faculty cannot agree among themselves about anything. Yes, the medical and surgical world is disgraced continually by the interminable quarrels of "its natural defenders," so that quackery runs rumpant over the land!

Dr. Field has made some wonderful discoveries. He has discovered that hydrophathy is rapidly on the decline! Now, in all simple innocence, we thought its rapid course was the other way; and in the same simplicity we imagined, and for humanity's sake rejoiced, that allopathy was rapidly going out of fashion. How different things look when viewed from different points of observation! A certain Dr. Bird, of Chicago, some time last summer, discovered that ozone in the atmosphere was the cause of cholera. On a closer investigation it all turned out to be true except the ozone; still the story answered its intended purpose. It sold an immense amount of anti-ozone doctor stuff. Dr. Field's marvelous discovery concerning hydrophathy may be equally true, *all except the decline*, and possibly answer some very important commercial or allopathic purpose. We must, however, protest against his putting the joke of Tom Hood into the mouth of Sidney Smith.

DEBATE ON THE CHOLERA.—The penciling noticed in the above paragraph has called to mind a discussion which "came off" among the London doctors, in August last, on the subject of cholera. It illustrates very beautifully the unanimity spoken of by Dr. Field.

The London Lancet, in reporting the debate, states that about fifty professional gentlemen were present, and that the *greatest diversity* prevailed respecting both the treatment of cholera and its nature. As respects its contagiousness—*communicability* was the word they used—half-a-dozen exceedingly able arguments were made, that it was catching, and about the same number of equally exceeding able arguments were "exhibited" that it was not *communicable*. A Dr. Hicks thought some cases were contagious and some were not. He expressed the opinion that the disease might be checked in the second stage *provided the patients were not too far gone!* In the stage of collapse he had used brandy, chloroform, ether, mustard poultices, ammonia and other stimulants, *yet in no case had the remedies been attended with success.*

Dr. Murphy confessed that he did not know of any medicines that did any good; *he only knew what would do no harm.* He it was who introduced the practice of saline injections in 1831-32, and out of 32 patients on whom he experimented, only eight lived! and these eight were the most youthful and vigorous; thus affording a reasonable presumption that they recovered *in spite of the treatment.*

Dr. Barlow agreed that medical treatment had proved impotent. In the worst cases in which he had known recoveries to take place, *little or nothing had been done!*

Dr. Rees had tried charcoal, carbonic acid, cold water to the surface, calomel and opium, bichloride of mercury, but *could see no difference in whatever plan of treatment he adopted!* His opinion was that the true remedy would be found in some *kind of poison*, as mercury, arsenic, creosote, tannin, &c.!!

Dr. Evans thought the best treatment was opium,

calomel, and mustard, with plenty of water, and ice occasionally.

Dr. Crisp has used calomel and opium, in *one case* with apparent benefit. Dr. Mitchell had cured one case with two grains of calomel every ten minutes, with one or two drops of the tincture of opium occasionally, *in connection with the wet sheet!*

Dr. Dendy believed calomel was the only real antidote.

Dr. Hughes said he knew very little about the subject when he entered the room, and after hearing the discussion, he knew still less.

Dr. Casey opposed the mercurial treatment. He had seen fatal vomiting induced by its being pushed too far.

Dr. Waterworth declared the calomel treatment had been tried in 1832, and failed. Until they knew something of the nature of this poison, whether it was in the nervous system or in the blood, it was impossible and useless to go into the treatment of the disease. (!) In cases in which collapse had taken place he thought he had seen more recoveries where nothing had been done, than where he had interfered, *if the power of nature were sufficient to throw off the poison.*

In closing the meeting, the chairman remarked that they had not acquired much information to-night regarding the treatment of the disease.

THE WATER-CURE AND ITS ASSAILANTS.

BY R. S. HOUGHTON, M.D.

HYDROPATHY is not often favored with an open, manly, spirited attack. Would that its "regular" enemies in America would commit themselves more frequently in some *tangible way!* But no: they prefer "fighting shy;" they never descend to particulars or details, but fire off a volley against the rival systems,—generally in a lump,—and then vanish in the smoke. There is no getting at them! I remember once picking up a medical journal of "considerable" repute, and finding my attention attracted to an article, incidentally, assailing the Water-Cure System in no measured terms. "Now," thought I, "I am sure to find something worth reading with care—some scientific assault not to be easily gotten over!" I read carefully on. The story was this: It seems that some ailing clergyman, after trying a long while "the regular treatment" of the "routine doctors,"—as often happens,—was "nothing bettered," but rather grew worse: so he went off straight-way to some hygienic and hydropathic sanatorium, where he not only rapidly recovered his lost health, but acquired enough knowledge, besides, of the laws of his being to enable him to understand how to PRESERVE the health thus easily regained. To evince his gratitude for his prompt recovery, this gentleman published an account of his cure, and it was this publication which had roused the wrath of the medical reviewer. "The clergy," he declared, "were always dabbling with quacks: it would be far more to their credit to be minding their own business, than

running about from one empiric to another, bringing them into disrepute,"—(that is, the "routine doctors" aforesaid). It was there that the shoe pinched! Not a word about the processes which had aided NATURE to cure him—not a syllable of scientific criticism upon their merits; the whole article, in reality, was nothing more nor less than a bitter tirade upon the clerical profession for not happening to entertain so exalted an opinion of the "routine" mode of medical treatment as the practitioners of that school thought their just due,—for not properly appreciating, perhaps, like Sir EDWARD BULWER, the mystic virtues of the hitherto untried—*prussic acid!** I am not aware, however, that this peculiar mode of "managing" refractory clergymen has proved remarkably successful. Some one has said that no one can be made witty by an Act of Congress: in like manner, I presume it will hold equally good that no clergyman can be cured by a medical school!

One of the latest slurs upon the hydropathic system, from any prominent source in the city of New York, is marked by the usual shyness of allusion. During the late prevalence of epidemic cholera, the Medical Council to the Board of Health were selected entirely from the ranks of "the old-school practitioners;" so were the physicians to the various Wards, to the cholera-hospitals and the police stations. Now somebody saw fit to offer a resolution in the Board of Health, some time last June, directing "that a hospital for the reception of cholera-patients be established in this city" (New York), "in which the practice of *Homœopathic* physicians should be pursued." This resolution having been referred by "the Sanatory Committee" to the Medical Council, those learned functionaries reported against it, substantially as follows:

"Should the above resolution be adopted, they see no satisfactory reason why the same courtesy should not be extended to the *Hydropathists*,—the *Thomsonians*,—the *Chrono-Thermalists*,—and, indeed, all others claiming to have specific modes of treating the cholera. By intelligent and well-educated physicians, generally, *Homœopathy* is looked upon as a species of empiricism. It is neither practiced by them, nor countenanced by them. Concurring entirely with their professional brethren on this subject, the undersigned conceive that the public authorities of our city would not consult either their own dignity or the public good, by lending the sanction of their name or influence to *Homœopathy, or any other irregular mode of practice.*"

So far the report of the Medical Council: I come next to speak of "the Sanatory Committee." The following is a citation from their elaborate apology for adopting this report:

"In looking round, the Committee found the medical profession existing in a certain form, *exercising certain rights and privileges CONCEDED BY LAW and recognized by long usage and GENERAL SUFFRAGE.*

* See Bulwer's "Confessions of a Water-Patient," page 18, in the writer's compilation, published by Geo. P. Putnam, 155 Broadway.

† Query: "Sanitary?"

The medical profession was, in fact, one of the legitimate divisions into which society had resolved itself, and for the performance of the most important functions subservient to the public good. Taking this view of the subject, the Committee felt it to be their duty to have nothing to do with medicine except as they found it embodied in what is understood and known, both by the public, as well as physicians, as the regular profession. While in this way they paid all suitable respect to so honorable a profession as that of medicine, the Committee felt that they did no injustice to those who suppose themselves in advance of the age, and profess themselves gifted with superior knowledge and wisdom."

There is a musty old proverb in common use, which inculcates upon the cobbler the exceeding propriety of sticking to his last. John Randolph told the Member of Congress who had spent most of his life in repairing watches, that he understood the *ticks* of watch-making a great deal better than the *tactics* of legislation. Both proverb and anecdote are probably unfamiliar to the nine Common-Councilmen of "the Sanatory Committee." They certainly have made a most momentous discovery: that the medical profession is solely composed of "the routine practitioners;" that all other physicians are, by fair inference, nothing but a set of outlawed wiseacres; and above all, that certain particular "rights and privileges" are "conceded by law" to the "routine" doctors! Why, it is a standing theme for dismal whining amongst all of that class, that the laws of New York have thrown the profession open to the public—allowing to all physicians alike "a fair field and no favor," and leaving the various matters now in dispute among the rival schools to the sole arbitration of PUBLIC OPINION. The people of New York have found out to their cost that ten thousand Acts of their State Legislature will not make a single good doctor, merely of their own virtue; and that no patient will tolerate the *unsuccessful* physician,—no matter how numerous the drugs he dispenses—no matter how skillful his lancet-hand,—the moment he is convinced that health can be regained through simpler modes of medical treatment, and at a far less sacrifice of "blood and treasure." As I have already said, the laws of New York leave the public free to do precisely as they please in regard to this matter: conceding no rights or privileges whatever to any one branch alone of the medical profession.

And now to go back to the Medical Council. It was perfectly natural that, when the proposition to give a hospital to a rival school was referred to them for their opinion, they should *veto* it at once: as sincere Allopathists, they could not well have done otherwise. They had been "called in," themselves, to take care of a rich patient with fat fees to dispense, and that patient—the city of New York: and they would not have any intermeddling—any "mixing up" of different kinds of treatment. I cannot blame them for this, in the least; but what I do find fault with, is the gingerly manner in which they flog Hydropathy over other people's shoulders. The Water-Cure physicians had nothing to do with the

question at issue; they had not petitioned for a separate hospital for cholera-patients, but quietly acquiesced in "the order of things" as pre-arranged by the Board of Health,—busying themselves, in the meantime, in attending as usual to their own private practice. Why, then, this unprovoked fling from the Medical Council—this stab in the dark? Why should the learned gentlemen go out of their way to assail the Hydropathic system?—a mode of practice, I venture to say, they know nothing about from personal study and personal observation.

It is useless, however, to inquire *why* this gross and insulting charge happened to be made—or, more properly, *insinuated*. It is sufficient for my purpose that the tenor of the language in which it was couched can only admit of one construction. The WATER-TREATMENT, say the Medical Council, is an irregular and empirical mode of practice: in other words, it is downright QUACKERY,—for that is nothing but the plain English of their guarded denunciation. And being "quackery," as they would have us believe, the learned gentlemen take pains to assure the Board of Health that, in their opinion, "the public authorities of our city" (that is, of New York,) "would not consult either their own dignity or the public good, by lending it the sanction of their name or influence."—But all this would follow as a matter of course, admitting their premises: so the real question that comes up for consideration is simply this: "Is Hydropathy a rational mode of medical treatment, or is it nothing but quackery?" But this is a question which has been met satisfactorily, over and over again. It has been proved beyond cavil that the medicinal uses of water have been recognized and employed by the greatest names in medicine for the last twenty-three hundred years—by such men, for instance, as HIPPOCRATES, GALEN, HOFFMAN and CURRIE. It has also been proved that to PRIESSNITZ is due this particular degree of credit: of having forcibly arrested and *drawn back* the attention of the profession and the public to the virtues of WATER as a therapeutic remedy, at a time when POISONS alone were vulgarly considered the proper restoratives of long-lost health. Add to this that PRIESSNITZ is also entitled to the honor of *having developed still farther* the merits of a system he has so wonderfully revived, and that his sagacious mind and extraordinary experience have made their own mark upon the medical history of the times,—adding all this, the enlightened and thoughtful reader can have no diffi-

* This Report of the Medical Council—to the best of the writer's knowledge—was only published late in the fall, in one of the Common Council documents, which very few of the public ever take the trouble to apply for at the City Hall, unless particularly interested in their contents. The newspapers generally give the spirit of such documents, when first reported, but the writer never saw, during last summer, any mention whatever of this branch of the Report. He presumes it was presented at a *private* meeting of the Board of Health.

culty in placing a proper estimate upon such language as that of the New York officials. The pitiful wittlings of the "routine" school may still continue to babble about "empiricism," while they drench their poor victims with cod-liver oil; nay, their chief exponent* may sharpen his pen once more to utter smart things about "the Silesian Boor;" but in spite of all this, the public will draw their own inferences from what they see with their own eyes, and hear with their own ears. "Boor" or no "boor," he is no ordinary man who can treat successfully eight thousand cases given over by "the old school;" and "quackery" or no "quackery," they will bid God-speed to a system of treatment which inculcates obedience to physical laws and a rational confidence in the efforts of NATURE.†

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FACTS AND OBSERVATIONS CONCERNING MIDWIFERY,

AS IT EXISTS IN THE BARBAROUS AND CIVILIZED
NATIONS OF THE WORLD.

BY JOEL SHEW, M.D.

THE question regarding the extent to which the pains and perils of childbirth may be modified by the voluntary habits of individuals and nations, and by the appliances of art, is one of the greatest importance to society, a subject which has been probably more neglected than any other in both medical and scholastic lore.

To prove that the evils and dangers attending childbirth, even among the most civilized and enlightened portions of the human family, may be brought to a great extent within the range of man's control, is the object of the following remarks.

Let us look first at the habits and condition of the aborigines of our own country.

The state of society among the Indians necessarily excludes the influence of many of those passions which are known to cause bodily derangement. If an Indian becomes angry, the turbulent effects of his passion are hushed in deep and lasting resentment. Envy and ambition, also, are, for the most part, excluded by the equality of savage life. "The weakness of love," says Dr. Adam Smith, "which is so much indulged in ages of humanity and politeness, is regarded among savages as the most unpardonable effeminacy. A young man would think himself disgraced forever if he showed the least preference of one woman above another, or did not express the most complete indifference, both about the time when, and the person to whom he was to be married." Thus the savage state, although being in

many respects far from a truly natural one, exempts the individuals of both sexes from those violent and lasting diseases which are well known to arise from excesses in matters pertaining to the sexual and marital relations.

It is to be observed, also, that marriages do not, as a general fact, take place among the aborigines before the period at which the body has attained its full vigor. The men seldom marry before thirty, and the women before twenty years of age. Abortion, one of the most frequent mishaps with women of civilized life, is almost entirely unknown among the Indians. They nurse their children for two years, and often longer, and during this whole period they utterly refuse the embraces of the opposite sex. The manual labor to which they are constantly subjected, and their hardy habits generally, tend powerfully to invigorate their bodies, and although they are, during pregnancy, exempted from the more laborious parts of duty, they are always habitually active. Nature is their only midwife; and according to Dr. Rush, "each woman is delivered in a private cabin, without so much as one of her own sex to attend her. After washing herself in cold water, she returns soon to the usual employments of her station;" so that, according to the authority just quoted, "she knows nothing of those accidents which proceed from the carelessness or ill-management of midwives, or those weaknesses which arise from a month's confinement in a warm room."

It is indeed said on good authority, that if, during journeys, the Indian woman is taken in labor, she merely falls back for a little on her way in the forest, delivers herself, and then shortly makes up to her companions with her new-born child on her back.

The most natural state of the female constitution, and one which is connected with the best and firmest health, is that of pregnancy and nursing; and it is a remarkable fact that there is seldom a period during the interval between marriage and the cessation of the menstrual function in which the Indian women are not either pregnant or giving suck.

Among other nations than the aborigines of our own country, we find also striking examples of the freedom from suffering with which childbirth is endured. Thus, according to Stephenson's Twenty Years' Residence in South America, "among the Araucanian Indians of South America, a mother, immediately on her delivery, takes her child, and going down to the nearest stream of water, washes herself and it, and returns to the usual labors of her station."

The women of Otaheite, according to "A Description of Pitcairn's Island and its Inhabitants," have all learned the art of midwifery. Childbirth generally takes place in the night-time, labor lasting seldom more than five hours. It is always safe, and no cases of twins occur. Miscarriages, too, are unknown among them, except from accident. Infants are generally bathed in cold water (which in that latitude must be only moderately cool) three times

* Vide Dr. O. W. Holmes's Report on American Medical Literature to the National Medical Convention, in May, 1848.

† In the compilation already alluded to, (*Bulwer and Forbes on the Water-Treatment*), the writer has endeavored to discuss this question of "empiricism" more thoroughly and minutely than the purport and limits of this article would allow. Vide the Editorial "Observations" at the close of that volume.

a day, and are sometimes not weaned for three or four years; and when they are taken from the breast they are fed upon ripe plantains and boiled taro-root rubbed into a paste. Nothing is more extraordinary in the history of the island than the uniform good health of the children; the teething is easily got over; they have no bowel complaints, and are exempt from those contagious diseases which affect children in more civilized countries. Neither the young nor the old are ever vaccinated. "The natives of Otaheite," says Captain Cook, "both men and women, constantly wash their whole bodies in running water three times every day; once as soon as they rise in the morning, once at noon, and again before they sleep at night, whether the sea or river be near them, or at a distance. They wash not only the mouth, but the hands, at their meals, almost between every morsel; and their clothes, as well as their persons, are kept without spot or stain." "The women," according to a missionary writing of these people in 1797, "have black and sparkling eyes, teeth white and even, skin thin, soft, and delicate, limbs finely turned; their faces are never darkened with a scowl, or covered with a cloud of sullenness or suspicion; their manners are affable and engaging, their step easy, firm, and graceful, their behavior free and unguarded; always boundless in generosity to each other and to strangers; their tempers mild, gentle, and unaffected; slow to take offence, easily pacified, and seldom retaining resentment or revenge, whatever provocation they may have received. Their arms and hands are very delicately formed, and though they go barefooted, their feet are not coarse and spreading. In private life they are affectionate, tender, and obedient to their husbands, and uncommonly fond of their children; they nurse them with the utmost care, and are particularly attentive to keep their infants' limbs supple and straight; a cripple is hardly ever seen among them in early life; a sickly child is never known; anything resembling it would reflect the highest disgrace on the mother."

A very worthy medical friend who spent some time at New Zealand in 1839, gave the writer lately the following particulars concerning midwifery, as practiced among the inhabitants of that island.

Women (who generally followed out-door active employments a considerable portion of the day), as soon as they experience the first symptoms of labor, retire some little distance from the settlements, among the *fern*, (a native growth resembling bushes in the United States,) by the side of a stream of pure water. Within about one hour not unfrequently the mother returns with her new-born infant, both herself and it having been previously washed in the pure stream. The child is never bound with clothes or swathed, but for a few days at first it is dressed in one light flaxen garment. This is placed loosely about the trunk of the body, the extremities being left wholly free and exposed to the action of air and light, and after a few days, they are left entirely naked, be-

ing allowed freely to roll about, and exercise their limbs, upon a mat of smooth texture. It is left much of the time in the open air, but not exposed to the sun's rays. At other times when the mothers are at work, planting or hoeing in the ground, they are allowed, even when not more than one week old, to roll among the potatoes and corn. They are often taken to the streams of pure water with which the island abounds, for the purpose of being bathed. The mothers, in consequence of their almost constant labor and exercise in the open air, and their simple habits generally, are remarkably strong and muscular, and free from deformity and disease. Their food, particularly of the inland parts, (where the finest specimens of physical development are to be found,) consists almost wholly of the vegetable productions of the earth, such as corn, pumpkins, potatoes, common and sweet, peaches and various other fruits, all of which articles grow to great perfection on the island. The New Zealanders wear but a single garment of flax, sometimes thrown loosely over the shoulders, and sometimes only about the loins. They have a great dislike to head-dresses, and never wear them.

In civilized countries, also, we find among the laboring classes, some remarkable examples of the general safety with which childbirth is endured; and it has often been remarked among the legal profession, that in cases of concealment and child-murder, a most wonderful degree of strength and capability of exertion is often exhibited. There is, it is true, in cases of this kind, a powerful stimulant for extra exertion; but even admitting this consideration in its full force, these examples afford a striking proof of what the human constitution is able to endure, even under many untoward circumstances.

Mr. Alison mentions the case of one Catharine Butler, or Anderson, of Aberdeen, Scotland, who in the spring of 1829, walked in two or three days after delivery, in a single day, with her child on her back, from Inverury to Huntly, a distance of twenty-eight miles; and the same author also remarks, "that it is not unusual to find women engaged in reaping, retire to a little distance, effect their delivery, by themselves, return to their fellow-laborers, and go on with their work during the remainder of the day, without any change of appearance but looking a little paler and thinner. Such a fact," Mr. Alison observes, "occurred in the case of Jean Smith, of Ayr, in the spring of 1824."

Among the peasant women of the mountains in Austrian Silesia, childbirth is regarded in a very different light from that among the women of our own country. They are exceedingly hardy and robust, and seem to care as little about giving birth to a child as if it were an every-day occurrence. Physicians are very rarely employed on such occasions in that country, as I learned when there by frequent inquiries. In the winter of 1848, when I was last at Graefenberg, the wife of the proprietor of the *Hotel de Graefenberg*, a very good and worthy woman, of the middling class, gave birth to her first child, with-

out the aid of any one save her husband and a female attendant; and although the labor was a severe and protracted one, lasting a day and a half, she preferred to have no physician, although one of skill and experience lived next door to them, and who was more over a particular friend of the parties. These German peasants appear to regard labor as it should be, a *natural process*, and the degree of patience for which the German character is noted, is nowhere more strikingly exemplified than in the matter of childbirth.

Witnessing, then, the great numbers of facts that may be gleaned from the history of savage and civilized nations, concerning the safety with which childbirth and its attending circumstances may be endured by persons in the lower walks of life, it becomes a very important practical question as to what may be accomplished in the higher grades of society. To prove that there is need of a great and thorough reform, both in the habits of society generally, and in the practice of the healing art, I will bring forward some facts, which have occurred in my own experience as a healer of the sick during the past seven years. It has fallen to my lot to study the subject of midwifery with more earnestness and satisfaction to myself, than any other with which my mind has been engaged. It was, moreover, necessary for me to strike out a course of my own, a course which has been attended by a degree of success which has far exceeded the most sanguine expectations of my younger years.

CASE 1.—In 1843, Mrs. M. L. Shew, of a frail constitution, which had, years before, been greatly injured by the excessive use of tea and coffee, together with not unfrequent use of anodynes and narcotic medicines, gave birth to her first child. She had, before pregnancy, been subject to frequent miscarriages, and hemorrhages of different kinds. By prudent management in diet, bathing, wearing at times of debility or pain the wet girdle, exercising moderately though frequently in the open air, and observing the strictest simplicity and temperance in a vegetable diet, she was enabled to pass through the period of pregnancy, on the whole, very well. At the time of labor she suffered necessarily a good deal, but, through the persevering employment of water-treatment, she was enabled to sit up and walk about the first day, the birth having occurred in the morning; the second day she went down stairs into the open air, and the fourth day she walked a distance of nearly two miles to the Battery, in New York, resting a while on the benches, and then returning, the exercise causing no harm, but on the contrary, positive good.

CASE 2.—In the autumn of 1845, Mrs. Shew gave birth to a second child. She had then arrived at the close of a remarkably hot and oppressive summer, and notwithstanding she experienced various hindrances to health and the contentment of mind so important to persons in her condition, she managed, by bathing, exercise, vegetable diet, &c., to get through

the period very comfortably. The labor was again, by reason of her bodily conformation, terribly severe. There occurred, also, most frightful flooding, followed by after-pains of the severest kind. Yet, through a very persevering water-treatment, she was able, by evening, (the child having been born early in the morning), to sit up and walk a little about the room. She slept well during the night, and on the following morning, twenty-six hours after delivery, she rose, took her child in her arms and went down two flights of stairs to the kitchen. In three days' time she was able to move to a large house, walking up and down stairs numbers of times during the day, overseeing things as they were moved, and so continued to improve from day to day onward. Bathing was kept up daily, as had been her habit for years, and she partook, as was her custom, of the simplest vegetable food, eating but twice a day, and using no animal food whatever, except a small quantity of milk, and no other drink than pure Croton water. A much more detailed account of this case may be found in the *Water-Cure Manual*, page 245.

CASE 3.—Early in the summer of 1845, I attended a poor woman, of this city, who had previously borne two children. The first it was necessary to destroy with instruments before delivery could be effected. The birth of the second was attended with the greatest difficulty. A few weeks before the third confinement she consulted as to the use of water. Her husband had deserted her, so that she was under the necessity of working at her trade, (that of a seamstress), during the whole of the day and much of the night. She had thus become much enfeebled, and suffered a severe and constant pain in the side.

I advised her to wash the whole body twice daily in cold water, and to take each forenoon and afternoon as much exercise in the open air as she could possibly find time for, and bear without very great fatigue. She followed my advice faithfully, and was soon much benefited. The pain in the side was cured like magic. At the time of labor her sufferings were comparatively trifling. She had frequent washings, walked about every day, and was confined to her bed scarcely a single hour.

CASE 4.—Early in the spring of 1847, soon after my return from the old country, the same woman sent to let me know that she was again near the end of pregnancy. I found her in a dark, damp cellar, with only three small panes of glass to admit light, and where the sun never came to cheer. The house was in an alley-way, where a number of poor families existed, causing it to be exceedingly foul. Here the poor woman lived, paying a most exorbitant monthly rent, supporting herself and children by the hardest work, rather than beg. The labor this time, as before, was an easy one. It took place at midnight, as stormy an April night as I ever knew. Everything went on well, and she was left after a reasonable time to sleep, as I supposed she would. I found, however, in the morning, that notwithstanding she had been wholly free from pain, she had not slept in the

least. She acknowledged that powerful as had been the effects of water for good in her previous confinement, the old ideas had yet haunted her, that she must either die, or submit to the use of those horrible instruments that had been used at her first labor. She now felt so rejoiced that she had been again safely delivered, she could not possibly sleep. So we found her in the morning early, she, her two elder children, and the new-born babe, all on one narrow settee bed together, apparently happy and contented.

Two kind-hearted persons now went, (it being Sunday morning), and gave her a good, cold bath. She slept none during the day, the children being too noisy. She sat up considerably in bed, and at evening had a second bath. The next morning, after having slept well, the patient rose at 7 o'clock, and remained up till 10 at night; she then had another bath, slept well after it, was up and about all the next day, so went on from good to better, until she was perfectly restored. After the first washing of the infant, the mother took the whole care of it as well as of her other children, and her little household matters generally.

NOTE.—[In the next number of the WATER-CURE JOURNAL I propose to continue this subject, giving facts that have occurred more recently in my practice. Meantime I will refer such readers as may be interested in this subject to my work entitled "THE WATER-CURE IN PREGNANCY AND CHILD-BIRTH," published by Messrs. Fowlers & Wells.]

THE PROGRESS OF WATER-CURE.

BY THOMAS L. NICHOLS, M.D.

We congratulate ourselves, not without reason, on the progress of Water-Cure. *There* is Priesnitz, the founder of the system, practicing at Graefenberg; and *here*, in another hemisphere, we have Water-Cure establishments scattered over the whole country, Water-Cure physicians of the highest scientific attainments, and a WATER-CURE JOURNAL, with its eighteen thousand circulation. There are, I think, more than a dozen Water-Cure Establishments in the State of New York alone, and still not enough, probably, for the wants of the public, for Water-Cure principles, by means of the press, are gaining ground among the people faster than the increase of establishments and physicians. Let there be no fear, however, on this point. There are many sensible, enlightened, and honest physicians, who will be glad enough to give up their present unsatisfactory modes of practice, as soon as they have learned the better way, and have also learned that the people are waiting to receive it. Of this they need not fear, for the demand is above the supply, and so it is likely to continue.

There are some things connected with this progress that are peculiar and gratifying. Other systems may have made a progress as great; but I can call to mind none of the same character. Other systems, and some very notably, have appealed to a blind faith in their dogmas, and to a belief in the

marvelous. Progress in Water-Cure has been the result, it seems to me, of progress in real knowledge. The most thorough Water-Cure converts I know, are the most intelligent. Indeed, up to this time, there are few others. A man believes in water-cure, just as far as he understands its principles; but his belief in the common practice of medicine, or the use of drugs in any way, is just in proportion to his lack of such understanding. The Water-Cure patient inquires the philosophy of every application—the patient of Allopathy shuts his eyes and swallows his medicines; and so of the other systems, and no-systems. Dr. Brandreth, Dr. Townsend, and the rest, do indeed publish some fine things about "purifying the blood," but their pathology and therapeutics are rather obscure; and as to the ingredients of their medicines, why, the less people know, the better for those who sell them.

But in "regular" practice, it is not good manners to ask questions, and explanations are never volunteered. You must respect the wisdom of your medical adviser, and trust your case in his hands. He is entitled to your "confidence," and his fees; and you have nothing to do but take his recipe, and follow his directions. If you ask what you are taking, he will use his discretion about telling you; or, if he condescends to tell the truth, you will be little wiser. The common medical practice, as well as every kind of quackery, is based upon confidence and credulity.

We have changed all that. In Water-Cure, the first step toward curing the body is to enlighten the mind. The best foundation for a belief in our system, is a thorough knowledge of physiology, and the causes of disease. We have no mystery, but the great mystery of life. When we have explained the human constitution, and its relations to external nature, our work is done; and when this explanation is understood, our convert is made. The attention of people is attracted by our cures; but it is by an understanding of principles that they are converted. Hence, the necessity of our rapidly multiplying books—hence the use of our popular journals—hence the duty of all, who can speak or write to edification, to use tongue and pen in this most worthy cause.

In all this water-cure is peculiar. Other systems have their books and journals, but they are for the profession alone, and cannot even be understood by the uninitiated. What other medical journal has a circulation of eighteen thousand, with a prospect of unlimited increase? Under what other system were books for the people ever poured from the presses, as in ours? It is a new era in medical science. For thousands of years the sick world has trusted to doctors of all kinds to cure it—and the result has been an increase of diseases, and a more premature and frightful mortality. Now the waking world has taken to studying its own case, and the doom of the medical profession is sounding. When all men are enlightened upon the subject of health, there will be no need of doctors. Men will know how to preserve health; if they lose it, they will know why it was lost, and how it is to

be regained. Accidents will require that some persons of manual dexterity and mechanical ingenuity act as surgeons; but even of these there will be but little need; for the time is coming when, among the first things every child will learn, will be his own anatomy, and the laws of his being. And there shall be no more sickness. A man's life shall be as the life of a tree. A man shall go down to the grave, like a shock of corn, fully ripe. Water-cure is destined to fulfill these predictions.

It will be all day for us doctors, when this knowledge shall cover the earth, as the waters cover the sea; but as it will take a few generations to purify men from their inherited diseases, and to free them from the effects of so many centuries of poisoning, there will be work for us for some time to come. But even now, a Water-Cure physician finds himself in a very different position from the practitioner of any other school. If he has a case of fever, he would be ashamed to be more than a week in curing it. In a chronic disease, the patient makes such steady progress, and gets so thorough an understanding of his case, as to soon get beyond the necessity of advice. Nor is this all. The best of the matter is—some might call it the worst—that when a Water-Cure patient gets well, he gets, with his cure, the knowledge necessary to maintain his health forever after. A patient cured, is a patient lost; and if that patient is the head of a family, don't count on that family practice to meet your current expenses.

In common medical practice, when a physician gets a few families to take him as their regular physician, his fortune is made. He deals out his medicines, and the diseases come as regular as seed-time and harvest. The more business he has, the more he may have. The more he tinkers, the more the constitutions of his patients want mending; until the doctor and his drugs become the necessaries of life. Water-Cure physicians find all this changed; and the more thorough and conscientious they are with their patients, the less will they have to do with them. We must rely upon making continually new converts. We must use every means to spread a knowledge of Water-Cure, or our very successes will destroy us; but true men can never fear the progress of intelligence, nor regret the happiness of mankind; and when our medical corps is finally disbanded, it will be because we have triumphed over disease, and there is no enemy to conquer.

I view the progress of Water-Cure, with the science and philosophy on which it is based, as being at the foundation of reforms. The first object of a sick man is health, and he can do nothing effectual in the way of bettering his condition in other respects until he has got rid of his diseases. So with the sick world—its first want is health; with that will come vigor, clear-sightedness, and a capacity for all other reforms. Give the world health, and you give it the capacity for every kind of physical and moral improvement. When a man goes through

the water-cure, he finds his moral ailments washed out of him, as well as the physical diseases on which they depend. So will it be with the world—and so ought we to labor in the Health Reform, as the best means for the renovation of human society.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTRIDGE, M.D.

SMALL-POX.—No disease has hitherto stricken with so much terror the common people, as has the Variola or Small-Pox.

When this loathsome disease first made its appearance in this nether world, we have no means of knowing. Some say it was known to the Greeks and Romans, though under a different name. It was long known in Asia and China before it was heard of in Europe. The distinctive characteristics of this disease, are pus in the eruptions—which is not common to most exanthematous or eruptive diseases—and a power of propagating itself both by contagion and inoculation. It is, however, very much affected by accidental influences. Idiosyncrasies—or peculiarities of constitution—will sometimes take off all predisposition to the disease. In one instance, one hundred and twenty American prisoners were confined in the Jersey prison ship who had never been affected with small-pox, naturally or by inoculation, and notwithstanding the horrid conditions which they were in, "cabineted, cribbed, and confined" with the disease in its most virulent form, yet almost one half of them escaped the disease. I mention these facts here, just to show that the process of vaccination usually had may not be the preventive people suppose.

As this proves that nearly one half of the people actually exposed to the worst form of it do not catch it, and if we take into consideration, that in the world at large—the great universal prison ship—not one in a hundred or a thousand are ever thus exposed, it may well be doubted whether vaccination, after all, is so sure a preventive as it has been supposed.

I know it is almost heresy to doubt the power of inoculation, but I have too long been called a heretic to mind now anything about that.

I have other reasons for disbelieving in the plenary power to prevent, of the vaccine virus, viz:—Some of the rankest cases of confluent small-pox I ever knew—*so severe as to destroy the patient without the aid of drugs!* have occurred where vaccination had been duly effected, as testified to by the friends and the "scar."

But I do not mean to say that the invention of Jenner, who first made known the process of inoculating the matter taken from the cow into the human system, has not been of use in preventing and modifying the small-pox; but I do believe that if the truth could be known, it would be found, that it was very often more from the feeling a sense of security than anything else, as we know that fear is one of the most powerful causes that operates in rendering the victim of any terrible malady susceptible to its influence—as

fear, more than almost anything, by its depressing influence upon the nerves, lessens the power of resistance, and subdues the healthy tone of every organ, bringing thus to a level the frightened, and the otherwise vitiated and reduced. In other words, certain persons in certain conditions, with strong predispositions, natural or acquired, will, when exposed, take on certain diseases known as "contagious"—many of them falsely so called—whether vaccinated or not. For example, the measles, the scarlet fever, the whooping-cough, &c., will often enter a family of ten, and smite only one, it may be, and then again, every one.

But do you go against the time-honored practice of vaccination? Yes, most decidedly. But you admit it may operate by casting out fear, as Homœopathic medicine does? Yes, but like curing diseases with calomel, it is "casting out devils with the prince of devils." My great objection to vaccination is, not that it don't sometimes prevent and often modify, but that it is one of the most prolific sources of irremediable evil, viz.—the propagation of "humors" and "taints" to the comparatively healthy; and in my opinion, it is not necessary. In the days of Jenner, when people knew nothing better to stay its mad progress than to give drugs, and keep the patient shut up in a foul atmosphere, denying him the simplest gratification of his senses, literally letting him perish for the want of a draught of pure water or air—while the commotion made by the struggling eruption to come to the surface, was kept up and fearfully increased by the horrid medicines the double victim was made to swallow—in these dark ages, I say, it was more justifiable to use even this terrible "remedy" to stay the fatal progress of this disgusting disease. But now, in this enlightened century, in this age of Hydropathic reform, when brains and common sense take the place of abstrusities and prejudices, when all acute disease is almost completely under the control of the judicious Hydropath, to talk of introducing an almost certain permanent evil—making all future life a living death—in order to escape what at best is a very uncertain temporary disease, is to my mind the very worst form of pusillanimity and absurdity.

I know many are so afraid of death, that they will run almost any risks to avoid it, but do they avoid it in being vaccinated? I say no, for the virus introduced by this means often superinduces, by the poison it contains, and by the medicines taken to rid the system of its presence, the very death they were so much afraid of, with the addition of having lived in monthly expectation of it perhaps for years—whereas, supposing they had never been vaccinated, there was not more than one chance in a thousand that they would ever have had the small-pox; and even if they did get it, there would be, under ordinary management, now-a-days, even where the physician has not been "born again," but one chance in a hundred of his dying! But supposing even that chance was his! I should say far better take it, than to live with the festering seeds of corruption in you,

live you never so long—ay, such a life would be like self-righteousness, the more you had of it, the worse it would be for you.

But thanks to the progress of reform, there is now no need of anybody's dying with small-pox, or any other acute disease, if not constitutionally diseased; and no real Hydropath will ever think of using vaccination any more than he would medicines.

(But says one, "Some Hydropaths use medicines." I deny it; no real, *bona fide* Hydropath who is well versed in the science of Hydropathy, and has had a large experience, would ever use medicine in any form, unless for clap-trap—for this reason, *it is never necessary*. I speak for one here, though I might speak for hundreds of others. I know there be others, very learned ones, too, who deal in dear little doses of medicines, and because their patients get well in spite of them, they think some credit is due to them; such, I am convinced, if they would but have the courage to trust to the all-healing power of the Water-Cure, would find no need of any factitious aid.)

But to return. "Small-pox will come, whether or no, and now tell us how to cure it," &c.

The disease commences its hostilities by getting up a regular "fever-fit," that is, heats and chills, with sore throat, and often vomiting.

About the fourth day, the eruption begins to appear, on the face, neck, and chest, in minute flea-bite-looking spots, which multiply every night for four days, by which time there is a pretty smart crop of pustules all over the body; even the tongue and the eyeballs will be covered oftentimes; the face has five to one, though, of any other part. The space between the pimples is reddish, and grows redder daily, as the pustules ripen. About the eighth day, the pustules are completely filled. On the eleventh, the fever, which is highly inflammatory, and the pustules, begin to abate.

The treatment, of course, depends altogether upon the virulence of the disease; in some cases there will be but very little fever, and in others a large amount. All that is to be done is to immediately proceed to getting the system into the best possible condition, which won't do any harm, even if the disease should prove to be something else! If there be great heat, put out the fire, without stopping to ask what caused the combustion, and use the most natural means you can think of. I think you'll find that cold water, inside and out, is about as good an article as you'll be likely to find handy.

Even the most conservative Allopath of the present day uses more or less freely cooling drinks, fresh air, and sometimes cold sponging; and the beauty of this treatment over the old-fashioned way of keeping them in close, heated rooms, with nothing cool about them, inside or out, has been manifest, very—even to the most unregenerate Allopath himself. One of the most distinguished writers of the old school, in a late work, says, "Exposure to fresh and cold air is nearly, if not quite, of as much service as calomel!" and that "cold water is usually

Prescribed in large draughts for the same purpose, and very generally proves highly refreshing!"

To prove that this is an improvement over the old-fashioned way, by stimulants, &c., I need only refer the reader to the fact, that the mortality of late is but trifling compared with what it was in olden time. As for the mortality when treated hydropathically, it is almost entirely done away!

The real Hydropath has such faith, that he would not thank any one to insure him from it, or its effects, and never thinks of vaccinating anybody. If there be much fever when first called, I generally put them into a sitz bath of about 60, and wash them down, while in it, till well cooled down; then, to facilitate the appearance of the eruption, I put them into a wet sheet of one or more thicknesses, and keep them in from fifteen to forty-five minutes, which will of course be followed by a wash-down, till cool again; afterward the sitz baths and the wet sheet, rubbing or packing, is ordered once in three, four, or six hours, as the case may seem to demand, keeping bandages meanwhile, wrung out of cold water, on the throat and over the viscera, changed as often as hot, the patient being allowed all the cold water he can conveniently drink, and the bowels kept properly open with tepid injections.

The great object is to keep the fever down, and to remove all obstructions. While, if you do this, the recuperative power within rids herself of the eruption, in precisely the same manner as a barrel of beer will relieve itself of any impurities.

In short, however terrible in name a disease may be, and in nature really is, to the poisoner who fights against nature; to the resolute and understanding Hydropath it matters not, for if taken in any kind of season, and in a decent constitution, it can be cured more easily than he can let it alone.

REVIEWS.

TO PARENTS.—The publishers have long felt the great necessity of a serial publication, devoted to the development of MIND and BODY, adapted to the capacity of youth. Such a work has at length been commenced, under the very appropriate title of

THE STUDENT.

The Editor will devote himself exclusively to its pages. All subjects which will interest and instruct YOUTH, of both sexes, will be served up in a delicious and palatable manner. Besides an interesting MISCELLANY for FAMILY READING, it will advocate such reforms in our systems of Education as the present age demands. PHYSIOLOGY will be illustrated, and explained in a familiar manner, so as to be understood by children.

PHONOGRAPHY will also be introduced, commencing with the first principles, leading the student gradually onward, until the whole system shall have been given. It is a source of rejoicing, that OUR CHILDREN may now have the facilities through which to obtain an education at school or at home. We say, then, to

all who have children, or ever expect to have any, send for the Student.

THE Second Annual Report of the NEW JERSEY LUNATIC ASYLUM, published at Trenton, has been received. We regard this Institution, under its present management, one of the best in the world. We are intimately acquainted with the presiding physician, Dr. H. A. BUTTOLPH, and a more capable man, to fill this responsible office, since the death of Dr. Brigham, cannot be found. The Newark Daily Advertiser says: "It has, as our readers know, been considered the model asylum of the country by capable judges, and we are happy to see by the report before us that its affairs continue to be in a good condition. The Board of Managers, of which the Hon. JAMES PARKER is President, express their 'unqualified approbation of the distinguished skill and untiring devotion' of the Superintendent, Dr. Buttolph, and add that all the subordinate officers have acquitted themselves with fidelity. The asylum grounds, comprising 111 acres, produced last year under the management \$1778. The whole receipts last year amounted to \$44,409, and the payments leave a balance of \$180 on hand. During the year 179 patients enjoyed the benefits of its care, of which 44 were restored to reason and their friends: 14 were discharged as improved, and 9 died, leaving 110 under treatment at the date of the report. The proportion of cures is larger than is exhibited in either the Pennsylvania, the Rhode Island, or the M'Lean (Massachusetts) Institution. The expense of maintaining the patients in this Asylum is \$2,75 per week. In the M'Lean Asylum it is \$4,55; in the Pennsylvania \$3,82; and in the Rhode Island \$3,06."

This speaks volumes for the New Jersey LUNATIC ASYLUM.

ANNOUNCEMENT.—IN PRESS, and will be published on the 15th of May, AN INTRODUCTION TO THE WATER-CURE, by THOMAS L. NICHOLS, to be published by FOWLERS & WELLS. A more particular notice will be given in our next number.

MISCELLANY:

GOSSIP FROM BOSTON BY NOGGS.

DEAR BROTHERS IN THE WATER-CURE:—Your last Journal was a bouncer, and everybody seems to be aware of it. April showers, indeed! Ay, a perfect pouring wave and douche, and it was delightful to "plunge" into it, "IN MEDIAS RES," as the lawyers say.

We not only recognized old and familiar water "curates" whose lucubrations have delighted us "full many a time and oft," but old and valued friends, who since your last advent had become "one of 'em" who "delight to serve the Lord" by helping his children. I mean brother Nichols; his well-written article, and the manly ground he takes, has won all hearts this way, and we extend the right

hand of fellowship, and bid him welcome with our whole heart, and most firmly believe he will be, as his talented wife long has been, an honor to his profession, and a most valuable member of society.

Brother Mundie too has taken a "stand," and if he does half as much for America, as his article tells us he has done for Europe, he will be indeed an acquisition. Brothers Trall and Shew, and Houghton too, and Rogers, with their pen, like several others—Water-Cure brothers—have worked like noble men.

God bless them all I say, for the field is white, and ready for the reaper, and all that we ask of those who *sincerely* believe in the Water-Cure, is, that they will "come over and help us." One of the greatest curses inflicted upon every new cause, is the existence among its espousers, of individuals, who, living as parasites upon the world, are ready the moment any movement becomes popular, to throw themselves into it, without knowing or caring to know anything about its principles—a word of no meaning to them.

Let all, then, who really love Hydropathy, be united, and show to the world that the Water-Cure is all that it pretends to be, in spite of the lies of the enemies thereof, and the ignorance and wickedness of the wolves in sheep's clothing, which prowl upon its friends.

There is field enough for combat among Allopathic error, without fighting one another.

The cause goes nobly on here away, and all is joy among the disciples of the new and better way. The Allopaths, like some of their pills, look rather "blue."

MORE CONFESSIONS.—In a recent conversation with a middle-aged "regular" practicing physician, now residing in Tompkins county, New York, the following candid confession was made:

"I have practiced medicine for the last twenty years, according to the regular mode, and with ordinary success. For the last year, however, I have discarded the lancet in my practice, and reduced the quantity of medicine. I have charged my patients for medicines to the amount of ONE THOUSAND DOLLARS, while I have actually used but two dollars worth, and my success has been greater than ever before." We have no comments to add.

THE FIRST AMERICAN VEGETARIAN CONVENTION will meet in New York, on the 15th of this month. Friends from Boston, Philadelphia, Cincinnati, and other cities will be present—in fact, delegates from most of the States are expected, and the leading VEGETARIANS from England and Scotland will be looked for.

The various RELIGIOUS and INFIDEL societies, BIBLE and ANTI-SLAVERY societies, PRISON REFORM, and ANTI-CAPITAL PUNISHMENT societies, SOCIALISTS, and LAND REFORM societies, and all others, have their anniversaries commencing the same week. Next year we intend to have a great universal HYDROPATHIC CONVENTION, and thereafter a yearly an-

niversary, which, in point of real UTILITY and interest, will eclipse all others. So may it be.

R. S. HOUGHTON, M.D., has opened a fine Water-Cure Establishment at No. 8 West Eleventh street, near Broadway, New York city, where all who desire it, may receive Hydropathic treatment. For particulars, see advertisement.

WATER-CURE IN MAINE.—Dr. FARRER has a fine place in Waterford, Me., which was established a few years ago, for Hydropathic purposes, and was then under the direction of Dr. KITTREDGE; now SETH ROGERS, M.D., is the resident physician. Of course, it will attract large numbers.

WATER-CURE IN INDIANA.—Dr. J. A. Pomeroy, Hydropathic physician, of Newtown, Fountain County, Indiana, has recently opened a house for the treatment of those who may wish to avail themselves of his professional services. Dr. P. proposes to furnish us with a report of several important cases for publication in the Water-Cure Journal.

Dr. SHEW'S WATER-CURE ESTABLISHMENT, on the corner of Twelfth street and University Place, is now in successful operation.

The house is pleasantly situated in the upper part of the city, away from the noise and confusion of business. In fact, it is almost equal to a residence in the country.

The advantages for treating diseases on Hydropathic principles at this place, are not surpassed by any other in our city. For terms, see advertisement.

Dr. ROOF has reopened his place at COOPERSTOWN, N. Y., where he has restored to health so many valuable lives. Those who know the Doctor best, regard him with respect, gratitude, and affection. His amiable wife is always at home.

Dr. TRALL'S extensive establishment was opened on the first of April, at OYSTER BAY, L. I., and is now in the very best condition. Good food, good treatment, and GOOD HEALTH, ought to be obtained at this celebrated resort.

Dr. E. E. DENNISTON continues to receive and treat the afflicted on Hydropathic principles, at his pleasant Retreat, on Round Hill, near Northampton, Massachusetts, where the bright waters abound.

Dr. NICHOLS AND WIFE (it will be seen by their advertisement) have opened an Establishment at No. 87 West Twenty-second street, near the Sixth Avenue, in New York city, where may be found all the conveniences for the Water-Cure practice.

WATER-CURE IN NEW JERSEY.—Dr. MEEKER, of South Orange, N. J., has the largest, best, and every way the most attractive Water-Cure House in the State, which is always liberally patronised. This place needs no recommendation from us.

NOTICES.

A BUSINESS RHYME.—DEAR FELLOW-CITIZENS,—

Please send—the world to mend—
The following books to me,
Shew's Water-Cure, which, I am sure,
One of the best will be.

And also send, for the self-same end,
Some physiological lore,
That all may know, that if in sin they go,
Their organs will soon be sore.

Some "Pregnancy," too, that the women may view
The altered condition they're in,
And know when they eat rich pies, cake, and meat,
They're committing the greatest sin.

Ten* of the first, and five of the second,
And three of the third you'll send,
And then I, your servant, will try
This drug-dosed world to mend.

NOGGS.

The books we send
To our old friend,
The world to mend.

We hope he'll not fail to let men know
The result of the way in which they now go.
Tell them to keep the narrow, straight road,
To bathe and be clean, as all people should,
Who wish to be healthy, wealthy, wise, and good.

THE YOUNG ONE.

LEND YOUR JOURNALS.—By the kindness of subscribers, who freely lend their numbers to their neighbors, many new converts are made to the WATER-CURE, most of whom finally become subscribers, and they, in return, bring other friends into the good cause. Thus we go on increasing and multiplying. We intend that everybody shall become acquainted with the "Water-Cure." Then, STAND BACK, ye "Regulars."

J. H. W., of NEW ORLEANS, makes use of the following language, in a letter to the editors of the "Delta," referring to the Water-Cure. J. H. W. has been a subscriber to the Journal about two years:—

"TO THOSE WHO HAVE TRIED IT.—Come all ye, who have been snatched from the brink of death, by this almost superhuman agency, and reveal the fact to your friends and neighbors, that they too may participate in this unparalleled blessing—THE WATER-CURE."

FOWLERS & WELLS, of this city, have recently published a Treatise by RAUSSE, a German, on the Water-Cure. It is one of the most philosophical dissertations on that subject that we have read.—NEW YORK EVENING POST.

The work referred to is WATER-CURE IN ALL DISEASES, and it is truly an excellent work. Price, 50 cents, mailable.

THE ANNIVERSARIES, in New York, commence the second week of the present month. We shall expect to see large numbers of our Hydropathic friends from all parts of the States. Those who may wish to send additional subscribers may do so, through those who visit our city, at that time.

* Dollars worth.

MAIL FAILURES.—It is very seldom that we receive complaints from our subscribers, in regard to the non-reception of the Journal. Whenever we are informed of a failure, we at once re-send the missing numbers, in order that each subscriber shall have complete files for binding.

STUDENTS, during vacations, will do well to take an agency for our publications. They may make it a source of profit to themselves, and at the same time, DO GOOD. Here, then, young men, is a chance for you.

J. W. BOND & Co., Baltimore, Md., will supply all books and periodicals published at the WATER-CURE JOURNAL OFFICE, at New York prices. Our friends in Maryland will do well to give this house a call.

IN NEW ALBANY, IND., our publications may be had at the price of Mr. JOHN R. NUNEMACHER, at New York prices, or at wholesale, by those who may wish to buy to sell again.

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HON. HORACE MANN and HON. THOS. J. RUSK will please accept our thanks for valuable public documents.

TO CORRESPONDENTS.

FREQUENCY OF MEALS.—M. L. H., of Western Reserve, Ohio, inquires how many times a day nature requires us to eat? We do not think nature has limited us to any specific number. She has, however, ordained simplicity and regularity. One, two, or three meals may be equally healthful, provided one is trained to such habits from early life. The only condition indispensable is, not to crowd the meals too near each other for the rest and reinvigoration of the digestive powers. Meals, therefore, should be nearly, or quite six hours apart, or more. Animals may eat promiscuously, irregularly, and at all hours, when hungry, because their brain not working much, all the nervous energy can go to the alimentive function. Human beings, whose brains are destined to think and labor, must obey the laws of periodicity, so that both the mental and physical being can have alternate exercise and repose.

MRS. B. SOUTH LINCOLN.—The symptoms you complain of arise from a diseased liver. Commence the treatment with tepid sponge and tepid sitz baths. Use foot baths, also, frequently. After a few weeks, use the water cold, and, if practicable, employ the packing sheet as often as twice a week. Use cracked wheat or brown bread enough to keep the bowels free. If necessary, add injections.

MANIKINS may be obtained at prices ranging from \$350 to \$1,000. Six feet manikins, with all the parts, are doubtless the best, yet those four feet are much in use. The publishers of the Journal import them, to order, from Paris.

NATURE AND TOMATOES.—M. L. H. asks why it is, that if tomatoes are healthful fruit, nature almost always refuses them at first? Our friend does not distinguish between nature and its perversion. Who knows anything about a natural appetite? The present generation have certainly, to a great extent, very artificial appetites. These may have been acquired or transmitted from parents. We must, therefore, go beyond mere apperency to physiological principles, in order to determine what is *per se* good to eat.

E. PALMER, of Fort Ann, Washington County, New York, says he can furnish any quantity of young Hemlocks, for hedges. Those who may desire them, will state size and quantity, and address him, post paid, as above.

P. S.—The postage on the A. P. Journal is exactly what it is stated to be, namely, 2½ cents anywhere in the United States.

D. A. C.—In looking over my list of subscribers for your Journal for this year, I perceive that I have obtained over forty. I intend to make the number come up to fifty. Shall I not be entitled to the reward?

ANSWER.—Yes, Sir. A reward from the publishers, and, doubtless, a reward of many thanks, from subscribers into whose hands you have placed the Journal.

C. C. W. reports a case of cure of lung fever by the use of water. Such reports are cheering and frequent. Go on, friend, success is yours. You can help the cause along. Let us hear from you again.

VARIETIES.

THE EXPRESSES.—The three express companies of Wells & Co., Butterfield, Watson & Co., and Livingston & Fargo, have been consolidated into one association, with a capital of \$150,000, and under the title of "The American Express Company." The company is under the direction of seven trustees, all of whom are men of character and experience. Mr. Henry Wells, of this city, now in Europe, has been chosen President; John Butterfield, of Utica, Vice President, and William G. Fargo, of Buffalo, Secretary. The acting directors and managers are Henry Wells, Johnston Livingston, and John Butterfield, of the lines from New York to Buffalo; and William A. Livingston and William G. Fargo, of the lines west of Buffalo.

THE PRINCIPAL SOUTHERN and Eastern Expresses, running out of New York, are those of ADAMS & COMPANY, HARNDEN & COMPANY, and KINSLEY & COMPANY, connecting, with other Companies, in every city in the United States and the Canadas. All these Expresses run daily from the Office of the WATER-CURE JOURNAL, in Clinton Hall, taking boxes, trunks, and packages of books, and other goods, to all parts of the civilized world. A very great convenience, indeed, are these various expresses.

GOOD ADVICE FOR BOYS.—Be brisk, energetic, and prompt. The world is full of boys, and men too, who draw through life, and decide on nothing for themselves, but just draggle one leg after the other, and let things take their own way. Such people are the doll stuff of the earth. They hardly deserve as much credit as the wooden trees, for the trees do all they can in merely growing, and bearing only leaves and seeds. But these poor, drawing, dragging boys do not turn

their capacities to profit half as far as they might be turned; they are unprofitable, like a rainy day in harvest time.

Now the brisk, energetic boy will be continually awake, not merely with his bodily eyes, but with his mind and attention during the hours of business. After he learns what he has to do, he will take pride in doing it punctually and well, and would be ashamed to be told what he ought to do without telling. The drawing boy loses in five minutes the most important advice; the prompt, wide-awake boy never has to be taught twice, but strains hard to make himself up to the mark, as far as possible out of his own energies. Third-rate boys are always depending on others, but first-rate boys depend upon themselves, and after a little teaching, just enough to know what is to be done, they ask no further favors of anybody. Besides, it is a glorious thing for a boy to get this noble way of self-reliance, activity, and energy.

"COD-LIVER OIL" is one of the certain cures for consumption which have been discovered any time these last twenty years. It is supposed that there is as much of this article now for sale as could have been fried out of all the cods that have swam since the flood. Speaking of this "infallible remedy," the "Boston Post" says, a young man applied some of it to his chin, on the supposition that it was bear's oil, and forthwith the lower part of his face was covered with scales. He very much resembles one of the cod-fish aristocracy.

BOOK NOTICES.

THE AMERICAN FRUIT BOOK, containing directions for raising, propagating, and managing fruit trees, shrubs, and plants, with a description of the best varieties of fruit, including new and valuable kinds; embellished and illustrated with numerous engravings of fruits, trees, insects, grafting, budding, training, and so forth. By S. W. COLL, editor of the New England Farmer, and author of various agricultural works. New York: C. M. Saxton, and Fowles & Wells. Price 50 cents.

Our friend, Mr. Hartwell, nurseryman, presented us with a copy of this work, which we have read with great interest. It is probably unequalled by any other work of its price on the subject. Of course, everybody should have a copy. THE PHYSIOLOGY and ANATOMY of both TREE and FRUIT is thoroughly exhibited. It is the most appropriate GIFT for a young man (and our wife says, "OR WOMAN") that we can recommend.

THE AMERICAN AGRICULTURIST continues to be a favorite with all sensible farmers. It is also valuable and interesting to manufacturers, political economists, and to families. The editors quote that truthful and very appropriate motto from Washington, namely, "Agriculture is the most healthy, the most useful, and the most valuable employment of man." A. B. & R. L. ALLEN, editors. C. M. Saxton, publisher, New York. Terms, \$1 a year, in advance.

THE LIFE, LETTERS, AND SPEECHES OF KAH-GE-GA-GAH-BOWE, or GEORGE COPWAY, Chief Ojibway Nation, with a likeness of the author. New York: for sale at the Journal Office, price 50 cents, mailable.

From the pen of a "child of the forest," once a savage, now a Christian. In no other subjects do we find more real interest, than those connected with the Indian tribes of North America.

In this book Mr. Copway has given us many exciting narratives connected with his life. It would be well if all our people were more intimately acquainted with our Indian history.

LETTLE'S LIVING AGE.—This great work has reached its twenty-fifth volume, and is unquestionably the best literary serial compilation in this or any other country. It embraces the widest range of thought, and contains the quintessence of all that is published in the weekly, monthly, and quarterly prints, of the Old World and the New. It should be in the hands of every man and woman who value good reading. For full particulars, see prospectus in our advertising department.

THE AMERICAN CABINET AND BOSTON ATHENÆUM, a family journal of useful and entertaining literature, art, science, education, mechanical inventions, manufactures, agriculture, and news. **HENRY MASON** and **M. M. DEAN**, editors. Terms, \$2 a year, in advance.

This is a large quarto weekly paper, devoted to the best interests of our people. The Cabinet is one amongst our numerous exchanges which we always read, and pass over to our family, to be read by our wife and all the children, then to be filed, for binding, as we regard it worth handing down to posterity. Address, Henry Mason, 128 Washington street, Boston, Mass.

THE AMERICAN POULTRY-YARD, comprising the origin, history, and description of the different breeds of domestic poultry, with complete directions for their breeding, crossing, fattening, and preparation for market, including specific directions for caponizing fowls, and for the treatment of the principal diseases to which they are subject. Drawn from authentic sources and personal observation. Illustrated by numerous engravings. By **D. J. BROWNE**, author of the *Sylva Americana*, with appendix, embracing the comparative merits of the various breeds of fowls. By **SAMUEL ALLEN**. Price 75 cents, mailable. New York: C. M. Saxton, publisher.

This is, doubtless, the most complete work on the subject, and will attract the attention of all farmers. The title sufficiently indicates the character of the work. It will have a very large sale.

LATTER-DAY PAMPHLETS, edited by **THOMAS CARLYLE**, No. 2, Model Prisons. Boston: Phillips & Sampson, publishers. Price about 12½ cents; worth about "a wooden onepence."

Such snapping and snarling, scolding and blowing, we never saw in print before. He is evidently insane, and should be so regarded by his friends, whose duty it is to take care of him. We would recommend frequent duckings in cold water of the COMBATIVE portions of his brain, and warm applications on his Benevolence. But we regard his case hopeless. He is not a fool, but crazy, and needs our pity. Let us be charitable. Poor Thomas Carlyle! He was an interesting young man, but has lost his reason, and writes strangely, wildly, and badly. He has climbed the ladder of fame, and nearly reached the top round, but, alas, he has fallen. Poor Carlyle!

TRIPPINGS OF TOM PEPPER. By **HARRY FRANCO**. New York: Mirror Office, and Stringer & Townsend.

Whoever read these spirited sketches of literary life in New

York, as they appeared in the Evening Mirror, will be glad to possess the entertaining work in two neat volumes. It abounds with capital bits, humorous delineations, and shows a shrewd perception alike of the foibles and the virtues of mankind.—*Commercial Advertiser*.

These are our views, exactly. Price of the book \$1.00

PHRENOLOGY AND THE SCRIPTURES. By **Rev. JOHN PIERPONT**.

Fowlers & Wells have just issued a small work with the above title. The ability of the author to do full justice to this most important subject—the harmony of phrenological and scriptural truths, will not be questioned. It is enough to say of this little book—a shilling book, too, by the way—that it completely redeems the science of phrenology and the truth, of holy writ from conflicting with each other; and shows us wherein bible and mental philosophy go together to illustrate that first principle in all rational codes of morality,—that every truth in universal nature is in unity with all other truths.

AN ESSAY ON THE OPIUM TRADE, including a Sketch of its History, Extent, Effects, etc., as carried on in India and China. By **NATHAN ALLEN, M.D.** Boston: John P. Jewett.

An able and valuable document, well matured and arranged. It is an 8vo., of about 70 pages, got up in the most dignified manner. We have marked facts and statistics, for publication in the WATER-CURE JOURNAL; yet we would recommend all who feel an interest in this matter to buy the book. Price 25 cents.

THE CHARACTER AND WORKS OF CHRIST. By **WM. B. HAYDEN**. Boston; Otis Clapp, publisher. After a perusal, we shall speak of this again.

THE PHILOSOPHY OF ELECTRICAL PSYCHOLOGY, in a Course of Nine Lectures. By **DR. JOHN BOVKO DOPS**. New York; Fowlers & Wells. Price 37 cents, mailable. Just published.

We shall notice this work more at length in a future number.

THE PULPIT REPORTER.—This is a semi-monthly publication, in newspaper form, containing verbatim reports of Sermons preached by various distinguished clergymen, of all denominations, and in all parts of our country, which forms a very peculiar, and, in our opinion, happy combination of opinions. Thus we find in the same sheet, the names of Barnes, Kirk, Bush, Austin, Cheever, Chapin, Hughes, Lansing, and others, of equally dissimilar views. We have frequently taken the ground, that if we could become acquainted with the numerous systems of religion, as taught by the ministers and priests of modern times, that we should be more tolerant, and less inclined to persecute those who honestly entertain opinions differing from our own. We think the Pulpit Reporter will have a tendency to "open the eyes of the people," and enable them to see, hear, and know what is said by the expounders of the Scriptures, looking at the subject from all points, and through different glasses. The people will have an opportunity of judging for themselves of the merits of these different religious doctrines to "try all things, prove all things, and hold fast that which they may think is good." This paper is published in a neat form for binding, at \$2 a year, by Holtbrook, Buckingham, & Co., 128 Fulton-street, New York.