

THE WATER-CURE JOURNAL.

ADDRESS OF THE AMERICAN HYDROPATHIC CONVENTION TO THE PEOPLE OF THE UNITED STATES.

On the 19th of June, 1850, a Convention of Water-Cure Physicians was held in the city of New York, when a National Medical Society was constituted, entitled the "AMERICAN HYGIENIC AND HYDROPATHIC ASSOCIATION OF PHYSICIANS AND SURGEONS." The undersigned were then appointed a Committee to prepare and publish an address to the American people, expressing, so far as they might be able, the views of the Convention. Accepting this trust, with a deep sense of its importance, and of their inability to do justice to the subjects of momentous interest it involves, they respectfully ask the attention of their fellow-citizens to the following considerations.

Health is the first condition of human happiness. Its importance, to an individual, or a nation, cannot be exaggerated. It is vigor, strength, development, beauty, serenity, and fullness of life. It is the perfection of our earthly existence; the fountain of all joys; the spring of all blessings. It is the condition natural to man, as to all organized beings; and just so far as he comes short of this condition, he fails in the end of his creation. Believing in the wisdom and goodness of the Creator, we cannot doubt that health is the natural condition of man, from the first moment of his existence to its earthly close; and that all disease, and every variation from that state of purity, vigor, and harmony, is in consequence of some violation of natural law.

All medical science and practice is based upon this belief. We act upon it continually and unconsciously in all the affairs of life. If in theory we ever entertain the notion that our diseases come without a cause; that sickness and death are mysterious providences, which have no connection with natural laws; that the thousands who die around us in the bloom of youth or the vigor of manhood are summoned hence by a stern destiny; we do not really believe it. Every day we practically deny such insane and blasphemous fatalism. We every day do things which we believe will promote our health, and avoid what we believe to be the causes of disease. If taken sick, we do not lie down to die without an effort. The physician is sent for—we take his medicines. Whatever confused notions we may have of destiny, fate, or providence, the universal practical belief is in the laws of nature, and the relations of cause and effect.

Hygiene and Medicine—the Art of Preserving Health, and the Art of Healing, must be based upon these simple and self-evident principles—Health, or the highest and most per-

fect condition of the human organization, is the result of entire harmony in the relations of man to nature; while disease is, in all cases, the result of some discord. Health, vigor, and happiness are natural; disease, pain, and misery are artificial. The natural condition of every organized being—plant, animal or man—is that of health; the unnatural and exceptional condition is that of disease; and wherever this exists there must have been some wrong, some outrage, some violation of the simple laws of nature. We need not press this point upon the apprehensions of a thinking people.

We have here a sad duty. So many and so great are the perversions and depravities of human society—so rare is this natural condition of health, that we feel obliged to describe it, in order that the almost universal prevalence of disease may be seen by contrast. The life of man should begin with a painless birth, and a perfect organization, marred by no hereditary disease. A healthy infancy is one of smiles, love and joy. The whole period of youth is naturally one of the greatest happiness, consisting of continual developments of strength, beauty, and capability; of novelty, and physical and mental exercise and enjoyment. Then comes the full vigor, firmness, and strength of manhood, with all its powers of action and its capacity for happiness. Then comes the calm serenity of ripened age; and at last, when nature has fulfilled her work, and man has passed through all the phases of his varied and glorious existence, he goes down to the grave without disease, without pain; a long and happy life closing with a calm and peaceful death. Such is the natural life, such the nature at death of man.

This being the natural course, the rule and law of human life—this being, in one word, Health, let us look at the sad spectacle of human disease around us. Children are brought into the world with sickly constitutions, amid the throes of mortal agony—the pangs of a diseased nervous system. They drink in disease with the mother's milk, poisoned, as it often is, with deadly narcotics, and drug medicine. Infancy is one long agony of distress and pain. Childhood brings its peculiar diseases—the successive efforts of nature to purify a depraved constitution. Maturity brings its fevers, rheumatisms, dyspepsias, asthmas, consumptions, and the whole train of horrors, which men inflict upon themselves; and if existence is continued amid these sufferings, old age comes on with accumulated agonies, and death is the last struggle of nature with disease.

In this struggle of vitality with disease there are thousands of victims at every stage. In the

city of New York, in 1840, out of 23,778 persons who died, only 771 had reached the age of 70, while 9,057 were under 5 years. And this shocking rate of premature and infantile mortality is more or less the experience of all civilized countries; and yet, so far from being astonished at this wholesale and miserable destruction of the human race, the intelligent observer can only wonder that humanity endures so much, and survives so long, under all the outrages it suffers.

Medicine, or the art of healing, has grown out of this almost universal state of disease, suffering, and premature mortality. Ever since men began to depart from the simple requirements of nature, they have supported physicians, who have endeavored to cure disease; and as physicians have partaken of human follies and infirmities, they have erred as grossly in their efforts to cure diseases, as men have in producing them. As a departure from nature has caused disease, true wisdom would have counseled a return to nature as a means of cure; but such wisdom has not found its way into the schools of medicine, which have carried men farther and still farther from the truth, until now it is a serious question, whether the art of healing, as practised in all civilized countries, is not a greater cause of disease and death, than all other violations of natural law.

Men become diseased by uncleanness, sloth, gluttony, drunkenness, debauchery, by crowding together, by breathing bad air, by all unnatural modes of life, and all their degrees. Physicians try to cure diseases thus caused, not by cleanliness, pure air, pure diet, temperance, and generally by a return to nature, but by the most opposite methods; by such unnatural, hideous, and revolting processes as bleeding, blistering, burning by stimulants, narcotics, and a hundred vegetable and mineral poisons; by giving drugs which all human instincts abhor, and which cannot be taken into the system without mischief. Every thinking man can see how absurd and unnatural is such a mode of medication, and yet it is not more absurd and unnatural than the means we take to get the diseases, which this method is expected to cure. Our doctoring is of a piece with our general habits; and if it be asked why learned and scientific men have pursued and taught such a course of medical practice, it may be asked with equal justice why the learned and scientific have partaken so largely of all the errors and absurdities of human life.

The simple common sense of mankind has long revolted at the most glaring absurdities of medical practice. There is a natural well founded horror of shedding blood in disease, and some of the reformed schools of medicine have in a great measure, or altogether abandoned it—still the lancet is the "sheet anchor" of most allopathists. There is a wide spread repugnance to mercury, based on all observation and experience of its poisonous effects; so that whole classes of physicians have abandoned the use of this, and all the other mineral medicines, while they have continued to administer the not less deadly, and

scarcely less eradicable poisons of the vegetable kingdom. The prevailing system of medical practice is one of weakening, by bloodletting; torturing by blisters, moxas, cauteries; and poisonings by a whole *materia medica* of paralyzers, convulsives, delirifacients, emetics, cathartics, anodynes, alteratives, sedatives, and stimulants, not one of which can be taken into the human system at any time, or in any appreciable quantity without injury to its organization.

The results of the prevailing modes of medical practice are what we might reasonably expect. We see them in attenuated forms and sallow faces; in the common lack of development and beauty; in falling hair and rotting teeth; in failing sight and hearing; in the prevalent dyspepsia, hysteria, and hypochondria; in racking rheumatisms; in torpid livers and diseased kidneys; in asthmas and consumptions; in painful and perilous child-births; in uterine diseases; in scrofula and rickets; in the whole catalogue of chronic diseases, which are mainly the diseases of improper medication; and, finally, we see it in the mortality that cuts down our human generations to thirty years, and fills our whole land with mourning.

We appeal to the common sense of an intelligent people, whether a medication by the most violent poisons contained in the mineral and vegetable kingdoms, combined with a reckless waste of vitality, in bleeding, purgation, &c., and the disease and mortality of which we have taken a rapid survey, do not stand to each other in the relation of cause and effect? We ask candid physicians themselves to decide whether there can be any more probable cause of the chronic affections with which such masses of our population are afflicted, than the injudicious bleedings and drug-poisonings resorted to in acute diseases?

That bloodletting is, of itself, injurious; that blisterings, burnings, and other irritations of the surface, hinder the natural functions of a great vital organ, the skin; that all drug medicines, when taken in appreciable doses, act as poisons, no one will presume to deny. All that is contended by the advocates of drug medication is, that they do evil that good may come—they cause a less disease to relieve a greater. Were there no other way, this practice might be justified; but we are not reduced to any such shift. No; nature is consistent with herself. The conditions of health are ever the same. One disease may stifle another, but it can never cure. The same elements that maintain health, also cure disease. The only true system of medicine is the system of nature.

That system is the one we practice, under the name of HYDROPATHY, or the WATER-CURE; the one we wish to commend to the calm judgment of the American People; not merely as the best and safest, the most economical or the most successful; but as the only system of medicine founded in nature and adapted to the wants of man.

We make this claim boldly, because we make

it justly. It is no new system, for it is as old as the universe. It is the system to which natural instinct guides animals and men. It is as old and as universal as nature itself; based upon the profoundest science; yet, like everything good and true, simple, harmonious, and beautiful

Hydropathy, or the Water-Cure, though understood and practised to some extent, by the wisest physicians of every age, has only been brought to be recognized as a medical system during the present century, and that chiefly by the genius of Vincent Priessnitz. Whatever may have been the origin of the idea, that Water, the great solvent and vital element of Nature, could be so applied, in combination with air, exercise, and general regimen, as to cure every curable form of disease, he has the distinguished merit of having reduced it to a practical demonstration, with a success so wonderful, that in a few years the system has spread over the world; so that now, while he is still practising at Graefenberg, Water-Cure establishments are springing up in every part of the United States.

It is not our duty, in this address, to explain the merits of this system. Our journals and books are before the people, accessible to every one. Our science is not buried in technicalities, nor our practice veiled in mystery. Everywhere we appeal to the understanding; and our patients, while being cured of their diseases, are instructed in the principles of health. Based upon Anatomy, Chemistry, and Physiology, the Water-Cure is the most thoroughly scientific, the most rational, and the least empirical of all medical systems.

And being thus founded in Nature, the Water-Cure is, of course, adapted to every possible condition of the human constitution. Hence, there is no disease, and no stage of disease, to which it is not adapted in some of its infinitely varied processes and applications; no pain which it will not relieve, no morbid condition it will not remedy; no curable sickness it will not cure. In Water-Cure prognosis there is but one rule; the prospect of cure is in exact proportion to the integrity of the vital organs, and the remaining vitality of the system. We cannot too strongly insist upon this great fact in relation to our system—its universality. Were there a single disease, acute or chronic, or any possible condition of the human system to which it is not applicable, it would be a proof of its falsity and empiricism. There is—there can be—no such proof. Diseases may be incurable, from the destruction of vital organs, or from a lack of vital energy to overcome them; but there is no possible disease, in which the Water-Cure, taken in its widest sense, in the hands of a scientific and competent practitioner, does not hold out the best hope of relief; and all the statistics of Water-Cure practice in this country and in Europe, will abundantly sustain this proposition.

Water is the best emetic, the best cathartic, the best sudorific, the best anodyne, the best sedative, the most powerful stimulant, and the only dissolvent. It is the essential element of vitality

to all organic life, and the natural medicine for all conditions of disease.

It follows from what we have stated, that the practice of Hydropathy demands scientific qualifications of a high order; and the success of Water-Cure practitioners will be in proportion to their natural and acquired qualifications. The success of the founder of the system is no disproof of this proposition. All who know him agree that he is a genius of the first order; and that, though self-taught, he is well taught, not in the technicalities, perhaps, but in the essentials of true science. Were water-cure empirical, it might be given like the thousand nostrums of regular and irregular quackery; but as it is a scientific system, based on natural laws, it follows that the more thoroughly scientific the practitioner, the more successful will he be in coping with disease.

The Medical Association, of which most of the educated practitioners of Water-Cure in this country are members, has adopted a name, to which, in conclusion, we would briefly allude. It is called "Hygienic and Hydropathic." This is a formal recognition of the principle, that the highest duty of a physician is the preservation of health—the prevention, rather than the cure of disease. Our writings will bear us witness that this object is never forgotten; and we look forward, as the grand result of our system, to the day when the only office of the physician will be the prevention of disease, and the instruction of the people in the Laws of Health.

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R. S. HOUGHTON, M. D.,
JOEL SHEW, M. D., } Committee.

GRAPES.

THEIR VARIETIES, CULTURE, AND MEDICINAL PROPERTIES.*



CULTURE OF GRAPES.—What says the reader to a homily on the culture of these most pleasant of fruits? They are, says the Commercial Advertiser, sold, of some quality, at the corner of nearly every street, and in the confectionary stores, and in those of professed and popular grape growers they are to be found in abundance of the very choicest sorts. Rich and poor eat them, and alike enjoy them. Upper-tendom rears them in its own vinery, or buys them "by the quantity" of the most costly kind;—the middle hundreds grow them in their comfortable gardens, or are content to purchase them of those who do, and in moderate quantities, and at eco-

* We are indebted to DR. UNDERHILL, of New-York, for the engraving at the head of this article.

nomical prices; and the lower thousands are fain to obtain them in diminutive paper parcels, at the apple stalls, at an outlay of from one to three cents per gratification. Grapes are, therefore, to all intents and purposes a popular fruit—they are a luxury more or less within the reach of all. But they might be produced in this climate a hundred-fold more abundantly than they are, at little or no expense in many instances, and most certainly in such quantities as to make them vastly more plentiful, and therefore vastly cheaper than they even are now. A friend, practically familiar with the cultivation of this fruit, and competent to speak of its medicinal qualities, has called our attention to this subject, and we avail ourselves of his thoughts in writing this article.

It is only within a few years that the grape has been cultivated to any extent in this climate, a fact that is remarkable when it is remembered that this country possesses so many facilities for growing almost every variety of fruit. It must be admitted, however, that for lack of the requisite knowledge of the most suitable varieties, and perhaps also for lack of skill in their treatment during acclimation, but very limited success attended the earlier attempts to cultivate foreign vines. Discouragement necessarily resulted. And in explanation of the fact that the cultivation of this delicious fruit is not more general, it may be premised that it is not even yet generally known that there are now two of the most delicious sorts—the Isabella and Catawba—successfully and profitably grown, by moderate care and attention. And there is, perhaps, still another reason for the too prevalent neglect of the culture of this fine fruit, viz:—that its real virtues and peculiar qualities are comparatively unknown. Perhaps nine-tenths of those who eat grapes partake of them only as a grateful repast, little supposing that they are at the same time self-administering one of the best and most wholesome medicines. Yet such is undoubtedly the fact.

In the vineyard districts of France, Spain, and other wine-growing countries, the medicinal properties of the grape are well known and highly prized. The free use of this fruit, as we are advised, has a most salutary effect upon the animal system, diluting the blood, removing obstructions in the liver, kidneys, spleen, and other important organs, giving a healthy tone and vigor to the circulation and generally augmenting the strength of the entire animal economy. In diseases of the liver, and especially in that monster compound affliction dyspepsia, the salutary and potent influence of a "grape diet" is well known in France. The inhabitants of the vineyard districts are never afflicted with these diseases, which fact, however, alone would not be conclusive evidence of the medicinal qualities of the fruit of which they freely partake, since peasant life is rarely marred with this class of ailments; but hundreds, who are thus afflicted, yearly resort to the vineyard districts for the sake of what is known as the "grape cure"—and the resource

proves to be a cure, except in very long, protracted, and inveterate cases which are beyond the reach of medicinal remedies. The invigorating influence of the grape, freely eaten, upon the feeble and debilitated is very apparent, supplying vigor and the rosy hue of health in the stead of weakness and pallor, and this by its diluting property, which enables the blood to circulate in the remoter vessels of the skin, which before received only the serous or watery particles.

In these remarks, however, we must be understood as speaking of the fruit when *perfectly ripe*. Unripe grapes, like all unripe fruits, are detrimental to health, and derange the digestive organs, and those dependant upon and sympathizing with them.

As these facts—for facts we are assured they are—become generally known, a livelier interest will be taken in the culture of the delicious fruit, and the attention of invalids will be called to a pleasant remedy, already easy to be procured by those of moderate means. We suppose that it may be also inferred that the free use of grapes is preservative as well as curative, which is an exceedingly pleasant idea for those who, being in sound health, nevertheless have a very natural fondness for a fruit which, in sweetness of flavor and palatability, has few equals and perhaps no superiors. Other advantages, too, have grapes over many choice and pleasant fruits, to wit: that they are in season when all others of the same juicy richness are exhausted, and they may be kept a long time after they are gathered without injury or decay. Of all agreeable deserts, commend us to a bunch of fine, rich pulpy grapes, such as careful cultivators, and especially professional grape-growers, can and do produce, the flavor of which will hereafter be not a little heightened by the recollection that we promote personal health no less than gratify the palate while we partake of them.

The following communication to Charles Cist, Esq., editor of the Cincinnati Advertiser, is entitled to attention. We commend it to the readers of the Farmer.

DEAR SIR,—At your request I now give you the mode adopted by myself, and some others in this vicinity, in cultivating the vine for wine-making.

At the same time, I feel that it would come with greater propriety from Mr. Longworth, to whom, more than any other man in the West, we are all indebted for our knowledge in grape culture.

SELECTIONS AND PREPARING THE GROUND—A hill side, with a southern aspect, is preferred. If the declivity is gentle, it can be drained by sodded, concave avenues; but if too steep for that, it must be benched or terraced, which is more expensive.

In the autumn and winter, dig or trench the ground with a spade all over, two feet deep, turning the surface under. The ground will be mellowed by the frosts of winter.

PLANTING.—Lay off the ground in rows, three by six feet; put down a stick twelve or fifteen inches long, where each vine is to grow.

The avenues should be ten feet wide, dividing the vineyard into squares of 120 feet. Plant at each stick two cuttings, separated five or eight inches at the bottom of the hole, but joined at the top. Throw a spadeful of rich vegetable mould into each hole, and let the top eye of the cutting be even with the surface of the ground, and if the matter is dry, cover with half an inch of light earth.

The cuttings should be prepared for planting by burying them in the earth immediately after pruned from the vines in the spring; and by the latter end of March, or early in April, which is the right time for planting, the buds will be swelled so as to make them strike root with great certainty. Cut off close to the joint at the lower end, and about an inch in all above the upper.

PRUNING.—The first year after planting, cut the vine down to a single eye, (some leave two;) the second, leave two or three; and the third, three or four. After the first year, a stake, six and a half or seven feet long, must be driven firmly down by each plant, to which the vines must be kept neatly tied with willow or straw as they grow. Late in February, or early in March, is the right time for spring pruning in this climate.

Summer pruning consists in breaking off the lateral sprouts and shoots, so as to leave two strong and thrifty canes or vines—one of which is to bear fruit the ensuing season, and the other to be cut down in spring pruning to a spur to produce new shoots. These may be let run to the top of the stakes, and trained from one to the other, until the wood is matured, say in August or September, when the green ends may be broken off. One of these vines is selected next spring for bearing fruit, and cut to four or six joints, and bent over and fastened to the stake in the form of a bow. The other is cut away, as well as the fruit-bearing wood of the last year, leaving spurs to throw out new wood for the next, and thus keeping the vine down to within one and a half or two feet of the ground. Nip off the ends of the fruit-bearing branches two or three joints beyond the bunches of grapes, but do not take off any leaves.

If both the cuttings grow, take one up, or cut it off under ground, as but one vine should be left to each stake.

CULTURE.—The vineyard must be kept perfectly clean from weeds and grass, and hoed two or three times during the season. Keep the grass in the avenues around down close. About every third year put in manure, by a trench the width of a spade, and three or four inches deep, just above and near each row; fill in with two or three inches of manure and cover up with earth.

R. BUCHANAN.

MR. CHARLES CIST.

AMERICAN VARIETIES.

The Catawba deservedly stands at the head

of the list of all American grapes, both for table use and for making wine.

The Isabella is undoubtedly better known and more extensively cultivated than any grape in this country. It is hardy and vigorous, and like the Catawba, exceedingly prolific, both kinds often producing ten bushels to a single vine.

The Elsinburg is highly esteemed by many as a table grape. It is without pulp, of a sweet and delicious flavor, the fruit small, but a great bearer.

The Longworth's Ohio Grape is an excellent desert fruit, but small, very similar in appearance to the Elsinburg. It is without pulp, and produces large bunches, sometimes measuring fifteen inches in length. It ripens early, and is an excellent bearer.

Norton's Virginia Seedling is in appearance and size of fruit very similar to Longworth's Ohio and El-inburg. It is very productive, both in the garden or vineyard, and especially valuable at the South, where many kinds rot in wet seasons.

The White Scuppermong is the great wine grape of the South, and is found growing wild from Virginia to Georgia. It is known from all other grapes by its small leaves, which are seldom over two or three inches in diameter. At the South it is a prodigious bearer, one vine having produced one hundred and fifty gallons of wine in one season. For many years an excellent wine has been made from this grape. This grape is only suited to the climate of our Southern States.

The Alexander, or Muscadel, is an excellent grape, and makes first rate red wine. It is very hardy, and is only surpassed by the Catawba.

The Powel grape produces a fruit that is easily preserved in jars for winter use, and on this account it should meet with great favor.

AN AUTOBIOGRAPHY.

CHAPTER I.

READER, never mind my name. It is of no consequence. Names are often no value, for they do not represent their wearers. Let me pass unnamed whilst I talk to you. But there is still another reason why my name should pass unnoticed, which is, that this manuscript may reach no person's eye till my name is forgotten well-nigh. I write this history of myself because I wish to leave on record my testimony in behalf of the goodness of the *laws* of God as described in physical nature, and especially in physical man. I am desirous to set forth at some extent life and its true conditions, disease and its miseries, sickness and its interminable grasp almost, of medicines and medical men. Perhaps this history may stimulate some reader whose eye may catch it to watch over himself, and so live somewhat happily in this life of ours. Kind heaven knows that in *my* case knowledge of the law and obedience to it would have saved me from pangs hardly exceeded by Isaac, the Jew, when scorched by the old Norman baron in order to extort money from him.

Kind heaven also knows that *life*, which now should have been only slowly maturing in me, and which should be now green and glorious, has been forced to premature ripening. Fall, with its "sere and yellow leaf," sends its whistling winds through my branches, telling me that I can never be young again, till my soul

"Shall spread its wings,
And onward, star by star,
Soar up to heaven."

In the year 17—, of an April day, there might have been seen approaching the village of Little Falls a bright black-eyed boy, about sixteen years of age. He was poorly dressed, and evidently unknown to the dwellers of that vicinity. He bore under his arm a bundle containing his wardrobe, and as he approached the village he was accosted by a gentleman in a gig, with a "Do you want work, my lad?"

"I do," was the reply.

"Can you do most anything?"

"I can do most anything that boys of my age can do, and what I do not know how to do, I can learn to do, if I can have the opportunity."

"Well, my boy, come along with me; I will try you."

The man whirled his carriage round, and, driving his horse villageward, the lad trotting along by the side of the horse, they soon arrived at the dwelling of the future employer. A bargain was struck up, and the next morning that boy, with an eye like that of an eagle gleaming in his head, sat down on the rocks of the Mohawk to drive a hand-drill, day after day. He worked steadily for four weeks, when his employer failed, made an assignment, and the poor lad lost his wages. The man was kind, but *kindness is not money*. Kindness sometimes takes the place of money, is as good as money, touches the heart more than money, lifts the soul into a higher, broader, nobler life than mere wages can do. But kindness in *this* case availed little. It ended in expressions of regret, and the young homeless one took his bundle and came to New Hartford, in Oneida Co. The first place he applied for employment was at the office of the physician and surgeon of the village, Dr. ——. This man was a person of some eminence in his profession. He was not matched as a *surgeon* but by one man this side of Albany. He was a bland, courteous man, when not angry, which was seldom the case. He had all the passion for surgery which often marks gentlemen who follow it, and it tinged his general manners. It possessed his whole soul, demanded his attention, and, of course, moulded his character.

The cutting off a leg was to him what a good dinner is to one with inordinate alimentiveness—a matter of business in which great promptitude is required, and about the propriety of which little doubt is to be apprehended. He felt himself *divinely inspired* only when his scalpel or his saw were cutting through flesh and bone. Then the genius loomed up to splendor—a perfect *aurora spiritualis*—in him. He was the resolute,

prompt, resourceful man, standing on his own bottom, sustaining himself; not rash, not wishing that peoples' bones should break, or boys have white swellings, or drunkards have cracked skulls; but never mourning at being summoned to pocket his instruments and hie away to what is now called Madison, or Cazenovia, or Rome, or Oneida Reservation. At this time he could not be called a polished man, for frontier life is not well calculated to give men great suavity of manner. It educates to hardiness, frankness, kindness, but the circumlocution of speech, known in society more of age, and stamped with the enervation of years, it knows nothing of.

To the office of this doctor the lad presented himself. He was *alone*, somewhat dispirited, and quite hungry. He rapped resolutely, and was bidden to enter. On opening the door, he saw a portly-looking personage sitting in a chair, cocked back on two legs, with his feet stretched across the seat of another; and with a book in his lap, and a pipe in his mouth—*taking life easily*. The curls of smoke lifted themselves from the bowl of his pipe as they roll out of the chimney hole of an Indian wigwam in a bright, quiet morning in June; and he was in one of those air-castle reveries which tobacco creates, and in which the dreamer lives on the fictitious and intangible, and scowls at being aroused to cognizance of the realities that surround him. His "Come in!" in answer to the boy's knock, arose from habit—a mere mechanical effort. He was not aware that he spoke. He would have qualified before a court that he never gave that boy permission to enter. He did not stir on the entrance of the boy. His eyes were open, he was alive, fully conscious, but it was the consciousness of the dreamer. He was revelling in elysium: the realms of the sensualist. His higher nature was in subjection to appetite for the hour, and the world and its fashions had passed away.

The boy took a seat, and his black eyes flashed out the thoughts of his soul. He knew he was in the presence of a great man, a man who he would be proud to acknowledge as his intellectual master. The evidences of this were unmistakable. The library, for that period—very extensive, the neatness of the office, the richness of the man's dress, the splendid brow, for now and then as the wreaths of smoke for an instant faded away, the boy could catch glimpses of a fine manly face, as one is able to get the outline of a maiden's through her veil, as she kneels at the shrine of "OUR LADY" at prayer; all indicated greatness.

But all things come to an end, and so this man's dream and his smoke wreaths. His smoke ceased, his dreaming vanished; he had returned from his journey to Utopia to find himself in his office, and an intelligent boy staring at him. He raised himself and said:

"Boy, what do you want?"

"I want to study medicine," said the boy.

The doctor, unconsciously to himself, perhaps, looked at his own clothes and then saw the boy's rags, and thought of the difference—most men

are made up of starch and buckram—between them. A smile came over his face that sent the blood back to the heart of the lad, for it was half scornful, half simpering—that smile. When the smile fled, and the face assumed its natural look, his answer came, interrogatorily, "Study medicine! Ho! ho! you are rather aspiring. Would you not like to study medicine in *my horse stables?*"—again glancing at the boy's clothes—"I want an ostler. Can you take care of horses? Or, perhaps, you are too proud," again looking at *his own* clothes, and then at the rags of the boy.

"Sir," said the lad, "I can take care of horses, and I am willing to do so, for I am poor, ragged, and honest. I love to work, I love to study. To know that I am always to remain as ignorant as I am at present, would kill me with mortification of spirit. It matters not to me how I reach the summit of hope, and as lief it would be through your horse stables as any way: all I have to say, is, that I am poor, ragged, want a good friend who will teach me, who will assist me to get clothing, and education, and a character, and I will take care that he shall not lay his kindness out on a barren soil."

"How old are you?"

"In my seventeenth year, sir."

"Have you no friends?" "None in this part of the country except a brother-in-law, in MIDDLE SETTLEMENT, who is a gambler, a debauchee, and what is almost equally bad, a *very lazy man.*"

"What is your name? You talk like one older in years than you represent yourself."

"Exposure *hardens* one. Misfortunes push one to premature development. I am older than most persons at twenty-one. I wish I were not as old. My brain and my body are at odds. My name I prefer only to tell you in confidence—and to prove that you confide in me, you must agree to take me into your employment. I will go to work in your stables, and I trust to time and my efforts to induce you to *ask* me to study medicine with you. What say you, sir?"

"I say, that your language, bearing, and exterior puzzle me. I will take you. You shall be my ostler, and if you prove worthy I will be your friend, I will assist you, and you shall study medicine."

The lad told his name, went to the kitchen, ate his supper, made his way to the stables, and looked matters all over at that post; went to bed and slept the sleep of the youthful, whilst Hope settled over him with out-spread wing and whispered in his ear sweet sayings of the Angels whose home is with the dwellers in

"the land of the Blessed."

CHAPTER II.

A window from the little attic where the boy lay, opened to the east. The first rays of the morning fell on his brow as he dreamed of her who bore him, and of whom he had clear recollection though years before she had passed to a higher, holier clime.

How beautiful the morning light is, as it lifts

itself to the blue sky spangling it with gold. It is so mellow, so rich, and soft; and it is doubly beautiful when it settles on the face of youthful innocence making a portrait which the best artist might envy. It was so in this case. But the painting was evanescent. Ray after ray of light came pouring in at the window, till at last came a bright flash as the *Sun* himself showed his face over the eastern hills of the Mohawk, and looked with dazzling brilliancy directly on the face of the dreamer. He started, opened his eyes, bounded from bed, and with crossed arms on the window sill, and his chin on his arms, looked out of his little window on awakening NATURE.

There was not much that is human a-stir. The meadow lark with its mate was up taking its flight toward Heaven, and filling the air with its music. Soaring out of the long and thickly blossoming clover, it stretched its flight straight upward till he could no longer see it, and then it would gently descend in as direct a line, singing all the while, till it landed in the exact spot from which it arose. Far off as the eye could see on Deerfield hills—came the crowing of a barn-yard cock, which was responded to by dozens and twenties all around him. Then came the lowing of a cow in a neighboring pasture, and at last the rolling of the stage wagon as it pushed its way through New Hartford to a little settlement called *Vernon*—a place with six houses, tavern, and blacksmith shop. The musings of that boy! who can tell them! who can imagine them? He was homeless, as good as fatherless, in the house of a stranger, of high ambition, of feeble health, small in stature, for disease in the shape of a fever sore had arrested his growth and whilst perhaps it developed his mind prematurely, it left his body enfeebled.

"So my business is to clean horses, eh! very well; and to run of errands, and to harness the sorrel to the gig, and saddle the black at a minute's warning, and fetch and carry for the Doctor's lady, and wait on the little boy with flaxen curls! By the way, that little fellow will come to the gallows if his parents do not hold him in. Wonder if I shall make out to escape crime. This is a beautiful valley—how glorious Nature looks in her unfoldings this morning—but I must dress and away to my home—the stables—I'll make things look little better before I sleep." And dressing himself, he slipped noiselessly down stairs, out the back door to the barn, and began his morning's duties.

The Doctor rose about seven o'clock. After having dressed himself with scrupulous nicety, as all Doctors ought to do, he thought of his ragged protégé, and wondering whether the fatigues of the previous day had not kept him to his bed, he made his way to the stables, to see if he was there. He found him hard at work. The black horse's coat shone like a glass bottle, the gig horse looked not a whit behind him, the stables were cleaned, and the barn floor swept; the harnesses all hung up; and the gig thills to the door, ready for a start at the slightest call of the

Doctor. All these things the surgical gentleman saw at a glance, and he was more puzzled than ever. "Good morning, my prince of ostlers!" said he. "Good morning!" replied the boy, and kept at his work. The Doctor stood and looked at him and thought of things in his own history, and inwardly prayed that *his own* child might grow up, not to the boy's rags and loneliness, but to his manfulness of spirit, his deep earnestness of character. I believe it is George Sand who so beautifully eulogizes the Goddess of Poverty.

"Since the world exists, since men were created, she traverses the world, she dwells among men, she travels singing, or she sings working—the goddess, the good Goddess of Poverty.

"She has walked more than the wandering Jew; she has traveled more than the swallow; she is older than the Cathedral of Prague, and younger than the egg of the wren, she has multiplied more than the strawberries of the Böhmerwald—the goddess, the good Goddess of Poverty.

"She has had many children, and she has taught them the secret of God; she spoke to the heart of Jesus on the mountain; to the eyes of Queen Libussa when she became enamored of a laborer, to the spirits of John and Jerome on the funeral pyre of Constance. She knows more of it than all the Doctors and the Bishops—the good Goddess of Poverty!

"It is she who builds with green boughs the cabin of the wood-cutter, and who gives to the poacher the sight of the eagle; it is she who raises the most beautiful children, and who makes the plough and the spade light in the hands of the old man—the good Goddess of Poverty!

"Thou art all gentleness, all patience, all strength, and all mercy, O good goddess! It is thou who united all thy children in a holy love. Thy children will one day cease to bear the world on their shoulders; they will be rewarded for their sufferings and their labors. The time approaches when there will no longer be either rich or poor, when all men will consume the fruits of the earth, and enjoy equally the gifts of God; but *thou* wilt not be forgotten in their hymns, O, good Goddess of Poverty! They will remember that thou wast their fruitful mother, their robust nurse, and their church militant. They will pour balm on thy wounds, and they will make for thee of the rejuvenated and perfumed earth a bed on which thou canst at last repose, O good Goddess of Poverty."

So stand by, Mr. Surgeon, and let pass into your stables the good goddess of poverty. The young lad on whom you look with such air of surprise, is one of her chosen. He has received her baptism, and her bosom has pillowed his head by the way-side, whilst your's has been sunk in down. Stand aside, sir, and let her pass; she has a message to the youth which shall do him good—stand aside, sir, and hear it! Thou shalt arise, my son, in thy strength, in days not far away, and thy ambition for learning shall be gratified. Give me thy thanks that thou wert not born to wealth and its luxuries—that its enervations

have not eaten into thy soul. Thank me for thy wanderings, they are *capital* to thee; and as to thy temptations, they have not been, nor will they be, half in number or magnitude what the son of thy employer will have to go through. Thou wilt have to work, but work is *divine*; thou wilt have to economize, but also doth God, who never wasteth anything. Thou art in rags, and well clad fools will laugh at thee; so did the proud at the Man of Nazareth. Early wilt thou have to rise, but thy reward will be the glories of a new day-dawn, and the songs of the morning from ten thousand throats will waken thy soul to love of the Most High. Late will be the hour of thy retirement, but thy sleep will be sweet, and thy visions the foreshadowings of a better clime. Look up! thy Employer watcheth thee; let Him see that *peace* is at thy heart nestling for a lodgment, and that thou wilt not refuse her entrance." She passed out, and the boy raised his eyes, and they met the clear, thrilling, searching glance of the *strong man*. There they were—the man, the physician, the surgeon, full of resource, and strong in his works, and the boy mighty in his resolves and in his faith. Each became, at that instant, aware that a new tie had bound him, and that they were mutually interested. That interest increased, and in three months the lad was seated in his preceptor's office, buried to the chin in Chesselden's Anatomy.

Years had fled. Our lad had grown to manhood—had answered all the expectations of his preceptor—had traversed again and again the hills that stretch from the banks of the Mohawk to Oneida Lake, when, meeting with a misfortune, he removed to Savannah, in Georgia, where he spent seven years in successful practice. Meanwhile, another person, sustaining somewhat an important part in this history, walked out of the shadow into the sunshine—she was my mother. I know in these days it is unfashionable for a man to admit that he ever had a mother, but I am "a gentleman of the old school," and my love for my mother and my vanity are pardonable. Well, reader, this mother of mine was of good stock; she had noble blood in her, for it is all squeamish nonsense to deny that there is no difference in blood. There is; and those who deny it, or overlook it, are, to say the least, unwise. She was not tainted with scrofula; she was not cursed with the consumptive virus; she had no rickets nor cancers in her bones or blood. She was of a family who, unless death took them at a disadvantage, lived out their three score years and ten, and then "slept the sleep that knows no waking" without pain or groanings that rend the heart. From the earliest settlement of Connecticut her ancestry had been its inhabitants, and in England were what is called *noble* descent. Great care had been taken for centuries back to make in the matrimonial line no connection without thorough investigation into the genealogy of the person so proposing to connect, and the result was, that at her arrival at adult age she could boast—and in my judgment it was a matter well worth boasting about—that no con-

stitutional or hereditary poison circulated in her veins. Do you laugh at me for my making this consideration of *blood* of importance? Hold! We will argue the point a little further, if you please. You have, perhaps, now thought of the thing as applicable to the race of which you are, to a certain extent, an exponent. Yet in the matter of the lower animal creation you are, most likely, enlightened. Agriculturists take great pains to study pedigrees of the *animals* they raise. They do not rely on the personal beauty of an animal for a guarantee that the offspring will also be beautiful; they rely on *blood*. If for generations preceding the one from which it is proposed stock should proceed there have been as a great fact fine qualities of form and action developed, they conclude that in *that breed* these qualities are constitutional, hereditary, and, under favorable circumstances, transmissible, and that they can be relied on. It is not a mere accident, this question of the beauty, symmetry, agility of the horse, or the ox, the cow, the swine. Fine forms are seen only where the law of proportion is recognized, studied, understood, and practised. Depend on it, this is as true of man as of the other animals. Whoso despise and rejects the philosophy will have no escape from its force except by mere haphazard. The consumptive male and the scrofulous female will have children—if at all—that shall die like blossoms of April nipped by a hoar frost. The man of over-growth and the woman of inferior growth, will have raw-boned, knock-kneed boys, whose swinging, lounging, lazy gait, will remind one of a skeleton hanging from a gibbet, and vibrating in the wind that whistles a death's dirge through its bones. The man of great quickness of action and the woman of great sensitiveness of rapid impulses, will have children of great activity, but of feeble endurance. People may laugh at this idea of studying the pedigree of a human being as one would study that of a horse, and of taking it into serious consideration in forming matrimonial connection; but it will be allowed me to say thus much, "*let those laugh who win.*" To me there is no more sorrowful sight than to look into the face of the youthful dead, in whom life flickered like a dying lamp, till it went out and left *all dark*, and this, too, from *the sin of the parents*. There is no more beautiful sight, nothing more soul-inspiring, than to look on a *finely-developed human form, uniting high beauty with strength or gracefulness*. Such was my mother at the time of her marriage with her first husband. At the birth of her first child, her husband determined to remove to *the far west*, and while the infant was tender, they bade adieu to New England, and, *on horseback*, made their journey to the central portion of the State of New York.

She lived with her husband till she bore him six children, all fine, hardy children—some dying early, it is true, but from disease not hereditarily transmitted. Their parents were as free from taint of this sort as Adam and Eve were. Their children were also *free*. At length the husband

died, the victim of his own imprudence, and she who was to be my mother was a widow. The stable-boy, the physician, the successful man of business, married her, and their first-born son was myself. Unhappy day for me! How I have struggled to ward off the divine inflictions of the second commandment! Oh, my father! thou wert lovely, noble-minded, God-like in thy spirit! Early did my youth learn to trust and reverence thee. The deepest nook in thy heart was my resting place, and thy good spirit sheltered me like the wing of a ministering angel. Nevertheless, a curse was on me. Thou wert *thyself* accursed. Disease was with thee at thy begetting and birth. It followed thee like thy shadow—it spread itself over thee like the darkness of Egypt; and the health thou hadst was like the gushes of light from the North—bright, beautiful, and transient.

In the marriage of my parents and my birth, was developed one of the most beautiful laws which the Creator has established for the government of the human race. Its violation induced misery to me, and also to my parents; for a child who is miserable must make its parents more or less unhappy. That law is ~~of~~ hereditary transmission of qualities, and the absolute necessity of knowing and caring after those qualities that are desirable. Now, my father, though a skillful man, and well-read in his profession, did not know that if he, a scrofulous character, begot a child, that child would also be scrofulous. The reader must remember that this happened many years since, when medical men were as ignorant of many things as laymen are at this day. Nevertheless, God winked not in that day, even, at a physician's ignorance of *physical law*; and so I was *born under the law*, and not under *grace*. My mother also was punished for her ignorance. She thought the precision of her ancestors was all nonsense; that persons who loved each other ought to marry each other—a mistake not less frequent in this than in her day. She failed to know that herself, being free from *taint of blood*, was no security for her children, her husband being attainted. Yet this is as true and as sure as the law of light and shadow. It is unvarying. It acts with mathematical exactness—not always developing the same form of poison, but some phase which the virus legitimately takes. She had borne half-a-dozen children by the first marriage, and they were all healthy. She took it for granted that her children by her then present husband would also be healthy. In other respects than bodily development, he was greatly the superior man. Of more mind, with better cultivation, with indomitable perseverance, a fine growing reputation as a medical man, companionable, answering the longing of her better spirit, she thought not of *disease* displacing one of her household gods, and taking a seat on her hearth-stone; she thought of *love* and its legitimate concomitants. Now be it known that where a healthy woman successively marries two men, and has children by both, the one husband being scrofulous, and the

other free from it and other hereditary poison, the children of one issue will be scrofulous, the other healthy. And the convene of this proposition as regards the sexes is true also. A man marrying two women successively, having children by both, one woman being consumptive, scrofulous, the other with healthful organism, the children will take their mother's condition respectively. This is LAW, a statute of God, and it will stand. No cunning device can avail as an offset to its fulfilment. Have its way it will. And it will have its way with *full sweep*. Not one of a dozen children shall escape. One shall die in its first yearnings after life; another shall never see the light alive; a third shall die in the swellings of the bud when the warmth of youth urges out tender leaves; a fourth shall die of consumption; a fifth shall have rickets; a sixth, club foot; a seventh, terrible, unconquerable attacks of neuralgia, of the facial character, and so on. **DIS-EASE**, keen-eyed, shrewd, unmerciful as Shylock, brands the group as his own, and, like the cattle-raiser and his herds on the plains of Mexico, turns them out to roam till their time comes.

If in the gathering of facts with a view to generalization, and the founding of a theory it is justifiable to draw conclusions from a *large number*, then is the position maintainable, that the relation of children to their parents is exact and precise, and that it depends on no accidental circumstance. The law of our organization is, that the health of the children depends on that of the parents. This is a primordial law. Let the sexes unite in what they call marriage, and so enact "Beauty and the Beast," as they do when health and disease attempt union, their comedy shall end in tragedy. The Beast—synonyme for disease—shall have it after his fashion; his deformities shall be renewed in his offspring and Beauty—health—shall see only enough of her likeness to create sickness of heart. It is, in all such cases, Pharoah's dream over again, with frightful *realizations*, the lean kine eating up the fat. O! unmarried ones! Would to God you could be made to feel that the greatest calamity that can happen to a child is to have sickly parents. Death might then be checked in some of his awful conquests.

There are two causes of scrofula original in character. 1st, Hereditary taint. 2d, External influences, or causes which may be termed *accidental*. Now, at first sight, one knowing my father's early history, would have said either that he was *not* scrofulous or that it arose from accidental cause. But on looking the whole matter over, I am convinced that in him it was decidedly and clearly *hereditary*, and for the following reasons. 1st, He had in his *very early* life no want of comforts. Such as food, clothing, comfortable lodging, &c. No causes were at work to produce scrofula by *sapping* his strength. 2d, He had a sore come on his leg, which produced caries of the *tibia*, the large bone of the leg between the knee and ankle. 3d, His growth was arrested, or at least checked. 4th, He had the cast of face which one acquainted with scrofulous diathesis

or habit instantly detects; black hair, black eyes, large head, short neck, prominent frontal development, and much larger nerves than muscular development. From whom he came by it I do not know, very probably it skipped, in his case, a generation being checked by external causes. No matter; it showed itself plainly enough in him, and it showed itself in his children. There is another law, of which my father thought not, and my mother was ignorant. It is this, that children of decidedly scrofulous habit may have the poison kept in check by appropriate means, so that it shall not assume in them an active form unless they have children. The gratification of the sexual passion by those cursed with scrofulosis tends strongly to exhibit it in its active form. Those *means in my case* should, as I think, have been a life free from hard bodily labor, exposure to the open air, life on the hill sides, few and easy intellectual tasks, plain, simple regimen, abstinence from heavy meats, from all meats would have been still better, from gross, greasy food, with cheerful, pleasant, social companions. Possibly under such circumstances life might have been other than a burden, and I might not have repeatedly cursed, like Job, the day of my birth.

My father was of the Allopathic school, a school of medicine utterly to be condemned, if for no other reason than the indifference it pays to Hygiene, or that department of the Healing Art which has peculiar reference to the *prevention of disease*. A school whose Alumni work in the dark, who are crubbed toward reforms, who think a man a mouse without a diploma, and a mouse a man with one. Who are cheated constantly into ill practice by their reverence for formulas, and cheated out of philosophical modes of treating disease by their contempt for innovations. A school, whose graduates have vibrated almost unceasingly from the utmost verge of scepticism in which nothing is believed, to the extreme of credulity, where everything is taken for granted, and who, under all these changes, have made less progress than the most arrant quackery, against which they have with

"Brazen throat bellowed forth dire war."

Of this school, reader, my father was considered an ornament, pretty liberal for the day in which he lived, and courteous, but there was little in the *AGE* or the circumstances by which he was surrounded, to prompt or push him to make inroads on the practice of medicine. Inroads indeed! It takes a man who can afford to wait the coming of events, who has not only a good degree of strength in himself, and is conscious of it, but who unites to his strength *audacity*, and originality of conception in advance of his competitors to strike out a *new* path. And when he does it, let him look for the slipping of the leash and the hurraing of the whole pack on his heels.

"Jumble and Jano, Baddle and Bowzer,

Tumble and Thimble-rigg, Bright-eye and Towzer."

all yelping in full cry after him. At this time my parent was not in the most favorable con-

dition to do these things. He had outlived his day of trial, was grown respectable, and could ill afford to study after new light. He bled, and physiced, salivated, and made people stupid; partly because he knew no better, partly because other doctors did so, and partly because the people would have it so. A man without his saddle-bags was like a judge without his black gown, a criminal without his black cap, or a clergyman without his surplice—just *nobody*. To try to doctor without saddle-bags! it was like attempting to save the souls of people without instructing the poor creatures in the CATECHISM. The more the doctor made a poor wretch gripe, groan, twist, and retch, the smarter the doctor was, as a fellow said once in my hearing, "that doctor knows something, for he gave me something that went through me like water through a mill tail." But I must begin a new chapter.

DIETETICS.

BY T. L. NICHOLS, M.D.

If civilized men could be satisfied that they could enjoy a purer health, and consequently greater strength, and a higher enjoyment even of the pleasures of the table, by living upon vegetables, they would scarcely slaughter the myriads of animals that are now yearly butchered so uselessly and so cruelly. Why should we take the life of one of God's innocent creatures in the midst of its enjoyments? Why imbrue our hands in blood, and steel our hearts in cruelty? Why have about us portions of mangled corpses which can only be kept from putrefaction by the use of the most powerful antiseptics? One would think that men would not do such deeds without some terrible necessity.

Is it because he is naturally a carnivorous animal, because God made him for a life of slaughter? No: his anatomy shows that he has but a distant relation to the flesh-eating tribes—the lions, tigers, wolves, and hyenas. It proves him to be an eater of fruits, seeds, and vegetables. There is no man who, if he were obliged to select a diet all flesh, or all vegetables, would not choose the latter. Give any man his choice to live a month on nothing but bread, or nothing but beef, and he would choose the bread.

Is it because flesh is necessary to our health? Certainly not. Every physician knows that vegetables contain the purest form of food. In certain cases, they rigidly restrict their patients to a vegetable diet. Flesh is known to be inflammatorv, putrefying, and liable to be diseased. In certain conditions it develops the most deadly poisons. Persons who eat much flesh have violent diseases, and are difficult to cure. They are peculiarly subject to the plague, the small pox, the cholera, and other fatal epidemics. In Smyrna, during lent, which is kept by the Greeks, very few of them are attacked by the plague, while the flesh-eating inhabitants are dying all around them.

Is flesh cheaper than vegetables? There is a

wide difference the other way. Wheat, the best article of human nutriment, contains 85 per cent. of nutritious matter in the exact proportions required to make the best blood for the nourishment of the system, while the best flesh contains but 25 per cent. of nutritious matter, and that not in the best proportions, while a pound of flesh costs as much as several pounds of wheat. The corn required to make pork enough to support a man one hundred days, would, if eaten in its pure original and far more healthy condition, afford him as much nutriment for four hundred and eighty days, to say nothing of the time lost in feeding the animal. In fattening a hog, a certain number of bushels of good healthy corn and potatoes, are converted into a mass of greasy, and in many cases, scrofulous pork, with great loss and trouble, while the flesh thus made does not contain one principle necessary to the human constitution which did not exist in a far better form in the vegetables on which it fed. In short it has been found by an accurate calculation that vegetable food is not merely better, but five hundred per cent. cheaper than the flesh of animals.

Since the attention of men of science has been turned to organic chemistry, the proportions of nutritive matter in various substances have been accurately ascertained. The following is the result of some of these inquiries.

Turnips contain 11 per cent. of nutritive matter; beets, 11; carrots, 13; flesh, 25; potatoes, 28; oats, 82; peas, 84; wheat, 85½; beans, 86; oatmeal, 91. Corn is about the same as oats and wheat. Thus 100 pounds of flesh contains but 25 pounds of nutritive matter, and 75 pounds of water, while the same quantity of potatoes contains 28 pounds of nutritive matter, and wheat 85½ pounds.

But this is not all. The best food is that which contains the materials for muscle, nerves, bones, &c., and the matter for combustion which keeps up the vital heat in proper proportions. The analysis of wheat shows us that these principles are found in it, in almost exactly the same proportion as in the blood; and this is the case to a great extent with most of the vegetable products used for food, whereas flesh contains but one of these principles, and can but very imperfectly subserve the purposes of human nutriment.

Is flesh better than vegetables? This question is already answered. Chemical analysis proves that vegetables, especially the farinacea, as wheat, corn, rice, &c., contain the purest nutriment, and in the requisite proportions. Why not? Do we want strength? See the powerful muscles of the horse and the ox, made from grass and grain. They need no beef steak to enable them to perform their labor; and if we eat the flesh of the ox, we only eat the grass and grain at second hand, mixed with effete animal matter, often with the poison of disease, and always deprived of some of its most important principles. Contrive as we may, we must live on vegetables, and the only question is whether we shall eat

them at second hand, impure, unpleasant, and in many respects objectionable, as they are converted into the tissues of animals.

It is a question of science, of experience, of principle, and of taste. Science has demonstrated that the products of the vegetable kingdom are the natural food for man, most admirably adapted to all the wants of his system. Experience has shown that men can be sustained under all circumstances, on vegetable food, in their highest health and vigor. It should be a matter of principle not to inflict needless suffering, nor condemn thousands of our fellow men to follow cruel and brutalizing employments. As to the question of taste, I fancy there can be no two opinions. Compare the flesh-eating animals with those that live on vegetables.

Of carnivorous animals, in their natural state, we have the lion, the tiger, the wolf, the hyena, &c.; of vegetable eaters the elephant, camel, horse, ox, ourang outang, &c.; and of the omnivorous, the hog. The lion has a fabulous reputation for courage and magnanimity; but the best informed naturalists assure us that he is treacherous, cowardly, and ferocious, like all his class. The hog may be a very respectable animal in his way, but he has no qualities, that I am aware of, to wish me to follow his example in regard to diet. Look now at the calm dignity of the "half reasoning elephant;" the patient docility of the camel; the noble character and beauty of the horse; the strength and usefulness of the ox; the almost human sagacity of the monkey tribe; and draw an inference, if you will, of the relative merits of the different systems of diet. I do not include the dog, for he is the creature of civilization; but it is certain that the kinds of dogs, which live most exclusively on flesh, are far from being the most intelligent and amiable. As a matter of taste and feeling, I should think that every person of refinement would give a preference to the vegetarian system. On the one side you have fields of waving grain, trees loaded with luscious and odorous fruits, fair apples, blushing peaches, blue plums, and golden nectarines; vines laden with purple grapes, and a wealth of fruits and berries innumerable, making the earth all beauty and sweetness. On the other you have stall fed beasts, cruel and ferocious butcheries, the pestilential odor of slaughter-houses, gutters running with blood, the mangled and putrifying carcasses of dead animals, making, altogether, a scene of such abominations as no person of sensibility wishes to contemplate.

What is more beautiful than corn and fruits? What more revolting than dead corpses? Who does not gather the vegetable portion of his food with pleasure? Who would butcher his own meat if he could have it done for him? What more graceful present than cakes and fruit? What more ridiculous than the present made to the Queen of England, the other day, of a lot of sausages!

I do not write to impose my opinions on others. Let every one examine the subject, and be fully persuaded in his own mind. Hogs will continue

to be fattened, and pork to be eaten; but let every man, who reasons at all, satisfy himself that his natural food is the flesh of the hog, and no one ought to quarrel with his decision. I have no doubt that a very large proportion of the disease and premature mortality in this country comes from our inordinate eating of flesh, and when the question is fairly examined, all medical men will be of the same opinion.

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 June No.]

If they did not commence snuffing tobacco, in France, until the days of Catherine de Médicis, who caused her physicians to prescribe snuffing to her son Charles IX., it was not until the reign of Louis XIII. that they commenced smoking. This king did not smoke, but he permitted his subjects to do so, and they indulged in it freely around him. The sailors, during the reign of his successor, appeared in public with their pipes, and everybody is not ignorant of that of Jean-Bart, who, sometimes at Court, and sometimes at the Theatre, produced as great a sensation as did his famous silver-cloth coat.

It was about the same period advised to distribute tobacco regularly to the French soldiers; even for every soldier to carry his pipe, and flint and steel. It is painful to think of it; but, as the celebrated Percy has said, the public authorities had doubtless concluded that the pipe diminished their appetites, and to save four or six ounces of bread per man every day, they gave them three *deniers* of bad tobacco.

During the conquest of Holland, Louvois interested himself more in the distribution of the tobacco than of the rations, and it was easier to find tobacco than bread for the soldiers, who, in those days as well as at present, thought most of it during the campaign.

But what is the use of writing further the history of the invasion of the pipe and cigar into our customs? Does not every one know that smoking did not spread among the different classes of the people, until after the barons, the counts, the dukes, and the princes, and the kings themselves, had set the unfortunate example!

OF THE DISEASES OF SMOKERS.

The individual who submits himself, voluntarily or not, to the habit of smoking tobacco, experiences local and sympathetic effects from it.

You recollect we have already noticed in the preceding pages of this book, the latter of these effects; we will not repeat them here.

As to the immediate and local effects which smokers experience in their mouths, they are a kind of *chatouillement*—a tickling, a sensation of an indescribable taste, for the want of a better term, which is something similar to the impres-

sion which a slight application of a hot wad upon a cold and sensible part. The mucus follicles and salivary glands are soon irritated; the mucus and saliva pour into the mouth from every side, and is not long in being rejected. Disgust immediately follows the satisfaction of the first desire; but, the adept by degrees becomes accustomed to the *malaise*—the bad feeling, to the confusion of vision, until the habit is in fine, fixed—sometimes even to the insatiableness of to-

To date from this moment, and, as Dr. Grenet has so judiciously described, a new want is attached to the organization of the smoker—as the temptation to the self-destroyer, the activity to the limbs, the thoughts to the poet's brain, the necessity of the habits to men of our climate and civilization; it is the physician's pendulum put in motion; the ivy root inextricably attached to ruins; it is a power that he can never destroy, if he does not oppose to it a firm will.

One of the greatest reproaches that we apply to the pipe, the cigar, the cigarette, and above all, to the quid, is the production of a considerable loss of saliva. These losses are, indeed, very hurtful to the health and to the functions of digestion. In vain do they in the North, and in all of our smoking-rooms, drinking shops, &c., endeavor to repair this loss by pouring down quantities of beer, and strong drinks. These drinks only repair the loss in a small way; and, besides, these excesses do not remedy the first—the remedy being as bad as the disease. Nothing is more disgusting than the sight of certain smokers; their mouths, when holding the pipe, furnish streams of saliva, that does not cease to flow as long as they continue to smoke.

Smokers of the humid regions of the north die of dropsy-anasarca. In our country, they die of marasmus, of consumption, and very commonly of echirosus indurations, and of cancer of the stomach. We are astonished, says Percy, to see the Spaniards, so sober, in other respects, forget, in relation to smoking, their temperance in all things. We do not speak *relative to the pipe*, for we very rarely ever encounter one among them. They prefer to the pipe a little roll of paper in which is inclosed a small quantity of tobacco in powder, or of moss tobacco—a *cigarette*, at one end of which the fire is applied to consume it gradually, whilst they hold it to the mouth with the thumb and forefinger; and, all those who smoke thus are disagreeably tanned, and, as it were, bronzed. They spit more or less in smoking, and that is what they should avoid, as the dry, nervous, and bilious temperaments suffer more than others by the loss of the saliva.

They do not waste the salivary fluid with impunity. *Cracher n'est pas toujours saliver, nous en convenons, mais on fait l'un et l'autre en fumant.* As a proof that this double sputation is hurtful, is the state of debility, the lassitude, the languor which succeeds smoking whilst fasting in those who prolong it too far before taking food. If we take away for an instant from the pipe its *vertu désennuyante*, we will soon see how indispensable it is to the soldier, as is gen-

erally thought to be; and it will be sufficiently easy to prove that by the abuse that is generally made of it that it is more hurtful than necessary or beneficial to them, more especially when, at the same time they use the pipe they chew and snuff—which is so common among them

It is now generally understood what influence the pipe has over the clouds of the sea, as well as its supposed prophylactick qualities against scurvy, which, is due more to the excesses in the use of tobacco than to salt food and the humid and confined air of ships. It is debility, let the cause of that be what it may, which is the most frequent cause of scurvy; and, perhaps, it will not be doubted that it may also be the result of the constant evacuation of the saliva which is occasioned by the substance and the smoke of tobacco coming continually in contact with the excretory organs, and the organs destined to filtrate it.

We can, it is said, easily recognize a sailor by his peculiar odor, by the state of his mouth, by the brown color of his teeth, and by his fœtid breath; but are not the greater number of smokers in the same situation as the sailor?

It is necessary to the preservation of the health to wash the mouth, and to clean the teeth every time that one smokes a pipe or cigar, for the smoke, as a foreign substance, as much as by its intrinsic property, excites the gums; hence, the formation of tartar which accumulates around the teeth, which tartar, by the fœtid odor peculiar to it, united to that of the tobacco gives a disgusting appearance to the mouth of negligent smokers, that causes nice and cleanly persons who meet with them to recoil with a shudder at a sight of it.

QUACKERY AND HUMBUGGERY.

BY DR. W. A. ALCOTT.

No one who loves his neighbor as himself, will consent, except under the most pressing necessity, to expose his neighbor's errors; but will greatly prefer to conceal them. And yet, whenever that neighbor has been so incautious as to expose *himself* to the full gaze of the public, it can hardly be deemed a violation of the golden rule, to speak of what he has himself made known, and to make such comments as the cause of truth and the nature of the case may seem to require.

On looking over the Christian Citizen for June 8, 1850, I found appended to an advertisement of Dr. (†) Corbett's sarsaparilla, the following recommendation from the Rev. Mr. Taylor, frequently called "Father" Taylor, of Boston, which I must copy entire:

"Boston, Feb. 16, 1850.

"Messrs. E. Brinley & Co.:—Gentlemen, the effect of Dr. Corbett's Concentrated Syrup of Sarsaparilla upon John Davis, sexton of the Mariner's Church, over which I am pastor, I am happy to state has proved most signally efficacious and potent. At the time he commenced taking this efficacious preparation, he was in a

very feeble state of health, with alarming sores upon different parts of his body. After using this medicine awhile, he rapidly began to improve, and is now in a comfortable state of health. The sores having since healed, with which he was long afflicted, although his life was long since despaired of

To Dr. Corbett's Concentrated Syrup of Sarsaparilla I conscientiously attribute his restoration to health. Therefore, to all those who may be suffering from any impurity of the blood, I would say I consider Dr. Corbett's Sarsaparilla always to be relied upon in our efforts to secure health; and surely I know it will be found an economical and safe medicine for seamen and others for the various complaints for which Sarsaparilla is recommended.

EDWARD TAYLOR,
Pastor of the Mariners Church, Boston."

Let us now see whether it is quite certain that Mr. John Davis, was cured by the medicine to which Father Taylor refers.

It appears that Mr. Davis was feeble, and had "alarming sores upon different parts of his body;" and that after taking the "medicine awhile," he "rapidly began to recover." It appears, moreover, that the said Mr. Davis's life had at some time or other been "despaired of;" but that in February, 1850, he was "in a comfortable state of health; the sores having long since healed."

But *how long* he took the medicine; *when* it was that his life was despaired of; and *how long* it was after he took the Sarsaparilla before his sores healed, and he began to enjoy good health, does not exactly appear. The expressions "awhile," and "long since," are indefinite, if not equivocal. Nor are we told how much medicine the patient had taken before he used the Sarsaparilla. If Sarsaparilla is so "potent," how do we know but something still more potent which he had taken just before, began a work of cure, which the milder Sarsaparilla did not retard? Or how can we know that the free use of other medicines (alias poisons,) before he began upon the Sarsaparilla, had not kept up an irritation which nature could not overcome—but which she found herself able to subdue when all medicine was taken away except Sarsaparilla? Is it not well known that after people have been for some time afflicted with sores, the system appears to be cleansed by them, and they gradually disappear? And is there anything in the term "awhile," which Father Taylor uses, to forbid this supposition in the present case?

But waving this part of our subject for the present, and admitting (what however I do not see the slightest reason to believe,) that Mr. Davis was really cured by Dr. Corbett's Sarsaparilla; by what rule of logic or good sense does Father Taylor make the inference that what cured John Davis will cure every body else who may be suffering from any "impurity of the blood?" True, he does not quite say he believes it will actually *cure* everybody; but he "con-

siders it always to be relied upon in such cases," which amounts to nearly the same thing.

I might speak, in passing, of the gross error of talking about doctoring the blood for its impurities. I might show to the plainest understanding of all who believe that the blood is constantly wasted or used up, and as constantly renewed from food, drink, &c. that all which is said now-a-days about purifying the blood, directly, by medicine, is sheer nonsense—that you might as well think of changing the character of the waters of the Connecticut or the Hudson (had we medicine enough to apply in the case,) by changing their contents of to-day, when their banks will inclose an entirely new body of water to-morrow, as to think of changing the character or qualities of the blood in a similar way. But I will not stop now to do so. I will only point my readers to the gross absurdity of Father Taylor's inference. He says, "therefore, &c." But wherefore! On account of what? Why, when fairly interpreted into plain English, he must believe neither more nor less than that since John Davis was cured by a particular medicine, it can be relied upon to cure every body else whose blood is impure.

Need I say here, that even admitting the sanitary power and properties of medicine, no two persons need exactly the same treatment. And that if medical science is to be relied on, especially as it is taught by the most orthodox schools, Father Taylor's reasoning would be more correct had it run thus; *therefore as the said medicine cured John Davis, it would be quite unphilosophical and unphysiological to rely upon it entirely in any other case.*

But I must close these remarks, again regretting their necessity. But such necessity certainly exists. Nostrums are got up, tried by thousands, and in a superficial view appear to cure one in a thousand, or ten thousand. As for the hundreds or thousands who are not affected much for better or worse by them, of course we hear nothing. And as to those who are destroyed by them, why "the dead tell no tales." But when, as I have said before, one in a thousand or ten thousand appears to be cured by them, why some favored or favorably known individual is solicited to recommend them—such as Father Taylor or President Hitchcock. Their recommendation is trumpeted by means of newspapers and handbills through the length and breadth of the land; and while it puts thousands, if not tens of thousands, into the pockets of those who vend the medicine, proves the occasion of destroying more lives than the greatest physician ever yet cured. What else, then, can the friends and lovers of truth, nature, and science do, but protest against it!

THE PRINCIPLES AND PRACTICE OF THE WATER CURE POPULARLY EXPUNDED.

BY ROWLAND EAST, SURGEON, DUNCAN, SCOTLAND.

8vo., 231 pages—Published in *Edinboro'*.

We welcome the above work as a *present* from the *author*, and esteem it as a valuable acquisition to our hydropathic library. We wish through the W. O. J. to *thank* him for his *generosity* in

sending us a copy; and further, to *welcome him* as a co-laborer in the glorious enterprize which has for its object the relief of human suffering, and the physical improvement of our degenerate race.

This work is written in plain and concise language; yet the *author is bold, vigorous, and fearless*, in the expression of thought, and manifests *intense earnestness* in the great objects for which he toils, as the following quotation from page 7 of the preface will show:—

“Many faults in style, many inappropriate illustrations, will perhaps offend the taste of the reader; but this is of no moment; let him rather go to the bed-side of suffering man, and *test the doctrines* there. If they teach him how to arrest disease, the eloquence of Tully, and the taste of Quintillian, would not enhance their value at such a tribunal; if they fail there, the genius of those great masters of the art of persuasion could not preserve them from contempt.”

The author takes up the different forms in which water is used, both internally and externally, and treats of its effects upon the constitution with *marked skill and ability*. He evidently comprehends the *great principles* which lie at the basis of the Water-Cure. We quote the following in point:—

“The physician ought ever to have before him a definite plan of action: the hydropathist who neglects it has no excuse; he is not led away, as is the drug practitioner, by multifarious remedies, nor is he mystified by the varied theories of the schools. His theory of disease is simple, his path plain and direct, and his agent one. To neglect, therefore, the minute study of phenomena, or to apply the resources of hydropathy *without regard to design*, is worthy of the *severest rebuke*. It is an act of the *greatest temerity* to commence the practice of the Water-Cure without sound and extensive *medical knowledge*; for it requires the exercise of a judgment matured by constant familiarity with disease to decide upon the administrations *even of water*”—p. 9.

He is not a stranger to the numerous difficulties and varied perplexities that encompass the practitioner of the hydropathic art; with them he has evidently had a familiar acquaintance. He says:—

“We are not of those who rashly assert that water cures all diseases, or that its effects are miraculous. Patients enter our establishments with the most extravagant ideas concerning its efficacy. Many that have set at defiance all the laws by which the animal economy *ought* to be governed, and have become victims to diseases which have continued unmitigated for a series of years, expect a cure in a few days or weeks. A healthy body does not fall, like the statue of Diana, from the clouds, but is built up by a series of processes, which demand experience, skill, and time.”—p. 12.

In speaking of “the temporary depression” by the application of cold, and the *law of reaction*, he holds the following language:—

“The secret of proper hydropathic treatment is the adjustment of these two influences. It is ours to ascertain how far to depress, and how far we can calculate upon reaction.

“Too much emphasis cannot be laid upon this *great power of reaction*. When the brain receives a shock from grief, terror, or a bludgeon, it is this that restores it to consciousness; when a man has wandered in the snow, or fallen into a river, it is this that calls up the dormant and dying powers of vitality. * * What it is, how it works, we know not; but it is a *law* as sure as the *tides*, and as much to be depended upon as the *sunrise*.”—p. 20.

In relation to foot and hand-baths, he has the following:—

“The reason why we apply cold to the hands and feet is not only that the subsequent reaction may act as a derivative from other parts, but because there is a very important network of nerves located in them, on which cold acts as a *sedative*, and which is communicated by sympathy to the brain.”—p. 21.

The truth of the last remark we have many times verified in our own person. When our brain has been overtaken, and sleep not to be wooed to our couch, a cold foot and hand-bath has produced such speedy and happy effects upon the brain as to enable us to fall asleep, when, had we not resorted to such treatment, hours of wakefulness would have been the result. How infinitely preferable this treatment to nervine, laudanum, opium, or morphine. The former produces no nausea, headache, or other distressing symptoms, while the latter often induces these, and many other more serious results.

In relation to the eye bath, he says:—

“It should be borne in mind that it is bad practice to apply very cold water to an inflamed eye. A late notorious hydropathist in Glasgow, applied ice on one occasion to one of my patients, and increased the inflammation to such a degree that it nearly destroyed the sight.”—p. 21.

Now we have doubt but this would be the result if the ice was applied *too late*, or if reaction were allowed to become *perfect* before a renewal of the application was made, since alternate relaxation and contraction of the blood vessels would be ultimately injurious, as the congestion would be increased in proportion as the vessels became exhausted by violent efforts. But if the ice was constantly applied in the *primitive* stage of the disease, and reaction not allowed to become established, we have no doubt of its *perfect and entire* success. We ourselves have been subject to attacks of inflammation of the eyes, and were formerly treated with cupping, bleeding, and cathartics, with not very happy results. One year ago we had an attack as the result of influenza, and ice was constantly applied in a linen sack for six hours; then ice-water, and cold water, and then *tepid*; so that reaction was not permitted to come on with any severity, and in twenty-four hours all symptoms of inflammation

had abated, and we could use our eyes as usual. Our philosophy is this: *make a powerful and continued impression upon the blood vessels and nerves; but let reaction come on no faster than the blood vessels regain their organic energy.*

He has some excellent remarks upon the use of the wet bandage. Gives some good practical rules for its use. The philosophy of its use he clearly explains in few words.

"As long as this bandage continues over the abdomen, so long are the capillaries relaxed, the current of blood is setting in from the great abdominal blood vessels toward the surface, thereby the congested organs become relieved of a portion of their load, and being thus set free, perform their functions more naturally," page 27. He says on the abuse of the abdominal bandage: "If too great action is kept up, especially in the epigastric region, the current of the circulation will set too strongly, and the powers of the stomach will be considerably reduced, digestion will be imperfect, and dyspepsia and flatulence ensue," page 29. Of the truth of this statement we have no doubt. Constant counter-irritations in this manner may take too much blood from the deeper seated vessels, and thus lower the vitality of the internal organs. It is a well-known law that whenever an organ is active, more blood is required in that organ. Hence, where the digestive powers are feeble, it is doubtless better in many cases to remove the girdle sometime before meals and leave it off some time after.

He answers the question which is so often asked, how can you set upon the internal organs by external applications? He says, "We retain great power over the body by perpetually operating upon the great abdominal organs." In one sense the hydropathic art resembles some of the operations of nature, we endeavor to render it as ceaseless in its operations as the disease itself. We do not act by fits and starts, producing violent effects at great intervals of time, but as long as the disease is in operation, we aim to keep up a constant antagonism; when our major operations are over we do not withdraw the curative agent, but allow it to work; such treatment is unsafe with drugs, but it is our great safeguard, hence we continue the wet compress, sometimes during the entire day and night, when the amount of irritation warrants it," page 28.

In relation to the simplicity of the application of the wet compress, and the seeming inability of its being able to accomplish any decided results, he says, "All nature, history and art, bear their united testimony to the *astounding* difference between the *magnitude* of results, and the *simplicity* of causes. He who knows not this, knows nothing; and the laws of evidence will be expounded to him in vain," page 31.

Glen Haven, N. Y.

S. O. GLEASON.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 9.

EGYPTIAN MEDICAL COLLEGE.—As we have before mentioned, the Egyptian priests had four

great medical schools, which were the resort of all who wished celebrity or desired information. It is probable that theology mixed considerably with medicine, and that a difference of sectarian views occasioned a diversity of schools. As each college had its own theory, its students assumed a certain importance, in consequence of supposing themselves able to explain the *causes* of the phenomena that occurred in nature and in the practice of medicine.

EMPIRIC, NAME FIRST APPLIED.—These colleges had also a kind of fellowship, which took its rise from the students being educated in the same school, which led them to promote the interests of their fellow students, and to look with contempt on those who, instead of having been educated in these public institutions, derived their knowledge from domestic sources, and were, therefore, branded with the title of *empirics*, or *mere practical men*, who were unable to explain the *causes* of the things, with whose combination and application they only were conversant.

The writings of Galen having, for several centuries, been considered the sure and permanent foundation of medicine science, the opprobrious title of empiric (or mere practical man) could only be bestowed on a few individuals who practiced particular parts of surgery, which the clerical physicians of modern Europe thought below their attention, or such as would defile their hands.

LUTHER AND PARACELSUS.—The close of the fifteenth century gave birth to two men who were destined to produce great alterations in the employments of the clergy. These men were Luther and Paracelsus. The one brought his hammer into play on the religion, and the other on the medicine of his day; and, at least, an equal convulsion was effected by each. Although both wrote much in Latin, yet the common vernacular was not neglected, as among the unlearned as well as the learned they wished to disseminate their opinions, both being convinced that the errors against which they wrote were so deeply rooted in the minds of the generality of the profession, that all hope of their voluntary abandonment was in vain, and the only chance rested in the compulsion induced by the voice of an enlightened public. The public, as was expected, took part, and that energetically, and the great majority warmly espoused the cause of Paracelsus; and his followers were not only looked up to and revered, but their opponents ridiculed and despised.

FIRST QUACK DOCTOR.—We will give a sketch of the life of this extraordinary man, whose labors did so much to overthrow the Galenical theories; more especially as it will show the state of medicine in his day. Whether he pretended to more than he himself believed it is hard to determine, but that he was one of the most energetic and persevering of men cannot be denied. The English writers class him as the first great quack.

LIFE OF PARACELSUS.—Aureolus Philippus Para-

celsus Theophrastus Bombast de Hohenheim, was the son of Wilhelmus Hohenheim, a learned man and licentiate in physic, who although of but little practical experience, possessed a noble library, and was a man of some distinction, being a natural son of a master of the Teutonic Order.

HIS BIRTH AND EDUCATION.—The subject of our memoir was born in 1493 at Ensiedeln, Switzerland. The name of the village he was born at signifies a desert, from whence Erasmus gives him the title of Hermit. He was a perfect hater of womankind, which is ascribed to the fact of his having been mutilated by a sow at the age of three years, and thus been made a eunuch. His father took the utmost pains in his education, and he soon became proficient in physic and surgery, but as he grew toward riper years he became captivated with the study of alchemy, to cultivate which his father committed him to the care of Trithemius, abbot of Spanheim, a man of great renown, from whom, having learned many secrets, he removed to Sigismund Figgens, of Schaarts, a famous German chemist, who at that time partly by his own industry and partly by a multitude of servants and operators retained for the purpose, made great improvements in the art. Here he studied with great diligence, and applied for information to all the eminent masters, who concealed nothing from him, so that he became, as he himself informs us, the embodiment of all secret alchemical knowledge.

HE TRAVELS TO OBTAIN KNOWLEDGE.—Not yet content, he journeyed to all the universities of Europe, where he sought knowledge not only of their professors, but also indifferently to physicians, barbers, old women, conjurors, and chemists, both good and bad, from all whom he gladly picked up anything that might be useful, and thus enlarged his stock of sure and approved remedies. He learned from Valentine's writings the doctrine of the three elements, which, concealing its author's name, he adopted as his own, and published under the name of Salt, Sulphur, and Mercury.

FINDS THE PHILOSOPHER'S STONE.—In the twentieth year of his age, after making a visit to the mines in Germany, he traveled on to Russia, where being taken prisoner on the frontiers by the Tartars, he was carried before the Khan, and afterward sent, with that prince's son on an embassy to Constantinople, where, in his twenty-eighth year, he tells us, he was let into the secret of the philosopher's stone. He was also frequently retained as surgeon and physician in armies for especial battles and sieges. He set a high value on Hippocrates, and the ancient physicians, but despised the scholastic doctors, and above all, the Arabs. He made great use of remedies prepared of mercury and opium to cure leprosy, syphilis, itch, and slight dropsies, which, to the Galenical physicians of these times, who were ignorant of mercury and afraid of opium, as too cooling, were utterly incurable.

HE BECOMES CELEBRATED.—By these cures he

daily grew more celebrated and daring, especially after recovering the famous printer Jerohemus of Basil, whose case appears to have been a violent pain in his heel, which, upon Paracelsus' treatment, moved into his toes, so that the patient could never stir them afterward, though he felt no pain, and in other respects grew well, but soon after died of apoplexy. By this means he became acquainted with the great Erasmus, and so highly esteemed by the magistrates of Basil that they made him professor in 1527, giving him a large salary to teach philosophical physic two hours every day. It was at this time that, seated in a chair, he burnt, with great solemnity, the writings of Galen and Avicenna, and told his auditors that so determined was he in search of knowledge, "that he would even consult the devil, if God would not assist him!"

NUMBERS OF FOLLOWERS.—At Basil he procured many disciples, with whom he lived in great intimacy; three of these he maintained altogether, and instructed them in several secrets, though they afterwards ungratefully deserted their master, wrote scandalous things of him, and administered without any discretion the medicines he had taught them to the great injury of their patients. He also retained many surgeons and barbers in his own family, whom he faithfully instructed, but many of whom turned his enemies.

INFAMOUS TREATMENT.—While residing at Basil he cured a noble canon of Lichtenfels, who had been given over by his physicians, of a violent pain at his stomach, with only three opium pills. The sick priest had promised him 100 French crowns for the cure, but finding it so easily effected refused to pay, alleging, with a jest, that Paracelsus had given him nothing but three little balls of mice excrement. Upon this Paracelsus cited him before a court of justice, where the judge not considering his skill, but only the labor and quantity of medicine, decreed a trifling gratuity, which verdict so exasperated the doctor, that he loaded both the canon and judge with reproaches of ignorance and injustice; thus rendering himself guilty of contempt of court, and capping the climax by haughtily, and without ceremony, leaving their presence. For this he had to flee from the city, leaving his splendid apparatus behind him. Driven to desperation at this sudden termination of his hopes of fame and fortune, he wandered from place to place, performing many astonishing cures. He is said to have lived afterwards a dissolute life, and finally died after a few days illness, in 1541, at a public inn, in the town of Strasbourg.

HIS CHARACTER AND QUALIFICATIONS.—He was undoubtedly the best surgeon of his time, and perhaps one of the best physicians. Carpi, of Boulogne, and himself, were the only ones in his day who employed mercury. "No wonder," remarks a medical writer, "that Paracelsus attained an exalted reputation; for medicine was then in a low condition, the practice and even language of it being Galenical and Arabian. Hippocrates was not read; there was no edition of

his writings, and scarcely was he ever mentioned. The theory of his day consisted in a knowledge of the four degrees, and the practice was entirely confined to bleeding, purging, and vomiting."

NOTICE OF VAN HELMONT.—Van Helmont, who was born in 1577, and soon became celebrated for the information he had acquired by extensive traveling, lent his influence and teachings to the opponents of the Galenists, whose absurd hypotheses and inert practice he despised. He ably assisted in the reformation of medicine, although he substituted chemical views equally assumptive and unfounded, which, answering their purpose for a time of exciting observation to the matter, have long since passed into oblivion.

RISE OF THE TERM EMPIRIC.—The Galenical physicians, who were nearly all members of the clerical professions, seeing their practice and opinions fall into disrepute, were led, as a means of self-preservation, to organize themselves into colleges, and attempt to stop the progress of chemical medicine, as it was called, by refusing licenses to those who were infected with a zeal for improvement. For this purpose, examinations into the qualifications of candidates were instituted, and those disapproved of were rejected, and their characters attempted to be destroyed by naming them "mere lewd empirics."

DISCERNMENT OF THE PUBLIC.—The public, however, saw through the whole matter, which was, indeed, kept pretty constantly displayed before them by the "lewd empirics;" and in England this undue exercise of authority (for the Galenists had the law on their side) was withstood by the subterfuge of selling medicines, instead of prescribing them. In France, the chemical physicians availed themselves of a privilege possessed by the king's first physician of admitting an indefinite number of physicians extraordinary to the king, who were allowed to practice wherever there was a palace, and even in Paris, without the necessity of a licence from the medical faculty.

GREAT PLAGUE OF LONDON.—From 1520 to 1665 the opprobrious term empiric was mostly used to denote physicians of the Paracelsian school, many of whom, although thus branded by the college as lewd and unlearned, were fully equal, and often superior, in science, to their detractors;—Dr. John Dee, Dr. Francis Anthony, Dr. Penny, and several others, were glaring instances of this. The great plague of London, which happened in 1665, gave the people a good opportunity of judging between the moral qualities of the two sects, for the Galenical physicians, with the exception of Dr. Wharton and three young candidates, all left London, while the chemical physicians boldly braved the disease, and spent every effort to withstand its ravages: but as the number of these was small, the apothecaries were also called upon, who thus made their first attempt at practicing by necessity, and, finding the profits considerable, refused to give it up, even after the runaway doctors had re-

turned. In consequence of this conduct, the term empiric was applied also to them.

EMPIRICISM LEGAL.—Despite popular feeling, the courts of common law supported the monopoly of the older physicians, and allowed them to prosecute such of these dispensing practitioners as, from the extent of their practice, had become obnoxious. At length, in 1721, Mr. Rose, an apothecary who had been cast in a prosecution for practicing physic, boldly carried the case to the House of Lords, and obtained a decision in his favor, and thus the sale of medicines to a sick person in England, without a physician's prescription, was ever afterward rendered legal. The term empiric now underwent a new signification, and was only applied to nostrum dealers.

MISAPPLICATION OF CHEMISTRY TO PHYSIOLOGY.—If we except the Hippocratists, and the sect of Methodists founded by Hermston, about one hundred years before the Christian era, who attributed disease to the contraction and dilatation of the solids in the body—the humoral pathology was that which prevailed from all antiquity, and just in proportion as notions were obtained of the chemical and mechanical forces, so were these notions applied to physiology and the causes of disease, and made principles to found plans for the restoration of health. However, about the beginning of the eighteenth century, it was perceived that life was regulated by motions peculiar to itself, and required corresponding views of health and disease. There was now a fair prospect of a more legitimate system of reasoning being established, but this was retarded by the teachings of Boerhaave.

HERMAN BOERHAAVE.—This celebrated character was a man of uncommon capacity, great erudition, and indefatigable industry, a zealous and honest searcher after truth; yet from habitual application to his favorite study, chemistry, suffered himself to be deluded into a most fallacious train of reasoning. He delivered his system in language so imposing from the important position of the Chair of Medicine in the Leyden University, that for fifty years his doctrines prevailed in the schools of Europe: and, as a writer remarks, it is astonishing and humiliating to think how the assent of an enlightened age could ever have been won over to a body of doctrine at once so puerile and shallow.

BOERHAAVE'S THEORY OF DISEASE.—He supposed inflammation to consist in an unhealthy thickening of the blood, which thus impeded the course of the circulation in the smaller vessels, and that all that was necessary to relieve that state was the exhibition of diluting drinks. Hence the use of the terms attenuant, diluent, &c., which are yet retained in medicine. He accounted for various other diseases by supposing the presence of acrimonious secretions in the blood, and they once got rid of, health would return. The absurdity of these views must be evident to any one who has carefully perused the third article of this series; for it is evident that unhealthy secretions must be the product of unhealthy actions

of the glands that form them, and that were it possible to wash away all that could be formed, as long as the organ worked morbidly the disease would remain, and therefore all treatment should refer to the solids, as they once operating properly, there are various means of excretion by which the body could relieve itself from all substances whose presence would occasion trouble

CONSIDERATIONS FOR COMMON FOLKS—No. 4.

BY DR. J. C. JACKSON.

The Water-Cure revolution is a *great* revolution. It touches more interests than any revolution since the days of Jesus Christ. Think me not extravagant. It is true. It combats greater evils, contemplates greater benefits, and will produce more ultimate good than any social, political, religious or medical change in the habits, opinions, thoughts and actions of men, than has come within your knowledge either by reading or observation.

Few persons look at it in its legitimate bearings. They see not its destiny. They know not the gradual yet mighty change which it is working, and is to work, in the aims and position of the human family. The most of persons as yet look at it as a *humbug*. Others look at it very favorably, but at the same time think it not much superior as a means of restoring or preserving health, to the old medical administrations. Others think it preferable to all other *medical* means, but suppose its value chiefly to consist in its applicability to *diseased* states of body.

For one, I look on the movement in a broader light. It is significant to me and worthy of high consideration because it is efficient in restoring to health diseased organisms not only, but also because it can, and should, and will be used to keep healthy organisms free from disease. It teaches physiology, pathology and therapeutics of the *divine* kind to the people. It is the only medical philosophy that applies itself with ease, precision, and in understandable language to *common folks*. It is the only remedial agent in the universe of which I have knowledge, which at the same time that it is potent to rectify ill states of body, is entirely genial in its influence on the healthy man. Is this not true? Let the advocates of any other medical school than the hydropathic, give the contradiction to this statement if it is not correct. What drug from the bowels of the earth, what extract from a plant, what syrup, what juice from shrub or tree, what article indifferent in its effects on the system, or what deadly poison can be administered with such blessed results to the sound and full in health as water? It makes the sick man well, it keeps the well man from becoming sick; and it is the only *medicinal* agent that can do this latter thing. Do you not all recollect the epitaph on the gravestone of the medicine taker:

I was well, wanted to be better,
Took physic and died.'

That is the story "well people" tell of drugs.

But who shall tell *that* tale of good, pure, bright water? True, water injudiciously applied to a person in health may be injurious, but then between it and all other medical agents there is this great difference, this has a sphere where its application to people in health is judicious with a view to keep them in health, drugs and medicines have no such sphere. One who is not sick cannot take drugs to keep well. To do so is to make him *sick*. They disturb the economy, throw it off its balance, make its distribution of vitality unequal, raise up conflicts amongst the different departments, overtax one class of organs, relax another class, stimulate certain parts, debilitate other certain parts, and make a confused medley of what was a little while previous orderly and congruous, as one can well imagine. A man, as a general thing, plays the foolish when he takes allopathic drugs when *sick*, he *cannot act* more unwisely than to take them when *not sick*. But I shall speak more at length in another place of the hygienic virtues of water. My object in this article is to call attention to the subject of *Water Cures*. I shall speak plainly, just as plainly as though I was not a Water-Cure Physician engaged in the application of the agent for the cure of disease. If in uttering my ideas, exceptions are taken, no complaint shall come from me. What is truth to me will be spoken, regardless of doctors, associations, or schools. If what I say shall appear *untrue* to others, I am content to let time and investigation settle the matter.

Water-Cures are springing up all over the land. They are being, and are to be, conducted by men of all grades of talent, as well those who will do no honor to the profession, as those who will honor it. They are built, and are to be built, on plans and after models, that shall make it a pleasure or a task to dwell in them. They will have good water and plenty of it, or poor water and of deficient quantity. They will cook and serve up good food, or their food will be poorly cooked and with great irregularity as to time and amount. These things *will* be. Now it is only just that you, and the public at large, should make *proper* distinctions. The man of fine attainments and aptitude for his duties, should not be judged in the light of a poor dolt, who know nothing of the science or the art which he attempts to practice. The man of large acquaintance with men and things, who has seen and read men as a student his book, should not be set down in your estimation on the same level with a narrow contracted, half educated man. This reform, as I have said, is the people's reform.

It belongs to you, therefore, to protect it from unjust judgments, and *that* judgment most of all from yourselves. Now, nothing is more common than for a man or woman to go to a Water-Cure, and stay but a few days, and take a dislike to "the board," as he calls it, the bath attendant, the business man, the doctor, and in a pet leave, and for a hundred and fifty miles rail out an untold amount of slander against *all* Water Cures.

One would think that the fellow had visited all the Water-Cures, and had found them all alike. This is *unjust*. If one does not like Glen Haven, do not let him curse New Graefenburg; or if he likes not New Graefenburg, do not let him curse Glen Haven. The best of cures have sins enough of their own, without being held responsible for each other's failures and imperfections.

I have my own *ideal* of what a Water-Cure *should* be, and when I am at the head of a good one, as I hope another season to be, my exertions will be all put forth to *realize* that ideal. 1st. A Water Establishment should be in the country, and a few miles from a village. The reason for these requisitions are pure air, which is seldom found in cities, and opportunity to adopt and follow the laws of life and health. Villages are cities, cities are conventional, artificial, and full of false habits and customs, which have the authority and sanctity of a divine injunction. Every day attests this truth. Arrangements are entered into, and customs established which are condemnable on the score of propriety and good taste, which neither physiology nor a love of the beautiful can justify. Yet they only need the endorsement of some few persons and forthwith they are seen walking the streets in full canonicals, and pass from the sphere of general contempt to that of general adoption.

This is remarkably true of the dress of *females*. True, the mode of dress for men is lacking in taste—it is bungling and coarse, but it was not particularly on the physical structure. The dress of woman does. It is not pretty in itself, and what is vastly more to be deplored, it robs the wearer of all prettiness. The freshest peach-blossom hue, that ever sat on the cheek of a girl of fifteen, it will make to fade, and, in its place, put a chalk-moth that shall look as if the face had been daubed with lime marl. It cramps the chest, crowding the lungs and heart into a smaller compass than by any means they can healthfully occupy; thus afflicting seriously the respiration, the circulation, and oxygenation of the blood, laying the foundation of dyspepsy, consumption, scrofula, undue determination of blood to the head, &c. It acts to produce a mechanical displacement of all the organs in the abdominal cavity, pressing down the intestines, the uterus, the bladder, compressing severely the liver, sinking the whole of them into the pelvis or basket of the hips, and thus producing prolapsus uteri, prolapsus ani, irritation of the bladder and the urethra; and reflectively the kidneys. It hangs such weight on the spine as to aid greatly in its distortion, and in very many instances insures it by the weakening of the muscles of the back and hips, under the undue heat to which these parts are subjected.

When, in addition to this, it is remembered that dress for females is so constructed as to secure the inferior extremities but very slightly from cold, their dress serving, when walking in a wind, oftener as a parachute than anything else, it is easily seen why woman is diseased and dies. It needs only dress that shall cramp the chest,

thus impeding respiration and the free action of the heart, plenty of heavy clothing about the hips, so as make undue weight and warmth, and cold extremities from want of proper clothing, and death will laugh as if you had made him presiding officer of the domestic arrangements of a people. He knows the grave with its shark's mouth will not yawn for emptiness. Its maw will have its fill.

Of the diseases of females, dress is a predisposing cause of many, a proximate cause of some of them. A very large proportion of the cases of prolapsus uteri which come to my knowledge are powerfully aided in their production and cure by bad or good styles of dress. The mass of clothing which, in fashionable circles, hangs on the hips, gives too long continued tension to the muscles of the parts, till the reactive or contractive power is lost, and a general abdominal falling takes place. Skirts are girded above the hips, which severally weigh from three to four pounds, so, that it is not uncommon to see young women carrying in the winter season not less than ten to twelve pounds from morning till night, day after day. The same is true of married women, and in some instances this is carried on under most aggravating circumstances.

Till one tries it, or sees it tried, he knows not what great collateral force in the cure of this specific ailment—Prolapsus Uteri—is to be found in dress. For one, as a physician, I would on no consideration undertake a case, and become responsible for it, the patient wearing *during her walks*, or if very feeble, in the house, heavy skirts hanging for support from the hips or shoulders. Shoulder-straps attached to skirts, make falling shoulders, narrow chest, compressed lungs, imperfect respiration, deficient circulation, bad digestion, and a general thrusting or falling down of the contents of the abdomen to a degree that creates a mechanical displacement of the whole viscera. Now, in many cases of falling of the uterus, walking becomes impossible, standing on the feet is very painful, sitting erect for any length of time becomes unbearable, yet the dress is kept on, and the agony endured, rather than to appear singular. In cases of this kind whether more or less severe, *present style should be instantly abandoned*, and a light frock dress for the worst cases, and flowing *short* frock, with pants and waistcoat conjoined, so that the weight of the pants should fall equally on the whole trunk, for all that *can walk*, should be substituted. No separate skirts either cottoned or corded should be put on the body, but this frock and pants should be made of material thick enough for warmth, as it may be used for summer or winter.

Habited in this, let your sick one get out into the open air and commence her rambles. Whatever distance, in the old or common style of dress, she may be able to go, she can easily double the distance at first, and, after being accustomed to it, will quadruple any distance which, under the same state of health, she could walk in the long gown and heavy skirts.

Convinced as I have been for years of the great

fully which women commit in the matter, and of the serious difficulty which is to be found from it in attempts to cure this and many other female ailments, I besought one of my partners, a lady, to get up a *walking dress*. She did so; and from being able, in her accustomed habit, to walk two or three miles, she soon became able to walk nine, ten, or eleven miles at a jaunt with less of actual exhaustion. Our patients (females) generally have the good sense to follow suit, and they are as much surprised as you will be, perhaps, who read this, at their superadded ability to make foot excursions—some walking from five to twelve miles over our hill-sides, and showing themselves capable of enduring as much labor as our patients of the other sex.

If dress has as much to do in the matter of cure of women who are diseased, as I have affirmed, and endeavored to show, then the reader can see the necessity of a rural location for a water establishment. With no desire to speak disparagingly of the female sex, truth bids me say that, as against public opinion, women are *cowards*; no more so than men, only in so far as they have had less opportunity to measure the strength of said opinion. But with all their habits and notions unchanged, with their ideas as crude in relation to the laws of their organization as when they enter a Water-Cure, it seems to me, however great the necessity, or however deep their conviction of the necessity of wearing a dress such as I have described, they could not be induced to do it where they would be likely to come into contact with masses of men and women who would stare at them, laugh, and talk, and gossip about them; hint that those who could wear such dress were no "better than they should be," &c. They would die before they would adopt it. They do die daily, or prepare the way to die, because they do not wear such dress and live such life as great Nature prescribes. They do not love life as I do, or for *health* and the glorious blessings which it scatters, like leaves from the tree of life, they would willingly wear sheep-skins for garments, were it needful. Oh, health! divinest of all the messengers that gather about physical man, what stores of enjoyment thou hast for those that love and honor thee! A ruby cheek, a heart beating in its strength, blood that flows to the smallest capillary, lungs that heave and play with delight, muscles that are strong, eyes that are keen as eagle's, senses and sensations all perfect, a brain that acts evenly, a nervous system that communicates truly, a soul that is proud of its home, sleep that is sweet, appetite that is wholesome, action that is useful—these are *some* of thy gifts to thy loved ones. I woo thee most earnestly; I crave the laying of thy hand on my head. No neophyte to the priesthood ever longed for his consecration as I do to know that I am of thy chosen. I will work, live plainly, forego ambition, and cease to clutch after prizes which, like apples of Sodom, perish in the hands of the grasper, if thou wilt but bless me, and promise me a place on thy bosom for a pillow, O health!

Another important consideration, relative to Water-Cures, is *food and diet*. The mere on-looker knows little of the tasks which await the proprietors and conductors of a Water-Cure—each day. The arrivals and departures make their task a never ending one. To attempt restoration to health of those who have done much to derange themselves by bad eating, without taking cognizance of their diet, is to harness one's self to the work of Sisyphus. Regimen in a Water-Cure, over the sphere of *food*, is no less important than the appropriate application of water. In fact, to cure the sick by Hydropathy, leaving out considerations of diet, is as foolish and fallacious as to cure by diet, using no water. In either case, it is "playing Hamlet, with Hamlet left out." The table is an essential fact. It meets the patient three times a-day. It is a nucleus around which gathers more than of consequence to the person under treatment than almost any other single thing. It causes more conversation, gives rise to more gossip, is the theme of thought for half an hour precedent to each meal, to an intenser degree than anything else. More curses are muttered, or blessings uttered in the direction of food, than toward any department in a cure. There are reasons for all *this*. The guests at an establishment have been either high livers, whose appetites are so far in the ascendant as to border on the gluttonous, or they *have been* so, till appetite has failed them, and they can be suited with nothing. The richest, highest, and most savory-seasoned food, falls on their taste. They *relish* it not. When, to this, is added the other ill habits to which the sick are, for the most part, addicted, it is discernible to the most common comprehension that the duty of a conductor of a Water-Cure, in the catering for his table, is not small, nor free from arduousness. Hence, all due allowance should be made from either side to the other. Forbearance is needful. Much of the difficulty that arises in getting up food for a Water-Cure might be saved, were the food entirely vegetable, for it is my personal experience, and is daily corroborated at Glen Haven by others, that those who abandon meat soon come to eat easily, and digest well, various vegetables which they could in no wise eat whilst partaking of meat. A mixed diet, partly vegetable, and partly flesh, is a narrow diet, necessarily. It shuts up one to eating more of meat and less of vegetable the longer it is pursued, till at last the meat becomes a staple—the staple article, and, without it, a meal becomes insipid, however well it is gotten up. On the other hand, eating a vegetable diet is directly calculated to fit the stomach, as well as the taste, for a more liberal indulgence as regards variety, and this, of itself, makes it easier to spread a table that shall suit the eye, the appetite, and the digestive organs.

There is very great misapprehension in the minds of those who do not know the order and character of diet at a Water Establishment. It may not be wholly uninteresting to know what the sick at Glen Haven eat. I allude to Glen

Haven because I can speak from actual knowledge, not because it is superior or inferior to other establishments, nor because it answers to my ideal in this respect of what the dietary in a cure should be.

BREAD.—White, fine, brown, or Graham, and corn. **CRACKERS.**—Bowton, soda, and Graham. **BISCUIT.**—Soda, and Graham, sweetened. **PUNDINGS.**—Rice, boiled and baked; bread, boiled and baked with fruit; Indian, boiled and baked; bread and custard, baked; *Graham*, boiled; and corn, boiled, made of the Oswego starch. Occasionally, tapioca, sago, and prepared barley. **CRACKED WHEAT.** **PUSS.**—Apple, berry, corn, starch, custard, and brother Jonathan. **DESSERT FRUITS.**—Apple sauce, fresh and dried; berries, fresh and dried—except the wild strawberry; peaches, and pears.

VEGETABLES.—Potatoes baked, boiled, warmed with cream, browned on gridiron, without butter; and the sweet English turnip boiled and eaten during the winter and spring months. Beans, green and dried, *boiled not baked*. Pease and string beans, served up without butter. **MEATS.** Beef, mutton, veal, or fresh or salt codfish, or other fresh fish, once a day, except Sundays. **MILK, BUTTER,** as wanted. This gives an outline of the table. It is, perhaps, as good as any other Water-Cure, but at the same time, in my judgment, not as good as it would be *without meat*, and in its place other food. Learned men may talk and quote Dr Beaumont, as to the superiority and ease of a meat diet, but all the data I can gather go to show that—other things being equal—those who eat the least meat at Glen Haven, make the most rapid improvement. So strong are the facts in this direction that they conclude the question with me. No room is left for doubt.

The mode in which food is served up at a Cure has much to recommend it or to cause disrelish. And no excuse can be offered which should justify the matron for habitually or frequently serving up poor food. The Cure that does it ought to die for want of patronage. Whilst there should be taken great care, that the dietary should be conducted in the nicest, choicest manner, it should be regulated on *un-bending* principle. What is good for the guests should be procured without regard to *expense*, if to be gotten; what ought not to be allowed, should be resisted *without compromise*. It is right here, when a physician shows the stuff he is made of; tells us with trumpet-tongue whether he is fit for his station, whether he has dignity and strength of character to make his guests follow his rule or lacks it, and so yields to their clamor. For at *this* point a hard battle is daily fought between the patients and the physician, if he has too large approbation developed on his head, and they, largely and *morbidly* developed alimentiveness. He will trip and cut under, and cater, and palter, and trim his sails to the wind, till they will have him completely in their power. But more of this under the head of *what ought the physician of a Water-Cure to be*.

Among the tasks which are to be met is that of curing some patients, not only of disease which they recognize, but also of a disease which they do not recognize. I mean the use of tobacco, tea, and coffee. For a time no substitute can be found for them. They are *gods* to those who long have indulged their use. Taken away, the poor victims of their appetites are without their guiding genius. Body, soul, spirit have come to acknowledge their sway; and abandonment of them for a time works such ruin as to astonish a stranger and on-looker. Perhaps I can do no better service than to demonstrate the terribly destructive influences of these *drugs*—for drugs they are—on the human body and soul, by an accumulation of facts. It may also relieve this article of some of its dryness.

I once boarded with a minister of the gospel. He was a friend of mine, and I thought I knew him intimately. We had stood side by side in reformatory efforts, sustaining each other in intellectual conflicts, to which we were summoned. He was, as was I at that time, a great coffee-drinker. But circumstances threw us apart, and years elapsed before we met again. And then I became a boarder in his family. Meanwhile I had pretty much quit the use of coffee, whilst he had increased its use. I had been in his house but little while before I saw that he was the victim of his appetite. He was as thoroughly a drunkard as ever a man was, allowing for the difference in manifestations, which drunkenness on coffee and ardent spirits exhibits. He was a revivalist, a "New Measure Man," as was termed in those days, went far and near to attend and conduct protracted meetings, and was esteemed a most *godly* man, and doubtless was, after his standard of godliness. The readers of my articles will recollect the position assumed in a former paper, that the body has vast influence over the mind and its conditions. This, and other cases which I will relate, shall illustrate that view. The first marked evidence of change in my friend, was his taciturnity of a morning, and his unpleasant run of spirit. His was a morose taciturnity. He was cross even in his silence. There went forth from him an *aura*, an atmosphere which enveloped one, and it was exhausting. The serene spirit could not breath it. It acted on it like carbonic acid gas on the lungs. One struggled mightily to get away from it. His wife sought to escape it—his children felt it on their young hearts, stifling them as a dreamer the night-mare crushing in his breast bone. The charm of life, domestic bliss, hid herself till after prayers and breakfast, when, lo! the thick mists dispersed, sunshine came again, and all went on cheerily till another morning.

Educated to family worship, he would always attend it for the morning before breakfast. It was worth the study of a pathologist to be present. His veneration was in the dust. He cared not for his manner. The Deity was addressed in language not always the happiest, and the intonations were like the grumbings of distant thunder. I could think of no one but Dr. John-

son in one of his sour, morose moods when in company he did not like, yet was forced to endure. It was painful, almost unbearable. When over, he would seat himself at the table, dispatch a blessing as Bonaparte a bulletin after one of his fights—in a sort of Julius Cæsar.

“Veni, vidi, vici,”

fashion, and then for the coffee. Without eating a mouthful, he would drink a full cup—pass the emptied vessel for refill, and then would smile. “Richard was himself again!” That smile! it was the first glimpse of immortality that had fitted across that “poor gospel minister’s” face since the light of a new day broke up his slumber. All had been dark as Erebus. Now came the husband and father into play. The wife and children were helped, their slightest wants gratified, and, at the close of the meal, the man was thoroughly devotional. He “returned thanks” in a voice sweet and full of mellowness, and his whole soul went forth in reverential petition to the Most High for all His goodness. His spirit, however, had no self-strength. It knew of no force peculiar to itself. It lived, breathed, and thrived, through the body, and the body had all its energies in two cups of coffee. The ratio of power was coffee, body, soul. Coffee at the head, soul at the foot; beautiful spectacle of a preacher of Christ’s “glad tidings.” One would like to associate with a man occupying such post, and following such calling, the highest moral bravery, the greatest physical endurance, the loftiest enthusiasm, the subjection of the body to the longings of the spirit to that degree, that the person should rise into the circle of the true *Hero*; whose brow nature should wrap with evergreen, and whose foot-prints time should have hard work to wear out. But in this case there was nothing of all these. This man lived miserably, died before his days were half out, made his wife grey-haired by his increasing petulance, drove his children into the world whilst yet the years on their heads were green, and, where PEACE AND LONG LIFE should have dwelt, sat BARENNESS AND MOPING MELANCHOLY, jabbering forth their ill-timed homilies on the grave and hereafter. I could write a book full of such cases, some worse, some not so bad, but all marking the victims with condemning brand, and speaking Nature’s love of Justice. For, whilst her eyes fill with pity, she brings the lash on the rebel’s back, and with a voice none could mistake for other than God’s, cries “*thou art a great sinner, thou shalt die!*”

Sip on, then, O drinker! but know that for every sip moments of your life are abstracted from its sum total. Drink! but remember that which is sweet in the mouth may be bitter in its influence. Drink! but be sure that rheums, cramps and agues are hidden in your cup, that, like a serpent’s bite, shall poison your very life, and make you wish for the dropping of the curtain and the end.

Now, reader, allowing this to be an extreme case, think what a task one has before him to

cure such a man. The first effort would produce a shock that would make an attendant dream of a strait jacket. In a very important sense, this man was insane. His nervous system was completely subverted. He lived for nothing, loved nothing, thought of nothing after waking of a morning but coffee. Once gratified, he could play his part with some degree of credit.

Take a case of tea-drinking. I was called last winter in my professional capacity to see a lady who had been for a long time out of health. I was at the house of a friend, snugly ensconced before a good fire in an easy chair. It rained, and snowed, and blowed, and played November and March in conjunction most admirably. I disliked to put on my medical habit and breast such a storm; but the sick woman was a friend of my friend, and I could not well refuse. So, wrapping myself in my Mackintosh, I jumped into a good, snug conveyance, and in twenty minutes was ushered into the dining-room of the gentleman whose wife I was to see.

Warming myself, and assured that my clothes were not damp, I signified my readiness to see my patient. Taking me into a spacious room, with everything in it bordering on luxury, sitting in a large, easy, reclining chair, was a flaxen-haired, blonde, blue-eyed woman, about twenty-eight years of age. She was thin in flesh, and evidently gradually wasting under the progress of her disease. Seating myself by her side, I entered into conversation with her. I found her intelligent on general subjects, with a mind well cultivated in literature and the classics—in short, what I should call—save on one question—a well-educated woman. She evidently had been ambitious, was a great reader, had sat up late at night, and rose late in the morning. I went over her family history, as also her own; inquired into tendencies and predispositions. Found nothing. She had no cough; she had sound lungs; she suffered little or no pain; she was troubled with leucorrhœa, and slightly with vaginal prolapsus, with want of appetite, and with sleeplessness, with cold feet, and with heat of the head. On inquiring into her diet, I found nothing to condemn very much. Advised some alterations, with a view to relieve her constipation, with which she was also afflicted. She kept her room altogether too warm and badly ventilated, and made no effort to “get well.” All these things did not satisfy me: back of them all there was something that I did not yet fathom. She was too white, too blanched; and of a sudden it came to me, that I had not inquired about beverages. “What do you drink?” I asked. “Water!”

“Oh, no!” she replied—“not water! I cannot drink water. Not a particle of water have I drank in three years.”

“Why! my dear madam,” said I.

“Oh, it is distasteful!—it makes my stomach ache—my head also; and besides, the thought of drinking takes away my appetite”

“What do you drink?”

“Tea.”

"Do you drink it strong?" "Oh, no! quite weak."

"Have you any objection to have your girl make you a cup, and let me see her make it?"

"Not in the least," said she. She called her girl. "Polly, make me a cup of tea; let this gentleman see you make it, and bring it into me."

"Green or black?" asked the girl.

"Green." And Polly vanished.

I went into the cook-room. The girl took two ea-spoons' full of old hyson: put to it one cup, or half a pint of water; let it simmer for five minutes; poured it off, without sugar or cream, carried it to my patient. I returned to the room, and she drank it in my presence. It raised her pulse from sixty to eighty-six beats in three minutes. Her eye lighted with animation; her face was much fuller of color. She moved back from the stove, and her tongue was loosed. I was satisfied. I knew the secret foe that sapped her strength. My diagnosis was finished—my prescription was ready. I knew my task, and was equal to it. "Mrs. —, your husband came after me this morning," said I, "and insisted on my visiting you to-day. If I understood him rightly, you concurred in the request he made."

"I did, sir, hearing you were lecturing on Hydropathy at —, and knowing that my friend was also yours, having confidence in you as a man as well as a physician, I was anxious to see you."

"Then, you really wish to recover your health?"

"Certainly, sir! Why do you ask?"

"Because, dear Madam, it is not every one who is sick that desires and wills to be made whole. It costs something to break down a good constitution and good health. One has to lie awake at night, eat improper food, breathe bad air, dress badly, exercise improperly, and in other respects form bad habits, before health will cease to shelter him under her wing. She bears with faults and follies to a very great extent before she casts one forth to his own abandonment. This being true, who ever makes himself or herself sick does it by great violation of HOLY LAW, whose penalties are sure. It cannot be expected that return to law, and pursuit of its dictates will work out the sin, its records, or its results, immediately. Nature's analogies are all against it. One can violate law easily. One can never perhaps repair the effects of such violation. You can be "made well," but you must walk a rugged road. Dare you try? If so, speak dear Madam, and I will prescribe for you." "I dare!"

"Very well. The foundation of all your maladies lies in your tea-drinking. And its power over you is ruinous. Of high, and almost pure nervous temperament, it has acted on you much more destructively than it would have done had you have been of phlegmatic cast. Your nerves have lost their tone, your digestive organs are involved, your brain takes on disturbance from sympathy, and you are gradually wasting away for want of sustenance. You eat but little, digest badly what you do eat, and when the stimulus of your tea is on you, indulge in books. When it is off, you lie in bed or in your easy chair, waiting for artificial strength. My judg-

ment in your case is, that complete change of habits of body, of mind, of pursuit, is called for. Endure all that is necessary to bring it about with what of courage you can, but at all hazards endure it; and in one year you will be well, and in full strength. Fail to do this and you will die."

"But how can I do this? It is only a little while since I came to feel that my life was in my tea, and now I am sure I do not drink it strong."

"O Madam, you are not aware of the strength of your cups. Your sense of taste is somewhat blunted, and your stomach you will find much more involved than you think at present, after abstinence from your present mode of eating shall allow it to recover its tone somewhat. But perseverance will cure you, aided as you can be by the application of water."

She promised, if I would write her husband occasionally, giving information, she would return it, and I then prescribed for her a sheet at 73 Fahrenheit, with hand rubbing over it. Sitz at 10, A. M., 72 with warm foot bath if feet were cold 5 to 10 minutes to commence with. Foot bath at 7, P. M. at 72, to be gradually reduced to cold as she became habituated to its use. Wet girdle, covered with dry, worn from 10, A. M. till 3, P. M. Enemas at 72, as might be needful. Temperature of room at 65, and if not warm at that, patient to have gentle hand rubbing on upper and lower limbs. Room to kept well ventilated, and, as soon as possible, she was to take gentle exercise out of doors. I bade her good-bye, and departed. Six months from that time the woman was in full health, almost a miracle in the eyes of her neighbors. This day she is a devoted advocate of the Water-Cure, and pleads nobly for the truth. It is matter of great rejoicing to her husband and her friends her restoration to health. It cost her nothing but courage and endurance, for I made no charge, and would take no fee. The thing turned out as I predicted, all the symptoms were, for a period, aggravated, but appetite resumed its sway after a while, digestion, under vigorous diet, began to improve. Constipation gave way, sleeping took the place of sleeplessness, and the organization put out new buds, which blossomed into somewhat of original beauty. Money could not purchase that lady to take to her habit of tea-drinking. But I must close this article, already too long. If, in my conversations with you, I can but stimulate you to a clear, close study of your own being, if I can make such impression on you as shall lead you to adopt a good and abandon a bad habit, I shall feel happier than though a warrior, I had gained splendid victories. To save men is my highest aim. Far enough in the distance is the Great Savior, but his example I would copy, to heal the diseased and bind up the bruised. If, by any intellectual effort, or the exercise of skill, or physical labor of mine, life to the feeble or the strong can be made more joyous, it will give me more pleasure than to ride on the high places of power while I live, or dead, to be buried beneath a cenotaph of marble.

Glen Haven Water-Cure, August 1, 1850.

NEW-YORK, SEP., 1850.

SEPTEMBER KNOCKINGS.

BY E. T. TRALL, M. D.

STRANGE NOISES.—Be not alarmed, worthy reader, because writers, to secure the best attention, are sometimes obliged to select taking titles. We do not purpose to entertain or afflict you with a disquisition on “rappings,” so prevalent in these parts about these days—whether performed by wandering ghosts or undiscoverable machinery—but simply to knock as hard as we are able on the sounding board of your understandings with the sledge-hammer of common sense, to the end that with us you may continue to rap your thinking faculties and knock your motive powers for the advancement of the best interests of humanity.

Unlike the invisible, but not inaudible ghost-seer phenomena, recently on exhibition in this city—be they spirits just, or goblins damned, mind, we say not—we are always ready to rap our sentiments; but in pushing them into notice, we come in contact with an immense amount of rubbish, so cumbering our path, that we are obliged to knock it out of the way; or take a deal of pains to get quietly around it. We prefer the straight-forward knocking process.

AN ALLOPATHIC RAP.—The Boston Medical Journal has lately made the discovery, over again—has it been in communication with the spirits?—that “Hydrophathy is coming down.” The announcement occupies nearly two mortal pages, and the article winds up in a perfect ecstacy of delight:—

“The truth is, we live in a period of time peculiar for humbugs; but, after all, their career is generally a “brief” one, when they must give place to the more rational and consistent views which are to follow. Thus will it be with hydrophathy. There is intelligence *without* and *within*, which must, ere long, consign the “one-idea” system of water to a grave so low and deep, that a general deluge could not wash it out. Amen and amen!”

Why not “Amen and amen”—three times three! When it gets down such small affairs as drugging a man to death, by accident or otherwise, will no longer molest the faculty by getting into Water-cure Journals and making a tremendous fuss by coming to every body’s ears. By way of knocking back in as gentle a manner as possible, let us take two small, very small items of news from the same number of that same Boston Medical Journal. We confess they are hardly worth mentioning, not proper, perhaps to be printed except in an allopathic periodical; but here they are:—

A sad mistake by an apothecary, in putting up a medical prescription, occurred in this city last week. Instead of 10 grs. calomel ordered, that amount of corrosive sublimate was put up, and taken by the patient. Death, probably in consequence of this poison, took place in a few days. A very serious accident happened in surgical practice in this city, not long since, by the taking fire of the vapor of the ether which was used to produce insensibility.

Two instances of death from the use of chloroform, have recently taken place—one in England and the other in this country.”

We could continue to collect such specimens of science from medical journals until this journal was full of them, but we might be accused of making a great ado about trifles.

The New York Medical Gazette raps at us by informing the small circle of its patrons that the recent American Hydropathic Convention, at Hope Chapel, repudiated Grahamism. We knock this mistake on the head by stating the fact. Several of the members of that Convention fully believed in, and to a great extent practised, the principles of diet as explained in Graham’s “Science of Human Life.” Others were not fully persuaded pro or con, having never thoroughly investigated or tested them; and one member expressed his dissent. This is the long and short of the matter. No formal vote, resolution or expression, was taken on the subject.

A HOMEOPATHIC RAP.—With an account of the proceedings of the late Homœopathic Convention, held at Albany, is published a report on “Water as a Therapeutic Agent, written by the late Dr. Snow, of this city. The report concludes in the following manner:—

“Were the habits of mankind such as conduce to health, were the ordinary conditions to health complied with, were water employed as a beverage and for bathing and washing the body to the extent in which it is a natural stimulant to the functions of the stomach and of the skin, no other than the means which nature furnishes for applying the therapeutic principle, *similia similibus curantur*, would be requisite for the restoration of vital disturbance and morbid changes in the human organism.

“But as society, in its present artificial condition, teems with diseases which are the result of artificial and morbid causes, your Committee is induced to report that water may be employed to advantage, especially in very many chronic diseases.”

It is alleged that Nature, as well as Hahneman’s disciples, work on the principle, that “like cures like;” and, as water, it is allowed, may be employed to advantage, how, in the name of all that is infinitesimal, is water to be managed? How is a drop of water to be reduced to its 30th dilution? Dr. Small, who delivered the address at the Convention, lays down the following propositions:—

“That each medicine must be prepared by itself, with the greatest care; and, after the pure crude material is obtained, its medicinal virtues must be obtained by triturating it, in definite proportions, with some neutral substance; or, if the medicine be a liquid, it must be diluted by the aid of a neutral liquid with which it is mixed in definite proportions, and its powers developed by succussion.

“In proving a medicine, it must be given uncombined with any other medicinal agent, in sufficient quantities to produce a perceptible effect upon healthy individuals; which effect is minutely noted, as disclosing the powers of the remedy.

“Only one remedy must be administered at a time; for compound medicines are regarded by the homœopathic school as uncertain agents.”

We are willing to knock under whenever we shall

see a homoeopathist triturating a drop of Croton, diluting it with a liquid, developing its powers by succussion, then proving it by disclosing its properties on a healthy person; and, lastly, giving it *with no other remedy*. We will wager half the Atlantic ocean, that when they use it at all they will use it just as we hydropaths do, in tumbler, pail-full, and tub-full doses, *similia*, &c., to the contrary notwithstanding.

MORE BLEEDING IN CHOLERA.—Although more human beings have been butchered by the lancet than the sword, medical ingenuity is every day evolving new reasons, why people should be bled more and more. A Dr. Bell, of Manchester, England—allopath, of course—has been edifying the profession with his lucubrations on the nature and treatment of the cholera. His theory is as nonsensical as many others not worth mentioning, but his practice is a tangible, *dead* reality. It is, epsom salts, preparations of iron, quinine, and *bleeding in both arms at once!* He recommends that, while the patient is being bled, efforts be made to excite coughing, sneezing, and other violent commotions, so as to give the blood a start and make it come out faster! Can anything be more killingly ridiculous? Yet the Scalpel commends Dr Bell's treatise as a beautiful specimen of medical composition, and as evincive of "great powers of observation and philosophical deduction." Can anything be more silly than such puffery?

BLOOD AND SALT, BRANDY AND SUGAR.—Dr. W. P. Hort, of New Orleans, and some of his associate allopathics, have been astonishing the world, and confounding themselves, by an extensive series of chemical experiments on the blood. Their object seems to have been to ascertain what kind of drugs and dye-stuffs are best calculated to stimulate the vitality of the blood globules, and hence prove the best remedies. They have developed some wonderful ideas. They have found some sixteen salts and alkaline earths, which, by mixture with the blood, "exalt its vitality." The effect of common salt was highly exalting, and of brandy and sugar they testify:—

"The effect of brandy (cognac) and the solution of refined sugar was on the whole favorable to the blood corpuscles and monads; they certainly did not impair either their form, or their *vitality* as indicated by motions considerably prolonged."

What grog-guzzling toper will not exclaim, "Amen and amen!" when he learns that the scientific doctors have demonstrated that brandy is first rate for the blood? He can now indulge himself on good liquor "till drunk comes," and then chew a red herring or eat a stale codfish skin, and thus counteract the "drunk" while he is getting another powerful blood vitalizer, salt, into his system; and, then he may begin again on the brandy, and so over and onward *ad libitum!* Really, if the wild phantasies of the chemico-doctoro-physiologists have not bewildered and becrazed men's brains, we must ad-

mit a new proverb: *The greater the absurdity the profounder the science.*

RUM REASONING.—There are two methods by which men reason on such subjects as rum and brandy, tobacco and snuff. One method is from the brains down to the lower organs, which may be called *a priori*; the other is from the stomach, mouth, nose, &c., up to the head, which is appropriately termed Rum Reasoning, or logic *a posteriori*. It is so called because the appetite is the first principle and starting point. Here is a good example of the latter process of ratio ination. The author is the editor of the Boston Medical Journal—allopath, of course—who is now traveling in Europe. Under date of Paris, June 24, 1850, he corresponds as follows:—

"Everybody drinks wine, from the President of the Republic to the bootblack; still, a case of intemperance, of a marked character, is an anomaly. Not a single known case of a broken-down constitution from drunkenness has been discovered, either on the highways or in any of the numerous charities with which Paris abounds. If wine could be introduced into the United States, of the quality in general use all over the wine-growing parts of Europe, it would do something towards staying the plague of intemperance, were it within the reach of those of small means. In New England, however, it would be a hopeless undertaking to convince the strong pillars of the temperance reformation, that a free distribution of wine would actually promote the cause better than legislate enactments."

This idea of helping the temperance cause by substituting weaker liquor for stronger, is about as bright and benevolent as another idea which has been commended in the same journal; furnishing the poor with whale oil or any common fish oil as a substitute for the more expensive and dainty cod-liver oil. How any medical man who professes to understand science, and assumes to talk about temperance, should speak of any form of intoxicating drink, weak or strong; except in terms of unqualified exoration, surpasses our comprehension, unless he is lamentably non-progressive in intelligence or sadly deficient in moral perception. But the *rap* of Dr. Smith we will *knock* over by informing him that others, who have resided in Paris a much longer time than he has, tell a very different story. Among these we will name the Rev. Dr. Kirk. They declare that in Paris drunkenness is a regular system. There are, indeed, a less number of street-staggering drunkards, comparatively, because the drinking business is systematized, so extreme drunkenness is less exposed to the casual observer.

ALLOPATHIC IDEAS OF INSTINCT.—Dr. Hort, in the New Orleans Medical Journal, in undertaking to prove that a large proportion of salt is absolutely essential to animal vitality, brings to bear the following strong illustration:—"Physicians of experience in the Southern States have no doubt often had occasion to remark that a patient, *absolutely* requiring nourishment, after having barely escaped from one of our malignant autumnal fevers, will refuse every preparation of delicate nourishing food which

may be suggested to him, and which is universally deemed appropriate under the circumstances. But here nature, the great and almost unerring nurse, instructs us; for the very last thing appropriate that would occur to the physician being refused, the patient, prompted by nature, makes known his wants. Should it be a Northern man, he will surely ask for the tail of a red herring; but if a native of the South, he will desire broiled ham. There is no danger in gratifying this natural instinct, however reason and professional science so called may be adverse to it."

Whenever we can find a specimen of *natural instinct* in an allopathic Journal which is not really an *artificial appetite*, we will send it to Barnum's Museum as the greatest curiosity since the Fejee mermaid. Who does not know that a violent fever suspends all appetite, natural or artificial, and that when the fever subsides and the appetite returns, it will crave the very things it had been accustomed to, be they a herring's tail, broiled ham, pork and beans, bran bread or raw squash? Who does not know that persons addicted to rum and tobacco, lose all desire for them during a violent fever, but recover the "natural instinct" again on losing the fever? How this world is given to nonsense!

DOCTORING A QUEEN'S BABY.—The Queen of Spain lately gave birth to an infant. It died soon after birth, but had, of course, the most scientific treatment. Among other things it was bathed in ether, and then wrapped up in a warm skin just taken from the body of a sheep, which was killed in the royal chamber for that purpose. Can American regulars beat that?

RATTLE-SNAKE BITES.—The Tribune, in answer to a correspondent, gravely tells us: "Cures of Rattle-Snake bites" have frequently been made by drinking large quantities of *raw whiskey!* Such a doctor's advice is rather too raw; his medical education needs a little cooking. We venture to assert that it will trouble the Tribune exceedingly to find any authority for such a statement, beyond the mere whim of some senseless gabbler.

THE CHOLERA IN MEXICO.—This disease has lately been very fatal in Mexico and Vera Cruz. The Governor of the latter place published an edict forbidding, among other things, the sale of intoxicating drinks. The press opposed the edict, and quoted the authority of the physicians of the United States who recommended brandy as a preventive, and urged upon the inhabitants its beneficial effects. Poor deluded Mexicans! They do not know that the influence of the brandy used in this country by advice of the doctors, was grave-filling instead of of cholera-killing.

SICKNESS IN WASHINGTON.—A correspondent of the Philadelphia Bulletin writes in the following strain:—

"I deem it again proper to warn strangers of the prevailing complaint here. It is in the form of dys-

entery and cholera morbus, but of such a malignant type, that medicine seems powerless in checking it. Hardly a citizen escapes its attack, but upon strangers it is especially severe. When they visit us, say the physicians, let them avoid our water and night air."

What on earth would the man have folks drink, then? Brandy, tea, coffee, lemonade, small beer or great porter? If these drinks are resorted to, will not just as much of the same water be taken with them? Why not tell the people something useful—catch rain-water to drink, or import pure water from the nearest place where it is to be found? That would be talking to some purpose like a genuine hydropathic.

DEATHS OF CHILDREN IN NEW YORK—During a few weeks past between one and two thousand children in this city have been numbered among the dead, constituting, in fact, about three fourths of the bill of mortality. The prevalent diseases are, as usual, cholera infantum, diarrhœa, dysentery and convulsions. More than fifty have died per week from the latter disease alone. What are the causes of this fearful fatality? All the doctors and all the people will admit that errors in regimen produce it all, bad air, bad food, bad drink, bad dress, bad nursing, bad doctoring, bad every thing. If this is true these errors can be corrected, providing the better way is known. But here is the difficulty—who knows it? Not the professors of the popular medical science, or they would teach it, else they are no better than murderers. Not the fathers and mothers of the little sufferers, for certainly they struggle, according to their knowledge, to save them. Now if the doctors do not know that stuffing children with candies, sweet-cakes, greasy meats and gravies, fine butter biscuits, and fresh baker's bread, is not only unhealthful but actually killing, they are miserably ignorant. If they do not know that letting children go with unwashed surfaces and clogged up pores, in our sweltering city tenements, is dangerous to their existence, they are miserably ignorant. If they do know these things, why do they not instruct the people? Where are their journals, books, or newspaper articles which gave any information on these topics? They are not to be found. If the five hundred orthodox doctors of this city would unitedly address a circular to the people of this city, telling them precisely how to feed and manage their children according to the laws of philosophy, the people would heed and obey them. This dreadful infantile havoc would cease at once; but where would be their business? What would become of drugging?

Mothers! if you would have your children live, thrive, grow up healthily, and be exempt from all sorts of morbid appetites, and perverted tastes, give them the purest water and milk to drink, and the plainest, simplest food to eat—brown bread and milk, mush and milk, good potatoes and ripe fruits in abundance. Avoid the whole tribe of nic-nac abominations—confections, lozenges, gingerbread, but-

ter-crackers, greasy pastry, and animal broths, slops and stews, as you would avoid drugs, and avoid drugs as you would dread death. Children, whose eating habits are plain and healthful, require only a little judicious bathing and nursing when sick.

But nursing mothers should know that the abominations taken into their stomachs affect the child through the milk. If she inflames her blood with what are fashionably called rich dishes, fat meats, greasy compounds, highly-seasoned or concentrated food, or poisons her milk with brandy puddings, or wine sauces, the child must suffer. She may even kill her child in this way, without experiencing any unusual inconvenience herself, for the reason that the breasts being, while nursing, in so active a state, they become, as it were, a centering point for whatever morbid humors may be floating in the body, which are transmitted through them so rapidly, that the nursing infant may be poisoned to death, while the mother escapes.

CHLOROFORM IN CHILD-BIRTH.—Some physicians are making a very extensive use of this dangerous agent in the act of parturition. During a conversation with an allopath on this subject, the other day, who has a large practice in a neighboring village, he declared he would not attend any woman who would not consent to take it. It is true, but few out of the whole number who take it are killed by it. Medical journals have recorded only about twenty cases of sudden deaths, from the inhalation of chloroform for remedial purposes, during the last two years. Still this small number amounts to a circumstance. All wrong principles in theory lead to great misfortunes in practice. Those who rely on chloroform to quell the unnecessary pain of labor pains, will pretty surely neglect a much better employment, in not teaching the patient how to live and take care of her health, so that she can safely and easily go through this natural process in a natural way. Such a work would be worthy the name of a true physician. But that man, however well-meaning, is no better than a panderer, a quack, who allows and encourages his patient so to live and act, as to get her body full of fever, inflammation, debility and morbid sensibility, and then trusts to his chloroform to subdue the preternatural agony. No woman who has once gone through this period under hydropathic habits, will have any desire to meddle with chloroform, or any other drug-stuff.

ATMOSPHERIC DISEASES.—One Dr. Rhineland, somewhere on Long Island, has lately been edifying the good people of his neighborhood, through a village newspaper, with learned lucubrations on the states of the atmosphere, as influencing the type of the prevalent diseases. He reasons round "Robin Hood's barn" something in this way: sometimes there is a peculiar state of the atmosphere, which converts most of the diseases by which people are attacked, into the active or inflammatory type; and at other times there is a different peculiar state of the

atmosphere, which induces the maladies to take on the low, typhoid, or erysipelatous type. In the former state of the atmosphere, bleeding and reducing agents are to be employed, and in the latter, stimulating measures must be resorted to. This is a wonderful discovery, no doubt, although it is not a new one. Of course it requires a doctor with large perceptive bumps, to accurately observe the varying atmospheric diatheses and adapt his bleeding or his brandy to the existing "type."

We are of opinion that the errors of living among the Long Islanders, infect the atmosphere, or affect its diathesis, to a much greater extent than the atmosphere infects or affects the diathesis of their bodies, or the type of their maladies. Let us offset Dr. R's ærial hypothesis with a plain, rational, terrestrial matter-of-fact argumentation.

The people of Long Island enjoy an atmosphere by nature singularly pure and salubrious. But like most other people in our country, they have some habits which slightly vitiate the atmosphere around them, and greatly vitiate the blood of their own bodies. For our present purpose it will suffice to mention one. The farmers generally, and most of the villagers on Long Island keep hogs. Go through some of the lovely places, endowed by nature with all the requisites for making little earthly paradises—gardens of Eden. See their beautiful groves, shaded walks, variegated shrubbery, enchanting flower gardens, cool springs, clean streets, and fine cottages. In the midst of all these, and prominent among them, observe another thing, a hog-pen. Often close up to the road-side, and almost in front, and occasionally close by one side of a splendid dwelling, you may see, and smell too, a full and filthy den of swine. There they are confined, mired knee-deep in their own excrement, bestenching and poisoning the air, through scorching summer days and sweltering nights, with but little more than room enough to turn round, lest the exercise should waste some of their accumulating fat; and they are fed on all the rotten, refuse animal and vegetable matters of the kitchen. The sea shore is even ransacked for shell-fish to feed them on. There is an ugly, disgusting looking animal, called the horse-shoe, from the resemblance of the general shape of its shell to the foot of a horse. This animal is gathered in wheel-barrow loads, pounded to death, and then given to the hogs to eat. Hogs are like humans in one sense. Both can be trained to eat and love any thing, no matter how filthy. The hogs so kept and so fattened, are little else than a mass of animal corruption; yet the people of Long Island eat them. They even consider them very excellent eating. Is it strange that such food should fill their bodies with foul humors, and that violent inflammations, or malignant fevers should sometimes, despite the counteracting influence of pure water, pure air, and a genial climate, evince a high or violent, and sometimes a low or putrid diathesis, according to the power of the constitution to throw off disease, and the degree of the morbid

causes operating? Is it not strange that Dr. Rhineland's moon-ward gaze in search of something awful in the atmosphere, should so entirely have overlooked and over-smelled the visible and tangible cause of an atmospheric peculiarity so near at home?

WATER-CURE IN CONSUMPTION.

BY T. L. NICHOLS, M.D.

There are two questions often asked me, on the answers to which hang the hopes and fears, the life and death of thousands.

"Can consumption be cured?"

"Is the water treatment adapted to its cure?"

I answer, *yes*, to both these questions. Consumption, in all its early stages, can be cured. It has been demonstrated, again and again, that under favorable circumstances, tubercles in the lungs have separated, the matter has been thrown off, and they have healed. Years after the patient has died of some other disease, and then the infallible sign of cured consumption, has been found upon a post mortem examination. In other cases, where the disease has not been radically cured, its progress has been suspended for long periods.

The Water-Cure, in its widest sense, is the system of treatment, and the only one, which can be confidently relied upon to produce these effects, I assert this with entire deliberation, and fully conscious of the responsibility. I know that it has been said that the Water-cure is not adapted to diseases of the lungs, and that Water-Cure physicians have refused to take consumptive patients. But I know this to be a great and fatal error. It is a fatal error to say that consumption cannot be cured, and it is as great an error to say, that it cannot be cured by the Water treatment. To such an error, how many precious lives might be sacrificed.

I know that consumption is one of our most terrible and fatal diseases. I know that for three years past, an average of two thousand persons a year, have died of consumption in this city. I know that more than one third of the deaths here, between the ages of twenty and fifty, are from this disease. I know that it is the opprobrium of medicine; that all science, all drugs, all nostrums, have utterly failed; that change of climate is of little benefit; that it is a wretched, hopeless scourge, filling the land with sorrow and the grave with death.

Yet, knowing all this, I say, unhesitatingly, that a careful, thorough and scientific application of the Water-Cure, has cured cases deemed hopeless; and holds out the best chance of life and health, ever offered to the victims of this disease. I assert that the formation of tubercles is checked, that the tuberculous matter is absorbed and thrown out of the system by other channels; that a reparative process is set up in the constitution; and that, by these means, seated and confirmed consumption has been, *is*, and can be cured

Further: where the disease has gone on beyond the point of absolute cure, its action may be suspended by this treatment, and the patient enabled to live for an indefinite period in comparative comfort, the system continually purified and invigorated by these genial processes. And when Nature sinks at last under the disease, the world has no blessing for the poor fevered sufferer like the Water treatment. Best of all anodynes, it soothes pain, softens every symptom, and robs death of half its terrors. It is the best system of palliation, as it is the only rational hope of cure.

In this disease, all systems of medication have failed. All drugs, acting as irritants and poisons, have hastened its fatal issue; and blisters, setons, irritations with antimonial ointment, croton oil, &c., are needless tortures, which waste the strength of the patient, and act as fuel to the flame. The nostrums which have built palaces for quacks have all proved worthless. They have come up one after another, been advertised, certificates of wonderful cures have been paraded, vast quantities have been sold, the proprietors have grown rich on human credulity, and you hear of them no more, some new preparation has supplanted them. Three articles form the basis of most of their preparations. They generally contain antimony or ipecac, as an expectorant, opium as a sedative, and alcohol as a stimulant. There is a momentary relief, a brief excitement; and each dose leaves the patient worse. Where they have seemed to cure, either there was no serious disease, or Nature, stimulated by hope, rallied to overcome it. In most cases of reported cures of consumption, there was never any really tuberculous disease, and the patient would have recovered under any circumstances.

I have no motive to impose upon the public. I have no nostrum to advertise. Water and light and air are free; and the knowledge how to use them is free, so far as it can be communicated by means of the press. God forbid that I should excite hopes doomed to disappointment; or that I should lead any one into error, on a subject of such importance. I have studied the disease carefully, and it is my earnest conviction that in the first stage of consumption nine cases in ten could be radically cured by the Water Treatment; and that in the second stage a large proportion might also be cured; while in all stages of the disease, I am satisfied that this is the only reasonable hope; and the best possible treatment, where all hope is vain.

Let me not be misapprehended. What I mean by the first stage, is that in which tubercles are just beginning to form, and before any alarming symptoms have made their appearance. This is "in season," and at this time the Water-Cure may be confidently relied upon in almost every case. I feel assured that of the two thousand persons who are dying this year in New York of consumption, nearly all could have been saved if they had never taken drugs, and if they

had taken the Water-Cure in the very onset of the disease. A vast number could have been cured, after their friends had shaken their heads despairingly; and all might have been greatly benefited, instead of being greatly injured, as they unquestionably have been, by the ordinary course of treatment.

Many will think me an enthusiast when I declare that I believe it possible to check, in a great measure, the ravages of this disease. Why is such a belief enthusiastic? Were the human lungs made expressly for the growth of tubercles? Has God decreed that two thousand people shall perish in this city every year by consumption? Has nature no laws, and can disease come without a violation of those laws? Consumption is an unnecessary disease as it is a terrible and fatal one. The causes which produce it are well understood, and capable of being removed. The disease itself can be eradicated in the individual and in the community. No person who lives in accordance with the laws of health will ever bring consumption upon himself, or entail it upon his offspring, and of those unfortunates who inherit it from their parents, a vast proportion can be cured; not by drugs, not by blisters, powders, pills, calomel, tartar emetic, and the lancet; but by the pure and beautiful, and natural processes, which go to make up what we denominate the Water-Cure, form its most important agent.

The first step in this process of eradicating consumption, is to cure the scrofulous diathesis on which it depends. In numerous cases I have seen this diseased condition and predisposition thoroughly overcome by the Water-Cure. I believe it may be so in almost all cases; and where it is, there is no fear of consumption. There are cases which are probably beyond remedy—cases in which children are born with tubercles in their lungs; but these are rare exceptions.

This cure cannot be too soon begun. It should commence with the nursing of the infant, and its daily care. If a child is so unfortunate as to be born of a scrofulous mother, it should not be allowed to nurse her; much less if she is consumptive. The milk of a healthy nurse, or of a good cow, should be substituted, with pure air, water and exercise.

When a child is growing rapidly, with all its nutritive functions acting with energy, the Water-Cure will effectually eradicate a scrofulous taint in the system. There is no need of an attending physician, and a long doctor's bill. A careful, intelligent mother, who has taken pains to inform herself, or who gets competent advice occasionally, is very capable of taking care of her children, and building up for them the most invaluable of all earthly possessions, a solid capital of health. One word expresses much of all that is required; that one word is purity. A pure diet, pure air, and purity of person, are the most important requisites.

When the period of childhood is past, the system takes on a great and important change; and in this change may be the spring of future health or the

seeds of early death. Great care is required at this time, especially with young females; and the slightest tendency to disease should be met with the most thorough and judicious treatment. The voyage of life is now fairly commenced, and rocks and quicksands are ready to swallow up the heedless mariner. Parents have a terrible responsibility at this period; and no man or woman should undertake to bring up a child without endeavoring to get a thorough understanding of the laws of its being. Parents have trusted to the medical profession, and the records of disease and mortality show that they have leaned upon a broken reed. When every father understands the laws of life; when every mother is qualified to take proper care of her children, consumption will be eradicated, and all other diseases will be of rare occurrence. There is no natural reason why the human race may not be as healthy as any other race of animals. In their natural condition, no animals die of consumption, but there is no race of animals, which may not be rendered consumptive, by treating them just as we treat ourselves.

In the preventive treatment for consumption, I can only give general directions. We must cease to do evil, and learn to do well. We must cease feeding on scrofulous pork and other diseased flesh, and narcotics, such as tea, coffee and tobacco. We must cease living day or night in small, close, unventilated rooms; we must cease the uncleanness of leaving the skin to be clogged with impurities. We must cease first to stimulate and then abuse our passions. In short, every person who would not die of consumption should eat a proper quantity of pure food; breathe a proper quantity of pure air, and wash the whole body every day with a proper quantity of pure water. These, with purity of thought and life, are the grand preservatives.

When the disease has once begun, Nature demands the most careful, and, at the same time the most energetic assistance of Art, in addition to the rules just laid down. The skin must be excited by continual packs and bandages, to relieve the lungs. The inflammatory action must be held under control, at the same time that everything like chill and congestion must be carefully avoided. The debilitating night sweats must be checked by cold sponging, and the tonic dripping sheet. The diarrhoea must be regulated by injections of cold water; and all the symptoms and complications of the disease must be met with patient care, while nothing is neglected that can invigorate and strengthen the system.

Such are the general principles of treatment, which I shall illustrate by cases in my articles on "Practice in Water-Cure."

APPRECIATION OF THE JOURNAL.—A Water-Cure physician in Western New York, made use of the following language in a recent conversation with a friend:—"I would sooner give \$50 a-year, than be without the Water-Cure Journal."

DYSENTERY; ITS HISTORY, NATURE AND TREATMENT.

BY JOEL SHEW, M.D.

(Continued from our last number.)

Morbid Appearances in Dysentery.—After death, from the acute form of the disease, we see great inflammation of the intestines—chiefly of the large ones, and particularly of the colon. This disease so particularly affects this part, that some have proposed to call it *colitis*, or inflammation of the colon; but that would not be quite correct; for it also affects the rectum, and likewise the small intestines. The great seat of the disease, however, is the colon and the rectum. Besides marks of redness and congestion, there is occasionally superficial abrasion of the mucus membrane; and sometimes deep-seated ulceration and great distension. After the chronic form of the disease in the same situations—namely, the colon and rectum—we find great redness and ulceration; but we also find that effect so peculiar to chronic inflammation—great hypertrophy; such thickness as the acute inflammation will not induce. There is great thickness of all the coats. The rugæ are all greatly enlarged; so that the inner surface is exceedingly rugged, and we see shreds of lymph (sometimes of great length) hanging upon it. Occasionally these changes are seen only in patches; and occasionally they are seen over a very great extent; and, at the same time, red patches are frequently seen in the small intestines. The colon has been found after this chronic form of the disease, as much as a quarter of an inch in thickness. Minute abscesses, too, are seen in the substance of the intestines. On opening the glands, we find them so much hypertrophied, (thickened) as to look like so many warts. Besides the morbid appearances just mentioned, it is not uncommon to find the liver in a state of disease. It is frequently in a state of chronic inflammation; and, occasionally, in a state of abscess. The spleen, sometimes, is in the same predicament. The liver, however, is much more frequently affected than the spleen.*

Terminations.—Acute dysentery may terminate:

1. In health.
2. In a chronic form of the disease.
3. In another disease.
4. In death.

When the disease terminates favorably, we find a gradual abatement in the severity of all the symptoms. The tormina and tenesmus diminish; the fever grows less, the discharges become less and less frequent; the bloody and mucous dejections disappear, while the evacuations assume a more natural appearance; the strength gradually, though slowly returns, until at length health becomes fully established.

“This happy termination, however, is not always

permanent. Errors in diet, or improper exposure, will, and too often do, produce a return of this formidable malady; and this at a time, when the powers of the system are still far from being restored—when this happens, the patient quickly pays the forfeit of his life, or a conversion into another disease takes place, which leaves him a poor choice of evils; either a more or less speedy death, or an endless disease. It therefore behoves the patient to pay the strictest regard to regimen, clothing, and exercise. The first should be mild, and chiefly consist of vegetable substances, as rice, in its various forms, tapioca, arrow-root, &c.; and this should be continued for some time, or until pain has entirely ceased; the evacuations discharged without blood or mucus; without enemas, and of proper consistence. The strength should above all be consulted; for if this do not accumulate in a proper ratio to the quantity of food taken, and the apparent freedom from disease, all is not right—there is some lurking mischief, which should as early as possible be detected.”*

Chronic form of Dysentery.—In some cases the constitution may have sufficient power to prevent immediate death from acute dysentery, while yet there is not recuperative power enough in the system to complete the restoration of the parts that were involved in the acute stage of the disease. So also the chronic form may occur in consequence of errors in diet, excessive fatigue, exposure to damp and cold, the improper use of medicinal and other stimulants, and from a variety of causes of similar kind. “The countenance is sad, pale, or yellow; and the whole of the forearms and hands become covered with an earthly-looking crust; this never fails to be a bad sign. The skin is dry, and rough to the touch; and the lips and gums are without color; the face becomes œdematous sometimes; the patient continually wastes; the dysenteric odor is even stronger than in the acute form; indeed, it becomes almost insupportable. The pulse is feeble, slow, intermittent, with evening exacerbations; sometimes the belly is hard, but not painful; the urine is brown, scalding, and passes off with difficulty; the feet and legs swell, and eventually become hydropic.”†

Often in the chronic form there is no general feverishness whatever; the disease degenerates into diarrhoea, or what is sometimes called dysenteric diarrhoea; that is diarrhoea, characterized by griping, tenesmus, and a discharge of mucus, with or without streaks of blood. Chronic dysentery is reckoned by medical men generally, as being an incurable disease.

Treatment of the acute form.—The indications of treatment in acute dysentery are:

1. To subdue the general fever.
2. To mitigate the pain.
3. To support the patient's strength

* See Ellipton's Practice of Medicine, Philadelphia, 1844, page 921.

* Dewee's Practice of Physic, page 584.

† Dewee's Practice of Physic, page 585.

This is a disease emphatically of inflammation. If there is much pain attending it, we may know that intense inflammation exists; so also of the tenesmus and the discharges. Entire constipation of natural discharges that almost always take place, is also an evidence of the highly inflammatory state of the system generally.

The best authors who have written on this disease, agree as to the propriety of the sedative, antiphlogistic or anti-inflammatory plan of treatment. There are, of course, a great variety of ways in which this may, to a greater or less extent, be accomplished. Purgatives have the effect of reducing feverishness; sweating medicines, too, and more especially bleeding within proper limits have this effect. But a very important question arises in reference to all these modes,—modes, too, which have been for so many centuries resorted to by the greatest, wisest, and best of men in the profession—whether they do not often cause more harm than good in this formidable disease. Any one who will take the trouble to read all the various modes that have been and are still resorted to, and that by the most competent and skillful of the profession, will also see that there is among such writers a great want of system and uniformity, and that often one recommends a method diametrically opposed to that of another. But, as before remarked, the *antiphlogistic plan*, is that which is aimed at by most practitioners in this disease.*

* "The medical treatment of dysentery," says Dr. Good, "has given rise to much warfare of opinion * * * * *"

"It is impossible to contemplate the conflicting opinions which are given us, respecting this mode, by the monographic writers on tropical diseases, without astonishment; and the only mode of reconciling them, is to suppose that the constitution is very differently affected by the use of mercury under different circumstances; and that, while in some epidemics and sporadic cases it produces all that benefit which *a priori* we should expect generally, in others it entirely fails, or even proves mischievous. Dr. Jackson, Dr. Billingsall, and Mr. Bampfield, feel justified in employing calomel merely as a purgative; while the second, though he regards it as of the highest importance in chronic dysentery, found even pytaliam itself unsuccessful in the acute form. Dr. Johnson esteems it of high importance as a purgative, but of the utmost moment as a sialogogue. He unites it occasionally with bleeding, with anodynes, with diaphoretics, or with all; but each of these is subsidiary to its powers, and may often be dispensed with.—(*Influence of Tropical Diseases*, &c., p. 202).—Mr. Annesly unites it in the same manner, but takes every method in his power to prevent it from becoming a sialogogue. In any of the diseases for which he prescribes it, as fevers, dysentery, and liver complaints, he gives it in scruple doses in each "I never wished," says he, "to see the mouth in the least degree affected. Whenever this happened, I considered the salutary effects of calomel interrupted, because its use must be then discontinued; and it was my object to act upon the secretions of the intestines, to diminish muscular action in the intestinal canal, and not in the most remote degree to act upon the salivary glands."—(*Practical Observations on the Effects of Calomel on the Mucous Surface*, &c., Lond., 1825, 8vo).—Mr. Cunningham, late surgeon to the sceptre in the East Indies, boldly employs it alone, and regards everything else as

But how are we to produce in the safest, best, and most effectual manner this sedative or antiphlogistic effect upon the system? This must be a serious question with every intelligent and conscientious practitioner of the healing art. Shall we go upon the plan of the most eminent practitioners of Cullen's time, who regarded that the disease is to be cured most effectually by purging, assiduously employed? Or shall we regard Cullen's own opinions, that "the most gentle laxatives are usually sufficient; and as they must be frequently repeated, the most gentle are the most safe; the more, especially as an inflammatory state so frequently accompanies the disease?" Or, if this do not succeed, shall we bleed the patient freely as recommended by such authorities as Sydenham, Elliotson, Dewees, Mackintosh, Watson, and others? Or, shall we give twenty grain doses of calomel at intervals so as to get the mouth sore (salivated) as soon as possible, as recommended by Elliotson? Or shall we use tartar emetic, large and repeated doses of opium, leeches, blisters, and, in short, all of the most horrible enginery of the old school? If I have studied the human system, and the healing art to any purpose; if I have practised among the sick with anything like satisfactory success, I affirm that there is a better mode than all these, more powerful and more efficient; and, at the same time, incomparatively more safe, than any or all of these combined. The remedy is, moreover, as simple, cheap and universal as efficacious; it is precisely such a remedy as we would naturally expect a good, wise and benevolent Creator to place within the reach of all his creatures. It is, in short, COLD WATER.

impeding its course. He does not even stand in need of alvine aperients of any kind, and prefers scruple doses to smaller preparations, because it does not in this form so readily excite the alvine discharge, so as to be carried out of the system by stool; and, administered it in this way, he fearlessly asserts, and the tables of his practice serve to justify his assertion, that "it is an almost certain remedy for dysentery, in hot climates at least." [Dr. Renton, of Madeira, after having given a trial to almost all the various modes, from copious blood-letting down to the oil of turpentine, feels himself justified in stating, after some years' experience, that, in the treatment of the dysentery of that island, "mercury, given boldly and perseveringly, until the mouth becomes decidedly affected, is the remedy chiefly entitled to confidence."—*Renton, in Edin. Med. Chir. Trans.*, vol. ii., p. 377.)—His plan is to give calomel every three or four hours, until the gums become sore.] And, finally, for it is not worth while to pursue the discrepancy further. Dr. L. Frank assures us, that, in his practice, the large doses of calomel given so generally by the English surgeons in India, proved dangerous in the French army in Egypt; and that the plan most successful in his hands, was that laid down by Sydenham, which consisted, says he, in removing irritation by gentle aperients, the use of emollient injections, mucilaginous and diluted drinks, diaphoretics, and laudanum. * * * *Good's Study of Medicine*, New York, vol. i. 1836, p. 555.

What are we to think of the ordinary practice of medicine when those among its best advocates vary so much in regard to the treatment of so formidable a disease?

So far, then, as general feverishness is concerned, in this, as in all other diseases, let it be kept continually subdued by the cooling or sedative effect of cold water. It is the heat of inflammatory diseases that takes away the strength. The strength diminishes in proportion as the temperature augments. Cool and cold water, cool air, and coolness, generally, by preventing the abnormal heat, promotes the strength. Nor need the water be used very cold if the patient is weak. Even tepid water is much cooler than the blood; and, if continued for a sufficient length of time, may be made to cool the system very effectually, and this, even when the feverishness is high.

It is very necessary to watch constantly the condition of the abdomen and the head; these parts are very apt to become too hot, and the sooner all febrile symptoms are combated, the easier are they subdued.

The Cold Hip Bath.—The second indication of treatment—the mitigation of pain—is a very important one; and here I am led to remark, if there is, in the whole range of human diseases, one instance wherein a remedial agent can be made to act in a manner most agreeably efficacious in subduing pain, it is the cold sitting bath here. In the tormina and tenesmus of dysentery, a child may be writhing in agony a great portion of the time; opiates, and injections, and all other remedies fail in bringing relief; we sit or hold this child in a tub of cold water, and directly the pain ceases. We use the remedy sufficiently often, the water being of proper temperature, and we are certain of securing our object, so far as the relieving of pain is concerned. Whether the patient can live is another question; but if death, even, must be the result in any given case, it is certainly very desirable that we make this death as easy as may be. This every parent can well appreciate.

Let this bath be used thus; a common wooden tub is sufficient, the size being suited somewhat to the patient's age. It is better to elevate the back of the tub a few inches by placing under it a brick or a block of wood. If the tub is of pretty good depth, all the better, as we wish to have the water come as high upon the abdomen as may be; but if the tub is shallow, the water can be poured higher upon the body by means of a cup; or a sponge or towel dipped frequently in water may be used. MAKE THOROUGH WORK IN COOLING THE BOWELS and THEN THE PAIN WILL CEASE. If it is a feeble child, let two persons hold it, one to support the head and upper part of the body, the other the feet outside of the tub. I would not object in some cases to having the feet in warm water at the same time. I am not certain but this would be good in all cases. I should not, at any rate, be afraid of it, if the water were not used too hot. The feet also may be rubbed with the dry warm band, or warm cloths; or other moderately warm applications may be made. But I repeat again, *make thorough work in keeping the abdomen cool*; and repeat the necessary processes as often as heat and pain return.

Wet Fomentations, Bandages, &c.—In the old practice, some have used warm fomentations of bran, wet flannels, &c., and others have used these applications cold. It is probably well to alternate occasionally with the two, but they should not be used hot. Each will act better in consequence of these changes. But I would depend mostly upon the cold applications externally. Warmth is also good often, I will remark, to relieve pain; but we must recollect that artificial heat is, as a general fact debilitating to the system, and that we must therefore use it with extreme caution in the treatment of disease. Patients with dysentery should wear the wet girdle a large share of the time until they become thoroughly well and strong; but it should be often rewet, in hot weather, otherwise it would be very likely to do more harm than good by overheating the system.

With children, and adults also if necessary, especially if there be great soreness of the anus or external opening of the lower bowel, a heavy wet compress should be placed upon the part. With children we wet a heavy diaper and apply it as for a young infant. This may be double or treble according to the apparent necessity of the case. This does very much in relieving and preventing the soreness alluded to, the excruciating tortures so often attending the disease.

Injections and Drinks.—I do not believe it best to use very cold water internally in bowel complaints of whatever kind. Tepid or moderately warm water I now believe to be the best. *Water-soaking* the system internally, so to say, has a great effect in subduing inflammation and pain. It also dilutes morbid matters, rendering them thus less powerful for harm, so that the healing may go on much more rapidly than would otherwise be the case. I would give the patient all the liquid he desires. I would even encourage him to take more rather than less; and the best liquid of all, for this purpose, doubtless is pure soft water, the purer and softer the better. People may everywhere, have pure soft water if they will only be at the expense, (which is on the whole a moderate one), of catching the water as it comes from the clouds. But use even hard water, rather than any other drink. Boiling the water if it be hard improves it somewhat.

Priessnitz' Treatment.—When I was last at Graeffenberg, in the winter of 1847-8, after a conversation with Priessnitz concerning his treatment of acute dysentery, diarrhoea, cholera morbus, and cholera infantum, I wrote the following paragraphs setting forth his views:

“ACUTE DYSENTERY, DIARRHOEA, CHOLERA MORBUS, AND OTHER DISCHARGES FROM THE BOWELS.—The treatment Priessnitz recommends in all diseases of this kind is very simple. Suppose it a bad case of dysentery in a child. The great reliance with him is the hip bath, always cold if the patient is not already very weak. No time should be lost, and the treatment should be persevered in until the discharge

is arrested. Cold injections he also uses if the hip bath does not readily arrest the discharge. The wet girdle about the abdomen is to be kept on constantly during the intervals when the other means are not used. As much water as the patient desires is to be taken, and at frequent intervals.

"As to general ablutions, sufficient daily for cleanliness is all that he recommends in these cases; no half baths, no wet sheets, or means of that kind as a general thing. The sitz bath, injections, wet girdle, and the drinking, with spare and cooling diet—these are the means which Priessnitz has found in his great experience to be the best. If the patient is very weak, the water should be moderated a little in temperature, as at from 60 degrees to 70 degrees Fahrenheit.

"In the house where I lodge at Graefenberg this winter (1848,) there is a little boy five or six years of age that has been under the treatment for some weeks. He has just had the measles. As the disease passed off, a severe diarrhoea came on. He was of scrofulous tendency, often had the croup, and also chronic tonsillitis (inflammation of the tonsils.) Priessnitz's directions for the diarrhoea were hip baths cold, every three or four hours during the day, for twenty minutes each time; and if the discharges come on in the night, the hip bath was to be given the same as during the day. There was also practised in the case a light general treatment, such as would be suitable in any case where the measles were passing off, viz., slight general ablutions once or twice a day, with water at about 70 degrees Fah. The sitz bath had evidently a very marked effect in arresting the discharges.

"Priessnitz holds that almost every conceivable case of acute disease of this kind may be readily cured by the simple processes we have here described, if it is treated in season and with sufficient perseverance. There must be no half-way work in the matter, and there is as much need of a doctor who understands his business, or of an old woman, or some one who is perfectly competent to take charge in the matter, and see that it is properly carried out; and how many foolish, ignorant persons, wise enough in their own conceit, do we have to encounter in almost every case of water treatment in acute diseases. The mode we have described will seem a harsh and dangerous one, no doubt, to many, and there will be doctors, wise men enough, who, if they take the trouble to investigate these things at all, will declare that such a mode would be perfectly hazardous—quite certain to kill. Let these ignorant pretenders (and they are plenty enough in our country,) I say let them first learn the A, B, C of the water treatment before they assume to pronounce so sagely concerning the opinions and well-earned experience of the noble philosopher of Graefenberg. I myself have been annoyed not a little in the city of New York, by having my patients told by these would-be-wise men that the Water-Cure would be certain to kill them. "Your system has not the power of reaction," that conveni-

nient word as little understood as it is common to use; "you will surely get your death by the water." Such are not unfrequently the expressions of those miserable specimens of humanity who know not yet the first principles of the laws that govern the human system, or of the Water-Cure as practised by its founder.

"But to return. In our cities, our hot, unhealthy American cities, where, in the summer season, such multitudes of infants and children drop off suddenly with these bowel complaints, I fear that in many cases death will be the result of such attacks, in spite of all that the best skill and judgment can dictate. So unhealthy is a great city like New York in the hot season, with its ten thousand filthy and pestilential emanations, from streets, gutters, privies, butcheries, and the like; and so unwisely, too, are children reared, starved now and then, but generally over-full, crammed, as people do with their housed geese and turkeys before Thanksgiving or Christmas; dosed with paregorics and other poisonous compounds from the first hour of life onward; swathed and girted up so that they could scarce exist, even if all other things were right about them;—I repeat, any practitioner that has to deal with such cases, and under such circumstances, will have trouble enough, and if I am not mistaken will often be tempted to flee forever from a calling which is by most people so thoughtlessly appreciated and yet more thoughtlessly rewarded.

"But in the practice of the water treatment, I have often been astonished at the results obtained in these unfavorable cases, and sometimes when the patient has been given over to die, when dosing and poisoning had been carried to the full extent.

"If a child of my own should be attacked in a dangerous manner with dysentery, or any of the bowel complaints, I presume I should use a more powerful and energetic treatment than I should dare to use elsewhere, so great is the prejudice of the people against water, and so ignorant are physicians of its use. Why, suppose a man loses a patient and is sued for malpractice. It might have been the best treatment that could possibly be, yet the patient is lost. Now come the wise gentry of the profession to testify. The child was killed—and then comes the indictment, or, to say the least, a heavy fine; for the value of human life is often measured by money in this world. Thus it is; if we of the water system lose a case, no matter of what kind, ten to one if we have not killed the patient. But in the calomel and bleeding practice, it is another thing. A man may kill a score of patients in as many days, and so that each one be well crammed with poisons, and sent hence with the last repeated dose undigested on the stomach, all is well; the patient died *scientifically*. There is a charm in that; but we, of the new practice, believing honestly and truly in what we do, and that the system is the greatest of all improvements that have yet come to man—we will undertake to teach people to die as well as to live by the water

treatment. Let future times determine whether we succeed.

"I must mention a fatal case of dysentery I had in the past year, 1847. A very worthy friend was the father of a second child, an only daughter, which he worshipped. It has been reared with great difficulty to seven or eight months by hand. It was not my patient at first. Being taken ill of dysentery, medicine was given. Then I was called upon. We practiced the water treatment, and then again some medicine was given. At last the child died; and now this friend, who is theoretically tired enough of the old mode, can never forgive himself that other means were not used. "Why," says he, "when one thing fails, we should try something else." This perpetually "trying" something else! Alas! how many are tried upon until they are sent to the grave.*

Duration of the disease.—Dysentery, like all other diseases, varies much in its intensity. It may be the slightest thing imaginable, and from or on the other hand become one of the most violent attacks of disease that can be conceived of. An apparently healthy child may be all at once cut down—brought to death's door as it were in a single day; but occasionally the attack comes on more gradually, but it may remain for many days in spite of all treatment. In some cases the bowels will heal much sooner than in others, and as long as life remains let the friends persevere and hope.

Flagellation in Dysentery.—Dr. Good, (*Study*

* Dr. Edward Johnson, well known for his advocacy of water in England, wrote a work on hydropathy at Graefenberg, 1843, in which he argued that certain applications of cold water were capable of producing all the effects both of *bleeding* and *blistering*—except the pain. Now, strange to say, in his late work, "The Domestic Practice of Hydropathy," he gives a very singular treatment for dysentery. (See "Johnson's Domestic Practice of Hydropathy" New-York edition, 1849. pp 197, 198.)

Why should leeches be applied if water is capable of producing "all the effects of both *bleeding* and *blistering*—except the pain." (See Johnson's Hydropathy, London edition, 1843, p 171; also p. 175.)

Has Dr. Johnson changed his mind since he was with the "Peasant Philosopher of Graefenberg." as he calls Priemnitz, or does he wish to make favor with the Allopathic brethren in this matter?

And why should the patient take "twenty or twenty-five grains of Dover's powder every night," when cold water, properly used, according to Dr. Johnson's own reasoning, is the most powerful sedative known. What too, can be the object of irritating the bowels with doses of castor oil. If the doctor has changed his mind in regard to these things, he should be consistent and inform his readers of the fact. I consider the sweating treatment as being far from the best in this disease. We cannot bring on sweating until the fever and inflammation have been subdued. When this is done there is no need of that process. Altogether, I consider Dr. Johnson's treatment in dysentery a very poor one; and what is worse, one which is liable to do much mischief. I fully believe that under such a treatment as he has recommended, patients would every now and then be lost, who otherwise might be saved.

of Medicine, New York, vol. I., p. 556), quotes Dr. Darwin as giving a singular mode of treatment calculated to cause a powerfully derivative effect toward the surface, but which, as he remarks, we should not always recommend, nor find our patients disposed to carry into effect. "Two dysenteric patients," says he, "in the same ward of the Infirmary at Edinburgh, quarrelled, and whipped each other with horsewhips a long time, and were both much better after it."

Diet.—All agree in the great importance of attention to diet in this disease. It is well understood by the best writers in medicine, that no food at all should be given so long as the severity of the disease continues. "All writers on dysentery," says Dr. Hosack, "agree on the bad effects of animal food." It adds to the septic (putrescent) state of the bowels and of the whole system. Baker, Pringle, Zimmerman, and D. Monro, are all opposed to it in every form and every shape, even in the form of soups. "Not even chicken soup," says George Baker, "should be allowed in the disease;" "nor mutton broth," says Pringle.*

Dr. Dewees recommends a mild vegetable, or mucilaginous, and the shunning of all stimulating drinks and medicines in the chronic form of the disease.

"Radical cures," says Dr. Morton, "have been derived from a persistence in a diet of gum-water and the farinaceous articles, conjoined with absolute rest." "The patient should be kept without food," says Dr. Elliotson; "the stomach should be allowed as much repose as possible; he should be kept very low." And the celebrated Dr. Watson, of London, remarks, "the food in dysentery should be farinaceous and simple." "Vegetable nourishment and fruits, especially in the beginning, may be given," says Dr. Cullen. Grapes are preferred by Zimmerman. "Fruits are not only useful in the cure," says Dr. Hosack, "but in the prevention of the disease, not only as antiseptics, but from their effect in quickening the biliary secretions." "All writers on this subject," this author further observes, "agree on the bad effects of animal food in dysentery."

Fruit a Preventive.—Most persons are afraid of fruits in times of prevailing dysentery. I was told by a very intelligent lawyer of Morristown, New Jersey, last year, that the people of that region ate freely of peaches during their whole season. Morristown is famous for its fine air, good water, and fruits. Just before the time of peaches, bowel complaints were frequent. But very soon after the fruit season commenced, bowel complaints ceased.

For a number of years I had been in the habit of keeping patients suffering from dysentery, in the autumn, on grapes during their cure. The juice only of the fruit was swallowed, and always apparently with the best results. The past season, looking over the authorities on the subject of dysentery, I found

* Hosack's Practice of Medicine, p. 368.

the following in Dr. Elliotson's great work on the Practice of Medicine:

"It has been supposed that fruit produces this disease; but unless the fruit be bad there is no reason to suppose that this is the case. Of course, bad fruit, coming under the head of bad food, might produce it; but the mere circumstance of eating fruit at the time when nature provides it for us, does not give rise to the disease. On the contrary, there are on record many cases of fruit having proved exceedingly beneficial. It is mentioned by Zimmerman, in his work on Experience, that in 1751 a whole regiment, in the South of France was nearly destroyed by dysentery. The officers purchased the entire crop of several acres of vineyard for the regiment; and not one man died from that time, nor was one more attacked. Tissot, a French writer, also mentions that eleven persons in one house were attacked with dysentery. Nine of them ate fruit and recovered; but the grandmother, and one darling little grandchild, had wine and spices instead, as being more comfortable; and both died. It was observed in Holland, that the worst flux which was ever known in the army, occurred at the end of July, when there is no fruit but strawberries, of which the men never partook; and that the disease ceased entirely when October arrived, and brought the grapes of which the men ate very heartily."^{*}

But it should be remarked, that even good fruit will sometimes appear to cause dysentery. So indeed the best of food might do the same, under unfavorable circumstances. Nourishment is often taken when it is not needed, and at such times, the most healthful articles will cause more or less harm. People too, are very apt to attribute such attacks to the last article which they had eaten. The last food was taken before the attack, seems always to disagree; but it is not to be inferred from this, that the disease is brought on by the food. The true cause is often to be looked for, far back of the time when the last food had been taken. The condition of the general health, must, in all such cases, be taken into account.

It is proper here also to remark, that during convalescence in dysentery, fruit as well as all other kinds of nutriment must be taken with extreme caution. A little too much of the best of articles will sometimes cause a great amount of mischief, and lead perhaps to inevitable death. I will also here add, that whatever food is found safe and useful in so dangerous a disease as dysentery, will also be found equally so in other diseases of the bowels.

Good apples, and good and perfectly ripe fruit, fresh from the trees or vines, may be used in any case of bowel complaint. If the case be a bad one, it may be necessary for the patient to fast some days, from all food. But when nourishment is needed, the juice of perfectly ripe fruit, in proper quantity

will always, I think, be found salutary and good.

Fresh air and Clothing.—Whether dysentery is capable of being propagated by means of the excrementitious discharges, as many believe, or not, it is highly important that every means be taken for the thorough ventilation and purification of the air of the patient's room. Let the discharges be removed as quickly as possible from the chamber of the sick. Some have been so particular in this matter as to insist that the alvine discharges should not be thrown into the common privy but buried in the earth, as was the custom in Levitical times. The clothing of the patient should be frequently changed. The same particular attention should also be paid to the bedding. If the patient is obliged to remain in the recumbent posture, let the bedding be changed, at the very least, as often as morning and evening; and three or four times a-day would be better. Patients always feel better and more comfortable, when they go to a fresh, clean, and well aired bed. It is not strictly necessary that the clothing be washed at every change; but it should be well aired either out of doors or before a fire in another room. These may appear trifling matters to the uninitiated but it should be remembered that in the treatment of all diseases, it is a combination of many small matters which constitutes the great whole.

Exercise.—In this as in all other diseases, the patient should sit up as much of the time as he can without inducing too great fatigue. Little and often should be the rule. But mischief is not unfrequently done in this disease by the patient doing too much at a time. One day he takes little, or perhaps no exercise at all; the next he feels a good deal better, and all at once sets about walking, riding, &c., and does enough the first day, almost, for a whole week. Serious relapses are sometimes thus caused.

Riding will be found peculiarly appropriate in this disease. This exercise seems almost too trifling matter to do much good; but when we take into consideration the influence of the constant, though gradual motion attendant on this mode of locomotion, the tonic effects of pure fresh air, and the wonderful stimulation of light, we need not be at a loss to account for the manifest improvement which occurs often from simply taking a ride.

Thus it will appear, I place great stress on what may be termed "good nursing," in this formidable disease. Let me remark also, in this place, that when dysentery becomes epidemic, great patience must be exercised in its management. We Americans, persevering and courageous as we are, in many things, have little courage in disease. If we are not cured immediately, we must set about, dosing, and dosing the poor stomach, as if life depended upon taking every nauseous thing the drug shop affords. And so, many, by their foolishness, suffer untold anguish and lose their lives for their temerity.

Hereafter, I may perhaps give some cases in illustration of the effects of water treatment in dysentery. But

* Dr. Elliotson's Practice of Medicine. Philadelphia, 1848, page 922.

I tire of such details. A strict and constant vegetarian never gets the disease. "An ounce of prevention is better than a pound of cure."

New-York Water-Cure Institution, corner Twelfth street and University Place.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

CASE 10.—CONSUMPTION.

An Englishman of thirty-five, a baker by trade, a smart driving man, doing a good business, came to me with an affection of the lungs of long standing. Six years before, Dr. Mott had told him that he could not live six months, but a strong constitution had thus far triumphed over disease.

His symptoms, at the time he came to me, were discouraging. He had a violent cough night and day, so that he never slept over an hour at a time. He raised immense quantities of purulent matter, had night sweats that weakened him, a tendency to diarrhoea, and was so broken down that he could no longer attend to his business. On examining his lungs I could find no signs of tuberculous disorganization, but what seemed to me to be very extensive bronchial inflammation, extending over the entire mucous surface. Had as the case was, I was satisfied of the possibility of a cure.

I commenced the treatment by making as strong an attack upon the skin as he would bear, and his constitution had still considerable strength. I gave him long packs in the wet sheet, and occasionally in the dry blankets. Every few days, when he seemed best able to bear it, I gave him a powerful douche, with a smart rubbing. Let no one be misled by this treatment, and think that it would be necessarily good for another case. My object was to excite the skin to action, and the means were adapted carefully to the end, with a reference to the patient's constitution. After a few days, I made him wear a wet jacket night and day, in addition to his other treatment. A simple and spare diet, water to drink, and exercise in the open air, also made a part of the treatment.

I have never seen any person so far gone in disease improve so rapidly. In a fortnight his expectoration had diminished one half, his cough was less frequent and easier, and instead of harrassing him all night, he waked up but once. His sweats disappeared, his bowels became regular, and he was driving round, attending to his business, and at work in his shop, to the astonishment of all his neighbors. There was every indication, that, with continued treatment and proper care, he would have recovered; but there were two things that prevented. He wished to avoid expense, and thought he could take care of himself at home; and he was constantly driven by his increasing business.

There are few more unhealthy trades than that of a baker. The constant inhalation of the fine flour irritates the lungs; the ovens keep up an excessive

heat, and where, as is usually the case, the ovens are in the basement, the whole house is filled with the carbonic acid and alcoholic fumes of the fermenting bread. A constant exposure to these causes of disease, made a cure impossible. He grew worse again; and then, instead of resorting to the treatment that had been of such signal benefit to him, he took a fancy to try a sea voyage. He sailed for England, at an unpropitious season; suffered from the closeness and discomforts of a sea voyage, and died a few days after he had landed at Liverpool.

CASE 11.—CONSUMPTION.

The following case, that of a lady of high respectability, in this city, was treated by Mrs. Nichols; but it is of so remarkable a character, that I wish to make a brief mention of it:

The patient is a lady of about sixty years; the mother of a family; one of the most active, energetic and estimable persons of my acquaintance. Her consumptive symptoms becoming more and more alarming, she was finally prevailed upon to have advice. The case was somewhat similar to the one last described. There was much violent coughing, profuse expectoration of a purulent character, pain in the side, night sweats, and emaciation. These symptoms, with her age, and the wear of an active and anxious life, made her case one of a very serious character.

The treatment in her case was a milder one than in the last case. She took partial wet packs, at night, she slept with her chest packed in cloths wrung out of cold water, and conformed strictly to the diet and treatment appropriate in such a case. The result was very remarkable. The water, in a few weeks, brought out a crisis, over her whole chest. At one time she had forty biles, which threw out a matter of the same appearance as that she had expectorated. With the appearance of this crisis, her cough ceased, and she rapidly recovered.

Say what we will of the humoral pathology, this is another of the thousands of cases, in which matter, thrown off by means of the skin, either by the pores, or in the more evident form of critical eruptions, has been simultaneous with the cure of disease of internal organs.

In cases of consumption, the treatment must be adapted very carefully to the reactive power of the patient. Were it not for this, exact directions for treatment might be given—but there must be discrimination. It requires skill, experience, and sound judgment, to say what is the exact amount of treatment a patient requires. In consumption, an error on the heroic side may do serious mischief. The lungs are liable to congestion from the application of cold, externally, and this must be carefully guarded against. Those who try the water treatment themselves, without competent advice, will do well to begin with tepid water, and partial packs. If the patient bear these, it is easy to increase them. Feeling their way, in this manner, those who are distant

from any qualified Water-Cure physician, may still have the benefit of the treatment.

CASE XII.—TYPHUS FEVER.

During the hot weather in July, a gentleman of 35 years, full habit, bilious lymphatic temperament, and a weakly constitution from childhood, was brought to our house, with the symptoms of a typhoid congestive fever. He had been taken with severe pains in the back, and rigors, and was now suffering with headache and general prostration. His pulse was 140, his tongue very foul; and he was a fair subject, under allopathic practice, for bleeding, calomel, purging, James's powders, and a daily visit for three weeks.

I gave him a long rubbing half bath in tepid water, keeping his head wet with ice water. This lowered his pulse 20 a-minute, relieved the cerebral congestion, and he felt better. I then placed him so that a current of air should blow directly upon his head, which was covered with a cloth wet in ice water, he also had ice water to drink, without stint.

He slept quietly for some hours. As the fever rose, I packed him in a wet sheet, still cooling his head, until he broke out in a perspiration; I then put him under the douche, and brought his pulse down to less than a hundred. He took ice water in considerable quantities, cold water injections twice a day, and slept nearly all the time. For two days he took no food. On the third he ate a piece of toast, say two ounces for breakfast, as much more for dinner, and as he now felt as well as usual, he went to his business.

I have called this a case of typhoid fever; because it undoubtedly would have been such, had the treatment been favorable to its continuance and development. But we have no fevers in Water-Cure, like those described in the books. So far as my observation and experience goes, no fever lasts over six days under proper water treatment, and it is often cured in a shorter period.

CASE 13.—CONVULSIONS

In 1849, the number of children who died of convulsions was 1426. Some hundred more died of droopy of the brain, a common consequence of convulsions.

The cause of infantile convulsions appears to me very simple. In all the cases I have seen, there has been intestinal irritation. If this is relieved, the convulsions cease. The following case will give an idea of the causes and treatment.

A child about a year and a half old, was brought to our house, during the hot weather of the last of July, to be treated for a scrofulous humor which he had had from his birth. At this time the eruption had disappeared; and he had also some irritation from cutting his back teeth. He was fretful and continually hungry, and it was difficult to prevent his being fed too much. He should have been put upon the simplest food, and in the smallest quantity;

but no one foresaw the consequences of indulging what proved to be a morbid appetite.

One night he came in with feverish symptoms, restlessness, and great heat of the head. I had a wet bandage put around him, a wet towel around his head, and laid him where the wind could blow over him. He went to sleep, and I left the house for a couple of hours. On my return, I found his mother much alarmed, as he had been taken with convulsions. His head was burning hot, especially the back part, as was all the upper part of the body. The degree of brain fever threatened effusion, and to prevent this was the first indication. I therefore had his legs and arms rubbed, while I applied ice water, as cold as possible to his head and chest, and persevered in this application until the heat was reduced to its natural standard. I also gave injections of water of 75 degrees, and brought away considerable quantities of undigested food; but the irritation still remained, and when I had in a great degree subdued the fever, he was taken with a convulsion so violent and protracted, that his life hung upon a thread. It was the effort of nature to throw off the mass of irritating matter in the intestines. The fever having been subdued, I now had towels wrung out of warm—not hot—water applied to his abdomen, and he was wrapped in blankets. In a few minutes he threw off from his bowels a mass of undigested food, and soon after sunk into a quiet natural sleep.

His system was now relieved, and there was but one remaining danger. If his brain was safe, all was safe. On waking, this proved to be the case, and, having slept nearly all day, he left at night, in about his usual health, with an appearance of eruption upon the surface.

In this case, it seems very plain that the retrocession of a habitual eruption, aided, perhaps, by the irritation of teething, had suspended digestion. The irritation of undigested food, produced a morbid craving for more, which was unfortunately gratified, until nature made a series of convulsive efforts to expel the offending matter. Had not the fever been met by cold applications, there would have been effusion on the brain; had a cathartic been given, it might have interfered with the process set up by nature, and the result would have been fatal.

Many children are born so weak, diseased, and miserable, that the first serious irritation ends in fatal convulsions; but in a vast majority of cases, only one thing is wanting to prevent such mortality; and that is attention to food. An infant requires a certain quantity of nutriment when well. A single ounce more is a source of irritation. Strong children throw it off by vomiting; weaker ones suffer from belly-ache; still weaker ones die of convulsions. A young infant should not be nursed or fed oftener than once in three hours, and then not overfed. A sick child should have nothing but water, until it is better. Weakly children require less than strong ones.

Children die because they are born diseased; be-

cause they are fed too much and too often ; because they have impure and improper food from sick nurses ; in fact, almost all the diseases of infancy are those of nutrition. How simple a matter it seems, to regulate the diet of a child ; and yet for the want of such regulation, and from scarcely any other cause, our children in New York die off at the rate of twelve thousand a year. Must we not work hard to make the world a little wiser ? It needs but the requisite instruction to make people, in a temporal sense, "wise unto salvation."

THE POETRY OF ALLOPATHY.

BY PETER BOLUS PILLTIMBER, M.D. AND L.L.D. &C.

A new periodical has just "burst into being," under the auspices of Dr. Reese, of the obsolete—we mean "old school," called "The New-York Medical Gazette and Journal of Health." From the contents of the first and second numbers it could more appropriately be called "The New-York Gazette of Professional Puffery and Journal of Apothecary Advertisements." It is pretty well filled with Medical School notices and encomiums on the great facility our city and country affords for making Doctors, with a copious sprinkling of cod-liver oil and other drug-stuff advertisements, not forgetting a liberal display of "patent nostrums," generally so horrifying to the regular faculty. All these things are set forth in sober prose. But there is poetry in the matter, too, as you shall see, only be patient.

The waters of the editor's imagination being greatly troubled at a medical work, announced as being in preparation by a Hydropathic practitioner of this city, he thus berates the man, "confounds the court and buggerlugs the jury :"

"In the newspapers of the day, the grave announcement is made of a new medical work as forthcoming immediately, and heralded by an additional flourish of trumpets, declaring it to be "a graphic description of the medical experience of the author, an exposition of the human system, the causes of disease and the art of healing &c. &c." and recommending it as authority for "all who wish to escape the fangs of the profession, &c."

"And now who is this author, thus assuming to be a teacher of "the art of healing,"—this reformer, who is to rescue the dear people from the "fangs" of those vipers, the profession. He is none other than a tyro who spent four months last winter in a medical school of this city, and probably an equal period previously in some other school in attendance upon lectures, learning the A, B, C, of the healing art, which is all that can be taught in these brief lectures, and already before the moon has grown old, this newly fledged doctor is a teacher forsooth ; nay more, he is puffed for his "medical experience ;" heaven save the mark ! for both his knowledge and experience must have been taken by *absorption*, or more probably, "*come by natur*." And he it is, that a reputable editor affirms, for the paltry fee of the advertisement, that he is to deliver the people from the "fangs of the profession" by this "graphic description of his medical experience ! *Prohpudor*

: A Roman emperor it is said,
Once of his *heres*, a census made,
But greater things here come to pass,
You make a doctor of an *ess*!"

Certainly, the doctor's prose has a magnificent beginning, and his poetry a sublime conclusion. Nothing could be more *natural*. We doubt not that his more powerful ideas, let them start from whatever point in his field of observation, would all concentrate to the same delicate termination.

Now this hydropathic "tyro" has studied medicine according to law and according to the requirements of medical colleges ; and the faculty has given him a diploma commending him to the confidence of the people as an authorized and competent physician, and entitled to all the "rights, privileges and immunities," of the legalized profession. Unless they have committed an imposition on the public for a diploma fee, this doctor is qualified to practice medicine ; and if qualified to practice it, why not to tell how it is to be practiced—teach it ? Or is practising one thing and teaching a different thing ? Suppose, after getting what information the schools have to impart, he uses water instead of drugs as a remedial agent ? Does this dispossess him of what he has learned in the schools ?

But, perhaps, he has studied many years in another and better school than any of our chartered colleges—the School of Nature—into whose books the editor has scarcely looked. Let us contrast the success of practice under the administration of the very best allopathic physicians in the world, and the very worst, most ignorant and barbarous of those who have only the light of Nature, and but little of that. This we will do on allopathic authority. Says Dr. Reese, in the second number of his Gazette :—

"Of the innocence, utility, and indispensability of calomel and other mercurial preparations, it is the duty of the profession now on the stage of action, to speak with candor and boldness in the ears of this generation, and to record their testimony, indelibly based upon their cumulative experience as practical men ; and this for the sake of posterity, who may else be befooled out of one of the most useful and most harmless remedies of the *materia medica*, when judiciously employed ; and one which is adapted to the cure of many fatal diseases, for which there is no other known substitute or equivalent which is at all reliable or worthy of confidence.

"In future numbers of the *Gazette*, it is intended to discuss and maintain the *innocence, utility, and necessity* of blood-letting and calomel, not theoretically merely, although it will be easy to enlist medical logic and philosophy in this service ; but in the light of the facts of history and experience, which will be found so numerous, authentic, and conclusive as to put to silence the mouths of gainsayers, and to defy successful controversy."

Adversus, we have the testimony of Drs. Daniel and Mackinnan, in a learned essay on "Tropical Hygiene," published in the January number of "The British and Foreign Medico-Chirurgical Review." Dr. Daniel remarks :

"European practitioners, in any degree conversant with the medical customs of the negroes of intertropical Africa, cannot fail to be deeply impressed with the marked attention paid by the native doctors to the due action of the cutaneous tissues, and their encouragement of this as a means for relieving disease. The Mahommedan code of laws, whose sanitary

injunctions are so well adapted for the advancement of the moral and physical condition of the barbarous pagan tribes in central Africa, strictly enjoins, not only abluent but other hygienic measures for the promotion of cleanliness, and the proper discharge of the cutaneous functions. The inhabitants of most of the maritime localities in the Bigits are fully acquainted with the importance of these views, and treat the remittent and other fevers, to which they are subject, by endeavoring to excite a long-continued and copious exudation of sweat from the cuticular pores, by the aid of heated sand-baths, ablutions of hot water, and rude attempts to imitate vapour-baths. In some countries the patient is placed close to a large fire for such purposes, whilst in others he is held over it, water being slowly dropped thereon, so that the steam, as it ascends, may act on the affected portion of the body. After a careful observation of the good effects of this remedial system, I was led to pay more particular study to the utility of its application, and at length to try a modified adaptation of it for the cure of those adynamic remittent fevers so destructive to European life. I have no hesitation in asserting, that not only myself, but many others, who have experienced its efficacy by the speedy restoration to health, can vouch for its superiority over the ordinary practice of venesection, saline purgatives, and large doses of calomel, &c."

Here we have the testimony of an allopathic gentleman in high standing as an author in the profession, that the practice of the savage, illiterate negroes of the most benighted portions of Africa, is really more successful than the very practice which the profession has long recognized, and which Dr. Reese is about to convince the world, is really innocent, useful, and necessary. Have you any more blasts in preparation, doctor ?

SELF-TREATMENT WITH WATER-CURE.

BY E. A. KITTEDGE.

What shall we do when we can't get at a Water-Cure doctor, if we are sick ?

This question is often asked me, and, more or less, every Hydropath. In reply to this important question, I would say, that it depends a good deal upon who you be, and how long you have been so, as Nogg's would say.

Every man should possess himself of the best books on the Water-Cure and physiology he can obtain.

The best of these, for new beginners, are "Fowler's Animal and Mental Physiology," and "Shew's Water-Cure Manual," for they are simple and tolerably comprehensive, not deep but plain, which is far better for the uninitiated, than the more abstruse.

The well educated will find Dunglison, Carpenter, &c., on Physiology ; Gullely, Wiess, Johnson, Balbirnie, &c., on Water-Cure, more satisfying, as they go deeper into the philosophy of the thing.

Every one who intends to prescribe for himself, or others, should first be sure that he has good judgment, for without this, he can do nothing to advantage, except by accident, though he have all the learning in the world, for it is the judgment that tells him how to apply the knowledge he possesses beneficially.

He should also understand anatomy.

I, for one, most solemnly protest against a man's prescribing for this one and that, simply because he himself has passed a night in a "Water-Cure!" though, minus judgment, learning, and oft-times even brains!

A man may be born in a Water-Cure, and yet be no doctor!

The first general rule I would lay down is this.

Restore the temperature of the body to its natural state.

This, if it be too great, as it nearly always is in acute diseases, is easily done, by washing the patient down in cold water—in water slightly tepid—or simply sitting them in a tub half full of the same, and keeping them there from five to twenty-five minutes ; the patient afterwards should be rubbed dry, and get into bed, and be well "covered up," if not able to walk, till warm.

Be very careful not to keep "covered up" much—any longer than is necessary to get up the reaction—in other words, throw off all extra covering—that is, more than you feel is necessary. Second, apply a wet bandage to, or over, the affected part, let it be where it will.

The bandage to be hot, cold, or tepid, as the case may require.

The temperature of the bandage to be regulated according to the patient's temperature, &c.

If the patient be robust, and in an inflammatory condition, they should be applied cold and changed as often as hot.

If, on the contrary, the patient be weak, and not troubled with any acute or inflammatory action, the countenance being pale, the feet, &c., cold and clammy, warm clothes—as warm as they can be comfortably borne—will be found more efficacious in quieting nervous irritability, &c., than any thing in the world.

A case in point : I was sent for in great haste to see Mrs. —, sixteen miles from town, who was thought to be dangerously ill, and even dying by some.

She was a delicate woman, with not more than one grain of earth to a pound of the spiritual in her composition, had been long sick with spinal irritation, had lately greatly increased it by riding on horseback.

Her friends, as well as herself, being strong Water-Cure folks, and considerably experienced therein, had done all they could think of, but without affording much relief—as they had been led to expect it would, from seeing it operate in other cases, similar in appearance, but differing constitutionally.

I immediately ordered the half pack wrung out of the hottest water she could bear, which had the effect that I predicted, of putting her to sleep and keeping her there nearly all night, though for three days and nights she had scarcely slept at all.

These, and bandages wrung out of hot water, were applied several times a day for some ten days, when

the vomiting, which had been constantly present, and which ceased almost from the first application, and all the bad symptoms left her, and she began to eat, and is now doing well, it being now three weeks since I was called.

Bandages are to be applied according to circumstances; if there be acute disease, they should be cold and renewed as often as hot.

In chronic disease, where there is what the old women call a "duller pain," or an aching soreness, we generally use what is called the "sweating bandage," which is simply the other with a dry one over it, and both allowed to remain two or more hours—all night in many cases.

This "sweating bandage" is applicable in chronic "Liver Complaint," long standing diseases of the kidneys, dyspepsia, certain diseases of the lungs, where there is not much fever, &c., &c.

More anon.

DR. WARREN AND THE WATER-CURE.

To the Publishers of the *Water-Cure Journal* :

Since the publication of my Address of the 19th of June, (which appeared in the August number of the *Journal*,) I have become satisfied in my own mind that Dr. JOHN C. WARREN, of Boston, did not intentionally make any disparaging allusion to HYDROPATHY, in his Cincinnati Valodictory. It will be recollected that the Cincinnati *Gazette*, in reporting his remarks, (which were extemporaneous,) rendered one passage as follows:

"In reference to the application of water, Dr. WARREN expressed his regret, that so valuable an agent should have become affiliated in this country with one of the most remarkable medical fictions which any generation had produced."

The impression left upon my mind with regard to the true import of this passage, was this: that, in using the term "medical fiction," Dr. WARREN referred to the vulgar error in regard to Hydropathy: namely, the common relief that its advocates represent it as a "specific" and "cure-all" (in the spirit of the notorious empirics of the day.) It is now understood, however, that Dr. WARREN, in using the term "medical fiction," had reference solely to *Homæopathy*—A TOTALLY DISTINCT SYSTEM OF PRACTICE; although Dr. WARREN would seem to be of the opinion, that "the Water-Cure" is "affiliated" with it. If it is so, it is a new fact to me; at any rate, there were no traces of any such "affiliation" in the proceedings of the Hydropathic Convention of the 19th of June.

Notwithstanding the *vagueness* of the language employed by Dr. WARREN, at Cincinnati, might well occasion misapprehension in almost any quarter, still I voluntarily solicit a little space in the *Journal*, for the purpose of making the foregoing explanation, rather than permit an unintentional error to stand uncorrected. With regard to the effect of this change of meaning upon the argument of my ad-

dress, it is almost too slight to need specifying. The only point I made out of Dr. WARREN's remarks, was the necessity of organizing the *Water-Cure system in America upon a strictly rational and scientific basis*: and this point is made out quite as strongly, no matter whether Dr. WARREN alluded to *Homæopathy* or *Hydropathy*.

One other little matter, and I have done. The citation from Dr. WARREN's treatise on "Physical Education and the Preservation of Health," embodied in the address, should have read as follows: "*Hydropathy to a reasonable extent is supported by good sense and exact observation.*" [This quotation was originally made "at second hand," in the hurry of writing.]

Trusting that your readers will share with me the pleasure I experience in the knowledge that a physician so eminent as Dr. WARREN still holds to his *old position*, on the value of rational Hydropathy, I shall not regret having trespassed in this way upon their attention.

Very truly, yours,

R. S. HOUGHTON, M. D.

No. 8, West Eleventh street, August 9th, 1850.

MEDICAL EDUCATION.

A thorough medical education in the principles and practice of Water-Cure is the great want of the present time. Our principles are spreading among the people, by means of our books and journals, faster than the demand for able practitioners can be supplied. A thousand well qualified Water-Cure physicians could find employment now, in various parts of this country; in a few years, the demand will be much greater. With all this urgent demand there is no supply. To the question, "Can you send us a good Water-Cure Physician?" I have to reply always in the negative. Large establishments are waiting for competent medical men to take charge of them.

A Water-Cure Medical College is, for the present, out of the question. Its professorships could not be creditably filled. Nor is there any great necessity for such an institution. Our Chemistry, our Physiology, our Anatomy, and, to a certain extent, our Surgery and Pathology, are those of the established schools. What we require, is instruction in the application of the principles of Water-Cure, in the theory and practice of medicine, surgery, and obstetrics. I have to propose a plan by which those who have a call to this field of useful labor may become in some measure qualified for the work.

In the city of New York there will be, during the coming winter, from October to March, courses of medical lectures in three medical colleges. Any person may attend any or all of these lectures. The fees for each course are from ten to twenty dollars, for the four or five months. If a student wishes to go through a regular course, he will take his tickets for all the lectures. Otherwise he can take tickets for either of the courses of Anatomy, Physiology,

Surgery, &c. ; but I should advise the whole. Even the lectures on *materia medica* will be useful, and I advise every one who can do so, to study three years, attend two courses of lectures, and take a diploma in regular form; and the student of Hydropathy will do well to spend a good portion of his time as an active assistant in some Water-Cure establishment. After the present year, I shall be able to take students, so that their education will cost them very little.

During the coming winter, if this plan should meet with encouragement, I will give, at some convenient place and at such an hour as not to interfere with the other lectures, a course of lectures on Water-Cure, in its application to the practice of medicine, surgery, and obstetrics, for the benefit of students in hydropathy, of medical students generally, and of all who wish to attend.

There is a great want of educated and qualified women, in the practice of the Water-Cure. Such a woman is a necessity to every Water-Cure establishment; and there ought to be one in every neighborhood, who is thoroughly acquainted with the diseases of women and children, and the proper management of childbirth. I have no doubt, that a class of women would be permitted to attend the lectures of either of our colleges, not with a view to graduation, perhaps, but that is of no consequence, so long as they acquire the information. But, should there be any trouble about this, I will undertake to provide them the means of pursuing all the necessary branches of a thorough medical course, in which I shall have all needed assistance.

A word now as to expense. The average cost of board in New York is three dollars a week. Those who are willing to club together, and live in a simple manner, might possibly board as low as two dollars a week. The fees for a full course of lectures at each of the medical colleges, are a little over one hundred dollars; each professor receiving from ten to twenty dollars. The cost of attending my course will not probably be more than five dollars, depending upon the encouragement given, and the number of lectures required. So the entire expenses of a person attending a full course, will be not far from two hundred dollars; and a partial course will be in proportion.

Doubtless, there are many young men, of intellect and character, who are anxious to qualify themselves as Water-Cure physicians. I know of no more noble or useful field of human labor. Such ones, I earnestly invite to enter upon the work. Truly, the harvest is plenteous, but the laborers are few. Where the friends of the cause know of such a man or woman, one who is by character and judgment fitted for the responsible office of a physician, and who is prevented from studying by want of money, they cannot do better than to club together, and provide them the means of education.

I have felt it my duty to make this proposition, in the absence of better means, and desire that such as

would like to avail themselves of it will write to me, when I will give them any further information they may require.

T. L. NICHOLS, M.D.

87 West 22d street, New York.

DEATH OF GEN. TAYLOR.

Since our last number, we have received some further particulars of the medical management of the late President. The following article from the *Journal of Commerce*, contains a sound criticism on his case, and a correct exposition of the theory of congestion, upon an erroneous view of which thousands have been, and doubtless will be killed—doctored to death. Would that physicians, as well as people, would read what follows, attentively:—

Among the various reports of the sickness, death and medical treatment of the late Gen. Taylor, the following statement, from one of his friends, may be relied on: "He was in good health on the 4th of July, when he ate a hearty and rather indiscriminate meal, which was followed by cholera morbus. This was checked by calomel and opium, and a re-action followed, which was taken (mistaken) for a bilious fever, for which he was bled, leeches, blistered, and took repeated doses of calomel throughout; in the last stage of debility, he took about eighty grains of quinine."

Remarks.—While a personal inspection of the patient only, can reveal the condition on which all sound practice depends; at this distance, it would seem that the disease itself was one of rapid exhaustion, emptying the vessels promptly of their fluids, while the depletion of the lancet, leeches and calomel carried out the general plan of the disease, in exhausting the vessels still more completely of their contents: and yet, it must seem strange to many, that the patient died of congestion of the brain and viscera.

Now it may be profitable to examine the case, and see how far this anomaly may be explained by the facts, and how much of the treatment may have shared in the result.

In regard to the fluids of the body, that in this case were so rapidly lost, the law of animal life enforces the proportion of four-fifths by weight of its tissues, to be fluid, before it will generate animal heat. The moment the proportion of solids to fluids falls below this adjustment, the body begins to cool, and congestion ensues. Now what is congestion? We have the concurrent testimony of Marshal Hall, Professors Solly, Eberle, and other distinguished writers, that over depletion by the lancet, produces congestion of the brain; but how, or why it produces congestion of that organ, they do not say. If we examine this isolated fact of congestion from over depletion, and trace out its relations, we shall perceive that it is only a part of the general law of life that belongs to all vital organs alike, when deprived of their fluid.

The sensations of the brain arising from a diminished supply of blood, resembles those produced by *repletion*, when giddiness ringing in the ears, confusion of mind, and other apoplectic signs supervene.

Apart from these sensational phenomena, that so successfully misled the physician, the physical facts on which the sensational phenomena are founded, will explain the mystery. It is the capillary vessels only, that are subject to congestion. These vessels, at the standard of health, are in full tone, and circulate nothing but white blood while in congestion they lose tone and admit the red globules, which, at other times, are precluded by their size, and, in proportion as any, or all of those delicate vessels are emptied of their fluids, their fibres relax and their tissues weaken, and their several diameters enlarge, till they become loaded with the red blood, that belongs to the larger vessels. This is congestion; and hence a post-mortem examination of the late President of the United States, would have exhibited the proofs common in such cases, that the patient died of congestion of the brain and viscera; when, if the same constitution, in sound health, should be depleted to the same extent, by the lancet alone, *taking the same number of days in the depletion that the disease occupied*, the same congestive appearances would have been exhibited.

In proof of this, the post-mortem examination of men who die by starvation, presents the different vital organs, in different states of congestion. The first sensations of starvation are precisely those of over-depletion. A sense of fullness and pressure in the brain, is occasioned by the loss of tone in the capillary vessels, admitting the globules of red blood. As these accumulate, confusion of mind and derangement follow, while corresponding accumulations are secretly taking place in other vital organs, till death closes the scene. These physical facts show how depletion produces congestion, and that the re-actiooary force of the constitution must be strong to repair the mischief done by the lancet, and enable the patient to recover in spite of his treatment; while they equally evince the impotence of quinine, to supply the empty vessels with the fluids they have lost.

REVIEWS.

BY R. T. TRALL, M. D.

CHRONO-THERMATISM.—Dr. Samuel Dickson, of London, is the author of a new theory of pathology and a modified plan of prescribing drugs, which has received the cognomen of "The Chrono-Thermal System of Medicine." In English these terms mean time and temperature, being derived from the Greek Chrono, time or period, and Therma, the Greek for heat or temperature. Under the title of "THE PRINCIPLES OF THE CHRONO-THERMAL SYSTEM OF MEDICINE, WITH THE FALLACIES OF THE FACULTY, in a series of Lectures, by Samuel Dick-

son, M. D., formerly a medical officer on the British Staff, containing also an Introduction and Notes, by William Turner, M. D., Ex-Health Commissioner for the City and County of New York, Fellow of the Scientific and Medical-Eclectic College of Virginia," &c, we have a book of 224 pages on the subjects thus indicated.

The new theory inculcated in this book is of little importance. If true, it can only amount to a principle—by no means a system.

The only distinct points in Dr. Dickson's theory are these:—The type of all diseases is identical; and intermittent fever, fever and ague, is that one and identical type. In other words all diseases are periodical, having times of exacerbation attending with periods of remission or intermission of morbid action. Dr. Turner thus explains the "System," as it is called, which, we fear, will not seem very lucid to the reader.

1. The phenomena of perfect health consist in a regular series of alternate motions or events, each embracing a special period of time.

2. Disease, under all its modifications, is, in the first place, a simple *exaggeration* or *diminution* of the amount of the same motions or events, and being universally alternative with a period of comparative health, strictly resolves itself into fever—remittent or intermittent, chronic or acute—every kind of structural disorganization, from tooth-decay to pulmonary consumption, and the decomposition of the knee-joint, familiarly known as white-swelling, being merely developments in its course—tooth-consumption, lung-consumption, knee-consumption.

3. The tendency to disorganization, usually denominated acute or inflammatory, differs from the chronic or scrofulous in the mere amount of motion and temperature; the former being more remarkably characterized by excess of both, consequently exhibits a more rapid progress to decomposition or cure; while the latter approaches its respective terminations by more subdued and therefore slower and less obvious terminations of the same action and temperature. In what does consumption of the tooth differ from consumption of the lungs, except in the difference of the tissue involved, and the degree of danger to life, arising out of the nature of the respective offices of each?

So much for the theory. The remedies which the new theory adopts are precisely the same as those of the old theories, with the single exception of blood-letting, which Dr. Dickson entirely repudiates. Says Dr. Turner:—

"The remedies used in the treatment of disease, Dr. Dickson terms Chrono-Thermal, from the relation which their influence bears to time or period, and temperature, (cold and heat.) These remedies are all treated of in the various modern works upon the *Materia Medica*. The only agents this system

rejects are the leech, the bleeding-lancet, and the cupping instrument."

On looking into the details of Chrono-Thermal practice, we find the remedies most employed, as being more especially chrono-thermally scientific, are Peruvian bark, quinine, arsenic, opium, prussic acid, iron, silver, copper, strychnia, musk, assafœtida, valerium, colchicum, zinc, bismuth, turpentine—a list comprising nearly all of the most deadly of the Allopathic drugs. To be sure these are to be employed in smaller doses than according to the old plan, but we are given no rule by which to ascertain the proper remedy except by trial. All is to be experimental—try quinine, then arsenic, then opium, then bismuth, then zinc, then copper, then prussic acid, and keep trying till something hits! Can anything be more empirical? Yet it is pretended such practice is philosophical; and it is sustained by the following rather plausible process of reasoning. All diseases have intermissions and exaggerations. All remedies operate by prolonging the period of intermission, if chrono-thermally prescribed, and by exaggerating "the unity of morbid action," if not administered chrono-thermally. But to ascertain whether a given drug in a given case of disease, will work chrono-thermally or anti-chrono-thermally, that is to do good or hurt, we must try it. If it works well, it illustrates the beauty and truth of the theory of periodicity. If it works ill, it is not chrono-thermal to the existing "motions and events," and so something else must be tried, and so the theory escapes.

Practically, Chrono-Thermalism may be an improvement on Allopathy, from its negative virtues alone—dispensing with the shedding of blood, and diminishing the doses of the destructive drug-poisons.

The greater length and strength of the book is, however, devoted to that branch of the general subject called, "The Fallacies of the Faculty." In this department of his book, Dr. Dickson has facts instead of fancies to deal with, and he handles them with good effect. In relation to bleeding he observes:—"How few the diseases which loss of blood may not of itself produce? If it cannot cause the eruption of small-pox, nor the glandular swellings of plague, it has given rise to disorders more frequently and more immediately fatal than either. What think you of Cholera Asphyxia, Asiatic Cholera? Gentlemen, the symptoms of disease are the identical symptoms of a person bleeding slowly away from life! The vomiting, the cramps, the sighing, the long gasp for breath, the leaden and livid countenance, which the painter gives to the dying in his battle-pieces—these are equally the symptoms of Cholera and the loss of blood! Among the numerous which it can produce, Darwin says, "A paroxysm of gout is liable to recur on bleeding." John Hunter mentions "lock-

jaw and droopy" among "its injurious effects;" Travers, "blindness and palsy;" Marshall Hall, "mania;" Blundell, "dysentery;" Broussais, "fever and convulsions." "When an animal loses a considerable quantity of blood," says John Hunter, "the heart increases in its frequency of strokes, as also in its violence." Yet these are the indications for which professors tell you to bleed. You must bleed in every inflammation, they tell you; yet is not inflammation a *daily effect* of loss of blood? Magendie mentions "pneumonia" as having been produced by it, completely confirming the evidence of Dr. Hume on that point. He further tells us that he has witnessed among its effects, "the entire train of what people are pleased to call *inflammatory* phenomena; and mark," he says, "the extraordinary fact, that this inflammation will have been produced by the very agent which is daily used to combat it." What a long dream of false security have mankind been dreaming! They have laid themselves down on the laps of their mentors, they have slept a long sleep; while these, like the fabled vampire of the poets, taking advantage of a dark night of barbarism and ignorance, have thought it no sin to rob them of their life's blood during the profoundness of their slumber!"

In the technical medical sense, Dr. Dickson is evidently an able and well-read scholar. But out of the beaten track of a routine education, he appears as ignorant of the philosophy of life and health, and the true pathology of disease, as are most persons who get their observing and reasoning powers early biased by a regular medical education. On the subject of diet he speaks as ignorantly as dogmatically, following in the wake of all writers on that subject who echo the floating fallacies of the world, without giving them a moment's examination. After asserting that "the most cursory examination of the human teeth, stripped of every other consideration, should convince any body with the least pretention to brains, that the food of man was never intended to be restricted to vegetables exclusively," he quotes the following overwhelmingly poetico-historical argument in favor of the carnivorous nature of man:—

"Observe the various operations
Of food and drink in several nations,
Was ever Tartar fierce and cruel
Upon the strength of water gruel?
But who shall stand his rage and force,
If first he rides, then eats his horse?
Salads, and eggs, and lighter fare,
Tune the Italian's gay guitar;
And, if I take Dan Congreve right,
Pudding and beef make Britons fight."

PRIOR.

Sadly blinded by custom and prejudice must be that mind that can offer that testimony against

vegetable diet. As an argument it is simply silly. If man cannot enjoy health and strength, nor be sustained and developed in his nature as God designed, without that kind of food which confessedly enrages and brutalizes, him and assimilates him to the character of the most cruel and ferocious beasts, he must have a different standard of the dignity, and a different idea of the destiny of humanity from that of which *other* poets have sung. If Dr. Dickson should ever really study this subject, he might, perchance, come to a conclusion more humanizing and more philosophical than the bacchanalian and riotous sentiment of his approved poet. But enough for the reader to get a view of Chrono-Thermalism and its author. Its theory is entirely valueless; its practice is an improvement on orthodox druggery precisely in proportion to its abandonment of the destructive processes and its diminution of doses; and its collateral relations—voluntary habits, regimen, &c., are, as with most other medical theories, plans, or systems, wherein drugs are supposed to be the leading curative agents, a promiscuous jumble of the good and the bad.

ANNUAL REPORT OF THE BOARD OF EDUCATION OF THE CITY AND COUNTY OF NEW YORK, 1850. W. C. BRYANT & COMPANY, PRINTERS.

We find the whole number of children taught during the year to be 102,974, costing \$248,300 51. A large sum of money well invested. It will pay an interest to the state far greater than if invested in jails or state prisons.

After enumerating the various studies, and giving all necessary statistics, we come to

PHYSICAL EDUCATION.

In their zeal to improve the methods and processes of instruction in the cultivation of the mind, Educationists have entirely lost sight in the great and important truth, that it is as necessary to the well-being of man that he should have a healthy and well-developed body, as that he should have a well-cultivated mind, and that one belongs as properly to the training of the school-room as the other.

Our system of Common School education should embrace the perfect and harmonious development of the whole man, and not of a part only. Moral and intellectual training alone will not do it, neither will the Physical. Each has its distinct office to perform, and to the instruction in each of these departments should a portion of every day be devoted.

Physical training has been reduced to a science as exact as Anatomy or Physiology, and for a trifling expense may be grafted on our school system, and taught in all our schools as readily as Arithmetic.

The neglect of Physical training is abundantly apparent in all classes of society. It is not confined to the school-room, though that is the place to correct the evil. Stop eight out of ten of the people,

male and female, that we meet in the street, and we shall find the following peculiarities:—a stooping position of the body, instead of the perfectly erect: round shoulders and sunken chest, instead of the square shoulders and broad expanded chest; a hitching and uncertain step and gait, instead of the firm elastic step of health—and all the marks of a sinking constitution and premature old age, instead of the ruddy and robust appearance of health.

The first discovery of this neglect is generally made when it is too late to correct the evil. Nature's laws have been disobeyed, and she demands the penalty—then the unfortunate victims make strenuous efforts to delay the payment, by swallowing huge quantity of drugs and patent nostrums. They pay their millions for tribute but nothing for defence.

In all the schools of any note in Europe, the Gymnasium is as much a part of the course of training as the Mathematics, and the consequence is, that when you see a graduate of any of these schools, you will find a robust, healthy, and well-developed man—one with an organization capable not only of enduring physical and mental fatigue, but also of resisting disease.

In our judgment, there is no reform more necessary for the improvement of our schools, than the introduction of Physical Training. Especially is the want of it noticeable in our Female Schools. The extent to which physical deformities, such as the lateral curvature of the spine, prevail among the young females in the country generally, having their origin mainly in the habit acquired in the school-room, will scarcely be credited by any one who has not given especial attention to this subject.

Dr. Warren, of Boston, in his very excellent little tract on Physical Education, gives the following testimony in this all important matter:—

“Perhaps it may be imagined that the cases I have described are of rare occurrence, that we have no occasion to alarm ourselves about a few strange distortions, the consequence of peculiar and accidental causes. If such were in fact the truth, I would not have occupied your time with the minute detail of these unpleasant subjects. Unhappily they are very common. I feel warranted in the assertion already intimated, that of the well-educated females within my sphere of experience, *about one half are affected with some degree of distortion of the spine.* This statement will not be thought exaggerated when compared with that of one of the latest and most judicious foreign writers. Speaking of the right lateral curvature of the spine, Laclaise says:—“It is so common, that out of twenty young girls who have attained the age of fifteen years, *there are not two who do not present very manifest traces of it.*”

Thus are our school managers discussing this subject, nor can its importance be overrated. **PHYSIOLOGY** must be taught in all our schools. Teachers should begin at once to study this subject, in order to instruct others, in this long neglected department of **HUMAN SCIENCE.**

BY E. A. KITTRIDGE.

ON THE PREVENTION OF CONSTIPATION. BY JOHN C. WARREN, M.D. BOSTON: TICKNOR, REED, AND FIELDS.

THIS is the title of a little work just issued by the above enterprising publishers, extracted from the Journal of Medical Sciences, in which the venerable author asserts that which there is but little excuse for any body old enough to be troubled with Constipation, not knowing, in this enlightened day, viz. that Graham meal and cracked wheat is good for the "cure and prevention of Constipation."

Thanks to Graham, Alcott and others, this doctrine has long been bruited, and it is now, I believe, incorporated in our school exercises, and I am glad to learn that there is one in the drug society of regulars—a man of merit and renown too, that *dare* come out boldly and go thus far. All I regret is, that he would not make further experiments; as I am convinced that, should he turn his great mind to the thorough investigation of this terribly frequent complaint of costiveness, he would never say anything more about "medicinal remedies," as he would find that proper living, in connection with proper bathing, would cure all curable cases of chronic costiveness, and prevent it in all cases where prevention was possible.

The learned professor, I am sure, would be the last one to inculcate the idea, that a man, even though he lived on Graham bread, cracked wheat, &c., could expect to have his "bowels in order," if he paid no regard to the quantity he eat, of the manner in which he eat it, or to the state of his skin; and yet his article would lead us to infer, that these things were of no importance. This accounts for his and others—*et id om.* &c.—recommendation of laxative medicines as "a cure."

Dr. Warren ought to know, if he do not—every body who has had any experience in the matter knows—that taking medicine for constipation is like self-righteousness: the more you have the worse you are. You very seldom hear of a physician now-a-days ordering medicine for costiveness, and still more rare you find a man of any reflection who uses it with a view to a cure.

No, no, Mr. Editor, however, Dr. Warren may feel inclined to throw the host of little sticklers for dosing—a bone as a sort of "place-bo" to keep them quiet, and to pay them for having written a book on Hydropathy once, (see Warren on Health,) you may depend upon it, he would never so insult Nature as to give her physic when she asked for bread, or to ever think of curing or preventing constipation by giving mechanical or medicinal "cathartics."

The only true remedy, or prevention for costiveness—which by the way is seldom if ever a disease of itself, but merely a symptom, or an exponent of false conditions—is to put the body and mind into the true conditions.

I coned not tell Dr. Warren, that something me

than coarse food is required to do this as a general thing; and he knows very well that medicines, laxative or otherwise, can never supply the place of obeyed physical and mental law.

It is well known, too, to Dr. Warren, that some of the worst cases of constipation that ever occur, arises from diseased cerebral function; and in such cases I need not add, that it would be absurd to hope to cure it by simply altering the diet. The cause must be removed. Any one at all conversant with remedial effects of cold water, will understand how beautifully efficient that element is in removing the nervous irritation always existing in such cases, the over-mental action being first stopped.

I would, while on this topic, respectfully ask Dr. Warren's attention, and those others who feel interested to this fact, that the worst forms of constipation ever known have been readily cured, though of years' standing, by the simple use of water and proper diet, where the patients had lived almost exclusively on unbolted wheat, meal, &c. And I never knew of a case, out of many hundreds, that would not yield to this treatment, though they had baffled the combined effects of medicine and diet for years.

No, Mr. Editor, I for one—presumptive as it may appear in me—cannot let this little work go broad cast as it will over the land, carrying with it the idea, that a man can make atonement for violated physical and mental law, by taking physic, or eating bran, without taking the liberty of adding my humble protest against it.

The little book referred to is beautiful, barring the physic, as far as it goes; but I say again, *aye*, "iterum, iterumque," that no food, however coarse, or any kind of drugs, can ever cure or prevent constipation of the bowels, while the patient is living in false conditions, otherwise unless by creating a worse state of things; and the people begin to find this out, as the thronged state of our Water-Cure Establishments bear witness.

Over-eating is the great sin of this world; and the Grahamites themselves are frequently costive from this cause and neglect of bathing, &c. God will not be mocked—"if a man sinneth, he shall surely die;" and if he would live again, he must cease to do evil—not sin more violently.

MISCELLANY.

GOSSIP FROM BOSTON—BY NOGGS.

WELL, Brothers, the cause is still onward in the old Bay State, as well as every where else. I think I never knew it as prosperous as now. Old and young, wise and ignorant, black, white, and all the intermediate shades are being "born of the water," and great is the rejoicing in Franklin street.

It is almost distressing, and would be quite, to

hear the questions some of them ask, were it not so laughable.

The Allopaths tells them it will not do for them to use cold water, that it will "make them take cold," "drive the blood into the lungs," cause hemorrhage, &c., "exhaust their strength," "make them insane," &c. &c. And the poor creatures being brought up to believe in the infallibility of doctors, ask these several questions of the Hydropath, with anxious fear and trembling.

Brothers Farrar and Lorenzaro are doing finely, I am glad to hear, and it ought to be, for they have everything to do with. In fact all the institutions worthy of the name are doing well.

A new discovery has been made here by a philosopher of the old school, namely, that evening air is better than morning, and that late suppers of beef-steak are conducive to health! He will probably take out a patent soon.

Cold water nurses are in great demand here. If you know of any first rate women, who are anxious to serve the cause in this way, send them on—they can soon learn if they don't already understand. One woman complained to me to-day, that she "could not find any who, in bathing her, did not adulterate the water with rum!"

Dr. K. was much pleased with his short visit to New York the other day, and regrets exceedingly that he could not have been present at the Convention.

Your new "head" takes well, though some think "those ere shoulders ought to have been covered up! They're afeered she'll catch cold!"

So "Old Zack" is dead? Poor man, he could'n't well help it. A man can't stand everything if he is a President!

It's bad enough to be a General and be shot at, live in marsh miasma countries and be deprived of all the comforts of life and exposed to all its dangers,—but to be a President, taking everything into consideration, is awful! especially to be a pet one of the people. It is with such as it was with Parson Robbins, of Plymouth, "long, long ago," when ministers meant something! His parishoners almost killed him—with kindness, too, he took tea with one old woman, who kept laddling in the molasses into his cup, "Oh!" says he, "I don't like it too sweet." "O, la!" the old lady cried, "it can't be too sweet for a minister," and so it was with Taylor, and so it was with Harrison, with Gov. Fairfield, &c. &c. Nothing is too good for them to eat and nothing too strong for them to take. I was just as sure Taylor would die when I first heard of his sickness as I am now. "Death likes a shining mark, and so do the doctors," and the bigger the man the bigger the dose, "can't be too big for a President!" In Taylor's case, "the medicine had the most happy effect!" with the slight exception of killing him!

Poor old hero, he had fought for his life "full many a time and oft," and had always come off conqueror,

but now alas, he had to deal, not with uneducated Mexicans, or ignorant Indians, but with "scientific" poisoners, who were armed to the teeth with implements of destruction ten times more certain and fatal than ever was rifle, sword, or tomahawk!

The sword has slain its thousands, but opium can boast its tens of thousands killed, and hundreds of thousands "mortally wounded!"

"It was the decree of the Almighty," that Taylor should die. If so, it must be a lesson for infidels, for he took the very wisest course to carry out his decrees!" and showed that he "know the end from the beginning!"

The "young uns" of the Old School are in a "terrible pucker," because the people make a fuss about the "secundem artem" murder. They seem to think that folks ought not to begin, at this late day, to talk hard about such "accidents," as they have hitherto passed unnoticed.

But some how or other they will talk this time as the case was so horrid. The blood of poor Hall "still cries from the ground." And, if I mistake not, this case of poisoning will do more to abolish the horrid system of drugging than anything that has occurred this five years—always excepting the successful practice of Hydropathy.

The cause still goes bravely on, and every day brings the glad tidings of many honest men's redemption from the bondage of medical error. In short, Allopathy is on its last legs, and will soon have to go on crutches.

Some of the most eminent of the Faculty in Boston have made the wonderful discovery that un-"bolted wheat and cracked wheat," are better than drugs, "for the prevention and cure of constipation," and the people now have good reason to hope that some of them, by-and-by, will find out that there is something else in the world for preventing and curing diseases besides "drugs, medicines, and dyestuffs."

The health of our city is very good for the season, and consequently the doctors "are down in the mouth!"

The Water-Cures in this state are all full, as far as I can learn.

The idea of going to cheap establishments, simply because they are such, is getting rather obsolete in these parts, though unfortunately those who need Hydropathy most have the least cash, the Allopaths and druggists having robbed them of their money as well as their health. But all such had better stay at home, for Hydropathy is, generally speaking, the dearest thing in the world. May we not hope a time will come when Hydropathic hospitals, free to all, will be established in all our cities, and that ere long?

Your Journal has a wide circulation, and must come before some fifty, or perhaps, a hundred thousand readers. Surely, among so many, some

may be found benevolent enough and rich withal to start this thing by a donation of ten, twenty, or a hundred thousand dollars.

Let the thing be but once well started, and there will be no trouble. I for one cannot imagine a pleasure so pure and so great as that which would arise from the consciousness of having thus benefited the "Lord's poor."

"I'VE DONE SMOKING."

Our friend delivered himself thus honestly and in earnest—"I've done smoking." As he emptied his mouth of the last cigar, our mouth became full—full of blessings.

Blessed is the man *himself*. He is more wise, more cleanly, more savory and more reasonable than when he went smoking and puffing about like a locomotive.

Blessed is the man's *wife*. She is the happier woman for the four reasons mentioned in the last sentence, and for many more. She had hoped against hope for the last puff; but it has been made at last. We seem to see her face brighten—her step is more elastic—her voice is sweeter—her welcome to her husband as he reaches home is more cordial. She has our hearty congratulations.

Blessed is the man's *house*. An unsavory spirit has gone out of it. More easily can it be kept neat and tidy. Old repellencies will repulse no more.

Blessed is the man's *apparel*. A certain fragrance has left it; but not to the sorrow of those oft in proximity with him. His wardrobe is minus a real annoyance, and plus the benediction of many a friend.

And blessed is the man's *health*. In the smoke and fire he so long kept up beneath his nostrils, he fed an insidious enemy. And his whole nervous and digestive system unites in the benediction we now indite.

And blessed is the man's *pocket*. A leak is stopped. As much as before will flow in, and less flow out. We seem to hear a voice from that quarter—"there will be better days in the department of our master's dominions."

And blessed be the man's *resolution*. May it tower aloft, like a granite pillar, above all the smoke and fire that may assail it. That last puff! Be it the last! And, though the smokers will not join, yet there will be enough to unite in a hearty Amen!

A LOT OF BREAKS.

BY L. SOUTHWICK.

BREAK up the haunts of vice and crime,
Break rocks with Dupont's Powder;
Break up house-keeping, if you don't
Know how to make a chowder.
Break off bad habits, and break out
Into a fit of laughter,
But if you break the Temperance Pledge,
You'll rue it ever after.
Break not your promise or your pate,
Affection's ties ne'er sever;

Break not the Sabbath or your neck,
In any case whatever.
Break no glass-lamps or wholesome laws,
Nor crockery or china;
But break all vessels which contain
The *stuff* that gets men *shiny*.
Break open letters, eggs and clams,
And oysters fat and greasy;
Break off the squashes and your sins,
And make your conscience easy.
Break lobsters' claws, and nuts to find
The meat that's in them hidden;
But never break the Temperance Pledge,
For that's a thing forbidden.
Break not a link in friendship's chain,
Break not your nose by falling,
Break not the broomstick o'er the heads
Of brats to stop their bawling.
Break not a window-pane or sash,
No shoe-strings or suspenders;
But break away from *tippling-shops*,
And shun all *toddy-venders*.
Break up a piece of ground to plant,
When all the ice and snow's off,
Then put an old *rum-bottle* in
Your field to keep the crows off.

NEW YORK MEDICAL GAZETTE.—By David Meredith Reese, No. 3.

We have not seen the first and second numbers of this medical journal, but, if we may judge by the number before us, its principal object is to show that Homœopathic physicians are all knaves and fools.—*New York Evening Post*.

In this same publication, we find the following:—

GENUINE COD-LIVER OIL.—The introduction, a few years since, of COD-LIVER OIL, manufactured in a proper manner from the fresh Cod-Livers, having awakened the attention of our medical men to the subject, and created a demand for the article, (which at that time could not be obtained, as none of the pure oil had been prepared in this country,) we were induced to prepare some of it for our customers who wished to try it, and were the first to introduce the genuine article to the Medical Profession of New York and its vicinity; and although at that time there were many objections to its use, owing to the dark nauseous oil having been used with unpleasant effects in some cases, and total failure in others, it was faithfully tried in several cases with success so remarkable as almost to defy belief, thus giving rise to new trials, and establishing beyond doubt or cavil its great value as a therapeutic agent. Since we first introduced it, it has been extensively used by the Medical Profession, both in the city and country, and with decided success, in cases of Consumption, Chronic Rheumatism, &c., but, like all medicine much in demand, it is unfortunately adulterated and imitated to a great extent, and much disappointment will invariably result when patients are so unfortunate as to have the spurious article palmed off to them for the genuine. We ourselves lately examined specimens of Oil, sent by different manufacturers to the New York Druggists, as specimens of the pure COD-LIVER OIL, and upon testing them in the usual manner, found that so far from being pure, they did not contain one-fourth of Pure Cod-Liver Oil; and a great deal of oil has been made from the livers of other fish, and represented as pure Cod-Liver Oil.

NOTICE.—In future Our Oil will have our Signature over the cork of each Bottle or Can, without which none is Genuine.

We do not see the necessity of this new Medical Gazette, as there are already several *similar* publications, which serve the same purpose, namely, to advertise Cod-Liver Oil, and obtain practice for its proprietor.

In his "Humbugs of New York," Dr. David Meredith Reese, omitted to mention the fact, that *he* had been one of the principal players at this game. We think his new Medical Gazette will soon go where at least *some* who have taken his prescriptions have gone—"under."

INSANITY FROM THE USE OF CHLOROFORM DURING PARTURITION.—Dr. Webster related the following case, communicated to him by a professional friend, in consequence of perusing the *Lancet*, a report of the three similar circumstances he had mentioned at a previous meeting of the Society. Only one drachm of chloroform was used; but the effect it produced was so sudden and violent, that the patient, after inhaling, remained quite insensible, which greatly alarmed the attendants. With the insensibility there was likewise deadly paleness of the countenance; however, she slowly rallied, but had a painful and protracted labor. During several days subsequently, the lady continued in a very nervous condition, although not then actually incoherent, but she soon became so furiously maniacal as to require coercion by a strait-jacket. After being insane during many months, the patient gradually recovered her reason, and ultimately got convalescent. Considering it was only from accumulated facts and extensive experience that sound practical knowledge respecting the employment of chloroform in midwifery could be acquired. Dr. Webster then said he had related the present, as likewise the previous examples of insanity following its use, in order to contribute data toward that important object; and he availed himself of the present opportunity to state, that he should esteem it a favor if other practitioners would communicate to him any well-marked case of the same kind, with particulars, which they may have met during their practice, as he (Dr. Webster) was very desirous of collecting additional evidence upon this interesting subject, of course, on the express understanding that neither the patient's name should be divulged, nor the correspondent in any manner compromised, all such communications being considered strictly confidential in regard to individuals.—*London Lancet*.

THE WATER-CURE IN EAST GRANVILLE, MASS.—Two years ago this month, a single copy of the Water-Cure Journal found its way to this place. It came on an errand of mercy, and well has it

performed its mission. That single copy has been like seed cast into good ground. Not that it has increased its circulation "an hundred fold" among us, but because it has ameliorated human suffering, and led many, by its timely and judicious advice, to take that care of their health which is the only sure means of preserving it. But this is not all. The Journal has shown a more "excellent way" of curing acute diseases than to administer poisons. All things were formed for some useful purpose, but it is not reasonable to suppose that deadly poisons were ever intended to be administered to human beings to relieve distress.

Last spring, the scarlet fever was quite prevalent here, and, as is usually the case, secured to itself a number of victims from among the young. It is gratifying, however, to know that all the patients that received the Water Treatment recovered. This fact has induced a goodly number of persons to examine the subject, and we may reasonably hope that many more will, ere long, become converts to this easy, pleasant and effectual mode of preserving health and of curing disease.—P. L. BUELL.

Thus speaks a man whose opinions the public regard with respect, and whose truthfulness will never be questioned where he is known. Mr. Buell has for many years been engaged as a public lecturer on education, and on moral and intellectual science. We are right glad that the Water-Cure has attracted his attention. He will prove an efficient co-worker in advancing the good cause.

GOOD NEWS FROM THE MOUNTAINS.—Having decided to exchange the confinement of the city for the freedom of the country during the summer months, I took a few sample numbers of your excellent Journals, and started off; and here I am, 'mid the delightful scenery, the pure, invigorating air of the Green Hills of Vermont, the Switzerland of America. And though a *stranger among strangers*, yet I found many warm friends who were deeply interested in the progress of Physiology, Water-Cure, and Dietetic reform. There is a *strong "Call"* here for one of *Nature's Physicians*—can you not recommend one to come this way?

I have sold my trunkfull of books, and send you a long list of subscribers, (for the Journal.) Through the medium of your Journal, I return my heartfelt thanks, for the kind attention which I have received from our reform friends at North Bennington.

Yours, &c.,

E. L. BOYLE.

Bennington, Vt., July 15th, 1850.

Our friend Boyle is still in the country, traveling, and we will here just state, whoever may make his acquaintance, will be pleased with his company. He is modest, intelligent, and a highly moral man, and a reformer of the right stamp.

From the Water-Cure Reporter.
THE DYING OHIO'S LAMENT.

BY "MARIAN."

"MOTHER," said the feverish child,
 "Give me to drink, I pray,
 Some water from the deep, cool spring,
 Round which I used to play.

"Mother, I burn with fire within,
 I surely shall grow wild;
 Give me water to cool my tongue,
 If still you love your child!"

"My child!" the frenzied mother cries,
 "O, ask not this of me;
 Cold water is forbidden drink—
 It would be death to thee."

"Mother, open the window then,
 And let me feel the air;
 This room's so close, I cannot breathe,—
 O mother, hear my prayer!"

"My child, demand ought else beside
 That love or wealth can give;
 They say I must shut out the air,
 As I wish my child to live."

"Mother, in that bright heaven above,
 Where good young children go,
 Do they drink of pure cold water there,—
 Say, mother, do you know?

"And would they let me bathe my brow,
 And wet my parched tongue?
 If I wished to go there, mother,
 Would it be very wrong?

"Mother, I think I'm dying now,
 My breath comes short and fast;
 'Twill be a sweet release, mother,
 To part with pain at last.

"Mother, place your soft, cool hand
 Upon my aching brow;
 Give me one last, long kiss, mother,
 For I am going now.

"Mother, I go, in that bright Heaven
 Forevermore to dwell,
 Where crystal flood and cooling breeze
 Are free to all,—Farewell!"

THE WATER-CURE JOURNAL IN OHIO.—Our friend H. F., of Stark county, testifies as follows:

"Each succeeding number of the Water-Cure Journal, seems to be an improvement on all the preceding ones. I could not afford to dispense with it, though it were to cost ten times what you furnish it for. During the past year I have seen more good results from the influence it exerts in pointing people to a simple and natural method of curing and preventing disease, than can be estimated by dollars and cents. The only objection that can be urged against it is, that it don't contain matter enough—one reads it through too soon; and when he turns over the last leaf, his only regret is that it is not the first. • • • The nature of the truth its

disseminates among the people is such, that there is no danger that they will become acquainted with too many of them, though there is danger that they may suffer from having a knowledge of too few of them. Then rain down the showers in double or even triple the quantities."

PRESCRIPTIONS IN LATIN.—A correspondent, alluding to the late case of a fatal mistake at an apothecary's store in this city, expresses a wish that a law might be passed prohibiting physicians to write prescriptions in Latin. We think it would be wiser to pass a law that apothecaries should not be permitted to put up medicines, who had not been thoroughly educated and duly qualified. But there are many who think with our correspondent. The New York Star says:—

The doctor writes "*Saccharum Saturni VI Gr.*" Six grains of sugar of lead. "*Sal Glauberi*," Glauber Salts. "*Cochleari amplum*," a large spoonful. "*Daurentis Pilula*," let the pills be gilt. "*Fiat venesectio*," to be bled. Give the medicine "*gelatina quavis*," in jelly. "*Harum pilularum sumenter tres*," let three of these pills be taken. "*Hora decubitas*," on going to bed. "*Oleum olivae optimum*," II oz. of the best olive oil. What a pompous display of classical lore; where would be the injury in saying as much in good substantial English? The law should compel physicians to write their prescriptions in the language of the country; there should be no mystery on the subject; every man should know what he is swallowing, and should not be murdered by ignorance or chance in taking the wrong medicine.

LECTURES ON THE WATER-CURE.—We are glad to learn, that many of our leading Water-Cure physicians, in several of the Eastern and Western States, are now preparing lectures, with a view of delivering the same during the coming winter; except through the Water-Cure Journal, there is no better way of disseminating a knowledge of the principles of Hydropathy, than by public lectures. We are not aware that this course has been adopted anywhere else except in the United States, and this may be one reason why it has spread with so much greater rapidity in this than in any other country. We have already left old Germany in the shade, so far as the number of converts to the Water-Cure is concerned, or we may, in truth, include all Europe. We already have a greater number of books on the subject, than can be found in all the world beside. Are not these things truly encouraging? Let us work on then in the good cause, until every inhabitant shall understand and apply these health principles to LIFE, HEALTH, AND HAPPINESS.

Every practitioner should become a public teacher, and thereby a benefactor.

HYDROPATHY vs. ALLOPATHY.—Mr. M—, of C—, having received a severe sprain in the knee, some four months previous to his coming to Graefenburg, Pa., during which time he had been treated by two of the most celebrated Allopathic physicians of his town; and through leeching, blistering, poulticing and rubbing with different ointments and liniments, he had almost lost the use of his limb, so much so that it was with the utmost difficulty he could walk even with the assistance of a staff, and the sprain getting no better, but rather worse, he came to our establishment on the 5th of July, and in four days, under the Hydropathic treatment, he could walk without assistance; and on the 15th of July, just ten days after, he went home, sound and well. So much for wet bandages, and the proper application of water.

TEA, COFFEE, AND TOBACCO.—Nine millions, sixty thousand, four hundred and forty-three dollars, was paid for coffee by the United States in the year 1849, and upwards of four millions for tea. \$1,720,306 was paid for tobacco imported from foreign countries. Thus we have paid in one year for noxious drugs, sometimes called luxuries, the sum of \$14,852,538, for that which has damaged our bodies, shortened our lives, and made many miserable indeed. Better save this money and build a railroad to the Pacific.

NEW WATER-CURE ESTABLISHMENTS.—B. W. F. writes us from Rockton that Dr. A. Christie has opened a large and commodious establishment, at Manheim, Herkimer county, N. Y.

The following have also been announced since our last:—

IN DAYTON, OHIO, BY DR. H. T. SEELYE.

IN HUDSON, IND., BY DR. R. M. EARLE.

WORDS OF ENCOURAGEMENT.—"You can hardly imagine how I glory in the Journal. Its freedom from cant, its fearlessness, its faith in common men, its determination to abide in the interests of the masses, its decision not to be made the tool or organ of cliques, schools, or sectional philosophers, make me grapple to it with hooks of steel. I hope your list, under the present volume, may increase over the last."

Thus writes a man who has for years been engaged in Civil, Moral, and Physical Reforms. Is not this encouraging?

TEA AND COFFEE.—Mrs. Nancy Ellis, of Foxboro', Mass., a lady of sixty-four years, in a letter giving her experience in Hydropathy, says:—In 1848, through the influence of the Water-Cure Journal, she discontinued the use of tea and coffee, and adopted the Hydropathic regimen, which, she thinks, has contributed to the complete restoration of her health, and recommends others to follow her example.

It is not common for people of her age thus to change their habits; yet, when they do, they deserve the greatest credit.

FIRST ANNUAL COMMENCEMENT of the Female Medical College of Pennsylvania, for the session of 1850-51. Situated in Philadelphia. J. F. H. McCluskey, Dean of the Faculty.

The object of this Institution is to instruct respectable and intelligent *females*, in the various branches of medical science; whose rights and privileges, upon receiving the degree of doctorate in this Institution, will not be inferior to those of the graduates of any other Medical Institution in this country, or in Europe. Having been chartered by the Legislature of Pennsylvania, during its session of 1849-50, an appeal is now made to an intelligent public, for that support and encouragement so necessary in the commencement of a laudable yet arduous enterprize.

AN IMPROVEMENT.—Agreeable to a suggestion made in the Water-Cure Journal, we find "among the proceedings of the Medical Society (regular) in Tennessee, was a resolution to *abolish the use of Latin in writing prescriptions.*"

We hope the next thing they will do will be to abolish Allopathic prescriptions altogether, and adopt the more *rational and natural* mode of cure, HYDROPATHY. It must come to this after we "wait a little longer."

TOBACCO.—The Alleghany Methodist Conference lately resolved, "that no minister shall be admitted to this Conference who uses tobacco in any of its forms, except as a medicine, and in that case satisfactory evidence to be given." The German physiologists affirm, that of twenty deaths of men between eighteen and twenty years of age in Germany, ten originate in the waste of the constitution by smoking tobacco.

DYSPEPSIA AND LIVER COMPLAINT.—C. C. Young writes us from Liberty, Ohio, that he has been treated successfully on the Hydropathic system, and completely cured of a long seated dyspepsia and liver complaint.

BILIOUS FEVER.—Dr. R. F. Clover, of Sandyville, Ohio, reports several cases of bilious fever in this place, all of which have been treated and cured by water alone.

TOBACCO—A PROTEST.—The Mayor of Lowell, in a recent address to the high school, took occasion to charge the scholars by all means to avoid the use of tobacco, in any form. A very proper injunction, indeed, and of great importance in these

days, when smoking has come to such a universal habit that every boy is in danger of falling into it. Smoking is doubly vulgar when practised in the streets. In the city of New-York you cannot walk the streets without encountering, at almost every step, a living nuisance, in the shape of a man or a boy puffing a cigar. Boys ten years old may be seen strutting in all the pride of accomplished smokers.—*Mass. Cataract.*

GRAEFENBURG WATER-CURE.—This establishment is situated in Adams county, Penn., at the base of the South Mountain, ten miles and a half east of Chambersburg, and fourteen miles west of Gettysburg, with ages running from both places, and has been a successful operation for the last two years: It is under the management of **DR. SAMUEL MATTIN.**

NOTICES.

THE SIZE AND PRICE OF THE WATER CURE JOURNAL.—The decision of our friends and subscribers, thus far, with very few exceptions, is in favor of our present terms, NAMELY, single subscriptions \$1.00 a year, or in clubs of twenty and upwards, 50 cents a year. It will be observed that the Journal now contains *six times* more matter than formerly; yet the terms are the same. When our subscription list was small, we could not afford to furnish so large an amount of matter, as now, for this price, yet as our subscribers increased, we were obliged and enabled to enlarge our borders, and now we present our readers with an extra number of pages of the choicest matter, and the whole number, each month, will be found as "plump as a partridge."

SUBSCRIBERS will therefore understand that our terms will remain the same as now, instead of being increased. Under this "condition of things," we shall look to our friends for renewed exertions in extending the circulation of the Journal. CLUBS should be formed, where a single copy is now taken. We know a good number of choice spirits, and co-workers, who will respond to this hint, in the shape of LONG LISTS OF NEW SUBSCRIBERS. Let us have a Hydropathic READING CIRCLE in every neighborhood, we can then wash all the COD LIVER (WHALE) OIL out of the market, and substitute therefor "PURE WATER, with instruction for its PROPER application in ALL CASES, AND IN ALL DISEASES."

THE Phrenological and the Water-Cure Journals are before us, both containing an unusual amount of interesting matter.—We wonder they do not meet with a larger circulation in this State. No works are doing so much to enlighten man relative to himself, and the best means of preserving his health, as these.—Fowlers and Wells, New York, publishers, price one Dollar a year each.—*Portland, Maine, Religious Instructor.*

Why! man alive, you surprise us; we will venture a year's subscription for FIVE HUNDRED copies, of either of these Journals, that we have a larger circulation in YOUR OWN STATE, than any other periodical printed out of your State.

We should be ungrateful, indeed, did we not acknowledge our obligations, when we find so MANY excellent friends ready and willing to "put their shoulders to the wheel," and carry forward triumphantly the causes we advocate; nor do these remarks apply to the friends in the State of Maine only

There is a unanimous voice throughout the land, amongst ALL who are acquainted with these works. Many thanks to the REV. WILLIAM SHAW, of the Religious Instructor, for frequent expressions of approbation, and substantial aid and co-operation, in these and other good causes.

A MODEL LETTER.—Seldom have we received a more perfect and satisfactory letter in every respect, than the one from which we copy the following.

WATERLOO, PULASKI CO., KY. }
July 24th, 1850. }

MESSES. FOWLERS AND WELLS, }
New York City. }

Gentlemen.—Inclosed you have my check for \$50, which entitles me to ONE HUNDRED copies of the Water-Cure Journal, and FOUR PREMIUMS. Please send the Journals to my address by mail, and the Premiums by express.

Hoping to hear from you, by return of mail,

I remain truly your friend and co-worker.

JAMES W. SCOTT.

STRAWBERRIES.—The New England Farmer, pronounces Newland's Alpine Strawberry, "a humbug," and notices at length, many varieties, which he regards greatly superior. Amongst others, he names the following, "Early Virginia Large Early Scarlet, Boston Pine, Willey, Jenney's Seedling and Hovey's Seedling." These, Mr. Cole considers quite superior to other varieties.

THE SCIENCE OF SWIMMING. Since the publication of this illustrated guide, thousands have learned to swim, and many have become sufficiently expert to perform various remarkable feats.

MR. GEORGE WILLIAMS, of Buffalo, writes us that his two sons, one nine years of age, and the other eleven, have both learned to swim, through the instruction given in this little work, published at the Journal Office, price only 12 1-2 cents, and may be sent by mail. All should learn to swim, and especially those who travel by river, lake, or sea.

THE LADIES.—Our most efficient co-workers in the Water-Cure reform, are to be found amongst our WOMEN. Mrs. A. B., of Cummington, Mass.; Miss E., of N. Adams; Mrs. A. of Worcester; Mrs. O. F., of Dexter, Me.; and a host of others all over the land. Go on, good women, your reward is certain.

IN NEW BOSTON, ILLINOIS, the Water-Cure has taken hold of the affections of the people in good earnest, through the influence of our friend BRURY; we have received several lists of subscribers, which will put to rout all the drug doctors who may presume to stand in their way.

THE WATER-CURE JOURNAL, as regular in its visits as daylight, and we were going to say, almost as useful. Certainly every intelligent and judicious reader of it will be ready to confess his obligations to its wholesome suggestions.—*The Family Journal.*

"TWO WEEKS LATER FROM STEPHENTOWN."—Our excellent correspondent, WILLIAM CLARK, (you all know who he is) has sent us two hundred and seventy-one subscribers since last August 18th, 1849. He has no doubt but what he will reach five hundred before the end of the year.

WANTED, AN AGENT for the Water-Cure Journal, in New Bedford, Mass. Mr. D. H., writes us, that an intelligent canvasser, can obtain a very large number of subscribers in New Bedford. Who will undertake this good work ?

G. H. F. suggests that we establish an agency for our publications in New Haven, Connecticut, and names E. Downs as a suitable person. We shall be glad to hear from Mr. Downs.

THE WATER-CURE JOURNAL looks remarkably well, and is most remarkably well edited.—*Peoples' Journal, Reading, Pa.*

ISAAC SHERMAN, we send Journals, with premium, as you requested. Accept our thanks for your good efforts in introducing the Journal amongst your friends.

NOTICES TO CORRESPONDENTS.

W. H. C.—We can give you no specific directions in regard to the application of the Water-Cure to the treatment of your horses. There is no doubt, however, but what many of the diseases which afflict horses are quite similar to those common to man. Hence we should say—"Apply the same remedy, in the same way." We hope our farmers will try the Water-Cure upon their animals before resorting to other remedies. We have heard of several Water-Cure cases, which have resulted favorably, when applied to animals. See pages 100 and 140, Water-Cure Journal for 1849.

BATHING HOUSES.—J. H. H. wants to know how to construct a family bathing house. There is no particular plan published to which we can refer. But any plan is good enough, if it has the requisites of convenience, and plenty of pure water. If the fountain is high enough, it is easy to construct a reservoir overhead, for showers and douches. For a family plunge, the common bath-tub, or a square-box, three or four feet square, does very well; or larger, if one has the room and the fancy for it.

SALERATUS.—A. F. wants to know our opinion of saleratus as an article of cookery. It is bad—very bad. Canker in the mouth, ulcerated bowels, weak stomachs, and bad blood are its ordinary effects. The best raising materials for those who will use acids and alkalies of any kind are, super-carbonate of soda and sour milk.

P. H. H., M. D.—We had marked your article, "Inquiry," for the present number, but, finding the "same thing," verbatim, in another publication, we must decline it. We shall be glad to receive articles prepared *exclusively* for the Water-Cure Journal, except in extraordinary cases, when they may appear simultaneously.

H. K. KENDALL.—Your dyspepsia would be overcome faster if you should discontinue fish. Wheat meal biscuits and good apples are among the best dietetic articles; although you may indulge in every reasonable variety of fruits and vegetables. Use an abluion, on rising, and one or two sitz baths daily.

A. L. A. writes us from Petersburg, Va., saying, "If some Water-Cure physician would locate in this place, I would be glad." There is no doubt but what this would be a good field for operation. Who will occupy it ?

M. E. M., CERESCO, Wis.—There is no doubt but what a large quantity of our publications might be sold in your place. We hope to hear from you again.

Mrs. R. H. B.—Yours, with \$5, and the names of subscribers, was duly received, and journals sent as requested. We presume all will be right.

C. P. C., MOUNT STERLING, Ky.—Thank you for your "experience." It confirms ten thousand other similar statements. You are evidently on the right track, so "Go-ahead."

VARIETIES.

OSWEGO.—A correspondent of the Boston Evening Transcript says:

"This place, you know, is on the margin of Lake Ontario. Fort Ontario is here, and, while I write, its deep toned cannon are uttering pæans to the memory of the late President. In Oswego, as well as everywhere in this section, there is a feeling of profound sorrow at the death of Gen. Taylor."

It will be remembered that General Taylor visited this city in September, 1849.

"Oswego numbers about 15,000 inhabitants, and the hotels and churches are numerous. No one visiting Niagara Falls, or Montreal and Quebec, should fail of taking Oswego on their way going or returning. It is one of the most pleasant and peculiar cities on this continent, and is destined to be second only to New York. I shall spend a few days here, enjoying the beautiful rides in the vicinity, and the lake scenery. Ontario is a sublime inland sea, and floats numerous fine steamers, in which passengers are conveyed to and from this port. It affords capital bathing, being shallow at the margin, with a smooth rocky bottom. I have had a magnificent swim in it. Many ladies and gentlemen repair hither for the same luxury. Trees and gardens decorate every house.

"The mainstay is the flouring business. The Oswego river runs from the heights in the rear directly through the city, and empties into Lake Ontario. On both sides of this very serviceable stream, and jutting over it conveniently for lading and discharging vessels, are 17 or 18 immense flour mills, which can grind and put up for the market, in the aggregate 8000 barrels of flour daily.

"It is a curiosity to see what a small matter any one of these makes of loading or unloading a large cargo of wheat or corn, by means of a machine called an *elevator*. It would elevate a Bostonian's ideas of Western despatch to see it. With it, two men can transfer, in a single day, 2500 bushels of corn or wheat from the hold of a vessel on the deck to the bin in the seventh story of the warehouse. How long would it take to do this without the machine ?

"If you have any invalid friends seeking more healthy locations, send them hither by all means. No spot could be more salubrious in itself, and it occupies a central position between New York City, Saratoga, Niagara Falls and Quebec. Board is much more reasonable here than in Boston. I regret that I shall be compelled to leave so soon. It is hallowed by innumerable memories and traditions of the Aborigines, varying, in many respects from those handed down to us in Massachusetts."

By a small outlay in fitting up more commodious hotels, Oswego may become one of the principal places of resort in the United States. When the Hudson River railroad is completed, we shall be less than ten hours in going from New York city to Oswego.

JENNY LIND'S VOICE.—It is difficult to describe that peculiar quality of *tone*, which renders Jenny Lind's voice unlike that of any other singer. Many female artists may boast of a stronger voice—stronger in the sense of its capability of producing louder sounds. But, as far as strength denotes the power of sustaining great exertion, without exhausting brilliancy of tone, Jenny Lind's voice is naturally as strong as the most exacting critic of the modern Italian school could desire. It is certainly incapable of delineating excessive rage or violent passion; and if such be the highest achievement of the singer's art, Jenny Lind must yield the palm to Grisi, Catalani, and many of her predecessors. But in the expression of hope, joy, or grief, no tones of human voice or instrument can compare with those of Jenny Lind. They penetrate the inmost recesses of the heart, and touch, insensibly, that mysterious chord in our nature, the vibration of which causes the gushing tear to flow involuntarily. There is an inexpressible tenderness in her voice; it is so sympathetic with the genuine feeling of a loving and affectionate nature, and it harmonizes so well with her appearance, that the enraptured listener, unknowingly, connects the voice of the public artist with the character of the private individual, and, touched by the one, is taught, insensibly, to love the other. Thus it is that, in passages expressive of prayerful entreaty or profound emotion, Jenny Lind is supreme. No one can so exquisitely portray the delicate shades of sentiment, or the ever varying emotions of love. And yet it must not be supposed that that soft voice is unfitted for melodies of a more joyous character. The crisp silvery quality of her upper notes, and her unrivalled power of modulating them, and sustaining and attenuating a note until it dies away in the lowest possible whisper, enable her to produce some of her most startling effects. It is this perfect command over the resources of her voice, and the spontaneity with which it responds to every caprice of the seemingly inspired singer, which are sure to elicit the first expressions of the listener's surprise. With all this extraordinary power of art, however, it must never be forgotten that the intellect is paramount, and that, sweet and beautiful as is the voice with which God has gifted her, it is to the poetry of her mind, and her fine perception of musical expression, that Jenny Lind is indebted for her renown.—*Exchange paper.*

This angelic singer is now on her way to our shores, to rejoice the hearts of thousands who will flock to hear her.

FREE SCHOOLS IN THE STATE OF NEW YORK.—Nobly have the secular presses, and all liberal minded, generous-hearted men of this State come up to the great work of "EDUCATION FOR ALL." Every man, who has the interest of "the people" at heart, will "go in" for FREE SCHOOLS. We hear, occasionally, of an ignoramus, or a selfish numbskull, who is opposed to this great reformatory movement. Such fellows, who have but one leading trait of character, and that, love of money, are unfit to live in a civilized community, and ought, at once, to make tracks for some barbarous country. Do not these stupid "John Donkeys" know, that, just in proportion to the intelligence of the people, will the value of their property be increased, crime diminished, and the general prosperity of all augmented?

It has been said that those with but few, or no children, with large estates, will, under the present law, be compelled to help to educate the children of poor, and, perhaps, drunken parents.

Well, suppose they do. Are they not able? and may they not as well use their money for the education of these poor

children, and thus fit them to become useful citizens, as to pay out the same, or, probably, a much greater amount, for their support in prisons and poor houses? Give our children an education, which, under our republican institutions, EVERY child is entitled to, especially while we, as a nation, are blessed with all the ordinary comforts of life, and you will give them the power of "SELF RELIANCE," which will secure, in nine cases out of ten, good citizenship from all our offspring. Shall, then, this boon, which would be to them, and our nation, so beneficial, be denied them? We hope not. All this croaking, about the infidel tendency of Free School education, is totally unworthy a moments' consideration. Nor is this the cause of their pretended disapproval, yet it is urged, on account of its supposed "searcrow" qualities. Away with such excuses. None but those who are ignorant or penurious would make use of such an argument, or be thus frightened from a good purpose. It is an easy matter to cry wolf, wolf, but not so easy to prove their proximity.

Give us FREE SCHOOLS, and a happy, intelligent, and prosperous people will be the result. Let the pass word be, FREE SCHOOLS, and EDUCATION FOR ALL!

THE NEW YORK INDEPENDENT; A NEW SCHOOL Presbyterian newspaper, on the *old school* NEW ENGLAND PURITAN.—It was alleged by the Puritan "that Rev. H. W. Beecher, in a recent sermon, had taken ground against the doctrine of Election, as understood by him to be taught by the Westminster divines, and by some *ultra* champions in our own land."

"We pass, then, to consider the alleged error of Mr. Beecher; whom, with an easy valor, in his present European absence, the Puritan and its correspondent have selected for their attack."

The Independent then goes on to examine the charges, and winds up as follows:—"It is a very significant and noticeable fact in this matter that even *this* evidence of what it has called our unsoundness of faith—paltry, patched, miserable as it is, gotten at second hand, and insignificant at that—was not before the editors of the Puritan, when they made their sweeping and indecent innuendos. It is a mere fetch, to cover a retreat which they know to be ignominious. It is a clutch at anything, to justify their slander. We have no hesitation, therefore, in branding their original statement as intentionally false and mischievous; the dictate of a covetous malice, which, in this instance, has overreached itself. And we are only sorry that the orthodox name has to bear the reproach of so mean a wickedness."

This is almost as sharp as some of our allopathic "*brethren*" become, when we take occasion, *boldly*, to correct their faults. We think the *spirit* and *energy* of the Independent indicates HEALTH and VIGOR, while the *whining* old Puritan acknowledges its weakness; but they should not quarrel.

SYRACUSE IN DANGER.—A new book has just been put forth by a citizen of Syracuse, of which the title page, to say the least, is somewhat novel and startling. It is this:—

THE DOOMED CITY OF THE VALLEY, OR REASONS FOR BELIEVING THAT THE CITY OF SYRACUSE WILL EVENTUALLY SINK, AS DID SODOM AND GOMORRAH, ON ACCOUNT OF THE QUANTITY OF SALINE WATER TAKEN FROM ITS BASE FOR THE USE OF THE SALT MANUFACTORIES.

The writer is said to be a salt manufacturer, who has paid considerable attention to the philosophy of salt licks, and who

as the results of his studies, announces that the city of Syracuse is placed immediately above a vast salt deposit, which is constantly dissolving by the action of water, so that, at some time or other, it must sink below the earth. In that case, we may add, that the inhabitants, unless they make their escape in time, will get well pickled. How the author learned that Sodom and Gomorrah sank into a salt pit, we cannot say, as we have not read his book.—*N. Y. Evening Post.*

BOSTON ABOUT TO BE SPIRITUALLY RAPPEE.—One E. G. Cutter, who has had some experimental connection with "biology" and its kindred spiritualities, recently visited New York for the purpose of investigating the engagements, predilections, and possibilities of the "mysterious knockings," which have been, for some time past, assailing the gold of Gotham. While there, in communication with some departed friends, he gained a promise that their ghostly company would make an excursion to this city. Since his return, those defunct worthies have twice manifested their presence at his house, and they are only waiting for him to secure convenient rooms before favoring the gullible ones of Boston with all the information upon love, matrimony, &c., &c., which they are willing to pay for, at the moderate sum of one dollar an interview. *Query*—Why cannot these spirits be paid "in their own coin," and be satisfied with a "Phenix bank-bill," or an old "continental" shinplaster, which, we take it, are the ghosts of departed dollars?—*Boston Correspondent of the N. Y. Independent.*

WHAT THE SPELLING REFORM (PHONOGRAPHY) WILL LEAD TO.—The *Boston Chronicle* observes,—"We think there can be little doubt but that the example of England in the revision of its orthography will, sooner or later, be generally followed by European nations. That a wonderful facilitation in the acquirement of languages will be the consequence, is beyond question. A freer and more extended intercourse of nations cannot fail to result; and thus, in process of time, as nations cummingle, it may perhaps come to pass that a common medium of intercourse—a common language—may be agreed upon by the inhabitants of civilized countries, realizing the anticipations of poets, philosophers, and divines, in the establishment of a Universal Language—"one of the great desiderata," observes Sir John Herschel, "at which mankind ought to aim by common consent."

HOW TO EAT GRAPES.—Few people know how to eat grapes. Some swallow pulp, seeds, and skin; others swallow *only* the pulp, ejecting both seeds and skin.

In a conversation with Dr. Underhill on this subject, he advised that it would be well to observe the following rules, namely: when in health, to swallow *only* the pulp—when the bowels are costive, and you wish to relax them, swallow the seeds with the pulp, ejecting the skins. When you wish to check a too relaxed state of the bowels, swallow the pulp with the skins, ejecting the seeds. Thus may the grape be used as a medicine, while, at the same time, it serves as a luxury, unsurpassed by any other cultivated fruit.

A man or woman may eat from two to four pounds of grapes per day with benefit. It is well to take them with, or immediately after, your regular meals.

FREE SCHOOLS AND POPERY.—The editor of the *Free man's Journal* says that of every hundred Roman Catholic children educated in the United States, ninety-eight may be set down as a clear and certain gain to the Devil! Such are his words—nothing more, and nothing less.—*Independent.*

The editor of this falsely-so-called *Free man's Journal* is sick, and has been unwell for a long time past. Is it at all strange, then, that he should curse, swear, and scold? The poor fellow has been blowing away against "Free Schools" for months, until those, who were once his friends, have become disgusted with him. We do hope somebody will persuade him to "stop drinking," chewing, or smoking, and go straightway to a Water Cure Establishment, where he may be cured.

THE REVEREND MATHEW HALE SMITH, of Boston, formerly preacher in Marlboro' Chapel, has entered the office of Mr. Choate as a law student. We think his success will be certain, as he is well adapted to the *legal* profession.

It will be remembered that a public controversy was held between the REVEREND MR. SMITH and HORACE MANN, sometime since, in regard to rolling nine pins. We do not remember the result of this controversy, yet think Mr. MANN "made a ten strike."

RELIGIOUS REFORM.—A meeting was held lately in Philadelphia, by a number of German Catholics, in the Chinese Museum buildings, for the purpose of forming a new "Free Catholic Church," the principal features of which were rejection of the supremacy of the Pope; abolition of the Confession, and the adoration of images, and the celibacy of the priesthood.—*New York Sun.*

After all this, what will remain of the Roman Catholic religion?

IMPORTANCE OF CORRECT PUNCTUATION.

Woman: without her, man would be a savage.
 Woman, without her man, would be a savage.

BOOK NOTICES.

MOORE'S WESTERN MAGAZINE. A. MOORE, MRS. H. G. MOORE, Editors. A. Moore, Publisher, Columbus, Ohio. Terms: \$1 50 a year, in advance.

The Editors say:

"We believe that there is not, at the present time, a single Magazine issued from the Western Press, which is not under the control of some sect or party. The question has often been asked—"Can a literary Periodical be sustained in the west, and if so, why is there not one published?" We believe the time has come when one must be sustained. We believe that western men are willing to encourage and patronize western industry, and that our men of talent are willing to use their pens for the advancement of sound literature and science. We believe that the moral and religious part of the community will rejoice to see a monthly Magazine established, which they can safely recommend to their children and friends, without the hazard of cultivating a taste for worthless and pernicious novels.

"Moore's Magazine will be issued monthly, and contain 32 pages of original matter, from the best western writers. It will be filled with the choicest literary and scientific matter, entirely free from love-stories, romances, political and sectarian bias."

Thus speaks the Western Magazine in its first number. The future must prove the result of the enterprise. There certainly can be no want of *talent* in the west, only of combination. Secure this, and success will be certain.

THE NIGHT SIDE OF NATURE; or, Ghosts, and Ghost Seers.
 By CATHERINE CROWE. New York: J. S. Redfield.
 Price \$1 25. For sale at the office of the Water-Cure Journal.

This is undoubtedly the most remarkable book of the month

and cannot fail to interest all classes of people. It is a beautiful 12mo volume of about 460 pages, printed in the most readable style. Our own views of this work are expressed in the following notice, from the Boston Transcript:

"In this remarkable work, Mrs. Crowe, who writes with the vigor and grace of a woman of strong sense and high cultivation, collects the most remarkable and best authenticated accounts, traditional and recorded, of preternatural visitations and appearances. Her object is inquiry; and, to induce capable persons, instead of laughing at these things, to investigate them carefully and humbly.

"It is the belief of Mrs. Crowe, that there is a large class of persons among the most enlightened of the present age, who are beginning to believe that much which they had been taught to reject as a fable, has been, in reality, ill-understood truth. 'The pharisaical scepticism which denies without investigation is quite as perilous, and much more contemptible than the blind credulity which accepts all that it is taught without inquiry; it is, indeed, but another form of ignorance assuming to be knowledge. Our intellects are no measure of God Almighty's designs.' Those persons who believe in the Rochester knockings will find many incidents related here, which throw them quite into the shade."

THIRD ANNUAL ANNOUNCEMENT OF THE HOMOEOPATHIC MEDICAL COLLEGE OF PENNSYLVANIA. Session of 1850-51. Philadelphia: Union Office, Twelfth, above Spring Garden street.

This announcement says:

"A large commodious building, located in Filbert street, above Eleventh, has been obtained for the use of the College. It has an amphitheatre and lecture rooms, a large room for the museum and reading room, and a large well ventilated room for anatomical purposes, under the supervision of the Professor of Anatomy. The institution may now be regarded as permanently established, and in a flourishing condition."

A list of very respectable names appears in the list of professors.

"The winter course of Medical Lectures will begin annually on the first Monday in November, and end about the first of March ensuing."

Preliminary Lectures will be delivered in the College from the first Monday of October, until the commencement of the regular course.

THE ILLUSTRATED DOMESTIC BIBLE. By the Rev. INGRAM COBIN, M. A. Published in numbers, at 25 cents each, by Samuel Hueston, New York.

"The distinguishing features of this Bible are seven hundred wood engravings, many thousand marginal references, three finely executed steel maps, numerous improved readings, a corrected chronological order, the poetical books in the metrical form, an exposition of each chapter, containing the essence of the best commentators, with much original matter by the Editor; reflections drawn from the subject of the chapter, and giving, in a condensed form, its spiritual import; questions at the end of each chapter for family examination; dates affixed to the chapters for each morning and evening reading, comprising the whole Bible in a year."

THE BOOK OF HEALTH; OR, THE LAWS OF LIFE. By THOMAS M. LANG, M. D. Cincinnati: F. Bly. For sale at the Journal Office. Price 25 cents, mailable.

Such is the title of a 12mo volume of some 120 pages, with

a few physiological illustrations. We have not yet read the book, and can, therefore, give no opinion in regard to its merits.

In the table of contents we find the following subjects discussed:—"Structure and Functions of the Human Body—Respiration—Consumption—The Skin—Nutrition—Digestive Organs—Locomotion—The Muscular System—Exercise—Recreation—Beauty—A Word to Parents, etc.; together with elaborate remarks on each point. Those who buy the book will, doubtless, get the worth of their money.

HUNT'S MERCHANT'S MAGAZINE, monthly. New York: FREEMAN HUNT. Terms: \$5 a year, in advance.

This is undoubtedly the best statistical work published in the United States, and should be patronized by every business man. A single article in the August number, on the management of railroads, is worth a year's subscription.

Let those who are too poor to pay for a copy, club together in every neighborhood, and thus obtain the best *business magazine* published.

THE INDUSTRIAL EXCELSIOR.—Mr. J. A. Somerby, of Waterbury, Vt., proposes to publish, in place of the *Free Mountaineer*, a weekly newspaper, with the above title, devoted to the interests of the workers of Vermont in particular; News, Free Discussion; Agricultural, Literary, Mechanical, and Miscellaneous Reading. Terms: One Dollar a year.

With objects so obviously useful and important, we hope he may succeed.

AERIAL NAVIGATION, and the Patent Law. By WILLIAM SHELDON. Boston: Thurston, Tony & Co., Printers.

A beautifully printed octavo pamphlet of 40 pages, with several illustrations.

"It is proposed to employ (instead of the expansive force of steam) the expansion caused by the combustion of atmospheric air."

The facts, in regard to this power, are exceedingly interesting.

We do hope *somebody* will complete this aerial machine, for we do wish to take a ride, and have not time to go by steamboat or railroad. Where are all the Yankee inventors? We have no faith in Sham-Paine or Porter.

THE BROOKLYN DAILY FREEMAN, the only morning paper published in the city of Brooklyn, seems to be in a healthy condition. It has got on a new suit, with a hat for its head, which we very much admire. The Freeman is liberal, spicy, and well managed. Published by EDWIN R. CALSTON, at 291 Fulton street. Terms: One cent a day, six cents a week, or \$3 a year.

YOUTH'S MONTHLY MAGAZINE. Edited by JOHN G. ADAMS. Published by J. M. Usher, Boston, Mass. Terms: \$1 a year.

A very neat little 12mo. of 48 pages, with illustrations. It is a religious publication, and will, doubtless, receive a liberal and extensive patronage.

THE FARM. By M. L. WILCOX, of Glasgow, Ky.

We have seen favorable notices of this work. If the author will forward us a copy, we will not only be "very much obliged," but will remunerate him liberally for the same. Please direct to the WATER CURE JOURNAL, N. Y.