

THE WATER-CURE JOURNAL.

HYGIENE THE TRUE MORAL OF THE CHOLERA.

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

[We commenced the publication, in our last number, of Dr. HOUGHTON'S Lecture on HYGIENE as "the true MORAL OF THE CHOLERA," which he delivered on the 6th of December last, at Clinton Hall, in this city, before the Mercantile Library Association. At the point where we left off, Dr. HOUGHTON had concluded a very graphic illustration of the manner in which COMMON-SENSE SIMPLICITY often succeeds where *excessive cunning* has been foiled. The lecturer then proceeds to "make the application" as follows.—*Pub. Water-Cure Journal.*]

Just so with the *Cholera*. Our medical "perfects" have been equally astute and equally persevering; they have bottled up air for chemical analysis; they have sought with really painful diligence for the secret *virus*, the mystic "ozone;" they have striven to raise a plentiful crop of choleraic fungi, or draw in a net-full of picturesque animalculæ: but the world is no wiser than it was before. At one time, indeed, an electrical "Eureka" was shouted forth in Paris, when lo! alas! both thunder and lightning became manifest in the heavens, but with no effect whatever upon the raging pestilence. And so died the last of the theories—disappearing literally in a flash of lightning!

In this dilemma, the question arises, may we not safely borrow a hint from the tale of "the purloined letter?" Is it not worth while to look straight before us? And even if we should not be able to solve the subtle and intricate problem of the Cholera, in all its wide and extensive bearings, may we not at least endeavor to ascertain its *moral*, with a view to PREVENT, if we cannot CURE? Herein, I conceive, lies a fertile field for profitable inquiry.

What, then, do we behold on looking thus straight before us? What seems to constitute the especial prey of this monster epidemic? Who and what are the unhappy wretches thus swiftly exterminated by this ruthless demon? These are the questions that now demand our closest attention.

Let us first glance at the birth-place of the cholera, and the scene of its development; let us see if we can discover any peculiar reason why the clime of *Hindustan* should yield a poison so malignant and so fearful. A land of monsoons, abundantly supplying dampness of air,—of a burning sun "volatilizing into greater subtlety the gases of decaying organization,"—of various miasmata poured into the air from jungle, marsh, and alluvial deposit, from fields of indigo, cotton,

and rice, from "the muddy and slimy banks of the broad oriental streams,"—where could we find a more fitting home for this horrible plague? Where shall we look for more easy victims than the enervated European, sweltering in his crowded and ill-constructed barrack, or the degraded Pariah groveling in his "close and fetid" Hindoo village?

Look next at the Affghan, the Persian, and the Turk, and where do we find the mortality most frightful? Invariably in those spots where the inhabitants are of unclean and debasing habits, and the air contaminated with foul impurities—reeking with "the effluvia which constantly stream up from dense masses of people, paying little attention to personal cleanliness, and to the prompt removal of decaying substances."

Pass on next to "temperate Europe." The cholera in Moscow, in 1847, was chiefly confined to the poorer classes, who subsist on miserable or raw kinds of food, and impure water, and whose condition in life, in other respects, is equally deplorable.

The cholera-districts in the city of London are thus described by the Sanitary Commissioners: "The neglected and filthy parts of the metropolis; the parts unvisited by the scavenger; the parts which are without sewers; or which, if provided with sewers, are without house-drains into them; or which, if they have both sewers and house-drains, are without a due and regulated supply of water for washing away their impurities, and also for the purposes of surface-cleansing and domestic use." The mortality in these districts (say late accounts) is thus returned by the Registrar-General: Out of a population of two millions, no less than 14,538 persons died in fifty-five weeks; and, of this number, 6,657 died after less than one day's attack of the actual disease; and, of the remainder, 2,446 died ere forty-eight hours had elapsed after the cholera had actually marked its presence. In other words, very nearly one half were cases of sudden death.*

Some few of the reasons why the city of Paris should suffer so fearfully from epidemic cholera, are thus forcibly stated by M. Bureaud-Riofrey, a distinguished physician of the French capital, and now, I believe, a resident of New York:

"It would seem, at first sight," this writer observes, "that one need entertain but slight dread of epidemics in our large cities. At Paris, one admires the houses so splendidly built, and then the apartments so luxuriously furnished; he is next amazed at the richness of the gilding, the

* London Times.

glasses, the mirrors, the bronzes, the statues, the vases, and most recherché woods: everything would seem to exclude the idea of insalubrity. Yet, in spite of all this brilliant exterior, Paris is perhaps the most unhealthy of capitals; it wants air, water, cleanliness, and above all, sewers. It wants air in this sense, that almost all the houses are narrow, and the ceilings low; in a Parisian apartment, one feels imprisoned. It wants water, because it is sold at an extravagant rate; water is six times as dear in Paris as in London, where everything is so dear. It wants cleanliness, for hygienic measures are incomplete or powerless. Each house, and in every house, each flight, are the foci of vapors more or less foul. The remains of food, the water of washings, corrupted and surcharged with decomposing and fermenting organic matters, the emanations of workshops, the residue of manufactures, the accumulation of all excretions cast into the street, and turned and returned a hundred times daily by the seekers for rags; this accumulation of ordure, or of excretions in fermentation, alters, in a very great degree, the purity of the air of this capital, which believes and proclaims itself to be at the head of the civilization of the world.*

In view of this picture, what room for wonder that the cholera "holds high carnival" at Paris!

Crossing over the Atlantic, we are now arrived on more familiar ground. In the city of New York, the cholera broke out, for the first time last summer, on the 11th of May. The scene of the outburst, I hardly need remind you, was a part of "the Five Points," in the Sixth Ward. This horribly "foul and offensive" region is so widely "pre-eminent for its destitution and vice," that the loathsome cholera could hardly have chosen a more fitting locality for its first appearance. The outward condition of the early victims is thus depicted by the Resident Physician: "In a rear basement, surrounded with filth and wretchedness, I found the body of a woman, who, a few minutes before, had expired. There was no mistaking the cause of death: the pinched and sharpened visage, the corrugated, blue, and attenuated appearance of the body, showed too plainly the nature of the disease which had marked its victim: Asiatic cholera was manifested in every expression. While there, I endeavored to obtain what information I could from the persons by whom she was surrounded: yet I found it almost impossible to get a reply to the most simple interrogatory. In truth, the idiotic condition to which rum, debauchery, and extreme wretchedness, had reduced the intellects of these loathsome objects of humanity, completely incapacitated them from comprehending the meaning of the most simple question." No less than seven cases occurred in this wretched tenement: and the cholera thenceforward gradually spread throughout "the Points."

We now began to hear something of "precau-

tionary measures," in the way of purifying this horrible plague-spot; but to a reflecting mind it seemed very much on the well-known principle of locking up the stable after the horse had been stolen. Houses, alley-ways, yards, and styes, were accordingly cleansed; and 3000 swine were removed to the outskirts of the city. All this was very well: only it ought to have been done long before, to produce any marked effect in the way of prevention. As it was, it only served "to lessen the extent and malignancy of the disease."

On the 26th of May, several cases occurred in Mulberry street, four hundred yards from "the Points;" and on the 6th of June, the cholera broke out in the First Ward, (in the southern part of the city, on the North River side,) amongst our foreign, immigrant population, and raged for two weeks "with considerable violence." From the 10th of June to the 20th of August, 170 deaths by cholera occurred in the Seventh Ward, on the East River side—a region in which many of the population were "emigrants, and persons utterly destitute of the ordinary comforts of life." The cholera next appeared in the Twelfth and Sixteenth Wards, in the northern part of the city, where it raged with great violence for about two months. "The cause of its long-continued and malignant character in this part of the city," says the Resident Physician, "can only be accounted for from the fact that there were found many filthy localities spread over the surface which was occupied by the epidemic. Several bone-boiling establishments were discovered, with immense piles of bones scattered around, while heaps of the same were found with meat attached, and all in an advanced state of decomposition, and exhaling a stench which was horrible in the extreme. These, together with manure-heaps, pools of stagnant water, and a horse-killing establishment, were believed to contribute much toward prolonging the epidemic character of the disease; in consequence of which, the Sanitary Committee were obliged to close the establishments until the disease ceased to exist among us."

In this connection, I must advert for a moment to a branch of the duty of the City Inspector, during the cholera season; hardly a day passed, at one time, when he was not summoned to abate some atrocious nuisance. Prominent among these were the overflowing grave-yards, some of which presented an appearance so horribly loathsome that one could hardly avoid coming to the conclusion that the cholera was nothing but a *just punishment* for such gross irreverence for the remains of the dead!

But to continue my recital:—

In the latter part of August, the cholera extended over a large proportion of the north-eastern part of the city, while it rapidly declined in most of the lower Wards. About the 1st of October it had nearly disappeared from our city, having swept off altogether over 5000 victims—to say nothing of 3000 who perished of kindred disorders.

Of the ravages of the cholera in other parts of the continent,—from Boston to Independence,

* Du Cholera: Moyens preservatifs et curatifs, ou Philosophie des Grands Epidémies. Par M. BUREAUD-RIOPREY, D. M. P., etc.

from Quebec to New Orleans,—my limits do not permit me to speak in detail; nor, indeed, is it needful, when the graves at Nashville, St. Louis, and Sandusky, are yet so green. I shall not, therefore, proceed with a tedious enumeration of the peculiar attractions presented to the cholera by our new country, and our new people. We have already seen that, in Asia and Europe, the conditions of its spread, and of the liability to attack of individuals in a community, are precisely identical: allowance being made for the respective difference in the grades of civilization.

We have also seen that the same liability, the same conditions of spread, precisely, prevail in New York. Suffice it to add that, in the New as in the Old World, the chief victims of the cholera come from the same classes; the destitute poor, the badly fed, the insufficiently clothed, the crowded, the dirty, the licentious, and the intemperate.

Here, then, we have accomplished one stage of our journey. We have ascertained with precision the especial prey of epidemic cholera, and the classes which mainly supply its victims. We are next to inquire how the cholera affects the more favored classes,—that is, “favored” as regards hygienic condition. How does it influence those who not only possess the “comforts of life,” as they are ordinarily termed, but who care enough for their health to try to preserve it,—those who yield a ready and constant obedience to the laws of their being,—and those, especially, who take pains that the excretions both of lungs and skin shall not be impeded by want of personal cleanliness?

It is well established that, throughout all India, those villages which were most exposed to the malaria from marshes and lakes, and whose inhabitants were of unclean and degraded habits, were scourged the most fearfully. For instance: “the town of Muttra, situated forty miles higher up the Ganges, and more remote from the approaching pestilence than Agra, was yet attacked first and suffered more severely, both as to violence of symptoms and to actual mortality.” Now what was the reason? Why, “Muttra is a filthy and crowded town,” while Agra, on the other hand, is “dry and airy.” Again: “at Madras, while the cholera was very fatal among the dense masses of the Hindoos in the Black Town, it was less prevalent among the soldiers in Fort St. George, and was not seen at all in the scattered and well-ventilated houses of the English merchants and residents, although their duties in many cases called them daily into the Town and Fort.” And yet once more: “The mortality among the natives in the town of Kurrachee was one in every ten of population; that is to say, 1500 died of cholera in six weeks, out of a population of 15,000. This town,” we are informed, “consists of mud-houses, with mere crannies as windows or means of ventilation; while the houses are built so closely together, and the streets barely wide enough to allow a loaded camel to pass, are so very tortuous and inaccessible to currents of air, that all ventilation must be arrested, un-

less during a perfect gale of wind.” Now note the contrast! The mortality among the officers stationed at the same place, was only *one in sixty-six*, instead of *one in ten*; the difference resulting from their far superior sanitary condition—their houses permitting a freer current of air, and their diet and habits being, as a general rule, far more consonant to the laws of hygiene.

To turn now to Russia: the beneficial result of good sanitary measures has been strikingly apparent in the city of Moscow. In 1830, the disease extended to every part of the town; in 1847, it was chiefly confined to the districts *south* of the river upon which it is situated,—the inhabitants upon the *north* side not only being of the better class, but using freely most excellent water, which is brought from springs eighteen wersts from the city, by water-works erected *since* 1830.

The German villages of Galicia and the colony of Sarepta,—to say nothing of Holland, all of whose inhabitants are particularly noted for their neatness and cleanliness, have likewise suffered but little from cholera. And so generally throughout the civilized world; just as certainly as the epidemic sweeps off the crowded and unclean poor, the grossly licentious, and the brutally intemperate, in the cholera districts, just so certainly it passes by unharmed all those individuals who, besides living in open and airy localities, have sound lungs, a strong digestion, a healthy skin, and a constitution unimpaired by the *abuse* of drugs. I have yet to learn of the death by cholera of a single individual, so situated, free from organic disease, of cleanly, regular, and temperate habits, of tranquil mind, and accustomed to devote that care to the preservation of health which affords the only real safeguard against disease. Indeed, a person so favorably constituted as regards hygienic condition, may be set down as *proof* against disease in almost every shape.

Perhaps the nearest approach to this imaginary condition is to be traced in the career of that extraordinary man—of whose singular life I am here reminded—HOWARD THE PHILANTHROPIST. “This man,” says one biographer, “visited all Europe, not to survey the sumptuousness of palaces, or the stateliness of temples; not to make accurate measurements of the remains of ancient grandeur, nor to form a scale of the curiosities of modern art; not to collect medals, or to collate manuscripts; but to dive into the depths of dungeons; to plunge into the infection of hospitals; to survey the mansions of sorrow and of pain; to take the gauge and dimensions of misery, depression, and contempt; to remember the forgotten; to attend to the neglected; to visit the forsaken; and to compare and collate the distresses of all men in all countries.” “He traveled,” says another, “between fifty and sixty thousand miles, for the sole purpose of relieving the distresses of the most wretched of the human race. The fatigue, the dangers, the privations he underwent or encountered for the good of others, were such as no one else was ever exposed to in such a cause, and such as few could have endured. He often traveled several days and nights in succes-

sion, without stopping—over roads almost impassable, in weather the most inclement, and with accommodations the meanest and most wretched. Summer and winter, heat and cold, rain and snow, in all their extremes, alike failed to stay him for a moment in his course; while plague, and pestilence, and famine, instead of being evils that he shunned, were those with which he was most familiar, and to many of whose horrors he voluntarily exposed himself, visiting the foulest dungeons, filled with malignant infection,—spending forty days in a filthy and infected lazaretto,—plunging into military encampments, where the plague was committing the most frightful ravages,—and visiting where none of his conductors dared to accompany him.”

The habits of Howard, under such circumstances, were remarkably simple. “Water,” says Dr. Aiken, “was one of his principal necessities, for he was a very Mussulman in his ablutions; and, if nicety had place with him in any respect, it was in the perfect cleanliness of his whole person.” “These ablutions,” says Dr. Brown, “he regularly performed in the depth of the coldest winter, by plunging into a bath whenever he had the opportunity of doing so; and, when he had not, he would frequently lay himself down for some considerable time between two sheets, wet for the express purpose of communicating to his body the desirable degree of cold.” According to another author, “both on rising and going to bed, he often swathed himself in coarse towels, wet with the coldest water; in that state he remained half an hour or more, and then threw them off, refreshed and invigorated, as he said, beyond measure.”

In a conversation with a friend, Howard once delivered himself of some of his views in the following terms: “Nature is intrepid, hardy, and adventurous; but it is a practice to spoil her with indulgence from the moment we come into the world. * * Thus, we are for ever giving *hot* things, when we should administer *cold*. We bathe in hot, instead of cold water; we use a dry bandage when we should use a wet one, and we increase our food and clothing when we should, by degrees, diminish both. If we should trust more to Nature, and suffer her to apply her own remedies to cure her own diseases, the formidable catalogue of maladies would be reduced to one half, at least, of their present number.”

With regard to the best mode of self-preservation from infectious diseases, Mr. Howard expressed his views as follows: “I have frequently been asked what precautions I used to preserve myself from infection, in the prisons and hospitals which I visit. I here answer, once for all, that, next to the free goodness and mercy of the Author of my being, **TEMPERANCE** and **CLEANLINESS** are my preservatives. Trusting in Divine Providence, and believing myself in the way of my duty, I visit the most noxious cells, and, while thus employed, I fear no evil. I never enter a hospital or a prison before breakfast, and in an infected room I seldom draw my breath deeply.”

“Temperance and cleanliness!” “Temperance

in all things” and scrupulous cleanliness of the entire person! Have we not here in Howard’s preservatives a tangible clew to this Cholera-labyrinth? Does not the unparalleled experience of this great Philanthropist in the plagues of the East strengthen the position I am striving to establish: that epidemic cholera is one of a class of fearful disorders, whose exact nature and essence it is quite unlikely that we shall ever determine; that its most strongly marked exciting cause is gross neglect of the laws of health; and that the only method by which it can be extinguished is by a wide, general, and uniform return to their faithful observance? If these views be correct,—and both reason and experience confirm this doctrine, that the true *moral* of the Cholera is to be found in **HYGIENE**,—may we not claim for Howard that he was the first to solve the enigma of plagues?

But what is “**HYGIENE**?” Fancy some puzzled one going to his family-physician and asking him this question; in all probability this would be the answer: “*Hygiene!* Why, Hygiene has something to do with *keeping* people well; so its no affair of mine. But don’t you go and worry yourself now about what you can’t understand; leave all that sort of thing to *me*. You’re doing well enough as it is; so what’s the use of trying to make yourself *better!* Don’t make any foolish change in your habits—no matter what the books say; and if you do chance to get ‘under the weather,’ why—*I’ll* come and set you on your legs mighty quick, *I* promise you!” Such is the tenor of advice on this subject which generally proceeds from mere “routine practitioners.” Long accustomed to regard men as *individuals*, they are totally incapable of taking an enlarged view of Hygiene, as applied to great masses; they cannot understand the meaning of the term, “Public or Municipal Hygiene,” or, as some one has styled it, “the political economy of health.” To them, the rich are—“*the rich*,” with fat fees to dispense; and the poor are—“*the poor*,” with vulgar half dollars. It never occurs to a mind of this order that the relations of the two are closely connected; that both great classes are making in common this voyage of life; that both are “linked inseparably together”—“wafted by the same favorable breezes, tossed by the same rough billows, and wrecked in the same rude tempests.” Alas! that such blindness, such hardened selfishness, should prevail so widely! Alas! that the *moral* of the fearful cholera, the horrible plague, the squalid ship-fever and the loathsome typhus, should remain so long unheard and unheeded!

“Proffer any remedy for any ailment,” says Professor Dickson, “adduce but a shadow of proof that you have invented a means of relief from any particular grievance, and crowds of followers and heaps of wealth shall be your recompense. But the far greater boon of protection, prevention, which science vouchsafes to the wretched victims of disease with so much certainty, is scarcely valued enough to be investigated. It is difficult to persuade individuals or communities into measures the most reasonable

and promising, even when experience has confirmed their applicability and importance. And thus it is in moral and social life. We neglect the child, and punish the guilty man. We refuse the means of education, but stringently inflict penalties upon ignorance.

"Hygiene, the science of prevention, whose pure and elevated object is the extinction of disease, has had until recently no separate functionary in our social institutions, no definite place in the progress of our improving civilization. And even now her voice is feebly uttered, scarcely listened to, and almost void of authority. We have no Professors of Hygiene in our Colleges; our Boards of Health are clothed with little power, and their recommendations destitute of influence, except in times of occasional panic, or when directed against nuisances palpably offensive. No place of honor or profit is assigned by the body politic to the philanthropist who volunteers his services in this department. Commissions are appointed and report; associations organize themselves, and publish documents, and present memorials; registers are made, facts recorded, and principles clearly deduced; yet all with so little effect that no single great step has anywhere been taken in the right direction.

"It is difficult to make definite alterations in the fixed face of things; to open parks amidst the dense masses of brick and stone that constitute our cities; to tunnel with sewers the earth encumbered with the thick foundations of thronged edifices; to raze the crowded blocks which impede the air and the light; to ventilate the narrow hovel; to drain the damp cellar; to illumine the dark abode of the poor. Such are the obstacles, and they seem almost insurmountable, which impede the Hygienic movements of old and settled communities, and paralyze the energetic philanthropy which yet refuses to succumb. Are they not full of warning to us, a nation yet in infancy or youth, whose cities are just starting into growth and expansion, and taking on the form destined to be permanent for good or evil? We have not, even in the New World, a moment to lose; nay, too much time has been already lost, in careless neglect of these matters, so important to us and our posterity."

But perhaps this labor in the field of prevention may not prove so attractive to a pedantic mind as the effort to solve insoluble riddles. The question now arises, which is the more useful? Is not the diffusion of the principles of Hygiene likely to be appreciated generally and widely at a time like the present? Or, must we turn into owls—waste our energies over a confused mass of "scientific" conjectures—conjectures sure to result in nothing—unless, perhaps, an increase of the number of solemn dunces? Shall we give up the *certainty* of benefiting our race for the profitless contemplation of such queries as these: "*Do fishes think? Have the stars eyes, and if so, do they see?*"

Out on such wretched—such miserable drivell, when the question at issue is one of life or death to thousands and millions! Out on the theory of

"fungous growths," or of paltry animalculæ! Out on the doctrine of "no-electricity-in-the-air!" Out on the scheme of analyzing the cholera, (as if one could imprison it!) in a chemical bottle! Out on such follies so long as the "Old Brewery" pollutes our precincts, and so long as our ears are pained and our souls sickened by the horrors which cry out against us from the pestilential "Five Points!"

A few words now in regard to the course of the Board of Health of the City of New York, during the past year, in relation to the cholera. I have already observed that their attempts last summer to cleanse some few of the plague-spots in our midst, were rather late in the day; that it strikingly resembled locking up the stable after the horse had been stolen. Now how is this? We were first threatened with a "visitation" of cholera on the 5th of December, 1848,—just a year ago,—but it seems that the epidemic held itself in abeyance a little over five months, or until the approach of the warmth of May. What, then, was accomplished by our Board of Health, in the way of preparation, during these five months of abeyance? Were the "Five Points" visited—nuisances abated—grave-yards closed—and the destitute poor washed, fed, and clothed? Was the well-known track of the cholera in our city prepared for the outbreak? Alas! no! Forewarned as all were, literally nothing was done; and when the plague *did* break out, it found an easy prey! Lo! then, the panic and the timorous flight! Lo! then, a forfeit of more than five thousand lives! Lo! then, a loss in the commercial relations of our business metropolis which even *time* can hardly repair! And is it not galling to a reflecting mind to know and feel that all this might have once been averted,—either partially or wholly,—by a timely use of the knowledge which reason and experience have so abundantly afforded?

The Medical Counsel to the Board of Health—to judge from their occasional addresses to the public—appear to have been content to put forth the usual humdrum prescriptions as the *day* demanded. I shall only refer here to one or two points in their official bulletins. The learned gentlemen express their belief, in one of the number, that "the *cause* of the disease exists in the atmosphere," but subsequently make this striking admission: "With regard to the *peculiar condition* of the atmosphere which predisposes to the disease, we *know nothing*." Now all this is very much like the dilemma of the Parisian Prefect; he knew to a certainty the very house "the purloined letter" happened to be concealed in, but where it actually was, it was far beyond his philosophy to fathom! One thing was certain; it was not *he* that was to blame, but that abominable *house*! Just so with the Medical Counsel; *they* are not to blame, but the abominable *atmosphere*! They feel sure that the *causes* of the cholera are in the atmosphere; but *how* they got there and *why* they are there, in spite of the effluvia of the "Old Brewery" and the "Five Points" full in their nostrils, they cannot possibly, for the life of them,

tell! Strange that so great an amount of positive knowledge should accompany so great an amount of admitted ignorance!

Again: in a long address of advice to our citizens, the learned Counsel actually devoted *nearly two lines* to a recommendation of "the tepid bath!" They did not forget, though, to dwell at more length on the coddling system of wearing flannels in midsummer, the proper doses of laudanum to be taken, and the propriety of giving, besides a strong mustard poultice, a little brandy and water, with a view, as they said, of "restoring warmth!" This last prescription was a wonderful hit! It is really astonishing how many cases of cholera suddenly broke out in the vicinity of bar-rooms, and how rapidly the patients found themselves convalescent after a free potation of this attractive beverage! It is noteworthy, too, that, though only two lines could be spared for merely alluding to the subject of personal cleanliness, the learned Counsel should particularly specify "the tepid bath," notwithstanding the weakening effects of the season. Some of you may possibly happen to recollect that a statement also appeared in one of our journals, setting forth that the most eminent members of "the regular faculty" had denounced the use of any other than the warm bath during the prevalence of epidemic cholera. It is very fortunate for some of us that we were not obliged to bathe after this puny, coddling, enervating fashion, amid the intense heat of our last summer!

It is really refreshing to turn from all this superstitution and senility, and glance at the progress of hygienic principles in the domain of Old England. The ablest medical quarterly of the day* is earnestly calling upon the East India Company to employ the absolute power which they possess in their magnificent empire, in attempting to remove those causes "which, in Asia, as well as in England, confer on the poison of the cholera its terrible and malignant power." "If, as we believe," the editors say, "a wise recognition of the conditions of existence of the poison of cholera can lead, in some measure at least, to their removal, and to a proportionate diminution in the mortality from this terrible scourge, then we hold it incumbent on the great Company, whose magnificent dominions are the garden of the earth, to avert from the Hindoo, in his close and fetid village, from the Englishman in his confined, crowded, and ill-constructed barrack, some portion of the evil, which has acquired magnitude and strength from our ignorance and neglect. The Company cannot alter the laws of nature, they cannot prevent India from being the country, more than all others, subject to cholera, on account of its marshes, forests, plains, and rivers, its heavy rains, its burning suns; but they can do much to weaken the force of the poison, and to strengthen the frame against its influence."

The editors prove by irresistible facts and arguments that the poison of cholera derives its

power chiefly or entirely from the hygienic conditions attending its attack; and that, whenever the condition of health is high, the poison becomes powerless. "Examined in this way," they then proceed, "this epidemic loses all its terrors. We see no longer the terrible burst of a mysterious plague, which seemed to be ushered in by whirlwinds and thunder-storms, and, like those mighty powers, to perform its work of destruction unrestrained by human efforts. On the contrary, we see that it is our ignorance which has given it power—our carelessness which has prepared its easy prey." For the frightful mortality which the cholera has occasioned, the Editors say, "We must all take our share of reproach. The medical profession is the most to blame, because it has not hitherto sufficiently recognized the simple causes which give such astonishing activity to morbid poisons. We have contemplated epidemics through an atmosphere of prejudice, which has distorted their form and obscured their real proportions. But we are now beginning to learn; and, if we do not deceive ourselves, we are, at last, on the right path to disarm of its malignity one of the most terrible plagues which has ever ravaged the earth. We have reassumed our proper character of preventers as well as curers of disease."

Such language as this is so warm and earnest, and yet so rare, that I cannot refrain from further citations. In speaking of the nature of the specific cause of cholera, the Editors say, with as much truth as force:—"The phenomena of great pestilences occur, on so vast a scale, their consequences are so stupendous, their immediate action so impregnated with an almost universal suffering and fear, that men have found nothing to compare them with but the most terrible and awful convulsions of nature. * * Even at the present time, many of our best writers entertain something of the same belief. Everybody knows the lofty opening of Hecker's History of the Black Death. There, as harbingers of great pestilences, the powers of creation are represented as coming into violent collision, the thunder mutters from beneath the earth, fiery meteors blast the fruits of the soil, the atmosphere burns with a sultry and unbearable dryness, or overflowing waters send up unwholesome mists—nature spurns the ordinary alternations of life and death, and over the doomed people the destroying angel waves his flaming sword. And yet, after all, is there no poetical exaggeration in this? Is nature indeed so hard a step-mother to us? Are these pestilences altogether independent of the passions, and uninfluenced by the condition of man? We do not believe it. The causes of the devastations of diseases lie lower than the historian daems; it is in our false habits, our pernicious customs, our disregard of the fundamental laws of health and vigor, that we are to seek for the true reason of the mortality of pestilences."

(To be concluded in our next.)

* The British and Foreign Medico-Chirurgical Review for July, 1848.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—NO. 6.

Properties of Lobelia—Vapor Baths—Samuel Thomson—Thomson's Birth and Education—His Early Practice—His Fame Spreads—The Vein that went Throb, Throb—Thomsonian Theory—Sooty Stove Pipe—Lobelia and Cayenne—Plan of Treatment—In What Manner Medicines Operate—Active and Expectant Plans of Treatment—Fever not Fatal—Thomson's Treatment of Disease—Ingratitude of Patients and their Friends—Indictment for Murder—Charge of the Court to the Jury—Obtains a Patent.

PROPERTIES OF LOBELIA.—As mentioned in previous articles, the European discoverers of America found the Indians in possession of an ample supply of medicinal plants, and a good knowledge of their properties and mode of administration. Among others was the *Lobelia inflata*, or Indian tobacco, which belongs to a poisonous family, all the members of which owe their properties to an astringent narcotic juice. The *Lobelia inflata* grows everywhere in pastures and meadows, to the height of some twelve or fifteen inches, sending out its small pale blue flowers from August to September.

The name of Lobelia was given to it in honor of Matthias de Lobel, physician and botanist to James I. Lobel died at London in 1616. It is said that horses and cattle eat of it for purposes of medication. It salivates them, producing what is called the *slavers*. Rafinesque tells us he has heard that cabbage leaves set as a remedy to its effects. Whether the Indians learned its properties by watching inferior animals, is not known, but it is one of their puke-weeds used by them to clear the stomach and head, preparatory to the assembling of the great councils. Resembling tobacco in its general effects, it yet acts more speedily, and the effect is sooner over. The seeds are the strongest part,—and it is said by medical botanists that a teaspoonful of them will induce death!

VAPOR BATHS.—Whitlaw, who traveled extensively among them, tells us, that in the various species of inflammation the Indians always resort to the vapor baths, constructed upon a principle peculiar to themselves; it is after the following manner:—A few heated stones, in the first instance, are heaped together, around which something similar to a soldier's tent is erected. The person or persons to receive the baths are seated round the stones, upon which are thrown herbs, and water sprinkled with the hand. Whitlaw personally tried one of them, and says that he found the heat and vapor rising from the stones suffocating in the extreme. The aborigines, therefore, are entitled to all the credit of vapor bathing, since so much practiced.

SAMUEL THOMSON.—I have instanced the Lobelia and vapor bath as a kind of preface to the system of Thomson, an account of which I think should worthily succeed the history of the origin of medicine. In my opinion, Samuel Thomson was a remarkable man, and a true type of the



first doctors. Had he lived three thousand years ago, his doctrines would have had all the aid that mythology could have afforded, and he would have been numbered among the divinities, and his fame descended to our times, with the addition of a jaw-breaking Greek name. His system is one of the anomalies of the day, but has undoubtedly done much good by directing popular attention to the subject of medicine, and forcing the regulars in self-defence to disseminate that information, the want of which induced so many to believe in his views.

THOMSON'S BIRTH AND EDUCATION.—This noted character, as I gather from his book, was born in 1769. His father was a poor, hard-working man, of extraordinary energy, who made no allowances for differences in mind or body among men, and thought all could accomplish as much as himself. His son Samuel, the subject of our sketch, was put to severe labor at the age of five years, and kept constantly tasked to the utmost of his strength, as his constitution matured. He was early noted for his great observing and reasoning powers; and as his labors were in the fields, and he was forced to employ his powers, if at all, to those subjects under his notice, he is said at the age of sixteen to have acquired a knowledge of the virtues and method of using nearly all the medicinal plants in his vicinity. Fond of trickery, many stories are told of his inducing his young companions to swallow Lobelia, and of his de-

light at the ensuing effect. He married at the age of twenty-one, and soon had experience enough of doctors in the sickness of his wife. Six of the best medical men the country could produce were unable to relieve her, and a seventh was sent for. Fearful that they were trying experiments upon her, he dismissed them all, and employed two root practitioners, whom he considered a little more successful, though she relapsed so often that he induced one of them to remove into a house on his farm, to be near at hand at the time of the attack.

HIS EARLY PRACTICE.—His second child being given up to die by this last doctor, he determined to try and relieve her himself, which he succeeded in doing, by means of the steam of vinegar poured on a hot shovel. He had attended his wife himself on her second confinement, and now gathering confidence, began to collect herbs and roots in their season, to prevent as well as cure disease. The resident root doctor, who had remained on his farm seven years, seeing how things were going, left, and from that time he had but little sickness in his family. When any of them were taken down, he had no difficulty in restoring them; and from his own practical fund, he began instructing his children how to prevent and cure disease.

HIS FAME SPREADS.—He had commenced treating his neighbors, and for fifty miles around him, was noted as a doctor of uncommon success, and so harassed with calls that he found it impossible to attend to his farm, and finally concluded to do nothing but prescribe. Contrary to the method pursued by others, of boasting of their learning and education, he thought it his best qualification that he had never been to college; and so, instead of being guided by others, was left to follow the dictates of his own *reason and philosophy*. Finding it necessary to fix upon some system, after *considering every part of the subject*, he came to certain conclusions concerning disease, and the whole animal economy, which an after experience of forty years confirmed. He tells us that his practice was in every instance conformable to his system, and that he had no reason to doubt its correctness in all diseases incident to the country, when properly applied, *that are curable*.

THE VEIN THAT WENT THROB, THROB.—Knowledge is undoubtedly to many men like friction in mechanics, it impedes their progress. The machine of Samuel Thomson, freed from this encumbrance, went ahead with surprising force. A story is told of a London physician, who told his patient one day that he would bleed him, were he not afraid of wounding the artery, which in his case happened to lie so near the vein as to raise it by its pulsation. The instant he was gone the gentleman sent for a professional bleeder, who took the desired quantity from him without hesitation, and, as it happened, without danger. The next day, on the doctor being informed of the matter, he called on the bleeder and asked him how he was guided in seeking the vein. "I always," said the other, "feel for the vein that

goes thump, thump!" On the doctor telling him that it was an artery he found in such cases, and the imminent danger that would result from cutting it, and also taking him to his office and showing him an anatomical preparation of the arm to illustrate his remarks, the poor fellow became so amazed and frightened that he never dared bleed again, and although his business yielded him a good living, was forced to abandon it, and try something else. That education would have had a similar effect on the strong, candid mind of Thomson, I think is more than probable, and thus the world have been deprived of the new practice, and been without a chance of bestowing on its founder "the congratulations of grateful nations."

THOMSONIAN THEORY.—"That all diseases are the effect of one general cause, and may be removed by one general remedy, is the foundation on which I have erected my fabric." All animal bodies are composed of the four elements. These are, fire, air, earth, and water. Earth and water constitute the solids of the body, and air and fire the fluids. Fire, or heat, is the primary cause of motion to the solids, and the source of activity, or life, to the body. When this fire is entirely overpowered, from whatever cause, death ensues. Heat is life; cold is death. All diseases originate in obstructed perspiration, which is caused by cold. Whatever will keep up the internal heat, and excite an action to the skin, will cure the disease and save the patient. The fuel which keeps the fire in man, or his life, burning, is composed of two things, *food and medicine*. Food is required to keep up the steady fire, and medicine to clear it out and stimulate it when clogged.

SOOTY STOVE-PIPE.—To illustrate the above remarks, we may compare the human body to a stove for burning coal. When combustion is brisk and throws out a due proportion of heat, the stove is in good health. When the fire burns low, and is nearly going out, add some wood and rake it out. This is physicking the stove. "All the art required to physic, is to know the medicine, and how to give it, as a person knows how to clear a stove and the pipe when clogged with soot, that the fire may burn free, and the whole room be warmed as before."

LOBELIA AND CAYENNE.—The medicine that would best establish the heat was Lobelia, but the effect passed off too soon. "It was like a fire made of shavings, heat for a short time and then go out." After much trouble and experience, *Cayenne pepper* was fixed upon to keep up the heat.

PLAN OF TREATMENT.—"My general plan, in all cases of disease, has been to cleanse the stomach by giving an emetic, then produce as great an internal heat as I could by the use of Cayenne pepper, and when necessary make use of the steam bath, which I always found a great benefit, especially in fevers. After this I gave a tea made of a compound of bayberry, sumach, hemlock bark, wych-hazel leaves, red raspberry leaves, and marsh-rosemary, to clear off the canker; and in all cases where the patient had

not become so low that the constitution had nothing left to build upon, I have been successful in restoring them to health."

IN WHAT MANNER MEDICINES OPERATE.—In our previous article on Physiology we stated that that peculiar property of the life-power, called excitability, was always ready to receive impressions. When acted upon by proper stimulants, health resulted; by improper ones, disease. As when well we are always liable to become sick, so when ill we are in like manner susceptible of impressions that induce a return to health. We also stated that fevers, and probably all other diseases, commenced with a chill, caused by the depression of the life-power, through excitability; and that it was only when the system was in danger of death, the *vis medicatrix* was roused to action. It is owing to its conservative efforts that fever ensues. We are accustomed to think that fever is the cause of the disease, when in reality it is a signal thrown out to show that the *vis medicatrix* is valiantly battling with the poison. If successful, perspiration ensues, and the body is once more given in charge to the usual forces; if unsuccessful, the case terminates fatally.

ACTIVE AND EXPECTANT PLANS OF TREATMENT.—The Hippocratic practice is founded on these views. Where previous experience has taught from the signals shown that the *vis medicatrix* can conquer alone, without aid, the doctor removes injurious influences, puts his patient into a cool, dark room, keeps him clean, and regulates his diet, waiting patiently until health is restored. This is the expectant practice. When, on the contrary, the symptoms are such as show the *vis medicatrix* to need assistance, and proclaim its inability to cope with them, the physician then uses his medicines to act on excitability, for, as there can be but one general disease at a time in the body, if he succeeds in inducing a new action, the old impression will be obliterated. He uses to effect his object *poisons*, but in such a dose, that while strong enough to overcome the fatal impression on excitability, yet within the power of the *vis medicatrix* to conquer. This is what is called the active practice. If he mistakes his dose, even supposing him to use the proper remedy, he will lose the patient. Hence the necessity for the exercise of the most perfect judgment, for it is a maxim in the profession, "that medicines differ from poisons only in the dose." A physician has well remarked, "that the study of medicine has been destructive to the human species, and that it can scarcely be doubted, should a calculation be made respecting the numbers injured or benefited by the medical art, the balance would preponderate against the physician."

FEVER NOT FATAL.—Thomson seems to have had some glimmering ideas of the true philosophy of disease, and a pearl or two can be discovered among piles of his rubbish. "No person," says he, "ever yet died of a fever! for as death approaches, the patient grows cold, until in death the last spark is extinguished. The higher the

fever runs, the sooner will the cold be subdued; and if you contend against the heat, the longer will be the run of the fever, and when extinguished, death follows. The question whether the heat or cold killed the patient is easily decided, for that power which bears rule in the body after death, is what killed the patient, which is cold—as much as that which bears rule when he is alive, is heat. These declarations are true, and have often been proved, and can be again to the satisfaction of every candid person, at the hazard of any forfeiture the faculty may challenge." The real truth in all this is, that fever is not a disease, but a means of cure.

THOMSON'S TREATMENT OF DISEASE.—As he says, he faithfully carried his principles into the most extensive practice, vomiting, peppering, and steaming all that came in his way, effectually clearing the human stove and pipe from soot and clinker. As might be expected, the fire often went out during the operation, and the wonder is that it so often kept alive in any degree! I have heard a story of Dr. Doddridge, that once he dreamed he was dead, and his soul ascended to heaven. He was at first conducted into a large room, hung around with pictures, which, on examination, he found illustrated different periods in his own life, where he was providentially saved from various dangers, in which he had not been himself aware of the imminent risks he run. So intense were the emotions of his gratitude, that he awoke. Similar feelings will undoubtedly be experienced in the other world, by thousands who have undergone the Thomsonian course. Yet for all that, as we shall find in our after progress, his plan was not much worse than the majority of those systems which came before and since.

INGRATITUDE OF PATIENTS AND THEIR FRIENDS.—Many of his patients refused to pay him, although they got well under his hands, and both themselves and friends would abuse him, and call him ignorant, and not able to parse grammar, etc., and much worse than this. "The fashionable doctor might lose half his patients with impunity, but if I happened to lose one, I was guilty of murder." He gives a large number of similar cases.

INDICTMENT FOR MURDER.—Once, on arriving at Salisbury, his friends informed him that the Grand Jury of Salem had found a bill of indictment against him for willful murder, and advised him to go off and keep out of the way. This he refused to do, and was accordingly arrested and confined in a dungeon with a felon, and hardly used. "I felt perfectly conscious of my innocence, and was satisfied I had done nothing to merit such treatment. When the lawyer came in to my prison, and read the indictment, that I, with malice aforethought, not having the fear of God before my eyes, but moved by the instigation of the devil, did kill and murder the said Loratt with Lobelia, a deadly poison, etc., it had no effect upon my feelings, knowing it to be false, and brought about by my enemies without any provocation on my part." His trial came at length, and he pleaded not guilty.

CHARGE OF THE COURT TO THE JURY.—Judge Parsons charged that the “prisoner had broken no law, common or statute, and quoted Hale to show that any person may administer medicine with an intention to do good, and if it had effects different from what he intended, and killed the patient, it was not murder, nor even manslaughter; that if doctors must risk their lives for those of their patients, who would practice!” He also cited Blackstone, who says that where no malice is, no action lies. He was found *not guilty*.

OBTAINS A PATENT.—His notoriety much increased by the prosecution, and looked upon by many as a martyr, he now advanced rapidly in his career, began forming Thomsonian societies, and obtained a patent for his mode of practice. This was a lucky speculation, as he sold the rights at twenty dollars each, and found plenty of purchasers. In one case where he sold a patent right, the purchaser refused to pay, alleging that there was no value received. He obtained a verdict in his favor on suing in a court of justice, and thus, as he says, “proved the utility of his medicine and system of practice before a court of law.” He now surmounted most of the difficulties that beset him, and his after life run smoothly enough on, his wealth keeping pace with his reputation.

CONSIDERATIONS FOR COMMONFOLKS.—No. 2.

BY J. C. JACKSON.

This earth of ours is peopled with two classes of human beings—the *common*, working, toiling, flooding, back-bent class, whose tasks come each day at sun-rising, to end only when night covers creation with her mantle, and cries in unmistakable language, “Rest! rest for the way-worn and the weary!”

The other class is the *uncommon* class, made up of those who look on labor as a *curse*, divinely inflicted, but to be avoided by all means, if possible; who dislike it, loathe it, run from it as a pestilence, and seek for livelihood by their wits, their tact, their power at deception, their skill at wielding the energies of the laborer for *their* advantage and against *his* advantage—who side with capital as against muscle, money as against mind, authority as against freedom, and *land* and its legal tenures as against man and his rights.

For this *latter* class I am *not* writing—I can do them no good. My name lacks prestige, I am not adequately heralded, I lack titles, place, position, power. If any of this class is sick, no prescription of mine could reach their case; for its vital essence would consist in demanding an abandonment of habits which they would rather die than give up. *Uncommon* people must look for *uncommon* advisers. These considerations are to such as have their capital in a conjunction of their brains and muscles, and to whom, by a law of *necessity*, if by no higher law, *HEALTH* is of the first importance. The abounding violations of the laws of life, and the cool impudence with which, at the decease of the self-murdered, the

survivors attribute the death to *DIVINE PROVIDENCE*, are sufficient to make one abhor Cant. It is full time the charge of taking life was remitted against the Deity. He is not responsible. His laws are good, as also is his work. He has given to man a physical organization in all respects adapted to his wants, both those of his lower and higher nature. Obedience to the laws of this organization will insure his happiness as a material being, and greatly subvert the development of his superior qualities. Laugh at or dread, as much as one may—*Materialism*—so far is it true, that mind, whilst connected with matter, as it is in man, is in good degree subordinate to the conditions of matter. One with the physical organization of a child does not show the mental force of an adult. Prostration of animal force, or paralysis of the physical powers, as a general principle, enfeebles the exhibitions of the intellectual.

The current ideas in respect of the importance of a material organization to the manifestation of spiritual life, are exceedingly crude. Most persons are educated to look on the body as a clog; to regard the soul as so much trampled in and through its co-partnership with the body, that its sublime flights are only to be taken when it shall have

“Shuffled off its mortal coil.”

Now setting philosophy aside, what say facts! Who met Abraham, as he sat in his tent door at eventide, to announce the thrilling fact to the old man, that he should not die childless? Three *men*—divine messengers—yet they honored the material by wrapping it as drapery about them. Who appeared to Lot? Angels, yet incarnate. Who appeared to the wife of Manoa? An angel, yet as a *man*. When the Divine Father of us all sought to make the noblest, clearest exhibition of Himself to us, who appeared as his representative? “The *Man*, Christ Jesus,” thus gloriously illustrating the truth, that the spiritual, in its greatest beauty and essence, deems it not derogatory to its character, to illustrate its power and purity by a union with material forms. Let no man despise his body, or look with contempt or lightness on the laws which govern it. A human body is the temple of a human soul. It is the medium for its growth, expansion, and strength; and who so abuses his body by improper excitement, or undue influences of any kind, will find in the end that his locks have been cut, and his manliness has departed. Would we make that which in us is immortal worthy its destiny, we must pay appropriate attention to that portion of us which is perishable.

I have often thought of the strict exactitude which the Saviour always paid to physical law. Under no exhibition of his power did He ever set it at defiance. Nor did He ever seek the production of spiritual results in disobedience to it. He never kept his congregation, when he ministered, till the people were faint for want of food, or weary by long sittings, or half asleep from inhalation of carbonic acid gas. The instant that

the physical man needed a renewal of strength, his preaching ceased, and attention was paid to the wants of the *stomach*. He well knew that *life that then was*," that future happiness rested on a careful performance of *present duty*; and that it was the veriest empiricism to waste and weaken the energies of the body, in order to give vigor and elasticity to the spirit. There is not an instance on record of his preaching of the kingdom of heaven and its righteousness to a half-famished Pharisee, nor offering himself as the resurrection and the life to a Sadducee dying of starvation. In other spheres the laws of life may be reversed for aught I know; but it is as plain as a sum in addition, that *here* the rule runs—when there are duplicate wants—those of the soul must be served last. When your house is on fire it is your duty to put it out, instead of taking to prayers. When your child is healthfully hungry it is your duty to feed, instead of giving it a lesson in the Catechism. When you are suffering in a crowded assembly from vitiated atmosphere, it is much more God-honoring to go where you can get pure air than it is to sit in a state of distress to listen to a homily. Fitness for *earthly life*—for the just performance of all the responsibilities by which one is surrounded—is *the fitness* one wants for a future state of existence. Yet how seldom is this practically acknowledged by those who are *set apart*, and whose province it is to guide weak and timorous souls "the other side Jordan." I never heard a minister of the Gospel preach a discourse on *Physical Law*. I never heard one who affirmed his belief that daily habitual violations of it involved the transgressor in criminality. There are no men more ignorant of physiology, more uninformed of what constitutes the true standard of health, than *clergymen*. Grand occasions within their jurisdiction offer often for them to present the truth under the most favorable auspices—when hearts are softened, when soul and conscience are quickened, when prejudices are weakened, and the better part of a man is roused up to unusual vigor, and strong resolves are made toward the correction of ill personal habits; yet the tongue of the preacher is almost always silent. I venture the assertion that not one in fifty ministers, when called to officiate at funeral services, use the opportunity to arouse in their hearers regard for the laws of Health.

They are all taken up with efforts to induce them to reach Heaven. Heaven is so much *better* than earth, and hell is so much *worse* than earth, that the benevolence of these ministrators is expended in showing them how to reach the *one* and escape the other. All this is sufficiently praiseworthy, were it not that the means of accomplishing the object sought are impotent by reason of imperfectness. Any plans for reaching the realms of THE BLESSED which do not include obedience—strict and untiring—to physical law, are *quackish*, and deserve general execration. What! shall a man find a Heaven *out* of this world for which he has not been fitted *in* this

world! Will the Creator overlook the great principle of *fitness* in the matter of man's transference from this to a *new* sphere of activity? Shall his hands grasp a harp out of which his fingers, as they sweep the strings, can bring forth no music! Shall the faces he looks on in his new home awaken no affinities in his soul? And would one call such place HEAVEN!

The theology, moral science, or spiritualism which teaches that a soul which, in its earthly sphere, has paid little or no heed to the laws of its physical organization, may immediately, on leaving the body, pass to a state of repose on the bosom of the Deity, in my conception, is false and wicked. It tends to dishonor the Divine Being, to let his creatures loose from their sense of moral obligation, and make them wild and reckless rebels. As regards physical law, man, in his social or individual character, must meet, for his disobedience, the judgment and the penalty, which sooner or later will be executed.

If men will chew and smoke tobacco, drink alcoholic drinks, eat like gluttons, and commit lewdness, pain *shall* creep into their bones, and *suffering* shall be their bedside companion. These, on occasions, are great Redeemers: they work wonders at times. They set a poor wretch stretched on a bed of agony at thought, and swept from before him his refuges of sophistries which keep him from following obediently the laws of his physical nature. More than this: They act exemplarily. His anguish is eminently suggestive. Others are taught by it, and grow wise at sight of his folly. Perhaps the reason why human beings do not always follow what may be truthfully declared as the correct mode of life, is, that what to them is offered as experience—the combined result of observation and experiment—from their heedlessness and unwillingness to look their habits in the face, has no other than the force of suggestion. To them it is not unquestionable fact. It does not incorporate itself with their consciousness, making itself a part of them, assimilated under the authority of intellectual conviction. Hence, is made clearer the *wisdom* of nature in attaching penalties to her statutes, and the necessity of their being *certain* and unescapable.

Whoever defies physical law, never escapes Justice. She is on his track, with her hand close on his shoulder, and when he little thinketh, she suddenly twists him about, and looking him straight in the face, asks, "who he thinks himself to be, that he thus attempts to act lawlessly?" Then, as a cramp enters his body, or mental incapacity makes its incipient manifestations, or grossness wraps itself like a garment about his spirit, and he feels a gradual transformation from the Divine to the Beastly going on within him; he understands that God's justice is something more than a common Prospero. Nature allows no man to get beyond the sphere of her authority. Here or elsewhere an adjustment *must* be had. The laws which *men* enact, are oft-times imperfect; not so with the laws of Nature. Through their length and breadth a rich, deep vein of in-

piration runs; now narrowing, now widening, dipping deep into the very heart of human relationships, and anon pushing itself to the surface; and through the mass which it perforates, it shines like spangles of gold, in crystalized quartz. Undisturbed, this force, which gives *Quality* to physical LAW, works the divinest harmony. It is no small responsibility that one assumes, violently to jostle himself out of his orbit, thus unhappily affecting all to whom he is immediately connected, and putting them to the trouble of looking after him in his hours of sickness, and of burying him before he has lived out half his days. Such an one should know his place, and keep it; for it is in one's place—the sphere of HEALTH—the most dignity is to be secured, the most strength and courage are to be educated, and the greenest, freshest wreaths are to be won and worn.

Now if human beings having perfect physical organizations, would make themselves acquainted with the laws that govern them, and would obey those laws, they would need no doctors of the body. If they appreciated the dignity of their spiritual natures, and would delight at all times to honor them, they would need no doctor of the soul. If in both of these spheres they were intelligent and upright, a government of force would be an absurdity. The doctor, the priest, and the lawyer are great necessities, to be respected, listened to, and followed so long, and no longer, than human beings exhibit undue appetite, weak moral sense, and insufficient self-control. It should be the constant aim of *all* so to live, that for these professions there should be little use. Men should not die by disease or the doctors. Men should have God for their High Priest, not mortals like themselves. They should make the intellectual so to be *King* over the animal, that drug-shops, church-courts, and state-prisons would be foolish investments. However, if they *will* violate physical, moral, and social law, they will make poor head-way in decial of the medical, clerical, or legal profession. These are necessary, by reason of the imperfectness of men, and will pass into desuetude with the necessities that gave them birth. So far as *man* is concerned, the physical and the spiritual are essentially blended, and the latter is intimately dependent for its symmetrical growth on due development of the former. So true does this appear to me, that I think no person of defective material organization—other things being equal—can make as rapid advancement in all that relates to his higher nature, as one whose bodily organization is faultless. The qualities of mind, the traits of spirit, the emotions of the soul which challenge admiration, which make up manfulness in their possessor—in large degree depend on bodily health for their exhibition.

An indirect proof of the influence of the body on the mind may be seen in the impressions which we take of persons from their physical habits. We cannot well associate great purity and refinement of mind with great slovenliness of body. Chaste conduct infers chaste idealism

in its possessor. Beauty of conception and appropriate expression usually accompany each other. Those who in Nature see glorious and glowing symbols of the Divine Presence, are able to pierce all types and shadows, and commune face to face with God. Taken as a whole, the worst, as the best, judge of the *inner* by the *outer* man. Whilst it is true, that in various ways the spirit takes its tone from the influence which the body exerts, it is equally and more extensively true that, when from any impulse, the spirit puts on more of grace, the body soon exhibits more gracefulness. No matter what pretensions are set up—think of the task before us, when our regard is demanded for one who makes his stomach a still-brewery, or cider-mill. Or, of our cherishing profound respect for a man whose mouth, whenever it is opened, sends forth an effluvia like the cure-house of a tobacco plantation. Or, of feeling deep, imperishable love for a woman whose nostrils are sealed with snuff, till her voice has lost all mellowness of intonation, and sounds like a radish grater. Imagine one's self seeking, as high entertainment, the society of those who grow nervous in the absence of tea, or sullen in the absence of coffee, who are never to be relied on to furnish their portion—

"In a feast of reason and a flow of soul,"

unless their bodies are stuffed as one feeds an anaconda. What of *manhood* is there in persons of such habits? They are sold to the beastly within them, they are slaves.

It is easily perceivable how mal-structure of body should not lessen the love we cherish for those who are unfortunate enough thus to be afflicted. The defect is not of their procurement. And great Nature looks with a loving eye on such, and seeks, as far as *law* will permit, to compensate by admirable qualities of mind for less beauty of person. Congenital defects of body, as a general fact, God holds not the sufferer responsible for. But gaps and wounds of our own making must be healed by our own suffering. For these, "there is no eye to pity." Come what may, the *law* is stern and unbending, and every pang we suffer, making us groan to our heart's-depths, is an audible sermon preached to the on-lookers against our folly. In such case, agony becomes exalted into the sphere of wisdom, and whilst the violator of law dies under its inflictions, the living are made to lay it to heart, and are *saved*.

Glen-Haven Water-Cure, 1850.

A BRIGHT and beautiful bird is Hope; it will come to us 'mid the darkness, and sing the sweetest song when our spirits are saddest; and when the lone soul is weary, and longs to pass away, it warbles its sunniest notes, and tightens again the slender fibres of our hearts that grief has been tearing away.

GENERAL DEBILITY.

BY S. ROGERS, M.D.

The following article was intended for last month, but came in too late for insertion. It contains advice which we think is not inappropriate to the present month:

The term *general debility* is a convenient covering for a multitude of physiological transgressions.

At this season, when all animated creation save man is joyfully breaking from the frost-bound fetters of Winter, it is a sad reflection upon his *good sense* to hear the almost universal complaint of general debility. Why should MAN be an exception in the united rejoicing? Endowed as he is with superior capacity for appreciating the natural changes, why do we hear murmurs instead of praises! Is it because the power Omnipotent has done less for him than for the rest of organic creation? No one believes this. Then let us look into the cause of this difficulty, and suggest a remedy therefor.

Man, unlike the brute, makes instinct a subordinate guide in the gratification of the animal propensities. He is continually committing depredations upon the laws of health, which render him as unhappy physically as violations of the moral law are destructive to his happiness morally. This is a case wherein the old maxim, that a little knowledge is a dangerous thing, holds emphatically true. Were man *ignorant* as the dumb beast, his appetites would not be guided by a perverted intellect; or, were he *learned* in the science of health and life, the voice of conscience would make him responsible for his transgressions. As the matter now stands, we find a vast majority of mankind attributing their physical sufferings to anything rather than their own ignorance and folly. Thus it will ever remain so long as parents and teachers deem it of more importance that their children become more familiar with the volcanoes and rivers of the earth, than with the viscera and life-streams within their own bodies. But to return to the *causes* which produce the general debility of the vernal season.

The long cold winters of our Northern climate are anticipated by nearly all as fitting seasons for relaxation and social enjoyment. Few rely upon this season for pecuniary support. The *farmer* quietly pockets the pay for his previous labor; sends his children to school, and makes ready for the coming spring. The *mechanic* is content with smaller income, and has his long evenings for domestic intercourse and mental improvement. The *merchant* examines his stock in trade,—balances his ledger, and hopes for a good "Spring business."

Now *man* is a busy creature, and it is easy to perceive why winter is chosen as the time for amusement. There is not much else to attract his attention. Social visits, balls, and parties, are followed with even greater zeal than the plough,

the plane, or the sale of goods. No one questions the right to rich dinners, or late suppers; but during this "social season" it is downright *vulgarity* to talk of temperance, reasonable hours, and a healthful dress. To be candid, it is useless to enumerate the terrible violations of nature's law. When properly regulated, I do not by any means oppose the gratification of the social faculties; but as society now exists, a majority of people go on in this reckless manner, as though human life were a game of chance, and he who risks the most would be the greatest winner.

The *result* of this course of dissipation is not always immediately manifested. Trouble may not follow these excesses so long as the bracing or tonic effect of cold weather continues; but when the cool, oxygenated atmosphere of winter abates and the "thawing-out" of spring relaxes the system, there is nothing to sustain the body against the upheaving of morbid humors which have been assiduously deposited by the past few months' career.

There is loss of appetite; biliousness; universal weakness; giddiness; sinking sensations; palpitation; in a word, *general debility*.

These difficulties are not alone confined to the ranks of dissipation. All who *labor less* and *eat more* during the winter, sleep in small, ill-ventilated rooms, upon feather beds, hazard that good health which, other things being equal, an opposite course would ensure.

In the *treatment* of these difficulties, it is customary to use, first, cathartics, and then tonics. It is a common domestic practice in some parts of the country to have "strengthening beer" made from a large assortment of roots. A stimulating diet is also resorted to; but actual experience proves these remedies worse than useless.

Cathartics, it is true, often relieve constipation and a torpid liver, but not without injury to the stomach, and the risk of entailing chronic disease. Better far do nothing, but wait for the system to regulate itself. The vague idea is false, that we must use drugs to restore the appetite. The body is already engorged with morbid matter, and the loss of appetite indicates an effort of the system to remove it. Shall we obstruct this?

A more friendly treatment would be a dripping sheet on rising in the morning, (temperature according to strength of the patient) and a cooling wet girdle about the abdomen during the day. Exercise freely in the open air, and let the appetite take care of itself, so far as nursing is concerned, but, when *hungry*, eat *temperately* of coarse, unstimulating food.

MAROTIN, physician to the King of France, was so fond of administering medicine, that, seeing all the vials and pill-boxes of his patient completely emptied, and ranged in order on the marble-piece, he said, "Ah, sir, it gives me pleasure to attend you—you deserve to be ill."

TOBACCO:

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

By B. BOUSSIRON.

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

(Continued from the May No.)

CANCER OF THE NOSE.

If the pituitary membrane is subject to attacks of inflammation and ulceration, in consequence of the immoderate use of tobacco, why may not cancer, which is only an induration produced by the exhalation and sojourn of a concrete matter in the cells (or circulation) of our tissues proceeding from irritation, why could it not be, we say, developed in the nose, as well as in any other organ!

When a cause so irritating as that of tobacco acts a long time upon the pituitary membrane, what must be the consequence!

There will be, we repeat it, an augmentation of the vital activity of the part; the blood will accumulate in a greater quantity in the vessels, the capillary vessels will become distended, and the exhalents will permit a thick humor to escape into the meshes of the tissue. If, then, we cease to use tobacco, the flow of the humors may abate and disappear; in the contrary case, the obstruction will augment, and cause an increase of nutrition in the neighboring parts, and an exhalation of a fluid like the white of an egg, at the point where the irritation has been the most active. This first stage of the affection can yet be dissipated, or the engorgement may remain stationary for some time, but persist thus until the nose, the organ affected, becoming the seat of a particular function, its own life changes its nature to assume all the attributes of a cancer.

But replies one, if you establish the fact that the use of snuff develops cancers so easily, there will not be in a short time surgeons enough to amputate all the noses affected with this frightful disease!

To such an exaggerated assertion, we must reply, that you have misunderstood us. Our intention is not to proclaim here that, because some persons snuff, they will inevitably be destroyed by a cancer. We only say that, if this affection can overtake you at some period more or less remote of your existence, we cannot conceive why you will persist in exposing yourself so recklessly to such a danger, especially when it is so easy to shun it.

If we had the leisure to examine the annals of Surgery, we could find thousands of cases that would go to corroborate our assertions; but without transcribing them here to convince you, just look at those old men who have spent their lives snuffing enormous doses of tobacco, and however slightly you examine their dirty and disgusting noses, if you do not find almost always, evident traces of cancers, at least, the germs of a great

number of diseases, ready to devour the precious organ of smell.

Besides, the long series of disorders which snuff can give rise to, does not stop here; we have yet to give you an account of the ill effects that result from sneezing.

OF THE CONSEQUENCES OF THE GENERAL TROUBLE WHICH SNEEZING PRODUCES WHEN IT TAKES PLACE.

We have established above, that sneezing, whilst sweeping the nasal fossas of mucus, occasions also violent agitation of the whole animal machine.

These concussions, indeed, become very hurtful to plethoric persons, and to those whose pulse is strong and full; in such cases sneezing has been known to determine sanguineous congestion of the head, convulsions, and even dangerous apoplexies; also, grave hemorrhages, hernias, and abortions.

We embrace this occasion to state that the proverb which appears so common to us, since it is rusty with old age: *God bless you!* when you sneeze, was invented by our ancestors, in consequence of the sudden death to which those are exposed who sneeze too often.

Add to these dangers, the numerous disorders which have been mentioned in the first part of this work, and tell us if tobacco, in powder or smoke, deserves all the honors that have been bestowed on it! Your conscience says no, if your mouth answers yes. If women know, says M. Merat, all the pleasures of which they deprive themselves by using tobacco (and above all, of the horror which those who use it inspire in men,) of how soon it makes them appear old, of how it wrinkles their faces, and dilates their nostrils, thickens their upper lips, and changes all their features, they never would use it.

OF THE PIPE, CIGAR, AND CIGARETTE.

Despite the narrow limits of this work, we think it our duty to present, as of great importance, a brief sketch of the anatomy of the cavity into which tobacco enters, to make its irritating action felt.

Besides, by initiating thus some of our readers into a knowledge of the first acts of digestion, we will be of much use to them.

ANATOMY AND PHYSIOLOGY OF THE MOUTH.

The mouth is situated between the jaws, beneath the nasal fossas, and in front of the pharynx; it forms an oval cavity to which we distinguish six walls; directed horizontally, it presents:—1st, the lips; 2d, the uvula; 3d, the tonsils; 4th, the cheeks; 5th, the palate or superior wall; 6th, the tongue, and the teeth.

If to all these parts we add the bones of the lower jaw, some very powerful and moveable muscles, some blood-vessels, some nerves, some glands, some excretory ducts, and a mucous membrane lining the whole cavity, we shall have

named almost everything which concurs to form the mouth, which is constantly moistened by a peculiar kind of fluid, of which we shall soon speak.

SENSE OF TASTE.

The superior face of the tongue is the principal seat of taste. We cannot, nevertheless, deny that the lips, the gums, the membrane lining the vault of the palate, the teeth themselves, the uvula, the pharynx, may be affected by the impression of some *savours*. It suffices, to show that the tongue is not the exclusive organ of taste, as many authors have asserted, to refer to the cases seen by Haller, Roland, A. Paré, Louis de Jussieu, etc., of the complete absence of this organ, without the perception of savors being diminished or even weakened.

The immediate use of the sense of taste, is to give us the perception of savors, from wherein results the propriety of knowing the quality of aliments. Placed as a sentinel at the entrance of the digestive organs, this sense sees that no hurtful substance penetrates into their interior.

Man would have perhaps, of all animals, the most delicate taste, if he did not early blunt its sensibility by strong drinks, spicy dishes, and especially with tobacco! There are some who carry the abuse of the pipe, of the cigar, and of the quid to such an extent, that we are almost inclined to suspect them of having raised a large blister in their mouths, that cavity being so red and inflamed.

We shall see further on, that that irritation continuing permanent, singularly constrains the functions and action of one of the most important organs of life.

OF MASTICATION.

Few are ignorant that digestion is the function by the aid of which substances that are foreign to us are introduced into our bodies, and submitted to the action of a particular class of organs, change conditions, and furnish a new compound, proper to our nourishment, and to our growth. The organs employed in mastication of aliments, are the lips, the jaws, and the teeth with which they are armed, the muscles that move them, and those which form the walls of the mouth. This mechanical trituration is not the only change which aliments undergo in the mouth. Submitted to the action of the masticating organs, which overcomes the force of cohesion of their particles, they are at the same time saturated with the saliva. Indeed, this fluid, furnished by the parotid, maxillary, and sublingual glands, appears to be secreted for the principal purpose of being mixed with the aliments during the period of mastication, to penetrate, saturate, and prepare them to be more easily digested in the stomach. It is for this reason the saliva is poured into the mouth in the greatest abundance during mastication. No one can doubt that the saliva is likewise the first agent of digestion; it

is also of the greatest importance to chew the food well.

When the mouth is in a state of repose, that is to say, not chewing, the saliva, that is furnished by the molar, buccal, palatine, and lingual glands, etc., instead of being poured into the mouth in great abundance, is only secreted by degrees in small quantities; it comes out of a great many canals at once, which renders it more proper to perform the functions it is destined to fill, which consist in lubricating the different parts of the mouth, to maintain its different organs in a state of suppleness and freshness which is necessary to them, and to preserve their sensibility by preventing them from becoming too dry. We say, in fact, it is by the means of the saliva that savory bodies make an impression upon the organ of taste. Thus, without alluding to smokers, persons who have their tongues and palates dried, as often happens in the morning to those who sleep with their mouths open, lose the sense of taste for the moment. It remains then to show that no animal fluid is more salutary than the saliva: this fluid purges when swallowed in the morning fasting; it facilitates the digestion and assimilation of food; when it is wanting, digestion becomes difficult; besides, those who are in the habit of spitting too much, have weak stomachs, are pale, without appetite, and their stomachs are ordinarily contracted. The father of medicine said that great *spitters* are melancholy, or soon become so. Our own observation and experience teach us that almost all great tobacco consumers are hypochondriacs, taciturn, and sometimes of great versatility of spirits.

In giving the history of the diseases of smokers further on, we will point out summarily all the disorders arising from a too great loss of saliva.

OF TOBACCO CONSIDERED AS A MASTICATORY.

Masticatories in medicine, are the remedies which are chewed to excite the secretion of the saliva. This definition, which is that of the books, is faulty in two respects. Firstly, because we do not chew all the masticatories: for example, the smoke of tobacco, which smokers take into their mouths, produces a secretion of saliva without chewing. Secondly, do the masticatories provoke only a secretion of saliva? They produce the same effect upon the mucous membrane, and excite the exhalation of the mucus which lubricates the buccal portion of the system. We think, like M. Mérat, a better definition of them to be, substances which augment the salivary and mucous flux of the mouth. The action of the masticatories appears to be entirely due to the excitation which they produce upon the glands and the mucous membrane we have mentioned. That excitement may proceed from a simple stimulation to inflammation; we accordingly divide the masticatories into many classes, according to their degree of force, viz.:

1st. The *Mechanical Masticatories*: this is of wax, of wood, &c. rolled in the mouth, provokes a more abundant flow of these fluids.

2nd. The *Aromatic Masticatories*: these act by their tonic and exciting qualities.

3d. And, lastly, the *Acrid Masticatories*: these are those which authors designate as acting especially upon the salivary glands; their exciting action can proceed to the extent to irritate and inflame the parts with which they come in contact, especially, if they are continued too long, or if the quantity employed is too great.

Tobacco is ranked under this class of masticatories.

There are three ways of smoking tobacco: 1st. In cigars; 2d. In cigarettes; 3d. In the pipe, that is to say, tobacco burned alone, tobacco enveloped in a combustible substance, which burns with it, and that consumed in an incombustible cup.

INACTIVITY OF THE LIVER.

BY DR. CARL LORENZ.

THIS organ, so important in fulfilling the rounds with the functions of the other organs of the organism, has very annoying and painful effects upon the system, if impeded in its action. A case of this nature the reader will find by perusing the certificate of Mrs. Sarah Miles, residing at Cheshire, Conn.:-

"I do hereby certify that about five years ago, I was taken very sick with a complaint affecting the top of my head with a severe pricking sensation, followed by great prostration of strength and general derangement of the various functions of the body. The best physicians of the allopathic school, to the number of ten consecutively, for a period of four years, were employed, and their advice and remedies strictly adhered to, without giving me any relief. My case became hopeless by the swelling of my lower extremities, which confined me to my room, and much of the time to my bed; and on one occasion my friends thought me dying. My case was pronounced and abandoned by my physicians as incurable.

"Having heard of many remarkable cures effected by the use of water as practiced by the water-cure physicians, I was advised to place myself under the charge and advice of Dr. Carl Lorenz, at his Water-Cure Establishment, at Southington, Conn. I accordingly did so in the month of January, 1847. I must acknowledge I had no faith whatever in the water-cure remedy, but my friends urged this course as my only hope of recovery. In less than four weeks time, following his prescription, I found great relief and began to recover, and at the end of three months, I was fully restored to good health, and have continued so to the present time. I am able to attend to my household affairs, and occasionally to walk three or four miles without fatigue. My age is 36 years.

"Those ten physicians supposed my disease to have been in the brain, and accordingly applied their remedies to my head, neck, and shoulders, as well as many internally. Cupping, blistering,

and setons were most of the time made use of, without accomplishing anything but pain, misery, and great inconvenience.

"Dr. Lorenz at once discovered the seat of the disease, and showed evidently that my former physicians had mistaken the symptoms, as experienced on the top of the head for the disease which was in reality seated in the liver, and as such, was treated by him in the manner above described.

"I reside in the town of Cheshire, Conn.

"Oct. 21, 1848.

"SARAH MILES."

When calling to consult me, on examination, I found that the patient enjoyed good health previously to her complaint, as described above, with the exception of some bilious attack once or twice a year, with loss of appetite and strength, dullness of the head, and stupidity, but that after a copious discharge of diarrhoea these symptoms always subsided again entirely. Naturally possessed of an active mind and body, the patient over-exerted her energies on frequent occasions, and so much weakened, the system had not strength enough, when taken sick, to relieve or master as formerly, by a discharge of diarrhoea, the complaints as described by her in the certificate, which in fact were nothing but symptoms of "*the bilious attack*," she was subjected to. Over-exertion brought on an exhaustion, and in consequence of it, inactivity of the liver, so that no discharge of diarrhoea could take place, to relieve the system. The attending physicians, in mistaking the place and nature of disease, rendered her case a very painful, and, as was thought by some of her friends and relations, a hopeless one. In perceiving the cause of her complaints, and finding a constitution (although dull, feeble, and sluggish, by derangement of the various functions of the body, and suffering exceedingly from severe pain on the top of the head,—a sensation like gnawing of something on the brain, or at times like pricking of needles,)—strong enough to undergo by degrees a vigorous treatment, I did not hesitate in giving my prognosis, to pronounce her case not a hopeless one, and that health could be established again by following my advice and directions strictly and steadily. The reply she made was, that every one of the former physicians had told her so, *but none had kept his word*. Her trust was shaken in consequence, but nevertheless I commenced treatment in good faith.

To prepare the system for a stimulating and energetic treatment, the patient received several cold ablutions during the day, followed with rubbing by the hand of the waiter, and immediately after the ablutions was ordered to take a walk in the fresh air. Her diet consisted of farinaceous food, with a glass of milk at breakfast and four tumblers of cold water during the day. Then she took wet sheet fomentations, with subsequently a cold half bath, two cold ablutions, and a foot bath before going to bed. As she gained more strength and was enabled to take more exercise, she took, instead of the ablution in the forenoon, a cold half bath for half an hour, followed with

brisk rubbing. In the fourth week of the treatment a crisis took place, with sickness at the stomach, violent vomiting of a fetid, slimy, dark-colored matter, and diarrhœa. After these symptoms had abated the patient found herself very much relieved, full appetite and strength returned, the dullness of the head and the pricking sensation on the top of the head subsided *wholly*, and again the confident expectation of the full recovery of her health was restored.

The same treatment was continued, with an addition of the douche in the afternoon for five minutes, drinking of cold water from eight to twelve tumblers, and taking animal food at dinner-time. In the twelfth week, another crisis occurred, exhibiting the same symptoms as the first, but more violent, and with an eruption of an itching, scabby, and tetter-like appearance on the hands and feet. The swelling of the lower extremities subsided in a great measure, gradually with the disappearance of the eruption, but was not wholly gone when the patient left. She considered herself as well and happy as she was in former days, before taken sick. When leaving the institute, I was told by her:—" *You have kept your word.*"

CASES IN HOME-PRACTICE.

BY B—, OF VIRGINIA.

I HAVE great faith in the Water-Cure. It seems to me to be founded on the soundest physiological principles, and to be sustained by an irresistible array of well-established facts. Though very imperfectly acquainted with its principles and practice, I have tried several experiments with it, with the most signal success. With your permission, I will detail a few of them.

My son, aged ten years, scalded his foot so severely, that, on removing the stocking, the skin came off in flakes. I immediately immersed his foot in a basin of cold water, and kept it there, frequently renewing the water, from early in the morning until late at night, when I wrapped it in a large wet cloth. He slept soundly all night, walked about the house the next day, and the day after, was racing through the yard with the young negroes.

The same boy, some time after this, was taken with spells of vomiting early in the morning, and threw up at first most profusely. He continued for an hour or more to vomit, at intervals of about ten minutes, and his stomach was so irritable that he could retain nothing upon it. Instead of sending for a physician, I consulted one of my Water-Cure books, which advised frequent *sips* of cold water; these I gave him, and applied a wet cloth to the region of the stomach; the vomiting continued for several hours, but with diminished violence, until, late in the evening, it entirely ceased. The patient eat nothing that day, slept soundly at night, was free from disease the next morning, though very much prostrated, and in two or three days was quite well again.

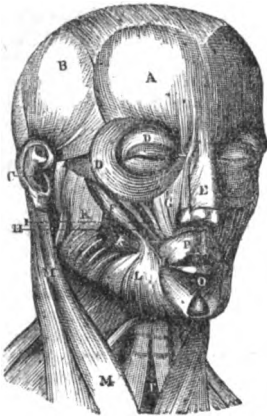
Early in September last, I was attacked with fever and ague, which exhibited all the usual symptoms of severe cases. I *shook* every other day. The disease came on in spells of about a week's duration, and then would leave me for a couple of weeks, until some exposure or imprudence would bring on a relapse. I did not adopt any very efficient mode of treatment, though I sometimes wrapped up in a wet sheet, (from which I derived great relief,) and sometimes took quinine, at the advice of a highly esteemed medical friend. Some of the physicians pronounced my liver out of order, and advised a course of calomel, to which I was not willing to submit. My health continued to decline, until about Christmas, when I was confined to my bed with the worst attack I had ever had: I was so weak I could scarcely stand up; I was reduced almost to an anatomy; my skin was so yellow, that some of my medical friends thought I had the jaundice; my pulse, after the chill had nearly taken the life out of me, was about 150 a minute; my thirst was unquenchable; my skin as dry as ashes, and my head ached intolerably. In this situation, getting worse every day, and seeing no prospect of recovery, I got almost desperate, and determined on trying some energetic remedy, let it kill or cure. I ordered a linen sheet, dipped in cold spring water, to be brought to me. I wrapped it around my body (then in a high state of fever), and had half a dozen blankets spread over me, and tucked around me. In less than ten minutes I felt better; a fine perspiration began to moisten my skin; in half an hour I was bathed in sweat, which seemed to stream from every pore of my body; the fever was soon subdued; my headache ceased, and I felt as calm and happy as a sleeping infant. After remaining about an hour in the sheet, I gradually removed the blankets, and cooled off. I slept well all night, had a good appetite in the morning, recovered rapidly, and by the exercise of a little prudence, am now happily restored to the enjoyment of my usual health.

HOSPITAL CHARGES IN CALIFORNIA.—The following is a specimen of hospital charges in California, being a bill sent to a gentleman in Baltimore, for payment, for services rendered to his deceased brother:

Mr. —,	To Sacramento Hospital, Dr.	
To 26 days hospital attendance, from	October 2, to Nov. 7, (7 days at \$25	
and 29 days at \$20.)		\$755 00
Washing and laying out his body,		16 00
Matress and blankets spoiled in do.		20 00
Coffin, (and sending to get it made)		60 00
Paid for digging his grave in a storm,		20 00
Paid for carriage at funeral,		4 00
Assistance for man at funeral,		5 00
		\$880 00
Sacramento Hospital, Sutter's Fort, Nov. 24, 1849.		
Attest, Charles H. Cragin, M.D.		

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the April No.]



- A, Occipito frontalis.
 B, Levator auris, or Attollens aurem.
 C, Concha.
 D, Orbicularis palpebrarum.
 E, Compressor naris.
 F, Zygomaticus major.
 G, Levator labii superioris alæque nasi.
 H, Zygomaticus minor.
 I, Levator anguli oris.
 K, Masseter.
 k, Buccinator.
 L, Depressor anguli oris.
 M, Sterno-cleido Mastoideus.
 O, Depressor labii inferioris.
 P, Orbicularis oris.
 Q, Temporalis.
 R, Splenius.
 S, Trapezius, seu Cucullaris.
 T, Sterno-hyoideus.
 a, Helix.
 b, Anti-helix.
 c, Concha.

* 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 IX.—MUSCLES OF THE HEAD AND NECK.

A. OCCIPITO FRONTALIS—Arises from the occipital tuberosity; the tendon is expanded over the superior part of the cranium, and is inserted into the teguments of the forehead and eyebrows. *Use*—To move the skin, and raise the eyebrows.

B. ATTOLLENS AUREM, or LEVATOR AURIS—Arises from the tendon of the occipitis; and is inserted into the upper part of the ear, which is connected with the head. The action of this muscle is scarcely perceivable.

D. ORBICULARIS PALPEBRARUM—surrounds the eyelids on the edge of the orbit; and is fixed to the transverse suture which crosses the nose from the corner of the eye. *Use*—shuts the eyelids.

F. LEVATOR ANGULI ORIS—Arises from the hollow of the superior maxillary bone, and is inserted into the corner of the mouth. *Use*—to raise the corner of the mouth.

G. LEVATOR LABII SUPERIORIS ALÆQUE NASI—Arises by two heads; one from the lower edge of the orbit, the other from the nasal process of the superior maxilla; and is inserted into the upper lip, and the outer part of the wing of the nose. *Use*—To raise the upper lip, and dilate the nostrils.

H. ZYGOMATICUS MAJOR AND MINOR—Arise from the os malæ, near the zygomatic suture; and are inserted into the angle of the mouth and the orbicularis oris. *Use*—To raise the corners of the mouth, and to draw it outward.

K. MASSETER—Arises from the higher part of the upper-jaw, and is inserted into the lower part of the under-jaw. *Use*—To raise the jaw, and draw it obliquely outward.

L. DEPRESSOR ANGULI ORIS—Arises from the under part of the lower-jaw, at the side of the chin; and is inserted into the angle of the mouth. *Use*—To depress the corner of the mouth.

M. MASTOIDEUS—Arises, by two distinct origins, from the sternum and part of the clavicle, and is inserted into the mastoid process. *Use*—To turn the head to one side, and bend it forward.

O. DEPRESSOR LABII INFERIORIS—Arises from the inferior part of the lower-jaw, next the chin; runs obliquely upward; and is inserted into half the edge of the under-lip. *Use*—To depress the under-lip.

P. BUCULGARIS ORIS—Formed by the insertion of the fibres of other muscles, and constitutes the principal part of the lips; it is inserted into its fellow, at the angles of the mouth. *Use*—To shut the mouth.

R. SPLENEUS, or SPLENI—Arises from the three lower vertebrae of the neck, and the five upper ones of the back; and is inserted above the mastoid process. *Use*—To move the head backward and sideways.

T. STERNO-HYOIDEUS—Arises from the sternum, the clavicle, and the cartilage of the first rib; and is inserted into the base of the os hyoides (a prominence in the fore-part of the neck, situated behind and nearly upon a level with the base of the lower-jaw). *Use*—To depress the os hyoides.

PHYSICAL BENEFIT OF SUNDAY.—The Sabbath is a special present to the working-man, and one of its chief objects is to prolong his life, and preserve efficient his working tone. In the vital system it acts like a compensation pond; it replenishes the spirits, the elasticity and vigor, which the last six days have drained away, and supplies the force which is to fill the six days succeeding; and in the economy of existence, it answers the same purpose as, in the economy of income, is answered by a saving's bank. The frugal man who puts aside a pound to-day, and another pound next month, and who in a quiet way is always putting by his stated pound from time to time, when he grows old and frail, gets not only the same pounds back again, but a good many more besides. And the conscientious man who husbands one day of existence every week—who, instead of allowing the Sabbath to be trampled on and torn in the hurry and scramble of life, treasures it devotedly up. The Saving's Bank of human existence is the weekly Sabbath.—*North British Review.*

SPITTING.—Rev. Mr. Beecher of New York, we are glad to see, has taken up the cudgels against the odious practice of spit, spit, spitting everywhere, which is so rife in this country among smokers, chewers, and snuff-takers. We Americans have often provoked the sarcasm of foreigners by this practice, and, spit as we may at the representations of traveling cockneys and cosmopolitan old women, it must be owned that we are notoriously the most salivating nation on the globe. Whether the corporeal juices are more abundant in the Yankees than in other people, we know not; but, at any rate, the practice is a most filthy and disgusting one, and we wonder that gentlemen who are scrupulously neat and cleanly in other respects, should addict themselves to it. It is hopeless, however, to look for a reformation while the vile Virginia weed retains its despotism over the nation. By the way, we are sick of hearing so much gaseous declamation about woman's influence, when, with all her charms, she cannot rescue man from the witchery of tobacco. Think of a man's pretending to love his wife, who compels her, whenever she would kiss him, to bring her chaste, pouting lips, "like two young rose-leaves torn," in con-

tact with what by courtesy is called the mouth of a man, but which, in reality, is nothing better than a damp tobacco-box! Faugh!—*Yankee Blade.*

A PHENOMENON.—Mr. Michael Jones, living about 2 miles east of Clearspring, Maryland, has three children, the youngest about 8 years old, sick, with very strange symptoms. They appear well when awake, except a dull aching of the head and in the region of the liver. As soon as they get asleep, they start up, and although their eyes remain perfectly closed, they appear to have the use of the organs of vision, as they run around chairs, &c., in order to try to get out of the house. While in the somnambulant state, they laugh immoderately and say that they see pretty little pigs, dogs, men, &c. They require constant watching.

What is passing strange is, that at 15 minutes past 8 o'clock in the evening, they become easy, and if they do not go to sleep, they lay awake in a quiet and relieved state. If kept awake until after that time, no unnatural symptoms present themselves. Although their eyes be tightly bandaged, they can see to walk around an object on the floor, &c.

Who can give us the pathology of this disease? There is but slight fever. The pulse is full, but not more frequent than in good health.

SALT ON THE SIDE-WALK.—The Royal College of Chemistry have declared the practice of removing ice from the side-walks, by sprinkling salt thereon, highly detrimental to health. They say it brings the immediate temperature down to several degrees below zero, and that the moisture left by it is of such a description that boots and shoes will retain it several days.

VITALITY OF EGGS.—Those who have eggs of a particular kind, says the Worcester Spy, the vitality of which they wish to preserve till they have a chance to set them, should place them in a place of moderate temperature, neither very warm nor cold, exclude them from the air and light, and turn them every day. In this way the vitality may be preserved for several weeks.

NEW-YORK, JUNE, 1850.

A NEW VOLUME OF THE WATER-CURE JOURNAL will be commenced on the FIRST OF JULY, 1850. It is now a good time for our friends to make up clubs of old and new subscribers, and send in for volume TEN (X.). May we not hope to renew the agreeable acquaintance of our present EIGHTEEN THOUSAND SUBSCRIBERS, and form MANY NEW ONES? We leave this entirely in the hands of our friends. We shall put our "best foot forward," and endeavor to make the WATER-CURE JOURNAL, an INDISPENSABLE "monthly FAMILY VISITOR," adapted to the wants of EVERYBODY. FRIENDS, what say you? shall we hear from you AGAIN?

JUNE JUMBLE.

BY R. T. TRALL, M.D.

PREPARATION FOR SUMMER.—We told you, reasonable reader, on the approach of the last winter, when the demons of raging toothache, wrenching rheumatism, and racking colds reveled among the winds, that the life element within was our best protection against ungenial elements without. We now assure you the same philosophy, like all true philosophy, is as true in summer as in winter. A healthy bodily condition will defend us from the maladies incident to relaxing heat, as well as from those common to constringing cold.

In general terms, all diseases of all seasons are but evidences of a transgression of the law; and all true remedial measures must contemplate a return to the law—the law of our being. This may seem like one-ideaism to those who have no ideas of their own. It is most true that one prevalent idea does or should run through the whole hydropathic system, and regulate all its appliances; the idea that life and health with us mortals are dependent on our own good behavior, not upon the machinations of imaginary spirits or goblins, nor upon any supernal or infernal influence or machinery out of the order of nature.

Our contemporaries or competitors of other schools may think they have a more comprehensive system. It may be too comprehensive,—comprehending as many superstitions, barbarisms, and fallacies of a darker age, as facts of modern science. They have any quantity of fragmentary ideas promiscuously jumbled together, without any plan, or system, or recognized principle. Hence in theory no two agree, and in practice they all differ. They have counted up about a thousand diseases, and are continually adding to the list. They have discovered and invented about a thousand drug-medicaments, and are constantly seeking for new ones, so that disease, drugs, and death go along, hand in hand, as they ever have gone, and ever will go, so long as drug-poisons are misnamed medicines. The "regulars" are perpetually bringing out specifics for the most prevalent

maladies, securing a run down the throats of the invalid community by virtue of their great scientific reputation, then, when confidence begins to wane, changing them for new ones, or a new edition of old ones, thus keeping the ignorant, thoughtless, kindly-superstitious and easily-believing multitude doctored, drugged, poisoned, befooled, humbugged, and bamboozled from generation to generation. But we are diverging.

One of the most curious illustrations of the doctrine that "all extremes meet," is the fact that all physicians, regular, irregular, or defective, and all schools of medicine, chartered or unauthorized, pretend that their system is only calculated to "aid and assist nature," thus virtually confessing that nature is the physician. Yet, how strangely the universal theory is diversified and contemned in practice! The living organism is marred and scarred externally, poisoned through and through internally, its vital fluid drained off, and its natural energies quelled by narcotics, all to assist nature. Rank stupidity! Does nature know of any such work? Where are her instruments or provisions for such a "healing art?" Who assists nature? Do you, Mr. Cod-liver Oil? you, Dr. Calomel? you, Professors Arsenic and Antimony? you, Sir Prussic Acid? or you, Leech, Blister & Co.? Nature only knows you all as Ishmaelites. Nature resists the assaults of morbid causes; you step in and silence her efforts, and this you call assisting her! The writer has swallowed such nonsense long enough, and the accompanying poisons rather too long. But we are digressing again.

A cold and backward spring may be succeeded by a hot and scorching summer. Whether it is or not, choleras, apoplexies, dysenteries, sun-strokes, etc., will more or less prevail. Who will be their victims? *All, EVERY ONE*, will be taken from the ranks of those whose habits of life are contrary to the system we teach. Mark this, and tell us next fall whether we are true prophets. Keep your bodies as temples of purity, and pestilences will not harm you. Yet thousands of men, women, and children, now in apparently robust health, will die the ensuing summer. Ignorance, error, imprudence or mal-medical advice, will many times prevail. Soon after the advent of cholera among us in May of last year, our book-wise Allopathic Medical Counsel to the Board of Health of the City of New York issued a pronouncement advising the people to use more concentrated food, a greater proportion of animal food, to wear flannel next the skin, and check the first symptoms of looseness in the bowels by constipating medicines. We have abundant evidence that many lost their lives—some physicians, too—by following this official but most unfortunate advice. Every part and particle of it is exactly wrong. Had we a thousand lives, they would be all trusted with undoubting confidence to the opposite management. We repeat what has often been intimated in this journal before, that *less* animal food, a *free* use of good fruits and vegetables, *unconcentrated* farina-

ceous food, the *absence* of flannel, but frequent *cold bathing* of the skin, and the careful *avoidance* of all kinds of constipating medicines, are the true cholera preventives. Should any of our readers get sick, let them remember that nature's remedies are water, air, food, sleep, exercise, temperature, etc. If these fail, poisons cannot cure.

THE OLD-SCHOOL MEDICAL JOURNALS.—If that patient man who once lived in the land of Uz, was obliged to read all the old-school periodicals, we opine his patience would become exhausted sooner than by the infliction of sore boils. During the last month they have been overburdened with proxy addresses from Professors of Colleges and Presidents of County Societies, nearly all of which run into the same all-pervading theme—"the revelations of the medical profession to the public," and the awful ravages of quackery. We would like to see any man, of ordinary common sense and education, take up any one he can lay his hands on, read all its theory and practice attentively through, and then have him tell us how much wiser he is for his labor. He could only say, "Confusion take the whole, I can't understand anything about it." Reader, when you cannot understand what an author is writing about, you may reasonably presume he does not know himself. We are willing the same test should be applied to Water-Cure writers. If what they say seems wholly unintelligible, you may rightly suspect their words are not based on any very clear ideas. It is not because allopaths are not learned, or talented, or rational, or sensible men, that their writings are generally incomprehensible. It is because their whole system is unphilosophical, and hence of necessity unintelligible alike to them and you. Here is a fair specimen from the Boston Medical and Surgical Journal of May 8th. The article we quote from is denominated "A Dissertation on Colic." When the writer comes to the treatment, he thus "lets himself out:—"

"Let us inquire, then, what are the leading indications which are to be fulfilled, in the treatment of colic? I answer, to relieve the spasm, and restore the regular peristaltic action of the bowels. This done, our ends are attained, and our patient is placed in a state of convalescence. The first remedy which I propose, where the urgency of the symptoms and the general health will warrant it, is bloodletting. General bloodletting will do much to relax the spasm, determine to the surface, and anticipate the inflammatory stage which is liable to ensue. French writers, however, seem very partial to leeches, which they apply freely to the verge of the anus, and from which much good is anticipated. I cannot speak from any experience upon this point, but it seems to me that the lancet is worth more than a regiment of these animals; and certainly its use is more agreeable than the confinement of perhaps twenty leeches to the anus of a patient, tossing to and fro with the colic. If phlebotomy be practicable, the effect, and not the quantity of blood drawn, is a consideration of paramount importance. Partial, if not complete syncope, should be the result of the operation. A cold skin and small pulse would not, *per se*, present any objection to its performance. Generally, however,

I do not consider bloodletting indispensable in the treatment of the disease under consideration.

"We have in opium itself, almost the *sine qua non* of treatment for this malady. I should prefer it to any other, and indeed all others, if the line of demarcation was drawn. Yet it must be dealt out in no stinted, stingy doses, but with a liberality equal to the emergency of the case with which we have to do. It will not answer to prescribe it with the impression that, in a few moments, we are going to throw in something else to help it along; for if we give it anything like a fair chance, it will help itself. In a severe case, for the first dose, I should never give less than three grains, or more than five, supposing the patient an adult. Smaller doses should follow this every half hour, or thereabout, until full and complete relief has been obtained."

Who can decide when a doctor disagrees with himself? The first remedy he proposes is certainly general bloodletting; and in the next paragraph he certainly tells us it is generally unnecessary, and that opium is alone the all-sufficient remedy! In theorizing on the nature of *flatulent* colic, the writer does his own trade equal and exact justice, in the following outburst of real eloquence and sound philosophy:—

"Consequent upon an impaired state of the stomach itself, is the partial fermentation of our food and the elimination of hydrogen, oxygen, nitrogen, and carbonic acid gas, which serve still further to derange the normal condition of the digestive organs. And although we may boast of the knowledge of some things, of which our ancestors were ignorant, still the truth requires us to acknowledge, that we are altogether more *inflated*, and that there is a good deal of gas about us, our pretensions to the contrary notwithstanding."

We agree cordially with our brother Medicus as to the quantity of gas eliminated in the profession, and our only wonder is that many of its members do not go off in the shape of balloons.

HIP DISEASE.—The affection so called consists in a chronic inflammation of the membranes of the hip-joint. Under the ordinary treatment it terminates in death, or a shortening of the limb with a stiffened joint—usually the former. There is good ground for the supposition that many fatal or unfortunate terminations of this disease are owing to the treatment adopted in its early stages. The following case is instructive. A few weeks ago, a little boy in this city was complaining of weakness and pain in one of the legs, especially at night. It frequently troubled him so as to destroy the night's rest. Still he was able to be about all day. There were no outward manifestations of disease about the hip or spine. Many of our city doctors were consulted. A distinguished Homoeopathist pronounced it a hip disease of the worst character. A celebrated Allopath also said sage sayings about the case. He could not exactly make up his mind what the case was, but proposed, as one experimental test, a course of blisters for several weeks. This plan he rather thought would ultimately determine the point, whether it was or was not a hip disease. Luckily for the child, the experiment was declined, the parents preferring to

Remain in blissful ignorance rather than maim the child's hip just to ascertain whether anything ailed it or not! The case was then put under hydropathic management, general ablutions, half-baths, and wet bandages, being the principal processes. In about a month all the doubtful and alarming symptoms disappeared. Query—If this little patient had been put upon a scientific course of blisters outside, and mineral poisons inside, would he ever have seen a well day thereafter?

WATER-CURING DEPOTS.—The Boston Medical and Surgical Journal, in speaking of Water-Cure places, which it well calls *water-curing* depots, remarks of those at Northampton, Mass.: "There are now three of these water-hospitals in that town. At the present ratio of increase, Northampton will soon be in a state of perfect liquefaction." Right, neighbor, we hope it will be sufficiently liquefied to wash all the apothecary stuff out of the blood and bones of the inhabitants. As allopathy *was* going on until overtaken by the hydropathic flood, there was danger that the people would all turn into a state of *petrification*.

UNXION IN SCARLET FEVER.—We always thought the Baconian philosophy was founded on inductive reasoning; but we now perceive, from some new light afforded us by an allopathic journal, that it is only a process of *inunctive greasing*. Our illumination comes in this wise. A. Harvey Lindsly, M.D., of Washington, D. C., communicates to one of the standard medical periodicals a plan of treating scarlet fever, which has the honor to have been originated by Dr. Schneeman, physician to the King of Hanover. Surely, if a King's physician has condescended to get it up, it must be a sure cure for anything, not excepting the King's Evil itself. The plan, Dr. L. assures us, is "philosophical and rational." Dr. L. says:—

"Its *modus operandi* will be seen at a glance, and will commend itself to every discriminating physician, for every one, I think, will admit that the chief weight of this disease falls upon the skin; and of course whatever tends to restore the deranged functions of this important part of the body, will contribute most materially to alleviate all the symptoms. The employment of this remedy of course will not prevent the use of such other means as experience sanctions and each particular case calls for, as laxatives, febrifuges, applications to the throat, internal and external, &c."

The treatment, as described by Dr. S., the Hanover King's Physician—we guess he is a great pork-eater—is as follows:—

"From the first day of the illness, and as soon as we are certain of its nature, the patient must be rubbed morning and evening over the whole body with a piece of bacon, in such a manner that, with the exception of the head, a covering of fat is everywhere applied. In order to make this rubbing-in somewhat easier, it is best to take a piece of bacon the size of the hand, choosing a part still armed with the rind, that we may have a firm grasp. On the soft side of this piece slits are to be made, in order to allow the oozing out of the fat. The rubbing must be thor-

oughly performed, and not too quickly, in order that the skin may be regularly saturated with the fat."

Is not this practice baconian? Now, doctors, fill up your saddle-bags; cod-liver oil on one side for everything in general, and fat bacon on the other, for scarlet fever in particular. It is our honest conviction, that if you simplify your practice down to these inside and outside unctions, your patients will be the better for it. Then look at the beautiful theory as given by both doctors—Lindsly, of America, and Schneeman, the King of Hanover's Physician. The King's Physician reasons thus:—

"The advantages are—1. The improbability, we might almost say the impossibility, of the patient getting cold, while the skin is thus covered with fat—a point in no disease more important than here."

So the great point, in scarlet fever, is not to free the body of morbid matter, but to keep the patient from catching cold! And for this purpose he must be buried in grease! Wouldn't simple cerate, good fresh butter, sweet cream, olive oil, beef tallow, or some cleaner grease, do just as well as the oil of swine? But the American eulogist of baconian therapeutics has a different theory of the greasing process. He thinks the "weight" of scarlet fever "falls upon the skin," so, to diminish the force of the blow, he would interpose a covering of smoked and salted hog's oil. One thing, however, is to be particularly noted as touching this grand discovery. Dr. L. tells us to give laxatives, febrifuges, &c. &c., just the same as though the bacon was not used. Verily, thou art smart, O commentator, on the King of Hanover's Physician's most marvelous skill!

THE PUBLIC HEALTH BILL.—In a recent act of the Legislature, the powers formerly vested in the Board of Health, in this city, have been transferred to the Mayor and Common Council. Many severe and stringent pains and penalties are provided in the act against landing infected cargoes and sickly immigrants without due quarantine preparations. These are all well as far as they go; but how futile, how impotent, do they compare with such a health enactment as the people really need! It is very well, surely, to do even a little toward checking in a small degree the spread of diseases which occasionally visit us. But how vastly more politic, as well as philanthropic, would it be to make due provision against worse sources of disease, more malignant pestilences, which are always in our midst? Why, City Fathers, expend all your energies in arresting small evils, comparatively, and permit great death-dealing nuisances to go on unmolested? Look at the distilleries, cow-stables, hog-pens, slaughter-houses, and other air-poisoning establishments! See the dark, damp, sunless alleys, the hot, suffocating attic apartments, the dismal, smoky cellars, the underground corners of old rotting buildings, where miserable men, women, and children are huddled together, mouldering in their own foul secretions, and tainting the surrounding atmosphere with virulent miasma! There, Boards of Health, is work for you.

There are constant, never-ceasing sources of pestilence, worse than any which comes to us from the plague-infected East. Cannot some pains and penalties be brought to bear upon those soulless landlords who let such tenements because they can "put money in their purses?" By attending to this sanitary, as well as Christian duty, you can save many more lives than by the most rigid enforcement of all the powers given you by the late act. If you so please, you may attend to both.

DISEASED MEAT AND MILK.—We especially commend the subject-matter of the following extract from one of our city papers to the consideration of the new Board of Health. The poor and ignorant who mainly suffer from this worse than piratical traffic, have a special claim to be protected against the acts of the infamous wretches who fatten by their ruin, for the special reason that they are powerless of themselves:—

"Perhaps the imbibers of the swill and still-fed Orange County milk are not aware that the miserable, bloated beasts who furnish that rum-rotten liquid are at the close of their unfortunate existence converted into 'prime country beef.' Persons who purchase meat from the itinerant hucksters should make inquiry where the delicious substance was produced, for we can tell those who think they cheat the regular tax and rent-paying butcher out of a penny upon a pound of beef or veal, that they get an article that, did they know where it came from, they would not feed a dog with. It is a frightful fact that hundreds of poor working-men, who are obliged to live at cheap boarding-houses, are plied with the flesh of animals that have been fattened upon still slops, bloated with the dregs of rum in order to force a greater yield of milk, and when brought to the healthy condition of a Five Point loafer, killed, and trafficked as prime country beef.

"It is no wonder that there is so much sickness and death among the poorer class of our population. It is no wonder that people are afflicted with scrofulas and humors, diseases of the blood and the skin, when they are fed upon the tainted and poisoned flesh of diseased kine.

"There should be some health-protecting authority to inspect the beef and veal that is huckstered about the streets, and sold in little stalls about the city. The health of the community should not be recklessly trifled with. The warm season is just dawning upon us, and the diseases incident to a change of atmosphere will soon be among us. Shall we anticipate cholera and fevers by allowing unprincipled hucksters to distribute disease and death about the city?—diseased meat and diseased milk? If the public authorities know anything, they know that the hucksters do all that we have intimated. Are they afraid to do their duty? We shall turn to this subject again, and give some 'items' that will make the flesh of the cheap beef-eaters crawl."

A CASE IN MIDWIFERY.

BY JOEL SHEW, M.D.

WHILE the cholera was committing its fearful ravages in the city of Brooklyn during the summer of 1849, a worthy and intelligent lady, the wife of a sea captain, was preparing to leave for the country, whither I was to go with her to attend her looked-for case of childbirth. Monday, the 9th day of July, she was busy packing trunks and preparing to move, and probably overworked. At all events, she did not feel well, and experienced pains similar to those of labor, all day Tuesday. I remained in the house over night, but in the morning the patient was better. Still there occurred at times periodical pains, and I told the patient that if they were true and natural pains of labor, a bath would accelerate and make them worse; or if they were false pains, and such as did not indicate the near approach of labor, the bath would cure or render them less. They were, however, increased.

At 8 o'clock in the evening labor came to a close the result being a fine, healthy, female child. One hour after, namely, at nine o'clock, the patient feeling rested, was helped into a sitting bath-tub, and well washed, for some minutes, over the whole surface. The water was fresh and cool from the cistern. As may be imagined, the patient felt incomparably more comfortable after a good cleansing in this manner, and a degree of refreshment, that can be conceived of only by those who have had the practical illustration of it in their own persons, was experienced. A plenty of wet linen towels were placed over the abdomen and genitals, and by these means the patient was enabled to pass, on the whole, a very good night.

She had, she informed me, always suffered intolerable anguish for days after the birth of her other children, five or six in number, I believe. Even with the first—(a thing very uncommon)—she had experienced most severe torture. It was, therefore, a great object at this time to do everything possible to prevent the after-pains. Toward morning, as she began to grow more warm, the pains came on in a slight degree.

At half past six, the 12th, (the first morning after the birth), the patient was again thoroughly washed from head to foot in the hip-tub. After this a large linen sheet, the whole being wet, and folded in the form of a very large girdle, (large enough to cover the whole trunk of the body,) was employed. It was wrapped round from end to end, its object being to act as a great and moderately cooling, and necessarily soothing fomentation, to the body, to keep off inflammation and subdue pain. The weather being most excessively sultry and hot, only one dry sheet was placed over her as a covering. She was to remain in this condition so long as the wet sheet did not become uncomfortable or too warm. At 10 the same forenoon, after having slept a good nap, a second ablution was practiced.

She now took a trifle of nourishment in the form

of oatmeal gruel, the first since the birth of the child. The two whole days previous likewise, she had not eaten in all the amount of half a common meal. This three days' abstinence proved a most valuable means in warding off fever and pain. Nor did it materially impair the strength.

In the afternoon of the same day, the 12th, the patient again took a good bath, fresh from the cistern. She slept considerably both forenoon and afternoon, and suffered positively no more pain. She sat up in her rocking-chair to rest herself in the afternoon and evening, at which time still another bath was to be repeated; but feeling so comfortable and sleeping withal, she concluded to omit it.

The next morning (the 13th), the patient sat up and took her breakfast, namely, a small piece of simple brown bread toast.

Thus she went on, bathing and using the fomentations freely each and every day, and very soon regained her full strength. Indeed, she was not at any time so weak as to prevent her walking. She always, after the first night, appeared happy, cheerful, and smiling. She now had no pains whatever, while always before, in childbed, she had suffered greatly for many days after the birth.

The peculiarities of this case are the following:—

1. The patient bathed during the whole period of pregnancy, daily, by means of that invaluable application, the dripping or rubbing-wet sheet.
2. She wore, of her own accord, the wet compress over the stomach the whole time of pregnancy, night and day—a means which seemed most effectually to prevent heartburn, nausea, and a host of stomach difficulties, to which she had on previous like occasions been subject.
3. The very abstemious diet subsisted on. She ate much of the time little else than brown bread and water, and this in small quantity.
4. The extreme heat of the weather.
5. The fact that epidemic cholera was raging most fearfully at the time, in the same neighborhood.
6. The great amount of treatment that was practiced.
7. The freedom from all after-pains, to which the patient had on all previous like occasions been subject.
8. The great rapidity with which she resumed her full strength.

Let those who would imitate a treatment of this kind, be sure of the *principles* on which they act. Experience alone is the great teacher in these things. The timid and inexperienced must be content to practice in a less heroic mode.

Thus have I sketched, hastily, a single case from my note-book. I would that I could raise my voice long and loud on a subject of so much importance as the one here presented. I have written, as is too often the case with me, after the hour of midnight, and when I must rise again ere the morning sun, to commence anew my daily toil. May the principles of Water-Treatment, and of Hygiene generally, con-

tinue to be spread through the medium of the WATER-CURE JOURNAL till every family shall know the truth.

ALLOPATHY CONFESSEDLY EMPIRICAL.

BY . S. HOUGHTON, M.D.

IN the May No. of the Journal, I presented a few of the reasons why HYDROPATHY should not be tabooed on the half-uttered charge of "empiricism," as it too often is,—especially through the agency of ignorant or interested assailants. I now propose to "carry the war into Africa:"—not, however, in my own name only, for I design to prove by the testimony of some of the most distinguished members of the medical profession that *Allopathy* (or the routine practice pursued by the great majority of the Allopathic physicians) is itself *empirical*, and consequently obnoxious to the self-same charge on which it would convict all rival schools. The first witness I shall call to the stand is *Dr. Paris*. Says this eminent physician, "The file of every apothecary would furnish a volume of instances where the ingredients of the prescription were fighting together in the dark." *Dr. James Johnson* says: "I declare it to be my most conscientious opinion that, if there were not a single physician, or surgeon, or apothecary, or midwife, or chemist, or druggist, or drug in the world, there would be less mortality amongst mankind than there is now." *Dr. Billing* says: "I visited the different schools of medicine, and the students of each hinted, if they did not assert, that the other sects killed their patients." *Franks* says: "Thousands are slaughtered in the quiet sick-room." *Reid* says: "More infantile subjects are perhaps diurnally destroyed by the mortar and pestle than in the ancient Bethlehem fell victims in one day to the Herodian massacre." Speaking of the plague, *Dr. Madden* says: "In all our cases we did as other practitioners did—we continued to bleed, and the patients continued to die." And who does not remember *Sir Asley Cooper's* famous declaration that "the science of medicine was founded on conjecture, and improved by murder?" *Dr. Brown* said that he "wasted more than twenty years in learning, teaching, and diligently scrutinizing every part of medicine." *Sir William Knighton* said: "Medicine seems one of those ill-fated arts whose improvement bears no proportion to its antiquity." *Gregory* declared that "medical doctrines are little better than stark, staring absurdities." *Abernethy* said: "There has been a great increase of medical men of late years, but, upon my life, diseases have increased in proportion." *Baillie* declared that "he had no faith whatever in medicine." We are also told that "*Locke, Smollett, and Goldsmith* (all three physicians) held their art in contempt;" and also that "*Sir James Mackintosh* was not the only man who left the profession of physic in disgust; *Crabbe, Davy, Lord Langdale, and hundreds of others,*" (we

are also assured), "have done the same." And again: "The ancients," (says *Dr. Dickson*, of London), "endeavored to elevate physic to the dignity of a science, but failed. The moderns, with more success, have endeavored to reduce it to the level of a trade."

Once more: says the celebrated French physiologist, *Magendie*: "It is not a little remarkable that, at a period when the *positive* is sought in every quarter, the study of a science so important to humanity as medicine, should be almost the only one characterized by uncertainty and chance. * * The end of all our efforts should be to study the *causes* of disease, and not their *effects*, as has long been done. * * The physician mixes, combines, and jumbles together vegetable, mineral, and animal substances, and administers them, right or wrong, without considering for a moment the *cause* of the disease, and without a single clear idea as to his conduct. * * I hesitate not to declare, no matter how sorely I shall wound our vanity, that so great is our ignorance of the real nature of the physiological disorders called diseases, that it would perhaps be better to do nothing and resign the complaint we are called to treat to the resources of nature, than to act as we are frequently compelled to do, without knowing the why or wherefore of our conduct, and at the obvious risk of hastening the end of our patient." And now to quote a prominent physician of our own country: With regard to the ravages of that horrible poison, *CALOMEL*, Professor Chapman, of Philadelphia, a few years ago, thus addressed his class: "Gentlemen, if you could see what I almost daily see in my private practice in this city, persons from the South, in the very last stages of wretched existence, emaciated to a skeleton, with both tables of the skull almost completely perforated in many places, the nose half gone, with rotten jaws, ulcerated throats, breaths more pestiferous, more intolerable than poisonous vapors, limbs racked with the pains of the Inquisition, minds as imbecile as the puling babe's, a grievous burden to themselves, and a disgusting spectacle to others, you would exclaim, as I have often done, 'O! the lamentable want of science that dictates the use of that noxious drug, *CALOMEL*, in the Southern States!' Gentlemen, it is a disgraceful reproach to the profession of medicine—it is *quackery*,—*horrid, unwarranted, murderous quackery*. What merit do gentlemen of the South flatter themselves they possess by being able to salivate a patient? Cannot the veriest fool in Christendom salivate—give calomel? But I will ask another question: Who can stop its career at will, after it has taken the reins in its own DESTRUCTIVE AND UNGOVERNABLE HANDS? He who, for an ordinary cause, resigns the fate of his patient to mercury, is a vile enemy to the sick; and if he is tolerably popular, will, in one successful season, have paved the way for the business of a life; for he has enough to do ever afterward to stop the mercurial breach of the constitutions of his dilapidated patients. He has thrown himself in

fearful proximity to death, and has now to fight him at arm's-length, as long as the patient maintains a miserable existence."

So much for "the regular practice of medicine"—so much for the peculiar mode of medical treatment which has elicited the enthusiastic admiration of our worthy and intelligent "Sanatory Committee!" Censured—nay, even vilified—by its own chosen favorites, *Modern Allopathy*, (for it is not the same thing as "the regular practice" of the *ancient physicians*)—*Modern Allopathy*, I say, stands before us CONFESSEDLY guilty of the very offences charged against her rival schools. Some of her votaries are even declared to practice "*horrid, unwarranted, murderous quackery*!"

But there is no need of my pursuing any farther this particular topic; to do so now,—to go on, at this stage of my argument, with a more thorough exposure of the wretched pretensions of the "routine doctors," would savor of downright cruelty to a beaten foe.

I have only, in conclusion of this branch of my subject, to remind my readers that the strong and withering language I have quoted, proceeds from the highest authorities in medicine. It affords me no pleasure to repeat these sweeping denunciations, for I yield to no man in my warm admiration for all that is lofty, generous, and good, in the medical profession. I should be no friend to humanity and to truth were I remiss in acknowledging my own indebtedness to the "burning and shining lights" in medicine—to their profound study, and able demonstration of the intricate and complicated symptoms of diseases—to the heroic daring and unflinching devotion which they have ever displayed in the exercise of their noble and God-like calling. It is not against practitioners of this class that my argument is aimed, or that the biting invectives of *Abernethy* and *Paris*, *Billing* and *Reid*, *Magendie*, *Chapman*, and *Sir Astley Cooper*, were especially leveled. Were the profession composed of such minds as theirs, I should not now be engaged in defending *Hydrophobia* from the gross and insulting charge of *empiricism*.

No 8, West Eleventh Street, New York.

CHILD-BIRTH.—THREE CASES FROM MY NOTE-BOOK.

I.—A CONTRAST.

Mrs. S., a young lady of twenty, came to New York to be confined (with her first-born) under my care; but, while making a short stay in the country, a few miles from the city, took fright suddenly and was prematurely delivered. As she had no water-cure physician near at hand, she followed the promptings of her own judgment, and the suggestions of an invalid friend, in making preparations for her trial. When she saw that she was actually in labor, clysters

* *Vide* May number of the Journal.

of tepid water were administered, a cold bath given, and a large wet bandage adjusted about the abdomen. Shortly before the birth of the child, an allopathic physician, 70 years of age, was called in, who chanced to have just left another "midwifery case," which he had conducted "regularly," according to the usual routine,—that is, he had, before taking leave, strictly enjoined upon his patient to keep her bed for an indefinite period, and not to presume to stir from it, for the first nine days, on any consideration whatever. Well, in obedience to the summons, he came into the *water-lady's* chamber, weary and almost exhausted by the August heat. He immediately shut down the *open windows* and looked about for his patient. She happened to come in at this moment, at a side door, from a second cold bath, enveloped in her wet linen bandage and a cool sheet. As soon as he had ascertained the exact position of affairs at this juncture, he cried out in amazement: "*A cold bath! cold, wet cloths! What does all this mean?*" The lady explained that she only required his surgical aid; that her belief in the water-cure was so strong that she intended to try it in her own case, notwithstanding she could not get her water-cure physician from the city in season; and she concluded by assuring the old gentleman that, in any event, so far as the use of WATER was concerned, the risk was not *his*. Too weary to contend long with a patient under such circumstances, the old gentleman contented himself with being *very* cross and dignified. His duty was soon over, (notwithstanding his prejudice against the wet cloths!) and he left his patient, as he supposed, a fixture in her bed, like the other one. On calling the next morning, the doctor was informed that his patient was taking a bath. Of course, remonstrances were too late! The next morning he returned, and, while waiting in the parlor for a summons from the sick chamber, in walked *Mrs. S.*, with her child in her arms! The old gentleman was once more greatly startled, and earnestly remonstrated against this new piece of "imprudence." In return, he was assured by his patient that she was *perfectly well!* The doctor did not call again, after this; though he learned but little from the example, for his other lady patient came from her chamber, a month afterward, pale, weak, and languid, like the great majority of American mothers who follow the treatment of "Dr. ROUTINE."

II.—FLOODING.

The hydropathic is the only safe mode of treatment for females predisposed to uterine hæmorrhage. To be sure, WATER is used by the regular doctors, in order to stop flooding, but generally as a last resort, and in such a shocking way, that half its good effect is lost. For instance, they recommend pouring a steady stream of water from a great height, etc.—all of which is very barbarous. The sitz bath, injections, etc., are far better and more agreeable to the feelings of the patient. The following is a case in point: A lady of this city had at different times nearly bled to death, and, when about to be confined,

last spring, saw her only chance for life in the water-treatment. She followed water-cure habits during her pregnancy; bore a large boy safely, and was able to be up in three or four days after her confinement. This lady required more treatment than is usual, losing, as she always did, upon any exciting cause, great quantities of blood. A cold sitz bath was taken, sometimes as often as once every two hours, for a week after confinement, and one general bath every morning during this critical period. When asleep at night, she was bandaged in wet linen. For a woman of naturally frail health, she is now a wonderful specimen of the power of water to strengthen those who are predisposed to disease.

III.—FAINTING DURING LABOR.

Mrs. C., a lady of sedentary habits and slight frame, was treated with WATER, at her first confinement, under my care. Being a literary lady, and accustomed to study and writing during her pregnancy, just as she had been doing for years, she was very poorly prepared for her trial. Besides all this, her frame was very imperfectly developed from want of exercise while growing. Her first pains seemed to exhaust her, and many bad symptoms appeared, which made me feel that I had incurred a hard struggle and fearful responsibility. She was refreshed often with a sponge bath and frequent slight baths, which always revived her and gave her new courage. We several times put her into the bath when either insensible or in a fainting-fit: the water always strengthened her and prepared her to bear her next pains with renewed courage. At the time of delivery, she was again exhausted and apparently lifeless, but still, as before, the tepid bath restored her, and with the aid of the necessary applications, she was made quite as comfortable as though she had not had so many weaknesses to contend with. This lady recovered her strength after confinement all the more rapidly for her numerous baths, and was out in three days. The treatment after confinement was a general bath every morning, a sitz bath at noon and night, and the constant use of the wet bandage. The temperature of the water employed was carefully graduated to suit the symptoms and pulse of the patient, as is necessary in all cases.

No. 51, Tenth St., N. Y.

M. L. S.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

In my writings thus far, I have spoken of the Water-Cure theoretically, and of its results generally. Those who have read my "Position Defined," my "Progress of the Water-Cure," in preceding numbers of the *Journal*, and especially my pamphlet, entitled, "An Introduction to the Water-Cure," may take an interest in reading some of the results of my practice, taken from a case-book, which, though kept but for a brief period, may yet be instructive to the student and the amateur.

In writing out my cases, I shall begin at the beginning, and give a few in each article, with such remarks as they may suggest; and though it may be hard for a man to see his own errors, and still harder to confess them, I shall endeavor to do both. I shall tell "the truth"—I shall try to tell "the whole truth"—certainly, I may reasonably expect to be able to tell "nothing but the truth." As cases will occur in which the names of patients could not be given with propriety, I shall give none. To the hundred thousand readers of the *Journal*, allowing that each copy is handed round, as such a work ought to be, the names would be of little significance; and a man who would manufacture a case, could easily invent a name.

CASE I.—TYPHOID CONGESTIVE FEVER.

Mr. —, aged 40, has been troubled with dyspepsia of long standing, spinal disease, and some urinary difficulties. He has taken incredible quantities of medicine, and tried every system, and almost every mode of quackery. Allopathy, Homœopathy, Chrono-Thermalism, and Thomsonianism, have each had their turn; and he has spent hundreds of dollars in nostrums. Even the Water-Cure, his last resort, produced but a slow, and almost imperceptible improvement; and after a trial of some months, he was induced to change again; to eat a full and stimulating diet, and to submit to the application of caustic. This course produced a violent attack of fever, beginning with a heavy chill, pains in the back and head, a high fever, and a drenching perspiration; having the appearance of a violent attack of fever and ague.

I saw the patient in the sweating stage, after his second access; and the first thing I did was to give him a dripping sheet bath, to check the perspiration. I then took him home. His pulse was 120, with a violent headache. Usually, packing in the wet sheet will cool the fever and check congestion, but in this case it was not sufficient. The dripping sheet was tried, but proved but a temporary relief. I found that the congestion of the brain was becoming a dangerous symptom, as it was accompanied with great nervous irritation. The whole room seemed full of spectral visions, some terrible, but most of them grotesque. The headache was also distressing, and the fever was assuming a typhoid character.

Now here was a case in which an allopathic doctor would have bled, and leeched, and purged, and shaved the head, and blistered—a case to last a month, with a pretty doubtful issue. I knew what the patient had gone through, and what kind of a constitution I had to work upon. I saw the insufficiency of the usual remedies, and the necessity of meeting the case by some course that should not task the power of the patient, while it relieved the worst symptom of his disease. I therefore drew a bath of about ninety degrees, set him in it, and commenced rubbing his body and limbs, while I wet his head with cold water. After having actively rubbed him in

this way for about half an hour, I poured a pail of cold water over him, rubbed him dry, and put him in bed. The change was wonderful. His pulse was less than a hundred, with a more natural feeling,—his countenance was more cheerful, the pain in his head was gone. When it returned again, I repeated the application, with the same success. Gradually the visions faded out, his pulse went down to the natural standard, and with a pack and sitz bath daily, and constant bandaging, all his febrile symptoms disappeared in six days.

At first I gave him nothing but water, then for two or three days he eat only grapes, to which were afterward added toasted wheat-meal bread, as his appetite increased. At the end of the week this man was in better health, I think, than he has enjoyed for years.

The point I note especially in this case is the magical efficacy of the tepid rubbing bath, in relieving congestive fevers. Cold applications do well in many cases, but in others, they are contra-indicated, and in such, this seems to me the best treatment.

CASE II.—SCROFULOUS OPHTHALMIA.

A girl, 10 years old, of a very scrofulous family, was brought to me with both eyes terribly inflamed, conjunctiva injected, and lids ulcerated. The inflammation, with small ulcers, extended to some distance around the eyes, and there was an abscess on the top of the head. In a system full of this poison, after a winter of close, heated rooms, bad diet, and inattention to cleanliness, the first warm weather of the spring had excited an action, which had probably been determined to the eyes and head by the activity of her mind, and a habit of reading. I ought to mention that since the death of one of the children of this family of a scrofulous affection, the father has become interested in the Water-Cure, and has caused the boys to be bathed. The result is that they are quite healthy, while the girls, who have not had this advantage, are much less so. But now, when one of them was so deplorably affected, the mother brought her to me, and has since followed my directions faithfully.

I explained to the mother, that this affection of the eyes and head was but a development or determination of a constitutional disease, and that no local treatment could be of much benefit; that it was now a good time to eradicate the disease, and begin to build up a healthy system for her child. I directed, therefore, that she should be thoroughly bathed every morning, packed in a wet sheet in mid forenoon, and wear a wet bandage around her waist; her eyes to be bathed during the day, and covered with a wet compress at night; that her diet should be of the purest and simplest character, excluding flesh and grease; that she should be in a pure air, night and day; and that she should take as much exercise as possible in the open air.

Under this course of treatment her eyes became well,—the ulcerations healed, her skin became clear

and bright, and her whole appearance changed for the better. This child, though deeply tainted with scrofula, will, if faithfully cared for, be restored to entire health. The Water-Cure certainly eradicates this terrible disease, and it is, I believe, the only remedy. The allopathic "remedies," arsenic, corrosive sublimate, etc., are scarcely less frightful than the disease.

CASE III.—MENORRHAGIA.

Miss —, aged 18, of a delicate constitution, and excitable temperament, has never been quite regular in her monthly periods, with a tendency to hemorrhage, often profuse, and sometimes long-continued. She had taken much water-cure treatment, and, with this exception, enjoyed almost perfect health. I was consulted, about the middle of March, in relation to an obstinate flooding, which was increased with any exercise and excitement, and which had produced much debility, prostration, and mental anxiety.

Commonly a few packs, to restore the equilibrium of the circulation, and the moderate use of the cold sitz bath, and vagina syringe, in such cases, are sufficient; but in this case, these ordinary means had failed, and more efficient ones were demanded. The lovely patient was losing strength daily, and becoming hopeless of recovery. Under these circumstances, I looked about for extraordinary means of relief. How useless seemed all the medicines and appliances of Allopathy! Could I bleed, when the life-blood of the patient was wasting away hour by hour? Could I rely upon styptics or mechanical obstructions? For the want of a more radical method, I might have resorted to these; but the resources of Water-Cure prevented any such necessity.

The young lady, I found, was of very active habits. She walked much, and rapidly. She was accustomed to gymnastic exercises, and would run very quickly up and down several flights of stairs. All this had greatly assisted her general development; but such violent efforts increased her local difficulty, a determination of the blood to the pelvis being kept up by the action of the psoas magnus, iliacus internus, and other powerful muscles of this region. I therefore prescribed absolute quiet, especially of this part of the body. I gave her a very simple, unexciting, and spare, though nutritious diet. I ordered her to be packed in the wet sheet once a day, to restore the equilibrium of the circulation, a sitz bath of about 56° five or six times a day, and the use of the large vagina syringe, as often as every hour, with water cooled to the freezing point, and occasional enemata of cold water, but of a higher temperature. A few days of this thorough treatment met the case, and an alternation of the wet sheet, with the douche, completed the cure. In two weeks the difficulty had entirely ceased, and the patient recovered her strength rapidly, and gradually resumed her accustomed exercises.

As women are more subject to disease than men, and suffer deplorably from such as are peculiar to

their sex, the Water-Cure, which seems to be the only cure for these affections, is their especial blessing. There are thousands, resigned to protracted and intense sufferings, and given up hopelessly to die, who might be relieved by the Water-Cure, if they could emancipate themselves from their own prejudices, and the terrible thralldom of the "family physician." I speak advisedly. I would not indulge in any unnecessary severity, but I have reason to know that at this moment the fear of offending the "regular medical adviser" is the only obstacle to the recovery of health in a great number of cases. There are physicians who have the candor to admit the peculiar adaptation of the Water-Cure to this class of diseases, and who advise their patients to try it; but doctors so intelligent and disinterested are few and far between. Far the greater portion denounce the treatment, and frighten weak and nervous patients with stories of its danger; so that it is only the fortunate few, the brave, and the adventurous, who are reaping its benefits. Happily, the light is becoming so intense, that none will much longer shut their eyes to it.

I have made but little progress in my cases, but I prefer to record them fully, and to give the bearings of every case. As it chances, the three I have given relate to three important classes of disease, in which the Water-Cure achieves signal triumphs; but as I go on, it will be seen that cases of a very different nature are not the less benefited by a system which, being founded in nature, is adapted to every want of the human constitution, in all its conditions, and in every stage of its development.

New York, 87 West Twenty-second Street.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTREDGE, M.D.

THE more we practice the Water-Cure in acute diseases, the more we become enamored of its applicability, and the more apparent becomes the cause of our allopathic brethren's reluctance to enter into the Hydropathic reform.

The fact is, we can scarcely get an opportunity to visit a patient in any of the common diseases incidental to childhood more than two or three times, as a general thing, before the danger will be over, and the patients' friends perfectly competent to manage them, not only the few remaining days of convalescence, but through the whole course of the next attack. As brother Nichols well remarked in your last number: "A patient cured is a patient lost;" for they generally stay cured, and if not so fortunate as to live in obedience to the laws of hydropathy, they are "taken down" again: the mother and friends know just how to manage them this time, from the beginning. Now this being the case, it is very easy to see why the "faculty" do not more readily em-

brace the Water-Cure doctrine. They know very well that even a very large practice would soon "run out," if they should stop drugging!

Now they have only to give one dose of "medicine" to ensure at least the necessity of a dozen more, and often the simple obstruction, which the recuperative power, if "let alone serenely," or gently and properly managed, would have passed off with a day's uneasiness, is forced to result in a long "fit of sickness," and the friends are very anxious to have the doctor call often and "see how the medicine operates." Aye, the doctor himself, if he knows the nature of the terrible tools he's at work with, will be quite as anxious to see them safe out of the system again. One half of them, probably, don't know or realize what potent poisoning they are about—the incredible amount of chronic disease they are entailing upon their patients, the loss of tone, the loss of limbs, the loss of life. Those who do know, it seems to me, must have very elastic consciences.

Only think of a man's taking arsenic till he's blue, for a humor caused by living in false conditions, while he is allowed still to live on in the same way! Or, of a poor delicate female, made to take calomel into the system till every tooth in her head is loosened and forever after diseased—as well as the whole system, for the removal of an obstruction in the liver, caused by over-eating, and want of cleanliness!

And yet these things are done every day, and the "faculty" think we are unjust and severe upon them, when we caution the too credulous public to beware of these doings. But their days are numbered: with almost unprecedented rapidity the great doctrine of Hydropathy is spreading far and wide over all the length and breadth of the land, as the "regulars" begin to be aware; and many of them, who are ever ready to trim their sails to the popular breeze, are beginning gradually to come into the "new dispensation." One of these, in Cambridgeport, who was the loudest in his ridicule, when the doctrine was first promulgated there, has lately carried a patient through a "fit of sickness," without any medicine; not from choice, however, but because the parents of his patient knew cold water, and would not submit to any nonsense.

Many of the allopathic brethren, I am happy to say, are gradually becoming converts to the truth, as it is in Hydropathy, having had the manliness and honesty to search the Scriptures written on the subject, and to prove to themselves, by actual experiment, "that these things are so."

As things are now going on, a very great change must be effected in the medical world: not more than one third of the number of physicians will be required in a few years more than that is now, and apothecary shops, with their *ignis fatuus* "blue-lights," will be "like angels' visits, few and far between."

Even now so extensively does the idea prevail that drugs are injurious, the apothecary's business, hitherto so profitable, has become scarcely worth following—aye, one half of them in Boston, in our opinion,

would have to shut up shop, were it not for the sale of cigars, soda—"smashed" with brandy, it may be—fancy articles, &c.

"The applicability of water in acute diseases" is never more apparent than when medicines have been previously used. We were called the other day to visit a child in a neighboring town, whom the doctor of the village had been "puking" and dosing for the croup, and the more he "cured it" the more it didn't get any better. It was not croup, by the way, but a slight bronchitis, which, when I arrived, was in a "fair way" to be anything bad. A wet sheet put it "into a new world" immediately. Stopping the terrible spasms, and quieting it—as it always does—into a beautiful slumber, the next day it was—the treatment being kept up—almost entirely well.

Oh! that we could but make every mother in the land realize the immense superiority of the Water-Cure over all others, in the management of children especially.

What can there be so abhorrent to a sensitive mind, as the idea of forcing nauseous drugs and poisonous medicines down the reluctant throats of tender babes, and innocent little children? To think that our own hands must be made instrumental in undermining the constitutions of those precious ones, to save whom from unnecessary pain we would almost content ourselves to die. "But it is necessary to save their lives," the doctor says, and so down it must go! Stop, woman, wait before you make the "sacrifice," and see if God will not "send a goat out of the thicket;" if he don't, throw the poisonous powder into the fire, out of harm's way, and try what virtue there is in cold water. We tell you not to do this—God requires not that you should do this terrible, irremediable evil, that some uncertain good *may* come. No, no, 'tis contrary to all the requirements of his laws, abhorrent to his very nature. Surely, what so afflicts you, must be hateful to Him whose watchful care of the humble sparrow manifests his love—He who delights not even in the death of the wicked.

At any rate, ye fond but inconsiderate mothers, let me beg of you to ponder well, before you consent to poison the life-springs of the darling for whom you so severely have suffered, let me assure you *there is no need of it in any case.*

Many years has it been mine to minister unto the wants of diseased humanity, and during that time have been called upon to prescribe for almost all the different phases of disease, and in hundreds and hundreds of cases—and never, during all these years, have I seen a single case that would not yield far more readily to the Water-Cure, properly applied, than to any other system known to me, and I have been in active practice nearly twenty years.

We may have said all this before in the Journal; but no matter, a great many will read this number that never saw one before, and we feel that the testimony of one so long in practice, disinterestedly given, must have some effect, and that such will bear

repeating, as facts are what we want most. Our Allopathic brethren have plenty of beautiful theories and fancies, but their "facts" are anything but inviting.

We could have no better preaching for the Water-Cure, than an array of "medical facts" would "perform." Only let the world see in "solid column" the numbers who annually die of acute diseases, those whose strong constitution enables them to escape death in spite of the medicines, and their after-history, with all their aches and pains! A book of such facts would be invaluable to the rising generation, but an awful one to the faculty—Anne Royal's "Black Book" wouldn't be "a circumstance" compared with it; and "Six Months in a Convent" would be considered anything but "startling disclosures," in comparison.

Just let Government, when they take the next census, inquire into these things, will you?

We will obligate ourselves to give every man they find—who has ever been through the Allopathic "fire," usually poured into them when sick—who is now a well man, or ever has been since his "cure," five dollars—providing he has not been through the Water-Cure.

If they don't find most of them pretty well "rid-dled" by the blue-pill bullets, &c., "we'll lose our gess."

Just look at it for a moment, you uninitiated—a man's skin becomes stopped up by the dirt and dust of time, his liver engorged by over-eating, his brain oppressed with cankering care, he sends—in his insanity—for a drug-doctor. He, instead of making him fast, washing open the pores, and insisting upon his resting from his brain-work—tries to grant him "absolution," by a trumpety vicarious false atonement—by means of emetics, cathartics, and mercury, &c. &c.—the which, instead of removing the cause, only temporizes at best, and oftentimes fans into a flame what would otherwise have gone out of itself in a short time.

It will do, to please the ignorant and willful, to sell "indulgences," as certain priests do, but the victims will find, sooner or later, that the deeds of absolution will not be accepted by God, who alone has power to pardon; and even He cannot absolve the sinners, moral or physical, unless they stop sinning. "*In the day thou eatest thereof, thou shalt surely die.*"

The doctor's pretending to absolve a man from the effects of his transgressions of the law, and insure him exemption from all harm while he still sins on, merely by a few cabalistic characters written upon a slip of paper to carry to the apothecary, the which, "when taken, must be well shaken," is too absurd even for the most gullible to swallow.

It forcibly reminds one of the doings of a certain Professional—at least he wears black!—who took our Saviour upon the mountain, and offered him all the world if he would but serve him, when every body knows the "poor devil" didn't possess the power to give an acre of it.

This letter, we are aware, sets forth more the inapplicability of drugs, than the applicability of the water—but never mind, if you prove one you prove both. In order to have your new house on a good foundation, you must first remove the rubbish of the old one.

WATER IN MIS-CARRIAGE.

BY CHARLES MUNDE, M.D.

GENTLEMEN:—In the last number of the Water-Cure Journal, I found in the "Gossip from Boston, by Noggs," a few words referring to me; they were: "Brother Mundie, too, (by the by, my real name is Munde, the i having crept into it by a whim of the compositor), 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." Now I cannot promise to do half as much for America as I have done for Europe, having done pretty much there, and having no other "prime of age" to sacrifice; I am growing old, and, although richer in experience, cannot write any more so quick as I did sixteen years ago, especially in a foreign language, and have so many things to do and to think of, that it is hard for me to collect my mind for as good an article as the Water-Cure Journal always contains in large quantities. There is another difficulty: I observe, the more I advance in age, and the more I see and study, the more I become diffident in my own views, although I take every pains possible to keep far from the way of very old men, i. e. to *know everything, approve little, and do nothing.* And after all, the work that I assumed in Europe has been nearly done here by several zealous advocates of the water-cure; and thus, like an old warrior, I am reduced to talk rather of my campaigns than to fight with the rest of the champions for Hydropathy, or, as I would have it called more correctly, (if a Greek name must be the thing), *Hydro-therapeutics.* However, if honesty and good-will, combined with some experience, are worth anything, I hope to be as good as any, and shall certainly not be silent, if I want to speak, and have something to say which I consider as valuable to others. Not having the time now to enter into my promised series of articles, I shall state a case of water-cure in a miscarriage, which took place on the 4th of May.

My good wife, after all the sufferings which the German Revolution, and my own misfortunes, the parting with her friends, the cholera, the sea voyage, etc., had brought over her, was in her fifth month of pregnancy. Our stay in New York, in a boarding-house where no baths could be had, the foregoing sorrows, and the difference of the climate, had weakened her constitution, which began to be strengthened again by our recent residence in the country, and the use of sitz baths. In her zeal to render herself useful, she lifted several things too heavy for her, and immediately after felt the consequences. I was

called for, and found her fainting from pain and a heavy loss of blood. I brought her to bed, and put large cold compresses upon her abdomen and all the parts connected with the accident. These compresses were changed every five to ten minutes, and always came off quite hot. She felt some pain, such as precedes labor, which subsided after the bandages had been applied for some time. She slept little during the night, the pain increasing always when the compresses grew hot. Next morning she felt some burning pain at the lower end of the uterus, and in the upper end of the vagina, and after twenty-two hours from the beginning of the accident, the fetus, a boy, (whom I preserve in alcohol) went off. As she was greatly exhausted, I left the placenta for a couple of hours where it was, renewing from time to time the compresses, and then causing her to press upon the uterus, drew it out without any difficulty. Having removed all the blood, etc., from her, I sponged her over with cold water and moved her to another bed, where the compresses, now carefully wrung out, were renewed as often as they grew hot; and thus we continued for four days. She drank nothing but cold water, ate some dried fruit stewed, some bread and other vegetables, and came down to dine with the patients of the Establishment the fifth day after the miscarriage. None of the fatal consequences common to such accidents occurred to her. Notwithstanding the cold compresses on the parts, there was no interruption of perspiration, or any other secretion; there was no constipation; there was no fever or inflammation; the breasts, although considerably swelled, showed not the least extraordinary sensibility; although greatly exhausted by the heavy loss of blood, she was up for seven to eight hours on the fifth day, just now took a sitz bath of 75° for ten minutes, on the sixth day, and resumed her self-imposed "duties as a housewife" the same day (yesterday), being up and doing from 8 A. M. to 8 1/2 P. M.

I would like to give further notice of the case directly, but I would be too late for the next number of the *Water-Cure Journal*, and therefore take the liberty of referring the reader, who takes interest in "Water-Cure in miscarriage," to one of the following numbers, when I will say a few words on and give a few instances of "Water-Cure in childbirth," a chapter which has been much spoken of already in this paper, by one of the principal American promulgators of Hydropathy.

Northampton, Mass., May 12th, 1850.

Mrs. JOHNSON, who resides in the lower part of Davies county, Ky., a year last Feb. gave birth to three fine sons, and a few days since, she gave birth to two other sons—making in all, *five in about eleven months!* A correspondent of the *Owensboro' American* proposes that a subscription should be collected for the benefit of the afflicted family!

REVIEWS.

BY R. T. TRALL, M.D.

THE SOURCES OF HEALTH AND THE PREVENTION OF DISEASE; OR, MENTAL AND PHYSICAL HYGIENE.

Such is the lengthy title of a little book of 170 pages, by John A. Turbell, M.D., recently published by Otis Clapp, Boston. The author belongs to the homeopathic school. This work makes no pretensions to originality; but, as a compendium of the sayings and opinions of many medical and scientific men on the subjects of food, drink, air, exercise, bathing, clothing, sleep, occupation, drugs, and other kindred topics, it abounds with judicious observations and reflections. All writers, however, who pick up all their ideas from the current literature of the day without examination, must necessarily advance, or rather echo, more or less of the floating errors of the times. Thus, in treating of diet, Dr. Turbell very strangely tells us that fat meat, though comparatively indigestible, contains nearly four times the amount of nutriment that lean meat does! This blunder of the chemico-medical physiologists has been so often exploded that its re-assertion now, as a matter of fact, is somewhat surprising. He also reiterates the oft-refuted error, that animal food is more nutritious than vegetable. These I notice as glaring errors, I might say, in the light of modern science, glaring absurdities. The chapters on drink, air, and exercise, are excellent. Tea, coffee, tobacco, and alcohol, are condemned without qualification. Bathing, in a general sense, is highly commended, yet the author thinks the hydropathists who use so much have gone to the opposite extreme of the allopathists, who use virtually none. He would approve the hydropathic methods of bathing "as an occasional auxiliary to the internal action of medicines prepared according to the directions of Hahnemann." Against the allopathic employment of drugs the doctor is particularly severe, which all hydropaths will particularly like. On the whole, the book contains a much greater proportion of wheat to the chaff than we are accustomed to find in medical books, and this fact entitles it to our warm commendation, after excepting to what seems erroneous to our standard of orthodoxy, which is not Hippocrates, nor Hahnemann, nor Priessnitz, but Nature.

BRIEF REMARKS ON THE HYGIENE OF MASSACHUSETTS, but more particularly of the Cities of Boston and Lowell: being a Report to the American Medical Association; submitted, as Member for Massachusetts of the Committee on Public Hygiene, to their Annual Meeting in Boston, May, 1849. By JOSIAH CURTIS, M.D., of Lowell, Mass.

This is an exceedingly useful and interesting document. It should be read by all who practice the

Healing Art. The following extract will interest our readers:—

“During the last five years, nearly 80,000 births, 25,000 marriages, and 50,000 deaths, have been recorded. The record of deaths states the date, age, sex, disease, late residence and occupation. From such tables (a summary of which are appended to this Report), especially when they shall be nearer perfect under the late act, computations and comparisons of the highest value may be drawn with different localities in our own country, and other parts of the globe. The influences of climate, season, condition, placement, and occupation, upon human life, may be more or less clearly seen, as well as, also, topical influences upon particular diseases, and the proportional degree with which mortality presses upon different ages.

“In the sea-board counties of the State, even after excluding Suffolk county, which embraces the city of Boston, the rate of mortality among children, under five years of age, is four per cent. higher than in the western counties. In one of the interior counties (Franklin co.), in the valley of the Connecticut River, the average duration of life was thirty-eight years ten months and twenty-four days; while in the county of Middlesex, which includes the city of Lowell, it was only twenty-eight years two months and twenty-two days. A still greater difference obtains when we compare country districts with cities. In Franklin county, as before stated, the average age was nearly thirty-nine years, while in the city of Boston, it was a little less than 22.75 years, giving an addition of about 16.25 years, or over seventy per cent. in favor of the country district. Again, when we notice the condition of different classes, we find that, although the average age of all dying in Boston was only 22.75 years, the average age of those of them who were buried in the Catholic burying-grounds was but 13.5 years, or about one-third the average life in Franklin county.

“In 1846, twenty-eight per cent. of all the deaths in the State were from diseases of the organs of respiration. The mortality from this class of diseases advanced, in 1847 and 1848, to near thirty per cent. Last year, of the 11,203 deaths recorded, 9554 were from specified causes; of these, 2937 were from lung diseases, most of which were consumption; 1202, or twelve per cent., were from typhus,* and 1074, or 10.8 per cent., from dysentery; making 52.3 per cent., or more than half of the total mortality of the State, from these three causes alone. This shows that death has of late visited our people through consumption, typhus, and dysentery, much more frequently than through any other agents. The mortuary tables show that that most fruitful source of death—consumption—is much influenced by age, very little by season; while the congeners typhus and dysentery are affected both by age and season.”

* Typhus also embraces “typhoid fever.”

AN INTRODUCTION TO THE WATER-CURE. A Concise Exposition of the Human Constitution; the Conditions of Health; the Nature and Causes of Disease; the Leading Systems of Medicine; and the Principles, Practice, Adaptations, and Results of Hydropathy or the Water-Cure; Showing it to be a Scientific and Comprehensive System for the Preservation and Restoration of Health; Founded in Nature, and Adapted to the Wants of Man. By THOMAS L. NICHOLS, M.D. New York: Fowlers and Wells, publishers: price twelve and a half cents, mailable.

All who have read the able articles written by Dr. Nichols, which have appeared in the WATER-CURE JOURNAL, will be deeply interested, and very much instructed, by reading this new INTRODUCTION TO THE WATER-CURE.

The size and price of this book are no criterion by which to judge of its value—for it contains matter enough, (had it not been “got up” in the most economical manner,) to have made a half dollar book. It is therefore expected, that its extreme cheapness will be the means of INTRODUCING THOUSANDS TO THE WATER-CURE.

VEGETABLE DIET, AS SANCTIONED BY MEDICAL MEN AND BY EXPERIENCE IN ALL AGES. By WILLIAM A. ALCOTT; to which is added a System of Vegetable Cookery. A new and revised Edition: New York. Fowlers & Wells. Price 50 cents.

The origin and history of this work are as curious as its contents. The author, it would seem, had been led, very early in life, to the subject of diet and regimen, in its bearing not only upon his own health as a consumptive individual, but also in its general bearing upon the well-being of mankind. He had been familiar—he must have been—with the story of Lewis Cornaro, Ephraim Pratt, and Thomas Parr, as well as with the history of the Essenes, Pythagoreans, Persians, and Spartans. Dr. Coffin, of Boston, moreover, and Drs. Bell and Condie, of Philadelphia, in their respective periodicals—the Boston Medical Intelligencer, and Journal of Health—had aroused the public mind and prepared it for other, if not for more remarkable developments.

It is no uncommon thing, under such circumstances, for different individuals, unknown to each other, to come to similar conclusions. Thus, in the year 1830, several persons, strangers to each other, but all of them familiar with the contents of the Philadelphia Journal of Health, were found in the practice and advocacy of a well-selected vegetable diet in preference to one containing either flesh or fish. These were Dr. Wm. A. Alcott, and Rev. Wm. C. Woodbridge, of Conn., and Mr. Sylvester Graham, a temperance lecturer of the Middle States.

In Jan., 1832, Dr. Alcott had collected, as he quaintly says, “quite a large parcel” of facts on

physiology, pathology, and dietetics, sorely waited for an opportunity to make a wise use of them. Such an opportunity—in part at least—was offered in the same year, by the appearance of cholera; a few cases of which occurred at Boston. Some of these facts were embodied in a pamphlet, entitled *Rational View of the Spasmodic Cholera*.

In 1833, the Boylston Medical Committee, of Harvard University, offered a prize to the author of the best dissertation on the question, What is the best diet for the New England laborer? Dr. A., it seems, though not disposed to enter the lists for the prize, was yet excited thereby to farther investigation.

In 1834, he accidentally learned that Dr. Milo L. North, of Hartford, Conn., was pursuing a course of inquiry, not unlike his own; although it does not appear that Dr. N. was himself a vegetable eater. He had heard that certain individuals, by a pertinacious adherence to such a diet, contrary to previous early habits, had been destroyed by it, and he wished to know the truth in the case. Accordingly he published, in Jan. 1835, in various medical journals, in the form of a circular, a list of questions, to which he earnestly solicited from medical men, and others, such facts as might be in their possession, and were calculated to throw light on the subject.

The questions submitted by Dr. N. did not, however, go so far as to involve the great point now (in 1850) fairly at issue, viz., whether a well-selected diet, exclusively vegetable, is best adapted to the whole human race, and best calculated to develop all their powers, physical, intellectual, and moral. He only wished to know what had been the immediate results—favorable or unfavorable—to the individual, from abstinence, for a year or more, from all flesh and fish.

Dr. N., in his circular, had encouraged the public to hope that the results of his inquiries would be published. Late in the year 1836, however, he gives notice in the Boston Medical and Surgical Journal, that in consequence of his ill health, he has not been able to fulfill his promise, and that it is doubtful whether he shall ever be able to do so; and that "in this exigency" he has solicited Dr. W. A. Alcott, of Boston, to receive the papers, and publish them.

Whether any other motives had weight with Dr. N. is of course best known to himself. He was not obliged to tell the whole truth in the case. Being a high-minded man, he could never conceal anything relevant to the question fairly before him, and which he was bound to develop. But he plainly saw the whole bearing of his papers—contrary, doubtless, from what he expected, at least if fairly presented. His medical practice was enough, and more than enough, for a feeble frame, without the trouble of making a book, especially one that was opposed to the public prejudices. But Dr. A. is already, in some measure, committed to the public as a friend of the reformed diet, both in his "*Spasmodic Cholera*," and his "*Teacher on the Human Constitution*"—a periodical which he has now sustained about two

years. He is also well known to have countenanced Mr. Graham, above mentioned, who, about the end of the year 1835, or beginning of 1836, had made a visit, as a public lecturer, to Boston. Dr. A., after the lapse of some time—we believe about two years—undertakes the work of publication. Not, however, till he has procured, at much pains and expense, a large collection of additional facts.

In prosecuting his purpose, Vegetarianism, as our transatlantic brethren call it, is put upon trial. The witnesses come forward, one by one, and testify what they know—apparently in all good faith and honesty. Scores of living individuals are among them. The history of all nations is also invoked. In fine, a hundred or more of competent persons are called up. Whole masses of mankind—even schools, associations, and sects—give in their highly-interesting testimony. The witnesses having retired, Dr. A. gives to the jury—"the sovereign people"—his charge; and leaves to them the final verdict.

Thus far, to drop the figure, the work is little more than a faithful record and analysis of facts collected, in part, by Dr. North, and in part by Dr. Alcott, with the notes and comments of the latter. Dr. North sustains the position of originator—we might almost say, author—of the work; Dr. A. that of compiler or editor. And when we say this, we mean not to diminish aught from the well-earned reputation of the author—the hard-working author—of a hundred volumes or more, (though he could well afford to sustain a *small* loss, and yet be in this respect enviable,) but only to place the matter in its proper light, and give honor to whom honor is due.

Another part of the work, however, must be adverted to. Under the head of "*Vegetable Diet Defended*," we find near 50 pages of what might be regarded as Dr. A.'s own reasoning. His thoughts are arranged under nine heads—almost as many as the heads of some of the eccentric Lorenzo Dow's sermons. However, he makes the matter plain and clear by this means, and that is what is wanted. His plan includes the ANATOMICAL, the PHYSIOLOGICAL, the MEDICAL, the POLITICAL, the ECONOMICAL, the EXPERIMENTAL, the MILLENNIAL, the MORAL and the BIBLE arguments.

Those who examine the work from beginning to end, will be favorably impressed, we think, with the great candor and fairness of the distinguished author whose name it bears; and still more with the preponderance of the evidence in favor of a diet exclusively vegetable—at least to those who have the happiness of being trained to it—or of being transformed from cannibalism to Christianity very gradually. For we see not how an honest searcher after truth, as he rises from the perusal of the work before us, can resist the conviction that man is by nature, and should be by art, a farinaceous and frugivorous animal; and that neither the individual nor the race will reach its acme till this superior diet shall have been fairly tested by successive generations.

Had Dr. A. been specially desirous of "making out a case," he might, we think, have made a little more of what he calls the Bible argument. On the whole, however, we are glad he did not. There is nothing in the Bible which is manifestly against Vegetarianism; and, on its own principle, He that is not *against* us, is for us.

Dr. A. might also have added an important fact; and we are constrained to wonder at the omission. It is doubtless known to many of our readers that the great diet question is fairly up in England; that two monthly periodicals—the *Vegetarian Advocate* and *Vegetarian Messenger*—are issued in London; and that a Society of Vegetarians, in Manchester, already numbers nearly 500 members. It should also be known that under their patronage, or at least their encouragement, several new and important works have been published; and that they have republished, in a cheap form, *Graham's Science of Human Life*.

We would not give too much prominence to this branch of reform; and yet it seems hardly possible to do so. In advocating the claims of a well-selected vegetable diet, we find arrayed against us the prejudices and clamors of the vast majority, in Britain and America; though they are doubtless unconscious that their clamors and even their testimony on such a subject are only negative. There is no deeper slavery than the slavery of mankind to their appetites and lusts; and we are much mistaken if the general use of flesh and fish, with their accompaniments and provocatives, has not greatly tended to rivet the chains of this kind of slavery. We rejoice, therefore, at the timely appearance of a new and revised edition of Dr. A.'s book; and hope and believe it will be read by thousands who might otherwise never read the more elaborate, and perhaps more scientific, work of Mr. Graham. Indeed, it should have a place in every family and school library.

Among the items peculiar to the new and revised edition of this work, is an appendix containing an outline of a new system of vegetable diet, and an improved system of cookery. It is interesting, and may furnish an answer to many who cry out, What shall we have left us to eat, if we may not eat flesh and fish? It is not full enough, however, to satisfy all. Perhaps the learned author will amplify a little, in a future edition; or else prepare, ere long, a more extended work.

MEDICAL CONVENTION.—A body of some three hundred old school physicians are in session at Cincinnati. The opening address was delivered by Dr. Warren, of Boston, who glanced briefly at medical reform during the last half century, and noticed the falling off of confidence among the profession generally in the use of the lancet and of calomel in all diseases. He spoke of cold water as a good remedial agent judiciously applied.

MISCELLANY.

A CONSERVATIVE'S ADVICE.—Dr. N. Williams, of Phenix, Massachusetts, claims a right to write long columns of prosy nonsense for this Journal, calling us therein, by implication, all manner of hard names, simply because he subscribes for the paper and pays for it. Our subscribers do not exactly own us, and if Dr. W. or Dr. Any Body Else buys our Journal he gets his money's worth, and there we are exactly quits. Dr. W. occupies about one page in telling us what he does *not* believe, which is so essentially negative, that we care nothing at all about it. About as much more space is devoted to a positive statement of his own individual opinion, that the drug-system is a pretty good system after all, though he admits a little more water might improve it somewhat; then he winds up by telling us a compromise is to be made between hydrophaty and allopathy.

Now, Dr. Williams, we rather guess not. If you have any reasons to present, arguments to advance, or facts to set forth, we will respectfully entertain and reply to them. But what you think or don't think, believe or don't believe, is no manner of concern to us. **THE WATER-CURE JOURNAL THINKS FOR ITSELF.**

THE WATER-CURE IN MAINE.—The Water-Cure establishment at Waterford, Maine, (of which we have heretofore given some account), entered upon the fourth year of its existence on the 1st of May. The proprietor of the establishment, Mr. C. FARRAR, still continues to labor with unabated enthusiasm in behalf of a mode of treatment to which he publicly avows his indebtedness on all fitting occasions, as the means of his own preservation from a premature grave. The medical charge of the Institution is now in the hands of Dr. CARL LORENZ, formerly of Germany,—a gentleman possessed of superior classical and medical attainments, and a graduate of Büdingen, near Frankfort-on-the-Maine, as well as of the University of Giessen, Hesse-Darmstadt. Dr. LORENZ practiced for several years as government-surgeon in Germany, before coming to America. He first became acquainted with the principles of Hydrophaty while pursuing his medical studies at Giessen; and, wholly undaunted by the sneers of the professors at the wonderful cures effected by PRESSNITZ, which fame at that time was proclaiming abroad, both far and wide, devoted himself to a thorough study of the virtues of water as a remedial agent. To this study he was likewise prompted by his having observed his brother, a government-physician of eminence in Germany, frequently employ WATER as a remedy after some surgical operations, bleedings, burns, etc. Dr. CARL LORENZ has been long enough in America to become warmly attached to our institutions and a citizen of our republic. He took out papers of naturalization in the State of Connecticut, where he has practiced several years as

a hydropathic physician. We have seen several testimonials to Dr. LORENZ's medical skill, of which any physician might be proud,—some of them voluntarily tendered by patients whom he had treated with success, but who had been declared incurable before seeking refuge in Hydropathy. We have no hesitation, therefore, in warmly recommending our water-cure friends at the Eastward to sustain liberally this enterprise of Mr. FARRAR's, who, we now understand, is resolved to keep his establishment open the whole year round. The village of Waterford is one of the most charming in New England, and is fast becoming celebrated for its lake and its beautiful scenery. It is readily accessible from Boston by railroad and steamboat as far as Portland, and thence by steamboat or railroad, and stage.

R. S. H.

P.S.—Dr. LORENZ has furnished a case for publication in this number which will be found elsewhere.

Since the above was sent us, we have seen with great pleasure several favorable notices of Mr. FARRAR's new enterprise in the Portland journals: the Christian Mirror, the Transcript, the Advertiser, and Eastern Argus. We cut the following notice from the Portland Advertiser:

“WATERFORD WATER-CURE ESTABLISHMENT.—It will be seen, by reference to our advertising columns, that Mr. Farrar is about to reopen this establishment under auspices which promise success. We have been acquainted with Mr. Farrar from boyhood. He has lost several near and dear relatives in the prime of life, and his own health was at one time considered in a very precarious if not desperate state. He attributes his entire cure to the cold water system. This led him to start and persevere in sustaining an establishment of the kind at Waterford, which we have no doubt has been the means of doing much good. The application of cold water has of late years become quite common in many cases in which it was formerly studiously avoided. Tender mothers do not hesitate now to bind a cloth, saturated with cold water, on the throats and chests of their children in cases of croup, symptoms of scarlet fever, &c. &c., and in numerous instances with complete success. In the hands of a scientific physician (and scientific physicians we believe now very generally approve of the system to a greater or less extent) we have no doubt it is a most effectual system of removing disease—and some diseases which can hardly be reached in any other way. But the conveniences for a full and thorough application of it are not usually at hand, except at a regular establishment.

“Waterford is a beautiful summer retreat, for health and pleasure. High mountains and deep lakes, rugged hills and smooth plains, are so interspersed as to present the most pleasing varieties of rural scenery.”

A correspondent of the Eastern Argus speaks of Waterford as “a gem among the mountains. On the south is a small lake, some two miles in length; on the northwest and northeast, hills several hundred feet in height rise more or less abruptly, from whose tops the eye rests upon a great variety of beautiful scenery—lakes, deep ravines, high hills, and mountains. A sunrise view, such as I have several times enjoyed, is perfectly enchanting.”

WOMEN'S DRESSES.—In your February number of the Water-Cure Journal, the writer on women's dresses wishes some plan suggested to correct those “abuses.” I have adopted this season an under garment made of delaine, lined with calico one thickness, wadded and quilted, four breadths wide at the bottom, two at the waist, full a little on the back, with waist and sleeves of the same. This, for ease and comfort, is superior to anything of the kind I ever wore. I therefore bid adieu to the old-fashioned full skirts, which I think (if they do not cause) very much aggravate the nervous diseases to which women are subject. For a dress I would suggest the following: skirt (calico width) four breadths wide at the bottom, three at the waist, full into a yoke about the neck, tied about the waist with a sash. With the present style of fashion I find no fault: I can see no impropriety in our having our skirts fall just below our knees, with pants. Every lady knows the inconvenience of long skirts in walking, or ascending and descending a flight of stairs, or getting in and out of a carriage.

Much more might be said, but I give way for others to throw in their mite, believing as I do that the WOMEN OF NEW ENGLAND are capable of getting up a style of dress that will be easy, convenient, and graceful. All we have to do is to set ourselves about the work. And it is high time we were “up and doing.” I would recommend that those of us who believe that the present style of dress is detrimental to health, should revolutionize immediately.

A READER OF THE WATER-CURE JOURNAL.

THUS OUR WOMEN seem determined to agitate this matter, until a style of dress shall be adopted which will not interfere with a free exercise of their whole bodies. We repeat, all those who are interested in this subject, we cheerfully invite to communicate their views to the world through the WATER-CURE JOURNAL.

WATER-CURE PRACTICE IN DISGUISE, “by a Regular,” and how the patient became a convert to the Water-Cure.

A friend having occasion to consult a physician in a case, wherein all medicines had failed to produce any good effect, which was “growing no better very fast,” became quite discouraged. Finally, this “Regular” advised the application of “wet cloths,” which produced a decided and beneficial effect.

From this time forward, the patient used water freely, and got well. This induced her neighbors to try the same means for other complaints, and the result has been most favorable.

We now have, in this same neighborhood, upward of SEVENTY SUBSCRIBERS TO THE WATER-CURE JOURNAL, which, of course, renders the services of this “ALLOPATHIC DOCTOR” no longer necessary.

RAGE robs a man of his reason, and makes him a laughing-stock.

Gossip from Boston, by Nogs.—Dear "Gossips:"—We again congratulate you on the appearance of your May number. The Journal is now, it must be, all that the hungry reader can crave, and we do hope you will get rewarded for the great expense you must be at, although the satisfaction of knowing that you are doing more than any others for the pulling down of the strong-holds of superstitious error in medical practice, must be in itself a great reward.

Brother Lorenz passed through town, en route for Waterford, a few days since, where he goes to take charge of one of the most beautifully circumstanced Hydropathic Institutions in the country.

We were much pleased with the Doctor; he is every inch a gentleman, and possesses the somewhat rare merit of being modest as well as skillful. With his skill, urbanity, &c., and the great advantages Waterford possesses for the purpose, we think they must and will succeed.

Brother Rogers, too, has lately taken up his abode in the neighboring city of Worcester, and we feel confident that it will be to the mutual benefit of all concerned. Modesty commends itself everywhere, especially when combined with merit.

How I should know this will puzzle some of you!—but never mind, suffice it that I do know.

The water is rising herabouts every day, and the Allopaths are looking sharply about them for a plank to swim into popular favor on.

Some of them, we "guess," will find themselves "high and dry" before long, if they don't "jump quick."

Quite a joke happened to one of the "poisoners" the other day. He ordered some very powerful medicine for a sick boy, and the father not liking the appearance of it, forced it down the cat's throat, and when the doctor called again and inquired if the powder had cured the boy, the father replied no, we didn't give it to him: "Good heavens!" said the doctor, "is the child living?" "Yes, but the old cat isn't! we gave it to her!" The doctor sloped.

One of the faculty has been in a terrible pucker lately, because the Transcript here published a piece in favor of Hydropathy, but the editor told him he flattered himself he knew what would please nineteen-twentieths of his readers!

"NO SMOKING ALLOWED IN THIS OFFICE."—We look upon these "signs," beautifully painted, and nailed up in "all respectable offices" throughout the country, as an indication of the growing "unpopularity" of the use of tobacco, by our poor depraved fellow-humans. OUR CHURCHES, too, are "considering" which is the better way for them, to purchase new spittoons, or to require their members to do their spitting "out doors;" and a CLERGYMAN who uses tobacco is regarded "impure," and therefore disqualified to perform the functions

of a spiritual adviser, instructor, or director. The man, woman, or child, who observes this filthiness in a professed Christian, at once doubts their integrity, and assumed high qualification to advise them.

Resolutions have been passed in some of our Reform Churches, prohibiting their clergy from chewing, smoking, or snuffing tobacco. Who ever knew a "regular loafer" but what used tobacco?

INSECTS AS REMEDIES.—Insects once occupied a place as important as herbs in the list of sovereign remedies. To take a wood-louse or millepede, perhaps alive, and conveniently self-rolled for the occasion, was as common as to take a vegetable pill. Five Gnats were administered with as much confidence as three grains of calomel. In an alarming fit of colic, no visitor with a drachm of peppermint could have been more cordially welcomed or swallowed than a lady-bug. Fly-water was eye-water, and even that water-shunning monster, hydrophobia, was urged to lap *aqua pura* by the administration of a dry cock-chaffer. Like other dogs and drugs, these have all had their day in the world of medicine, but have left behind them that salutary biter, the Cantharides or Spanish flies of Europe, and the Meloe Chicorei, used by the natives of the Celestial Empire for the same purpose of draining off terrestrial humors.

CAUSE OF SCURVY.—It has been ascertained that the true source of scorbutic disease, as it shows itself in our ships and prisons, is the want of potash in the blood; that salted meat contains little more than half the potash in fresh meats; and that, while an ounce of rice contains only five grains of potash, an ounce of potato contains 1875 grains, which accounts for the great increase of the disease since the scarcity of the potato. In patients under this disease, the blood is found to be deficient in potash; and it has been ascertained by repeated experiments that whatever be the diet, such patients speedily recover if a few grains (from twelve to twenty) of some salt of potash be given daily. Lime-juice is regularly ordered in the navy, as a specific for the disease, and the reason of its efficacy is not the acid, but the amount of potash, being 846 grains in an ounce.—*Exchange Paper*.

The real cause of scurvy is stale salted food, too large a proportion of animal food, with foul air. The natural remedies, therefore, are self-evident. It is no wonder that fresh food, and almost all vegetable fruits and juices, prove remedial. But this specific theory of the salts of potash is all nonsense; and the absurdity of the above statement is apparent enough when we recollect that an ounce is

made up of 480 grains, whereas we are told an ounce of lime-juice contains 846 grains of potash!

WATER-CURE IN WORCESTER AND WATERFORD.—In our last number we stated that DR. ROGERS had taken charge of the Institution at WATERFORD, MAINE. We were misinformed, and made the statement without his knowledge. Propositions were made to Dr. R., but after duly considering the matter, he decided it would be better for him to settle in the lively city of WORCESTER, MASS. He will, no doubt, meet with success there.

DR. FARRAR'S Institution at WATERFORD is under the medical charge of DR. C. LORENZ, formerly of this city. DR. L. is very favorably mentioned by those who best know his worth; and WATERFORD, with its superior natural advantages, we presume, will be thronged by the lovers of health.

WATER-CURE ESTABLISHMENTS.—We must be pardoned for a little excessive exultation in the RAPID advancement of the Water-Cure, and the equally rapid uprooting of the old-fashioned, regular drug system of "curing folks." (1)

Besides the list of Hydropathic Establishments mentioned in our APRIL and MAY numbers, we have the pleasure of noticing the following:—

IN PHILADELPHIA, DR. WEDER has a House, No. 3 Marshall-street, fitted up for hydropathic purposes, and we are informed that it is liberally patronized by the "knowing ones" of the Quaker City.

IN BOSTON, DR. KITTREGE is always at home, No. 24 Franklin-street, except when lecturing to "large and intelligent audiences" in all the towns and villages in the vicinity of the ATHENS OF AMERICA.

IN CLEVELAND, OHIO, DR. SRELYE has the best House in the "Buck-eye State," where the natives may resort, with the assurance of being properly "cared for," let their "ills" be what they may.

IN CONCORD, N. H., DR. HAYNES has just opened a new W.-C. Establishment. We believe it is the first, and, as yet, the only one in the "Granite State." Of course, it will "take the wind out of the sails" of all the "Regulars" in that region.

IN RICHFORD, N. Y., DR. STRADMAN says:—"Life, Health, and Happiness may be secured by the use of Pure Water, Pure Air, Healthful Food, Appropriate Exercise, and Rational Amusement, at the BETHESDA WATER-CURE."

IN WILLOW GROVE, PA., DR. SCHIEFERDECKER has just such a retreat as our German friends will be glad to pass a season, to reinvigorate their bodies. Dr. S. was one of the first Water-Cure practitioners in this country.

IN CUBA, N. Y., DR. HAYES will administer the "liquid element" in every variety of disease. His place bears a pleasant name, which, in itself, will attract visitors.

IN PHILLIPSBURG, PA., DR. ACKER has erected a house, which will accommodate our hydropathic friends in Beaver co. and vicinity. This place is accessible by the Ohio River.

BESIDES the above, we have many others yet to be enrolled in our brief notices.

A BIT OF TRUE PHILOSOPHY IN PURCHASING DOUBTFUL TEA.—How beautiful is the saying, that "we should always hope for the best, and be prepared for the worst!" For our own part, we never enter a grocer's to get our weekly ounce and a half of seven shilling mixed tea, without being animated by the advice of the moralist, who tells us to "hope for the best, and be prepared for the worst."
—Punch.

If our tea-drinkers knew how much money they pay for leaves, gathered and dried from currant bushes, and sold for "Pure Genuine Tea," they would reduce the quantity, at their very next settlement with the grocery.

FACTS FOR THE CONSUMPTIVE.—In 1839, writes a correspondent, I measured 42 inches round the chest—was in the habit of exercising on land and sea—1848, after 6 years' residence in the West Indies, taking a fair amount of exercise with the arms, such as spading, lading sugar in boiling-houses, etc., but going mostly always on horseback, I found I only measured 38—now, after one year's residence in my natural climate, and swinging the axe now and again, I measure 41 inches, and I hope to come up to 43. The amount of flesh seemed the same at all times, but of a softer nature.

"A TEMPEST IN A TEA-POT."—An Allopathic Doctor says, "Such a set of quacks, as these Hydropathists, never before lived. They impose on the public, destroy all confidence in our well-established remedies, (1) and unless we admit a belief in the WATER-CURE, they refuse our prescriptions altogether. The laws ought to prevent these Hydropaths from deceiving the public." (Exit Cod-liver Oil.)

THE VEGETARIAN CONVENTION, recently held in Clinton Hall, New York, will be noticed at length in a future number.

OUR JULY NUMBER will be sent to all persons whose subscriptions expire with this number, yet the Journal will only be continued to such when they re-subscribe.

Our terms being payable in advance, it will be well for all who intend to renew their subscriptions, to do so as soon as may be convenient, after the reception of this number.

"MEDICAL MEN MUST examine into the WATER-TREATMENT, and draw from its list of means

remedies against some diseases at least."—*Dr. Forbes, Editor of the British and Foreign Medical Review.*

WANTED.—In NEWARK, OHIO, there is a call for a hydropathic physician. Our friend Wm. Richards, Editor of the "Gazette," will give all necessary information to any one, well qualified to practice, who may be inclined to locate there.

We have applications from hundreds of other places, all over the land, of the same purport, yet the supply is in no degree equal to the demand. Will not our young medical students take the hint, and turn their attention to the study of the Water-Cure?

It is not expected that very many of the old Allopathic doctors will "turn from the error of their ways," and avail themselves of the improvements which are daily, *yes, HOURLY!* being introduced by the more intelligent portion of the medical profession.

We do not hesitate one moment to assure our Allopathic friends, of the "regular" "old-school order," that, unless they *do* change their mode of practice, it will not be a great while before they will find themselves altogether "BEHIND THE LIGHT-HOUSE."

DEFINITION OF MEDICAL TERMS, according to WEBSTER'S DICTIONARY:—

HY-DROP-A-THY.—The Water-Cure, a mode of treating diseases by the copious and frequent use of pure water, both internally and externally.

HO-ME-O-P-A-THY.—The doctrine or theory of curing diseases with very minute doses of medicine, by producing in the patient affections similar to those of the disease.

AL-LO-P-A-THY.—That method of medical practice in which "there is an attempt" to cure disease by the production of a condition of the system either different from, opposite to, or incompatible with, the condition essential to the disease to be cured: the ordinary mode of medical practice in opposition to *Homœopathy*.

OR-THO-P-A-THY.—The application of the natural laws of the living organism to the preservation of health, and cure of disease.

NOTICES.

POST-OFFICE STAMPS.—Some of our friends complain that they cannot obtain these stamps at their Post-offices, the Postmaster not being supplied. As we have before intimated, this need not be so. It is the privilege of all Postmasters to keep them on sale for the accommodation of "the people." All they have to do in order to secure a supply, is to order them from the Postmaster General at Washington, D. C. For a year or two we have advertised to receive Post-office Stamps in payment for books, journals, &c., in place of

small coins, and have used them the same as cash. We can, therefore, furnish these stamps to all who may not be able to obtain them "at home." They may be had in any quantity, in any amount, from five cents to a dollar, or upward.

A NEW PREMIUM.

For the encouragement of those "choice spirits and co-workers" who devote their spare time to the furtherance of the WATER-CURE, by obtaining new subscribers for this Journal, the publishers very generously make the following liberal offer.

EVERY PERSON who obtains a club of FIFTY SUBSCRIBERS for the tenth volume of the Water-Cure Journal, and sends us \$25, will be furnished with fifty copies of this Journal for one year, and TWO COPIES OF EACH OF THE FOLLOWING NAMED WORKS, amounting to NINE DOLLARS and TWENTY-FIVE CENTS.

WATER-CURE JOURNAL, One year,	\$1 00
WATER-CURE MANUAL,	50
HYDROPATHY FOR THE PEOPLE,	50
WATER-CURE IN EVERY KNOWN DISEASE,	50
CONSUMPTION, ITS PREVENTION AND CURE,	50
WATER AND VEGETABLE DIET IN SCROFULA,	60
EXPERIENCE IN WATER-CURE,	25
ERRORS OF PHYSICIANS AND OTHERS IN W.-CURE,	25
WATER-CURE FOR WOMEN IN PREGNANCY,	25
CURIOSITIES OF WATER, A MEDICAL WORK,	25
INTRODUCTION TO THE WATER-CURE,	12½

\$4 62 1-2

Add a duplicate set, \$4 62 1-2

\$9 25

To those who obtain twenty-five subscribers, and send us \$12 50, twenty-five copies of the Journal, and one copy of each work, will be sent.

To those who feel interested in the promulgation of Hydropathy, the time necessary to obtain a club of subscribers would hardly be felt, while he would not only be enriching himself, but conferring a boon on his neighbor, which would be so highly prized, as never to be forgotten. In view of all these things, we ask, who will accept this premium?

GOOD ADVICE.—Our excellent friend, Oliver Johnson, editor of the Bugle, says of the WATER-CURE JOURNAL—"This publication is certainly conducted with great tact and spirit, and explaining as it does in the clearest manner the principles and practice of the water treatment, it is worthy of the large circulation it has obtained. If you wish to obtain a knowledge of the proper means of preserving health, or of removing sickness, throw your pill-box into the fire at once, and subscribe for the Water-Cure Journal."

THE WATER-CURE JOURNAL has agreeably disappointed us. We were unprepared to meet the array of facts which are marshaled in support of Hydropathy, and equally, to find the subject treated with so much calm dignity and ability. Aside, however, from the peculiar doctrines advocated in this periodical, it is a storehouse of valuable matter of general interest, and is characterized by a masculine vigor in its discussions on moral subjects, which leads us to commend it as worthy of public patronage.—*Old Colony Memorial.*

THE WATER-CURE JOURNAL, filled with practical instruction for the preservation of health, and the treatment of diseases in the simplest, cheapest, and best of all modes. This Journal is emphatically the poor man's friend. We can appreciate the remark of the man who said "he was too poor to be without it." It costs but \$1 per year, and might easily save twenty or more to any family.—*Newark Gazette.*

THE WATER-CURE JOURNAL holds a high rank in the science of Health: always direct, straightforward, and plain-spoken, it unfolds the laws of our physical nature, without any pretensions to the technicalities of science, but in a form as attractive and refreshing as the sparkling element of which it treats. It is enriched with articles by a variety of able contributors.—*New York Daily Tribune.*

TO HYDROPATHIC PRACTITIONERS.—We wish to have it distinctly understood, that this Journal will be devoted to the interests of no party, but will represent the entire Hydropathic profession. Our pages will be open to all who may favor us with such communications as may be of general interest to all classes. Reports of important cases, and all other matters pertaining to health, will be thankfully received, and laid before our readers.

To keep the Journals whole and clean, it will be well for our subscribers, on the receipt of the numbers, to stitch them together, before cutting, and after reading, to place them in a suitable cover, made of thick, heavy paper, where they may be kept clean until the completion of the volume, when they should be well bound, and placed in a library, for future reference.

THE "Woonsocket Patriot" says: "We have never read a number of this Journal without being profitably instructed."

Thus are our labors appreciated by the "Press," and it shall be our aim to deserve the approbation and encouragement which the "People!" have so liberally bestowed upon us.

WATER-CURE BOOKS, whether published in Europe or America, may be obtained through the publishers of the Water-Cure Journal. Payment in advance will always be necessary. About three weeks' time will usually be required to import publications by the steam ships from Europe.

SMALL COINS of not greater weight than a quarter of a dollar may be enclosed in a letter and sent by mail with perfect safety, in payment for books, &c., providing it be carefully enveloped and directed.

WE CAN STILL FURNISH ALL THE BACK NUMBERS of the Water Cure Journal, from Jan., the commencement of the present volume, to all new subscribers, and can also furnish a few complete sets from the beginning.

IN SPRINGFIELD, MASS., our publications may be had at the busy, yet well-arranged store of MR. M. BESSEY, in the Massasoit House, near the railroad depot.

SAMPLE NUMBERS will be sent GRATIS, when desired, with which to obtain new subscribers. We hope our friends will order freely, and circulate them where they may do good.

TO CORRESPONDENTS.

WATER-CURE BLEEDING.—A water-doctor, in a distant part of the country, communicates to us a case of childbirth, in which he employed copious bleeding, rather to the injury of his patient, if we can understand his story. The woman had a little headache, and at one time became dizzy, complaining that she could not see. Alarmed, most unnecessarily, we think, at this, the doctor placed her in a sitz bath at 160°, and opened a vein in the arm in real allopathic, butabering style! This part of the practice and its effects are described in the following words: "The blood started, and in the same moment she went off in a violent fit of convulsions. I took about eighteen ounces of blood. Meanwhile the convulsions ceased, and I closed up the wound." The woman had two more convulsive fits, and had one more bleeding to the extent of sixteen ounces, terminated her labor with a still-born child, and lived through it all, thus affording another illustration that "humanity is tough," or the doctors would exterminate the race. We do not wish to comment on this case, only to pronounce our detestation of all these bleeding processes, and to inform all real or *pseudo* water-doctors, all half or whole-hearted hydropaths, that our Journal is not the medium for reporting allopathic treatment.

DIABETES.—A minister asks information respecting this disease. Members of the clerical profession are rather liable to it, in consequence of their sedentary habits, close rooms, and especially hot drinks. General bathing with a rigid diet is necessary. No drinks should be swallowed except cool or cold. Avoid everything which acts as a diuretic upon the kidneys. This prohibition, of course, excludes tea and coffee from the regimen. Close application to study is very injurious.

R. P. A., DANESVILLE, OHIO.—You say your wife has tried everything else except nature. Now let her try that. She wants the full dietary part of the water-cure system, that is, plain, simple, coarse food—cracked wheat especially—with a rubbing wet sheet and sitz bath, at least once a day. Daily packings and the wet, abdominal bandage, would be highly serviceable. Begin with tepid water, and gradually lower the temperature.

H., VIRGINIA.—The young man you speak of is certainly in a deplorable state; still we would not despair of a cure, if he were at a good establishment. The principal point for the exercise of skill, in his case, is to bring him under full treatment by gentle and gradual changes of habits. After bathing a few days in tepid water, his flannel should be dispensed with entirely. The other case you mention had better consult a hydropathic physician, giving a full statement of his case.

MRS. H., HOWELL, MICH.—Warm fomentations or baths to the painful extremities are advisable, sufficient to subdue the pain, after which they may be wrapped in cold, wet bandages for a short time. Do not keep them wet more than a few hours in a day. General treatment henceforth should be very mild, and great attention paid to the diet. Unfermented bread, or wheat-meal cakes, would be better than any kind of raised bread in her case.

J. M. O.—CONSTIPATION.—J. M. O. writes that he was nearly killed with calomel many years ago, since which time his health has suffered severely. The greatest difficulty, at

present, is constipation. For this, use an ablution, or some general bath, every morning; take a sitz bath every evening, rubbing and kneading the abdomen thoroughly at the time; and eat, mainly, cracked wheat with good fruits. All vegetable food which does not produce acidity of stomach, is advisable.

HAULING DOWN THEIR COLORS.—A subscriber in Illinois gives us the names of two drug-doctors who have just removed the whole apothecary-shop, in consequence of the *fra* of cold water we have poured upon them through the Journal. Such things happen frequently. That they will

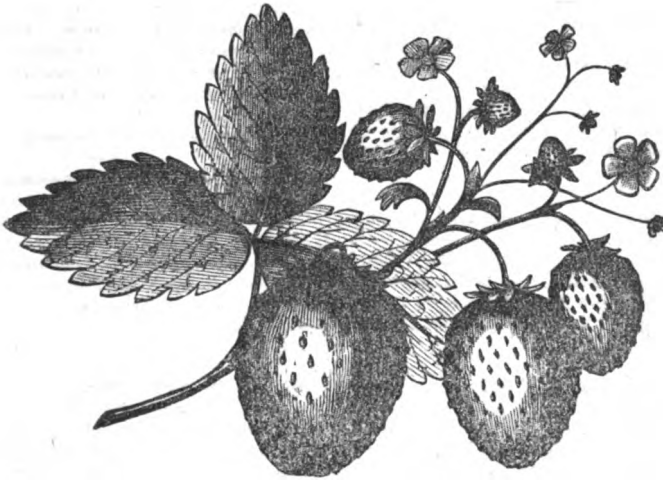
now be water-curing physicians instead of drug-killing doctors, is our hope and belief.

Mrs. H., COLBROOK, N. H.—Your complaint is nervous dyspepsia. Drink water frequently, but in small quantities at a time. Your diet should be dry and uncoconcentrated. In quantity be guided by the general feelings, not the appetite, for that is morbid. In addition to your general ablution, use frequent sitz baths, with active friction on the abdominal region.

C. H. B.—Such a book as you refer to has been in contemplation for a long time, and we hope to give it to the public soon.

VARIETIES.

THE MAMMOTH ALPINE STRAWBERRY.



THE DELICIOUSNESS and HEALTHFULNESS of this fruit induces us to publish the following description of a new variety of the STRAWBERRY, believing it may induce many of our readers to cultivate the same for their own use, and we will venture to assure them that a greater luxury to an unperverted appetite cannot be found.

The above engraving is a fair representation of this strawberry, recently discovered by Mr. NEWLAND, who thus describes it:

“In the summer of 1846, in the early part of July, I found accidentally a strawberry in the field, from which I have produced the variety in question, although it was later than I had ever seen ripe strawberries, (blackberries being then ripe, and in the same field) still many of the vines were loaded with ripe fruit.

“A belief of their superiority over other varieties, prompted me to take up some of them, which I did during a very severe drought. Not being much acquainted at that time with the cultivation of the strawberry, I set them in square beds, placing them eighteen inches apart each way, without any reference to sides. The plants (old ones) grew very fast, and became large hills the first season after setting, measuring, many of them, from twenty to twenty-four inches across. June 10th, 1846, in company with a citizen of Palmyra, I counted three hundred and twenty-three berries and blossoms upon one plant; and during fruiting-time there were many

more produced upon the same. The fruit began to ripen the last day of May; it was large and abundant. It continued ripening over two months. Many persons visited them, and beheld with astonishment and admiration the rich abundance of excellent fruit. I measured one berry, which was three and a half inches in circumference. The same plants continued to bear four seasons after setting them in my garden. The second was the best, the third was about as good as the first, the fourth, many of the plants bore well, though they had no care until the first of June, when I returned home from my business in Providence, where I had a test-bed set.

“I have set plants in all the different seasons when plants could be set, on account of frost and snow. I produced two quarts, heaping measure, without any hulls, at one picking, from sixteen plants, the second year after setting. The bed was set about the first of December.

“The last of October, 1848, I let Samuel B. Halliday, of Providence, R. I., have ten thousand plants, for which he was to pay me three hundred dollars, provided I would produce, the following season, in Providence, or near there, sixteen hundred and fifty berries from fifty plants, by the first of September, 1849, averaging thirty-three berries to the plant. I finished setting my bed the 9th of April—the 11th of July the berries were counted by disinterested persons, and to me strangers, and there were three upon the fifty plants three thousand seven hundred and six berries, five hundred

having been previously plucked from the same plant; making, in all, forty-two hundred and six in the short space of three months and two days from the setting of the plants. The plants were all young ones. One plant, one year old, set in a bag, produced two hundred and sixty-eight ripe berries. One of the young plants in the bed produced over two hundred berries. Mr. Halliday's certificate, attested by Henry B. Anthony, then Governor of the State of R. I., gives me over thirty ripe berries more than is represented by my painted specimen, having only sixty-six ripe berries upon it. The plant has never deteriorated in my cultivation; it bears a perfect fruit, without being fertilized by other varieties. It is hardy, and will produce fine fruit when shaded. The leaf and fruit resemble that of the common alpine. The size of the fruit, as well as that of the plant, greatly exceeds it; therefore I call it the Mammoth Alpine. The best information that I have been able to obtain is, that if the fruit and plant grow as large as it is stated they do, it must be a superior variety."

For further information, address George Newland, Palmyra, Wayne County, N. Y.

TO THE REV. HENRY WARD BEECHER,

Suggested by Reading his "Lectures to Young Men."*

BY A. CURTIS.

HAIL! noble BEECHER—zealous, firm and true—

The guardian of youthful innocence—

With what emotions does the mind pursue

Thy strains of satire, wit and eloquence!

How vividly thy faithful warnings glow.

Like living, brilliant fires, when fanning zephyrs blow!

Thy "Lectures" speak like faithful sentinels

Upon the watch-towers of Religious Truth;

And point to Virtue's humble citadel

As a safe refuge for unwary youth:

Their magic pages hurry us along

With all the power of fiction, all the grace of song.

Oh! still be faithful to thy guardian trust,

And warn the feeble of approaching ill;

Reprove the guilty, but defend the just;

And with new courage, and unaltered will,

Unmask the polished, heartless men of sin,

Who steal the garb of Heaven to serve the devil in!

To YOUNG MEN.—Before "settling" in life, every young man should spend some time in traveling. He ought, at first, to make himself familiar with the laws of his own State, then to go abroad into other States, and learn the manners and customs of all classes. In this way he will acquire more practical information in one year, than it would be possible for him to do in five years from books alone. After becoming well acquainted with his own country, let him go abroad and see the principal places of the old world. Then he will be in a suitable state of mind to "settle down," and become a more useful member of society.

If he is poor, let him work by the way, and live economically; if rich, he cannot spend his money more agreeably. After he has learned by actual observation "the ways of the world," he will be the better capacitated to engage in any pursuit which may best suit him. Travel, travel, travel.

* We copy the above from the Cleveland True Democrat, and would here take occasion to recommend the work referred to, namely, BEECHER'S LECTURES TO YOUNG MEN. It should be read by every youth in the world. Price 75 cents, for sale by FOWLERS & WELLS, N. York.

A LAW passed by the last Legislature of Wisconsin, make retailers of spirituous liquors responsible for the effects of their trade on customers. Damages have been gained in one case by a wife, for the loss she sustained by the drunkenness of her husband.—*Evening Post*.

Served them right, it should become the law of every State. If these rum-sellers can't be put down, they should be made to pay all damages growing out of their ungodly business.

EXPENDITURES PER MINUTE OF THE UNITED STATES GOVERNMENT.—The expenditures, per minute, of Washington's administration, were \$3 82; Adams the elder, \$2 58; Jefferson, \$9 95; Madison, \$34 68; Monroe, \$25 18; Adams the younger, \$24 35; Jackson, \$35 15; Van Buren, \$45 78; Tyler, \$43 95; Polk, \$145 88.

NOTHING so tyrannizes over one as the habit of jesting and contempt, real or assumed. Success in the use of sarcasm and ridicule rarely fails to make its practice more frequent, and its application more wide than is either justifiable in itself, or agreeable to listeners.

A MAN recently tried soft soap to smooth the harshness of his wife's tongue. It took off a little of the roughness, but made it run faster.—*Ex.*

Wonder if there was any lye (lie?) about that?

BOOK NOTICES.

THOUGHTS ON DOMESTIC LIFE; its Concord and Discord, with Suggestions how to Promote the one and Avoid the other. By NELSON SIZER. New York: FOWLERS & WELLS, publishers, available. Price, twelve and a half cents.

In a motto the author says, "IT IS NOT GOOD THAT MAN OR WOMAN SHOULD BE ALONE," to which all "well married," and marriageable people, will readily assent. Then the question arises, how shall we secure "concord," amid all the varied peculiarities, and differences in organization, education, habits, and disposition of man and woman-kind? While one may be cheerful, magnifying bright prospects, the other may be desponding and gloomy, imparting a cold, hopeless, cloudy influence, which may cast a "damp" over the whole life of the other. Can there be happiness under such a state of things? Our author proposes to tell us "how" to promote "concord, and avoid discord." A work of vast importance, when these differences are taken into account, all will admit.

The undertaking is thus very elegantly introduced by this Domestic Mediator—

"Man is constituted a social being. He is formed for society and intercourse, and the very elements of his nature are opposed to a life of solitude. He ever delights in having at least one boon companion, in whom he can confide, with all the freedom and faithfulness of his own breast. Without this social life would be hardly worth possessing. On the basis of this elementary law of our nature rests the institution of marriage, which is coeval with the existence of man, and constitutes the centre of the system of the social relations, around which they all revolve."

After reading this book, we think there will be no good excuse for any able-bodied man to remain an old bachelor, or woman an old girl.

But the way those who "marry for money" "got cooper-

ed," is absolutely agonizing, yet we will venture to endorse every word of it as "true to Nature."

The importance of a correct physiological and moral education is urged with zeal and ability, as the following prayerful supplication indicates:—

"O! when shall the blissful period arrive, that mankind shall be guided by the nobler sentiments of the soul in the choice of companions, and in all the social and domestic relations? When shall the rising generations, which are to wield the moral and political destinies of the world, fall into the hands of those who shall train them for their families, their country, and for heaven? When man shall study his own nature, and become acquainted with the laws of his being, and exert his powers to live in obedience to them, then, and not till then, will the highest eminence of human excellence be attained. The progress to this exalted station may be slow, but the light shed abroad by the science of mind will become the handmaid of reason and religion, and each generation, by proper cultivation, standing on a still higher platform than the past, will finally gain the highest possible elevation of intelligence and morality; then shall man, after having struggled in darkness and error for many centuries, 'regain an Eden lost,' and bask in the sunshine of peace, till transplanted to the paradise of God."

THE NORMAL SERIES, by J. RUSSELL WEBB, consisting of Webb's Normal Reader, Nos. 1, 2, 3, and 4, being a new and simple Method of Teaching Reading, founded on Nature and Reason.

This series develops a common-sense, and therefore eminently practical, system. On first opening the several Nos. we could but notice the great difference between them and all other readers of the kind we have seen. This, so far, was favorable, as it showed there was a new idea somewhere that dared intrude on the sanctity of old conventional notions, now almost interwoven into the very existence of man; and which, notwithstanding their age, we confess look very absurd to us. We know a "better way." This "better way" is most admirably developed by our author.

His plan is, not to teach; at first, the letters, then the *ab's*, *ab's*, *ib's*, &c., down to the *ba's* (blues), but to avoid every such tendency. He gives the child, at first, simple words, which, at once, convey ideas to the mind, on which it can feed and grow. These words are at once combined into phrases and sentences, and the child begins to read. This is what we call "Nature's Plan;" for it is the way we learn and read *Her Book*.

By a beautiful method, the letters and their sounds are soon taught. But we have no space to further explain. The series is well worth a careful examination and thorough trial. We have given both, and are decidedly in favor of the system; we know it is good, far better than any in general use.

These books bear with them strong testimonials from the highest authorities. Among them we notice one from the Deputy State Superintendent of Common Schools, who says, "They are all and everything they should be." We certainly wish them success.

Huntington and Savage, New York, publishers.

TWENTY-FIFTH ANNUAL REPORT of the Bloomingdale Asylum for the Insane, for the year 1849. By C. H. NICHOLS, M.D., Physician to the Asylum.

After all the statistics, giving the number of patients admitted, cost for keeping, treatment, &c., &c., the Doctor says—

"Our chapel choir is composed of patients, officers, and attendants, and, with a view of improving the character and interest of its performances, a 'singing school' was instituted early in the autumn, under the instruction of a compe-

tent person, and attended by nearly every individual in the house who had any skill or taste in vocal music. Besides improving old performers and bringing out and harmonizing from among many permanent residents several voices whose capabilities had lain dormant, and thus effecting the object first had in view, we are convinced that this school has been a happy and material auxiliary in effecting several restorations."

We, too, believe in the power of music, either vocal or instrumental, to quiet or arouse the various faculties of the mind, and hence regard the introduction of music into this Asylum as an important feature, which should at once be adopted by all other similar institutions.

The Bloomingdale Asylum, under the direction of Dr. Nichols, will be a desirable retreat for all who are afflicted with mental disease.

SCIENTIFIC AGRICULTURE; or, Estimates of Chemistry, Geology, Botany, and Meteorology, applied to Practical Agriculture. By M. M. RODGERS, M.D., author of various works on the Natural Sciences, illustrated by numerous engravings, and a copious Glossary. New York: FOWLER & WELLS, price 75 cents.

The author says, "Nature maintains uniformity in all the operations of her laws, and produces nothing by chance; whenever, therefore, we observe an apparent exception to this principle, it is due to deficiency of knowledge or error in conclusion. And whoever practically disregards this truth, and rests his hopes upon contingent events, will be compelled to correct his error at his own cost."

After a perusal of this work, we at once concluded, that there was no occasion for the extreme modesty and diffidence exhibited by the author in his preface, where he pleads "inability to do justice" to the subject, for we think it a capital work, the reading of which will pay five hundred per cent. on the cost. It is not only good for farmers, but everybody else.

THE STUDENT.—Agreeably to previous announcement, this new periodical made its appearance on the 1st of May. In an editorial notice of it, the *New York Daily Tribune* says—"THE STUDENT is the title of a new work published by this spirited house for the first of May, to be published in monthly numbers, and intended to form an agreeable and useful family miscellany. It will be devoted especially to the moral, intellectual, and physical improvement of youth embracing the natural sciences, biography, history, phonography, music, drawing, and other kindred topics, adapted to interest the juvenile reader. A portion of the work will be appropriated to articles from the best writers, suited to the taste of those readers whose minds are so mature as to appreciate the most highly-finished compositions. This work will form a valuable addition to the popular issues of the publishers, and we doubt not will command a wide circulation."

The terms are only \$1 a year, in advance.

Address, post paid, FOWLER & WELLS, 131 Nassau-street, New York.

AN ADDRESS, delivered before the Alpha Phi. Society of Wilson Collegiate Institute at its fourth anniversary. By Rev. WM. DAWNEY. Containing, also, three original Odes, sung on the occasion. Lockport, from the *Cateract Press*.

We have read this most eloquent Address with great interest. The author's picture of a "True Man" is truly beau-

tiful. After speaking of the evils of a false man, the author says—

“ A true man is the focal point of an innumerable number of telegraphic wires, and at every pulsation of his heart, the electric current, still and silent, but swift as thought, starts in every direction, and trembles along those spiritual wires, on its mission of mercy, through the wide domain of mind. He has established a communication with universal mind. He lives to bless all who inhabit the wide universe.”

PRINCIPLES OF THE HUMAN MIND, Deduced from Physical Laws; together with a Lecture on Electro-Biology, or the Voltaic Mechanism of Man. By A. SHER, F.R.S. With illustrations. New York: FOWLERS & WELLS, publishers.

We recommend this work, not because we think the author has traced out the laws of this mysterious science, or has arrived at correct conclusions, but because we regard all real scientific investigation of the matter as tending to develop such laws, and to hasten such conclusions. The connection of matter and spirit is mysterious; but that is no sign it always will be—therefore, we say, read and investigate.—*Wyoming County Mirror*.

These are our sentiments exactly, nor are we afraid of any evil result from the investigation of ALL subjects which come within the range or comprehension of “the human mind.” Hence we echo, “Examine all things,” and “hold fast that which is good.”

NEW YORK LEGAL REGISTER, containing a Sketch of all the principal Courts of the State, a List of the Senators, Judges, Surrogates, District Attorneys, Sheriffs, Clerks, and the Terms of the Supreme Court for 1850 and 1851. New York: Willard Felt, 191 Pearl-street, publisher, price twelve and a half cents.

It is not presumed that our Water Doctors will take a very deep interest in this “LEGAL REGISTER,” yet as we have not a few readers who belong to the “Legal Profession,” we deem a notice of this exceedingly convenient and useful little work quite in place, and doubt not hundreds would gladly avail themselves of it, did they know of its existence, or appreciate its real value.

THE AMERICAN MUSICAL REVIEW is the title of a serial publication, edited by J. B. WOODBURY, and published by Huntington & Savage, of New York, at fifty cents a year, in advance.

This is a large octavo, containing sixteen pages, issued once in two months. Several pages of each No. are appropriately devoted to music, while other portions contain interesting sketches, notices, reviews, &c. &c.

THE AMERICAN BIRD-FANCIER; considered with reference to the Breeding, Rearing, Feeding, Management, and Peculiarities of Cage and House Birds, illustrated with engravings. By D. J. BROWNE. New York: C. M. Saxton, price 25 cents.

The title of this little book indicates its objects, and we can only add, that we know of no other so well arranged and adapted to all who have to do with birds, as the one here noticed.

AN ESSAY ON MANURES, by S. L. DANA, has also been published by Mr. Saxton, price 25 cents.

A scientific work, eminently calculated to promote the great agricultural interest in the United States.

THE AMERICAN RAILWAY GUIDE, for the United States; together with a Map. Just published by Dismore, 138 Fulton-street, New York, price twelve and a half cents.

A very useful and handy pocket guide for all who travel by railroad or steamboat.

AN INTRODUCTION TO THE WATER-CURE, by THOS. L. NICHOLS, M.D. New York, Fowlers and Wells, publishers, price twelve and a half cents, available.

For another notice of this new accession to our Hydro-pathic literature, see “Reviews,” in this number.

NOTICES TO SUBSCRIBERS.

VOLUME TEN OF THE WATER-CURE JOURNAL will commence on the first of July, 1850. The terms will be, for a single copy, \$1 00 a year in advance. Five copies, \$ 4 00. Ten copies, \$7 00; and twenty copies will be furnished for \$10 00.

ALL LETTERS addressed to the publishers should be plainly written, containing the name of the Post-Office, COUNTY, and STATE.

MONEY on all specie-paying Banks may be remitted in payment for this Journal.

SUBSCRIBERS can mail one, two, or three Bank-notes in a letter, and not increase the postage.

CLUBS may now be formed in every neighborhood throughout our country, and be forwarded at once to the publishers.

THIS JOURNAL will be sent in clubs to different Post-offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

FRIENDS AND CO-WORKERS in the advancement of the WATER-CURE will see to it, that every family is provided with a copy of this Journal.

A FEW MOMENTS' TIME is usually enough to convince every reasonable person of the great superiority of the water-cure system over that of all others; a complete knowledge of which may be obtained through the WATER-CURE JOURNAL.

FINALLY, it is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the LIFE AND HEALTH PRINCIPLES advocated and taught in the WATER-CURE JOURNAL.

ALL LETTERS and other communications should be POST PAID, and directed to FOWLERS & WELLS, Clinton Hall, 131 Nassau Street, New York.

FOR VOLUNTARY SUBSCRIBERS TO THE



PROSPECTUS
OF VOLUME X. FOR 1850.

THE WATER-CURE JOURNAL is published monthly, containing thirty-two octavo pages, illustrated with engravings, exhibiting the Structure, Anatomy, and Physiology of the Human Body, with familiar instruction to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete Family Guide, in all cases and in all diseases.

HYDROPATHY

Will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. There is no system so simple, harmless, and universally applicable, as the Water-Cure. Its effects are almost miraculous, and it has already been the means of saving the lives of thousands, who were entirely beyond the reach of all other known remedies.

PHILOSOPHY OF HEALTH.

This will be fully discussed, including Food, Drinks, Clothing, Air, and Exercise, showing their effects on both body and mind.

REFORMS

In all our modes of life will be pointed out, and made so plain that "he that runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

PROSPECTUS
OF VOLUME X. FOR 1850.

TO INVALIDS,

No matter of what disease, the principles of Hydropathy may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.

TO THOSE IN HEALTH.

Without health, even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be forever banished, and succeeding generations grow up in all the vigor of true manhood. It will be a part of our duty to teach the world how to preserve health, as well as cure disease.

WATER-CURE AT HOME.

Particular directions will be given for the treatment of ordinary cases at Home, which will enable all, who may have occasion to apply it without the aid of a Physician.

TO WOMEN AND MOTHERS.

It is universally conceded by all intelligent practitioners, as well by the old school as the new, that the Water-Cure is not equaled by any other mode of treatment in those peculiar complaints common only to woman.

The Journal will contain such advice and instruction as may be considered most important, in all these critical yet unavoidable cases.

AND

HERALD OF REFORMS.

THE ORGAN OF THE

AMERICAN HYDROPATHIC ASSOCIATION.

TO THE PUBLIC.

We have obtained the co-operation of the leading Hydropathic writers, in order to present the whole large pages of the best matter, with reference to the combined talent of the entire profession; and have secured the services of nearly all the medical reformers following in the land.

TO PRACTITIONERS.

This Journal will represent the entire Hydropathic profession. Reports of important cases, and all other matters pertaining to health, will be laid before our readers.

THIS JOURNAL

Will be published monthly, containing thirty-two large pages of the best matter, with reference to the combined talent of the entire profession; and have secured the services of nearly all the medical reformers following

TERMS, IN ADVANCE:

Single copy one year,	\$1 00
Five copies one year,	4 00
Ten copies one year,	7 00
Twenty copies one year,	10 00

FOWLERS AND WELLS,

Clinton Hall, 129 and 131 Nassau street, New York.

PLEASE ADDRESS ALL LETTERS, POST PAID, TO
N. B.—The new volume commences in July, 1850. Sample numbers sent gratis when desired.

Please be particular in writing the names of persons and places distinctly.