

# WATER-CURE



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### MATERNITY; AND THE WATER-CURE OF INFANTS.

BY MRS. M. S. GOVE NICHOLS.

THE-pressure of manifold duties has kept me from speaking through the Journal for many months, and now so many things come for utterance, that I know not how to speak. I have thought for many years that I had faith in Water-Cure, and that I was not an unworthy apostle of the good cause. But I have felt for some weeks that I never had faith in Water-Cure till the present winter, and that I never before had earned the right to speak understandingly to my sisters. My heart is full of faith and strength at this time, and I wish that I had a voice which could be heard to the end of the civilized world—everywhere that reputed wise men have made a pall, and covered all men and things with it.

And yet I have no contest with these men. I do not blame them, but their work. Doctors are mostly honest men. Their honesty is proved by the fact that their wives and children die after taking their medicine, as the wives and children of others die. The only war that the disciples of Water-Cure are to wage, is with ignorance. Enlighten the people, and the Moloch, to whom half the infants of the civilized world are sacrificed, will fall lifeless upon his broken altars, and the future will bury the dead, and clear away the rubbish of the past. Daily, sometimes many times in a day, bereaved parents tell me of the loss of some dear child, born with the never-to-be-told pangs of the present evil state, nurtured in a torturing uncertainty, and murdered by parental ignorance, and the time-honored, death-procuring system of Allopathy.

During the past week, a mother appealed to me for help. Her health was ruined by births, sorrow, and other evils. She mourned all the time for a child of four years, who had been

seized with croup. The mother was thrust out of the room, and the door locked by her family physician, because she was averse to bleeding, and then the child was bled into a dead fainting fit, and revived to take dose after dose of calomel, till the doctor gave her up to die, and another distinguished allopathic physician was sent for. He decided that the only chance of saving the child was to compel it to breathe the fumes of burning calomel. This was done five times; the child struggled so as to escape from the father, who held her with all his force, and ran across the room. The fifth time they laid the child upon the bed, the mother came to her side. She gave her one look of agony, and turned on her face and died. O Lord! how long shall such murder of the innocents be permitted in our midst? Who will not labor and sacrifice for a world thus perishing for lack of knowledge? The sufferings of woman in giving birth to children, and the miseries of infancy, are enough to put hearts in stones. During the past twelve years I have not ceased to promulgate the laws of health—through evil and good report I have wrought on. Born with a diseased organism, I must have led a life of much suffering, if my parents had been wise for my rearing; but their ignorance of health laws, which insured my first feebleness, insured also that sort of wrong training, which resulted in what seemed a hopeless cachexia when I was 14 years old. Partially rallying from this wretched state, I studied intensely, taught school, took snuff, and drank strong tea, till my nerves refused rest, and sleep seemed forever to have left me. I then resorted to opium; I kept on this weary, wretched way till I was 18 years of age, when, probably, from my apparently confirmed illness, I became possessed of a passion for medical study. I began to read such works as I could procure, and with a body filled with evils, and a vitality exhausted by many wrongs, an Allwise Providence led me, or left me, to enter into the prison of an evil marriage. I bore one living child, and had, besides, untimely births, in the agony that civilized woman only knows. My

last remnant of life seemed exhausted, when I had been ten years a wife and nine years a mother. Consumptive symptoms supervened; I bled largely from my lungs, (nearly three quarts by measure, in three days,) and I had a hard cough. I now commenced the systematic and daily practice of water-cure at home—my father's home, where I was emancipated from many of the evils that had beset me, and had the society of my only child. For a winter and summer after this great bleeding, I bathed twice a day, used much friction over the whole surface, and wore a wet jacket, reaching from my neck to my hips, covered warmly. As winter came, I went South, thinking the warm weather might be favorable—afflictions, so stunning and terrible, fell on me during my absence, that my reason reeled to its centre; but my heavenly Father saved me from insanity, and in a few months lifted the crushing and annihilating burden from my heart. I lived to consecrate myself to His work, and to care for my beloved child. I zealously went on restoring to health myself and my daughter, to whom I had given a feeble constitution, and whom sorrow had rendered still more delicate. My labors in establishing myself in a new and untried profession, were very terrible. I had difficulties to encounter that I cannot describe. Sorrows and wrongs that my whole being revolts from recalling to my memory. I was poor, and in debt; I was a woman, and my path was untrodden, and Water Cure was new to most parts of our country.

God only knows what I had to encounter, or how much He strengthened me for His own work. I record and recall these things not idly, or for the sake of speaking of a good work accomplished, but that you may see clearly how much I owe to Water Cure: two years and a half since, I was married the second time, in this city—my work was then well begun, my mission was accomplished, for Providence had opened a wide door for Water-Cure, and for woman; the people had at length a wise Faith. The last shadows were lifted from my path.

In November last I became a mother. To one, whose whole life had been filled with labor, and sorrow, and struggle, who had twice been given up to die of consumption, who had been weakened nigh unto death by miscarriage, abortion, uterine and pulmonic hemorrhage, Water Cure could not be expected to bring any considerable immunity from suffering, especially when I add, that during the period of gestation, my professional labors were not intermitted, nor greatly abridged, and that for seven months I went to parturient and other patients, night and day. My treatment, through the period of gestation, was unremitting and earnest, and for weeks, when my labors were most severe, a single ounce of bread made as hearty a meal as I could possibly digest, and yet I was famishing for food. But if I took a larger quantity, I suffered most severely from indigestion, and was often obliged to take a tepid water emetic, and throw off the food that was distressing me. Even my Water-Cure friends thought I was starving; I said, it is not the food we eat that sustains us, but what we digest. If I could leave my wearing labor, if I could cease to be anxious and careful for the sick, I could digest more food; as it is, I must grow thin apace, on an ounce of bread, or an apple, for a meal. The two last months I gave up much of the care of patients, and did not go out at night, nor attend any parturient patient. The consequence was, that I could digest moderate meals perfectly well.

For my care in treatment, I had my reward fully. My labor was slightly suffering, a labor of love for a beautiful daughter, plump, of clear complexion, and symmetrical head, weighing 8½ lbs. I was only confined to my room one day, and after the fourth day I attended to practice, and went out doors, not keeping in for rain on the fifth day. During twenty-four hours after the birth of my babe, I took four cold baths—two sitz, and two sponge baths. After the first day I took my plunge bath in the bathing room as usual. The wet bandage, and cold water injections upon the uterus effectually prevented after-pains. I had not one, and I do not believe that I have ever had more than three patients who have had after-pains, and I do not remember one where injections of ice cold water have been thrown on the uterus at first. Cold applied to the surface, without cold injections, makes the uterus contract more slowly, and there are often after-pains. For two weeks after the birth of my babe, I took a morning plunge, with much friction, wore a wet bandage day and night, took morning enemas, and vaginal injections of cold water four times a day, and two sitz baths, one mid forenoon, and the other mid afternoon, and a sponge bath on retiring. At the end of this time my strength was so fully restored, and my practice so absorbing, that I have since been only able to take my morning plunge and evening sponge bath, wearing the wet bandage in the day time, and using occasionally cold water injections. My milk is abundant, my digestion

excellent, and my strength greater than a year ago. Doubtless much of this freedom from suffering has been owing to the perfect harmony and happiness of my marriage, and the fact that my husband is one with me in my work, as in thought and sentiment.

Here is my experience given in all plainness to my sisters. I have suffered no motives of false delicacy to hinder me from seeking the salvation of my sex.

Women of delicacy are thrown into the hands of men, and the most revolting examinations and the most torturing operations are constantly performed, and no one lifts a hand or raises a prayer to have it otherwise. All this is considered proper, because gray-haired custom has sanctioned it. But people talk of the exposure of Water-Cure, and shrink from bringing cases before the public.

I could not ask God to forgive me if I refused to remove woman from the martyr's stake, where she is bound and burnt for a false faith, by a profession as blind, almost, as herself, and as much a martyr as the deluded devotee must forever be. Talk not of Juggernaut, whilst our women and children are destroyed in multitudes, by ignorance of the Laws of Life, by Quackery, and Allopathy. The lancet, cauterization, and calomel, are a Christian Juggernaut, or rather a Juggernaut in a Christian land, that dooms us to disease and death, as surely as the darkened daughters of Hindostan are destroyed by their idol, consecrated likewise by an utterly ignorant devotion.

The birth of a babe should be a blessing and a joy to its parents. My slight illness with my babe, I think partly referable to my intense happiness, in the prospect that a new love was to be born to bless us all. I do not know how a millionaire feels in relying on his riches, and in the consciousness that he cannot know want or pecuniary suffering; but I do know the peace and fulness of joy that a sense of power gives. When I have felt strong in the strength that God has given me, and have thought that my life was no useless life, I have been happy. Very similar was my feeling that I was possessed of great riches, prospectively, in my babe. A thrill of joy pervaded every fibre of my complex being, whenever I contemplated this wealth that was to be mine. But how can the mother feel joyful and happy in suffering as most mothers suffer? No words can describe the cost of birth to the civilized mother. The deathly sickness of the first months of gestation, the weakness, the languor, the pain in the back, and the relaxed state of the uterus, that often hinders exercise until after the period of quickening; then the fearful apprehension of suffering and peril, the utter failing of heart and life, as if death and not birth awaited us at a fixed period. These horrors are the heritage of woman. Whoever can lessen the sum of this sorrow, and refuses to do so, is verily guilty.

The wrongs of children commence long before they are born; for whatever exhausts the life

and diseases the system of the mother, diseases her child. Children are born feeble, and as soon as they breathe the first breath, their bad treatment begins. A thick, tight bandage is put about the infant's abdomen, and it is often fed with some nauseous mess. It is loaded with clothing of the most uncomfortable kind, except its breast, shoulders, and arms. These are left naked. The mother would soon find her death if she exposed herself in this manner. The air and light are carefully excluded from the room, as if God had not made the eyes for sight and the lungs for breathing.

The sick mother's milk is perhaps long in coming into her breast, and the child is fed on rich nourishment, when a little sugared water the two first days, and a little milk added afterward, is the best form of nourishment. The child, from constitutional inaction of the bowels, or from tight bandaging and bad nursing, is very likely to have constipation; this is met with a dose of castor oil, or something worse. With many children this constipation continues for months, and the purging is continued until the child's life is lost.

The true way to cure this state, is for the mother to regulate her diet properly, and give the babe injections twice every day, of water with the chill off. An ounce syringe, which will cost eighteen pence, would save the lives of many children. This application of water never weakens, but always benefits. If the water were given warm it would weaken. You need not fear a habit being formed of using the enemas. There is no fear of any bad result from relieving a child. I have had abundant experience, and I know what I assert. My own babe had constipation for ten weeks, which has been overcome by the daily persevering use of the syringe, and now the natural action of the bowels is established.

What a baby wants is to be properly clothed; in winter with loose garments, covering the breast, shoulders, and arms. The sack form is good and easy.

The babe should be bathed from birth, every morning when dressed. I bathe mine when I dress her in the morning and when I undress her at night. The water may be 70 degrees F. the first month, 65 the second, 60 the third, and the natural temperature after that.

If the babe is fat, a little-sweet oil rubbed in the creases of the flesh hinders chafing. Fresh air and light ought always to be admitted into our rooms, as much for our children as ourselves.

A child's nourishment should be the milk of a healthy mother, a healthy nurse, or a good healthy young cow. The first three months of a child's life, it will take its food once in two hours; and at three months it will naturally fall into the habit of taking food once in three hours.

I am convinced, from observing many children, as well as my own, that the nearer we come to these periods of feeding, or nursing the child, the better for its health. If the child is fed, the

nursing bottle should be mostly used, as the natural way for an infant to take food is by sucking. The infant should take nothing but milk for nourishment, and water if thirsty, or for wind in the stomach, until it has teeth. On the abuse of clothing I have a few words to say: Excess of cold and excess of heat are equally fatal to infants. If you half clothe your babe, born near or in winter, leaving its breast and arms bare, you may make a strong child stronger, but you almost inevitably destroy a weak child. The young of all animals generate but little heat till after the period of nursing is past. They need the mother's warmth; and to put a young infant, in winter, alone in a crib to sleep at night, is little short of child murder. But warm rooms, heated above 70 degrees F., and flannel next the tender skin of a babe, are hurtful. We should sleep with our infants in winter, that they may be warmed with our warmth, and thus partake our life; but we should not sleep in heated rooms—our rooms should be without fire, and the external air admitted, and our beds well covered with blankets, *not* cotton comfortables which confine foul air and exhalations, and are nearly or quite as unhealthy as feather beds; our beds should be made of hair, moss, husks, palm leaf, straw, or some such material.

I have sometimes almost thought that infants were universally conspired against. Mothers make themselves ill by improper eating, drinking and dressing, and many more bad habits, and of course their nursing infants must be ill too. Then they have a fancy to see the little rounded shoulders and arms all bare, at all seasons of the year. They think their babies look very beautiful thus, and so they do, but many beautiful fancies lead to death. Our grown daughters, exposed in this way, court consumption, and find an early tomb; and yet people expose their infants, before they have acquired an independent life, to a risk that their grown children cannot take with impunity.

If mothers could be persuaded to care for their own health, and could bear their children in strength, without the dreadful suffering which a diseased nervous system insures, and then would but allow their babies pure air for the lungs, pure water for bathing and for drink, good healthy food for the nourishment of the body, at regular and right intervals, light for the eyes, and loose, porous clothing for warmth in winter and decency in summer, with needful exercise and purity in all their surroundings, they would save their children in the maladies of childhood, and give them health and power of usefulness in maturer life; and, oh! how many pangs would mothers be spared. What a "path of fire to brain and heart," is the mother's often. She watches, and prays, and agonizes for the frail life of her child, and yet half destroys it by her want of wisdom, and employs deadly drugs to finish the work she has all unconsciously begun. Alas! for mothers! I pray God to pity them, and to make my prayerful pity useful, and to bless all efforts for their enlightening.

May the Heaven of Angels cease to be peopled with infants, who die for the ignorance of those who would gladly give their own lives, or all the joy of them, a ransom for their babes.

### THE SMALL-POX.—VARIOLA.\*

BY R. T. TRALL, M.D.

**CHARACTER.**—The small-pox is a contagious eruptive fever, affecting both the skin and mucous membrane of the mouth, throat, stomach, and lungs. Its access is a fever; this is followed in three or four days by an eruption, which is *papular* at first, then *vesicular*, and lastly *pustular*; the pustules are *pointed* at first, but afterwards become *umbilicated*. The eruption terminates in twelve to seventeen days in desiccation and scabbing, leaving smaller or larger irregular cicatrices. It exists in this and most other large cities at all times; it is however more prevalent in the spring, when it also prevails more generally in country places.

**SPECIES.**—This disease appears in three forms: 1. Distinct small-pox—*variola discreta*. 2. Confluent small-pox—*variola confluens*. 3. Modified small-pox—*varioloid*. The first variety is the mildest, the eruption is regular, the vesicles distinct, and the fever of the inflammatory type. The *second* variety is the most severe, the vesicles are irregular and mixed, and mature imperfectly, and the accompanying fever is typhus. The *third* variety is the small-pox, as modified by vaccination or a previous attack.

**STAGES.**—The phenomena of variola are divided into four stages: 1. *Incubation*, or the latent period; being the time that intervenes between the inception of the virus and the first appearance of the symptoms. This period varies from six to twenty days. 2. *Invasion*, which extends to the eruption, usually three or four days. 3. *Eruption*, the vesicating and pustulating period, extending to the eleventh or twelfth day. 4. *Desiccation*, extending to the time of cicatrization, usually about the seventeenth day. The time from the *third* to the *eighth* day, during which the papulæ change to pustules, is called the period of *maturation*.

**SYMPTOMS OF DISTINCT SMALL-POX.**—The attack is characterized by the usual premonitions of a violent fever, as chills or rigors, lassitude, headache, pains and weakness in the back and loins, tenderness about the pit of the stomach, frequent nausea and vomiting, drowsiness, sometimes stupor or coma, and with infants convulsions are frequent occurrences. These symptoms are succeeded by general heat of the body, dry skin, frequent pulse, coated tongue, and extreme restlessness, which continue until the eruption appears, when they partially subside.

The eruption appears first on the face and forehead, in the form of minute spots or papulæ, sensibly elevated above the surface of the skin. They are first noticeable about *forty-eight* hours after the occurrence of the rigors. During the

\* From the manuscript of Dr. Trall's forthcoming work, *Hydropathic Encyclopedia*.

*third* and *fourth* days the eruption extends to the sides of the nose, chin, upper lip, neck, and wrists, then to the trunk and thighs, finally covering the whole body. About the *fifth* day little vesicles, depressed in the centre, containing a colorless fluid, appear, surrounded by an inflamed circular margin, one vesicle arising on the top of each little point or pimple. Usually the eruptive fever further abates or entirely disappears at this time.

There is generally, though not always, an increased flow of viscid saliva, some swelling of the throat, with hoarseness and difficulty of swallowing, about the *sixth* day.

On or about the *eighth* day, the pustules are completely formed and spherical, terminating in a point, and the vesicular fluid becomes purulent; the face and eyelids swell, and the mouth, nose, and fauces are covered with pustules. About the *tenth* or *eleventh* day from the febrile access, or *eighth* or *ninth* from the appearance of the eruption, the inflammatory areola surrounding the vesicle subsides, the contents change to an opaque yellow, and a dark spot appears on each pustule. Usually at this time, the tumefaction of the face subsides, and the hands and feet begin to swell. After the *eleventh* day the pustules become rough, break, and discharge their contents, which, by drying on the surface, forms a small crust. In a short time these crusts fall off, leaving the part of a dark brown color, which often remains many days; and when the pustules have been very large, permanent indentations of the skin remain. About the *seventeenth* day, the *secondary fever*, which comes on about the completion of pustulation, disappears, and the swelling of the hands and feet subsides.

**SYMPTOMS OF CONFLUENT SMALL-POX.**—The eruptive fever is more intense, the strength is greatly prostrated, coma and delirium are frequent, and profuse diarrhoea or salivation are often present. The eruption is preceded by an erysipelatous efflorescence upon the face, from which the pustules emerge on the second day in the form of small red points, which run together and form clusters resembling measles. The pustules are irregularly shaped, and contain a dark, ichorous matter instead of true pus. When the crusts begin to form, the whole face is covered by a general scab, which falls off from the fifteenth to the twentieth day. The fever does not cease upon the appearance of the eruption, but about the ninth day suffers a remarkable exacerbation; in very bad cases the eruption becomes livid or black, and petechiæ, hemorrhages, bloody urine, and exhausting diarrhoeas occur. Should recovery take place, the pits or scars will be much deeper than in the preceding form. The patient often dies about the eleventh day.

**SYMPTOMS OF MODIFIED SMALL-POX.**—The eruptive fever, though generally severe, usually lasts but a single day. On the following day the eruption appears, first on the wrist and about the nose. Frequently a pimple on the *ala* of the nose gives an indication of the nature of

the disease. The course of the disease is shorter and the symptoms more irregular than in the other forms. Some of the eruptions progress to perfect pustules, others die away without suppurating. As soon as the eruption appears, the patient is well, unless it is sufficiently extensive to keep up some degree of irritative fever.

**DIAGNOSIS.**—The diseases with which small-pox is liable to be confounded, especially in its early stages, are chicken-pox—*varicella*; measles—*rubeola*; scarlet fever—*scarlatina*, and erysipelas. Variola may be distinguished from chicken-pox by the pimples appearing on the back, the maturation of the pustules on the third day, and the absence of suppuration and induration, which characterize the latter disease; from measles, by the hoarseness, moaning, swelled eyelids and watery eyes, which attend the attack of measles, and the eruption appearing in crescentic clusters, not rising into visible pimples; from scarlet fever, by the strawberry appearance of the tongue and the bright scarlet efflorescence of the skin, which usually appears on the second day in the latter disease; and from erysipelas, by the eruption or efflorescence being of a florid red color, and spreading from a particular point over a large surface, in the case of erysipelas.

**PROGNOSIS.**—The result must be judged of by the condition of the body at the time of attack, and the intensity of the fever. It is generally favorable in the distinct and modified forms, and generally unfavorable in the confluent form. Dangerous symptoms are the pustules becoming flattened, livid, and interspersed with discolored spots, a sudden disappearance of the eruption, general pallor of the skin, with great anxiety and extreme prostration of strength, and complications with local affections.

**POST-MORTEM APPEARANCES.**—After death, dissection has shown the windpipe, bronchial vessels, lungs, liver, stomach, and intestines to be covered with pustules, with local inflammations in various organs; the whole body runs rapidly into putrefaction.

**CAUSES.**—Variola is produced by a specific contagion. Its nature has thus far eluded the recognition of our senses, and probably never will be detected by chemical analysis. The virus seems to act like a ferment in relation to some one or more of the elements of the blood, analogous to the process of saccharine fermentation. It is produced by subjecting the body to the effluvia arising from those who already labor under the disease, or by introducing a small quantity of the purulent matter of the disease into the system by inoculation. A doctrine has lately been started, that the changes effected in the blood by the contagion of small-pox were a purifying process, analogous to the working of a barrel of beer. But the theory is refuted by the fact that all fermentation is a destructive process, absolutely decomposing the saccharine and other fermented matter, and resolving it into its ultimate elements.

**LAWS OF CONTAGION.**—It is communicated by

contact or through the atmosphere, by pustules, or substances imbued with the variolous matter, and equally by the living or dead body. It is occasionally epidemic. Sometimes, though rarely, it occurs twice in the same person.

**MORTALITY.**—From the statistics which have been collected, it appears that one in three or four cases are fatal. In the modified form, or in those who have been vaccinated, the mortality has been much less—about one in twenty. The periods of life of its greatest mortality have been under five and over thirty years of age; the ratio increasing below and above those ages, and being the least between them.

**SEQUELÆ.**—Medical books describe a long catalogue of diseases as the consequences of small-pox, some of which are more to be dreaded than the disease itself. Among these are boils, abscesses, ulcers, gangrene or sloughing of the skin, erysipelas, suppuration of the joints, hip disease, ophthalmia, blindness from opacity of the cornea, inflammation of the serous membranes of the chest and abdomen, tuberculated lungs, consumption, mesenteric disease, and scrofula. Some of these sequelæ doubtless result from frail organization, more from bad habits of living, and still more from unfortunate medical treatment.

**PREVENTION.**—Physicians are not all agreed as to the propriety of resorting to vaccination as a protection from small-pox. The vaccine virus is the variolous matter modified by passing through the organism of the cow, or some other of the domestic animals; hence the disease resulting from its introduction to the human system is called *vaccinia* or *vacciola*, *cow-pox*, *kine-pox*, and *vaccine disease*. There is no question but that it is, to a great extent, a protection from the violence and danger of the natural small-pox; at the same time there is danger of inoculating the patient with some loathsome and even worse disease, as venereal, or scrofula, from the impossibility of always getting a supply of vaccine matter from healthy constitutions. In either way there is a risk to incur, and it is a delicate matter for a physician to advise on a subject when both sides are hazardous. I am fully convinced that if people could bring up their children in strict physiological habits, the non-vaccinating plan would be altogether the best; but in a city this seems next to impossible, and in the country it is pretty generally neglected. Children reared healthfully in relation to food, exercise and ventilation, have little to fear from any disease, however contagious; they may have this, but it will not endanger life, nor produce much deformity nor serious injury. I have seen within the last year, a most horribly loathsome case of scrofulous disease, in which the patient literally rotted alive at the age of fifteen, from unhealthy virus received when he was but three years of age. Parents often find some one of their children tainted with morbid humors, unlike any other member of the family, and which they are wholly unable to account for, except on the supposition of foul matter taken into the

system by vaccination. My own practice would be, to keep children as healthy as possible, and, if the small-pox happens along, let it have its natural course. Those who have the means to do the same I would advise to act accordingly, while those who live, move, eat and drink, after the ordinary manner, would have a better chance at chances by resorting to vaccination.

**TREATMENT OF SMALL-POX.**—As in all fevers, whether eruptive or not, the temperature of the body is the guiding principle in the treatment. To regulate the temperature and equalize the circulation, are the leading indications. On the access of the febrile symptoms, the bowels, unless entirely free, should be moved by tepid injections. When the fever is fully developed, if the heat is not great, tepid or cool ablutions to the whole body will moderate it sufficiently; if the fever is severe and the heat extreme, the wet sheet pack should be resorted to, and resumed as often as it becomes warm, until the skin becomes soft and the temperature near the natural standard. Give the patient as much water to drink as the thirst demands. Give no food save Indian or wheat-meal gruel, and not that unless the appetite calls for it. Nursing children may take the breast as usual if inclined. From the second to the fourth day, when the efforts of the organism are determined to the skin to produce the eruption, be cautious in meddling with the stomach and bowels. Thousands have been killed outright by an emetic or strong purgative administered at this critical period. At this time all the vital energies are aroused to throw the virus off through the surface, and if, by an irritating emetic or cathartic, this action be repressed, and the force or the disease directed to the stomach and bowels, death may be the speedy result. The principle here involved affords a satisfactory explanation of the superior *safety* of homœopathic treatment, compared with allopathic, in all eruptive fevers, as has been frequently demonstrated in practice in the management of scarlet fever.

After the excessive febrile heat is subdued by ablutions or packings, two cool or tepid ablutions daily, morning and evening, will generally be sufficient through the whole course of the disease. Should the extremities at any time become cold, bottles of hot water should be applied. There is often a strong determination to the brain, evinced by headache, delirium, convulsions, etc., when cold wet cloths should be applied. In the violent delirium of the confluent form, cold water should be poured over the whole head until relief is obtained, the patient's head resting over a tub to receive the water. In the most intense paroxysms of fever and headache, this process will generally afford prompt and often surprising relief.

The secondary fever requires precisely the same medication as the primary, though if the former has been well managed, the latter gives but little trouble.

Ventilation is always important; the patient

should be kept in a large, well-aired room, of even and rather cool temperature.

Various expedients have been tried to mitigate the itching that often attends the desiccation of the pustules, as well as to prevent pitting or scarring. None have, however, been found of much service. Washing the sores with cold cream is as harmless, and probably as useful, as anything which has been suggested.

NOTE.—The symptoms of small-pox, in the above article, are stated as they occur in patients whose habits of life pattern after the usual fashions of society. The hydropathic practitioner will often find them very materially modified in persons who have for a considerable time been accustomed to a hydropathic regimen, especially in children, who have been trained on the principle of "eating to live," instead of that of "living to eat." Indeed, in such cases many of the symptoms laid down in medical books as characteristic may be entirely wanting. I have a case at this writing under advisement, which strikingly exemplifies the difference between an eruptive fever occurring in a very healthy or a very unhealthy person.

A child, fifteen months old, was attacked with the disease in the natural way. Having the good fortune to be born of Water-Cure parents, the child had been bathed regularly from birth, and its principal solid food, after it began to exercise its teeth, had been cracked wheat. In this case the *hoarseness, swelling of the throat, and difficulty of swallowing* were wholly absent. The *secondary fever* was so slight as to be but just noticeable; and about the *tenth* day, when, according to the experience of most regular physicians, the symptoms usually become aggravated and dangerous, the little patient, though covered with plump, well-developed pustules, was entirely free from all feverish irritation, playful, and in fact, with the exception of the skin affection, in its usual good health. This child only required a slightly tepid bath twice a day, and cold wet cloths to the head during a part of the eruptive stage. The sores are healing so kindly that I doubt if, after a short time, there will be any traces of the disease about the face. All these remarks are equally true and equally important in all the eruptive fevers, called in medical books *exanthemata*.

NEW WATER-CURE ARRANGEMENTS.—Dr. TRALL having assumed the medical direction of the Lebanon Springs Water-Cure, in connection with his city institution, has made arrangements with Mr. D. Campbell, proprietor of the former establishment, to accommodate invalids and hydropathic boarders in the country during the warm season, and in the city the year round. Mr. Campbell will have the entire domestic management of both establishments, which will be conducted on the same plan as heretofore. The country establishment will be re-opened on the first of May. Dr. Trall will be in attendance five days in each week, and at the city establishment Tuesdays and Wednesdays, from the first of May to the first of November. During the remainder of the year he will be located in the city. Patients will be left in charge of competent assistants during his absence. R. T. TRALL, M.D. 15 Light street, New York.

## AN AUTOBIOGRAPHY.

## CHAPTER II.

(Continued from page 29.)

THE brains of children are easily injured by over-tasks, and any education which, quickening the intellect, fails to invigorate the bodily powers, is false and ruinous. Aside from morai teaching and the acquisition of knowledge from the outward world, the education of the *body* is the main thing. American mothers take no pains in this respect. An intelligent English noblewoman will spend six months of close labor and care to teach her daughter how to *stand*,—that is, how to place her feet so that her limb shall be perpendicular to her foot, by means of a straight, firm, well-balanced ankle. I would wager fifty dollars, were I not so poor that I ought not to borrow it, that no man can find five women in each hundred that he may meet, who have the ankles of both their limbs anatomically straight. They are not what Nature designed them to be. Generally speaking, the ankle of the left limb is the most crooked, and sways inwardly to a marked degree from the line of perpendicularity. And then the *walk* of American women is greatly deficient in gracefulness. It is half-way between a wriggle and a waddle. There is no poetry of motion in it. It is complete in only one thing—its unmitigated Yankeeism. It has one feature—directness. The entire bodily posture indicates a determination to reach a point as quickly as possible. The head leans forward, the arms wrapped up in a shawl—for some *sort* of a shawl a woman will wear, even in August. The limbs stiff as stakes at the hips—the ankles rigid as if ankylosis had taken place—the feet placed in parallel lines to each other. ☞ *The Knees do all the work*. Set her a-going and she wiggles about the hips and waddles about the knees like a crane wading a drawn-off mill-pond. But what of all this? If Jemima-Gaudiosa-Arethusa can only write and cipher to the rule of three, can parse—"I am a sinner saved by grace"—can read without bungling, thrum a piano, work *worsted cats and dogs*, she is on the high road to fame. No scholar beats her—and the ambitious parents are satisfied. Pshaw! I would infinitely prefer a daughter of mine under twelve years of age—if she could know but one—should know how to climb a peeled bass-wood, wrestle like an expert, and play ball like a gamester—than to "quip and quip" over mathematics or the art of speaking and writing the English language correctly. The grammar such a girl wants is Nature's. The language she needs to learn is Nature's. It speaks within her in her impulses. It speaks outside of her in God's works. From every bush and brake comes a fairy voice singing to her

"Come wander with me  
Over hill and lea,  
And I'll sing you the prettiest songs."

A school-house for such a young thing! One might as well prescribe the dye-tub in the chimney corner for a seat, and the Westminster Catechism for an amusement.

I have seen but few women who were good walkers, and not many men. Horse-breeders, who train up roadsters, always take great pains with the walking powers of an animal. They think it the most important pace to be cultivated. But the idea of parents training their children is preposterous. The most beautiful walker I ever saw, was a girl who worked for my father's nearest neighbor. She was a poor girl, with fine natural intellect, but not educated, of remarkably fine taste, and carried a Jenny Lind sort of face, full of genuine good humor and benevolence. She moved with more grace than any woman I ever saw. I used to think nothing earthly could equal her. She attended the Presbyterian church, and when she walked out of the porch on to the street-flagging, the old and young, man and maiden, would stop to gaze at her. A gentleman, at that time a young man—resident in our village, since honored by the citizens of this State with the distinguished office of Lieutenant Governor, used to express himself in no measured terms of the grace and beauty of her step.

Till the period when adolescence dawns, abstract intellectual effort should be avoided. Then, the train assumes more of consistency, and severer drafts on the nervous system may be made with less probability of injury. It is a remarkable fact, that, other things being equal, the intellects that have moved the world are and have been those, whose application to severe and anxious study has been made after the juvenile period of life had passed. Their childhood was spent, not in crowded and ill-ventilated school-rooms, not in poring over books, not in getting exacted lessons, not in attempts to master what they could not understand; but in avocations that invigorated their bodies and tasked their mental energies only in the way of observation. It is the law of wisdom that *this* result should follow. The mind is dependent on the body as a medium of expression. That body, therefore, which is deprived, lacking nervous and muscular energy, is a poor machine for a great soul to work out its bright aims with.

My professional career brings before me numerous cases of utter ruin caused by this mal-practice on the part of parents. Mal-practice, which, if done under sanction of the medical cloth, and by a member of a medical fraternity, would subject him to a heavy penalty. I will give two instances and then travel back to my school-room and my Rev. Pedagogue.

On my way eastward this fall on business, I was detained in Syracuse a day. A gentleman of wealth and influence learning that I was in the city, called to consult me in respect of his daughter's health. She is about nineteen years old. During infancy and childhood she exhibited fine robustness, having inherited a good constitution from the parents. They are persons of large brain; the father, of nervous and sanguine temperament, and great activity, devoted to business, and full of schemes for the realization of the *one thing needful*—WEALTH. The mother a notable housekeeper, full of cares and

duties. The child active, energetic, and inquisitive.

About the time that four years had ripened on the little girl's head, the mother took into serious consideration what should be done with her. So, after cogitating the thing all over, she says, of a morning when they are at table, "Husband, Miss Janette Schoolcraft is to open her select school for little girls and young misses next week, and I think I had better have Emily go. She is almost four years old, and *I have so much to do, that I cannot take care of her.* You know we cannot afford in our small family to keep a hired girl and pay her a dollar a week; and if *I do the work,* Emily has to go uncared for. You can hardly imagine how she romps. She will climb over our front yard fence like a squirrel. There is no keeping her. She gets with Mr. B.'s boys; and only yesterday I saw her playing horse in his yard, holding the string, and driving little Charlie about. If I keep her in the house, she is as mischievous as a witch, asking me what this is made of, and what that is for, till my life is tired out of me. If she is not taken care of, she will grow to be the greatest 'Tom-boy' in the neighborhood. Besides, how broad she is getting: she looks more now *like a boy* than a girl; she is as big one way as the other already."

"Well, my dear, I do not know but it is best that Emily should go to school; but I think you rather exaggerate the evils of her romping," says her husband.

"Exaggerate them, my dear! Why, she is all that I tell you, and *more.* If you will believe me, the other day, when Billy B. came by riding his father's horse to water, she clambered up on the gate-post and asked him to ride."

"Did she? Here, Milly! Did you want to ride with Billy B. on the horse?"

"Yes, Pa, I did; and I wish you would get me a pretty pony to ride. It would go so prettily!—Canter to canter, to canter! Come, Pa, promise me a pony."

"Father's dear girl! If you get through life and do nothing worse than to ride on horseback with Billy B., your sorrows will not be very heavy. Here's a kiss!"

"Now, husband, how could you do so? I have tried to make *Milly* feel that it was not pretty to want to be with boys."

"My dear, why not? Is there anything improper in *being a boy*? What shall we do with our daughter if we should ever have a son?"

"Fie, now! *Our son* will be *her brother.*"

"Yes; but he will, if a son, be a *boy*: and it was for not coinciding with you as to the impropriety of Emily being with *boys* that you blamed me just now."

"Well, my dear husband, do you want your daughter a great *coarse* thing, weighing two hundred, fat as a moose, and so red in the face that one would think she painted?"

"No, dear! Two hundred pounds would be rather uncomfortable to carry when the thermometer is 90° on the shady side of our street.

I would be content with 140 lbs. As to her being coarse, I would prefer *fine* fibre, for there is as much difference in human flesh as in that of beasts: the finest fibre makes the finest meat. The finest body is likely, other things being equal, to contain the finest spirit. I want to see our daughter *beautiful*—so beautiful that I might sit and grow good under the spell her beauty might fasten on me. I do love beautiful children. I do love a *beautiful woman!*"—looking a *shy* glance at his wife—but I am not afraid of her *redness*: a peach-blossom cheek for me, dear!"

"Peach-blossom!" exclaimed his wife. "Her color will be more like that of sole leather, if she is not kept out of the wind. I am almost provoked with you, husband, for you really talk about Emily as if she were a *boy.* I wish"—

"You wish—ah, I know what you was going to say—you were going to say that you wished Emily *was a boy.* Well, well, dear! Milly's education must, in *the main,* devolve on you; so act as you think proper about sending her to Miss Schoolcraft. Give me a warm cup of coffee, please."

He took it, drank it, seized his hat, gave his little romping Milly a kiss as though he should never see her again, but in her place a little, demure, quiet, pale-faced thing, whose soul had perished for want of air, and ran to his office, to see if any improvement had taken place in the prices of grain in New York, or the value of stocks in Wall street.

He never *did* see his little Milly again, but for a *short* space. Miss Schoolcraft came. She was rightly named. Milly N. was put into her hands; and from four till eighteen years of age she was never out of the hands of her schoolmistress or master, *except nights and Sundays.* Day in and out, year after year, she held her weary way till she left—with a "finished education" and a ruined body. Her health is *completely gone.* Am I asked, what is the matter? I will answer; and inasmuch as the reader may happen to be a *father,* and have a daughter in the same predicament, I will give him my prescription for this young broken-bodied girl. The matter with the girl is *this*:—She has a lateral curvature of the spine, to a degree that one shoulder is nearly two inches higher than the other; has strong indications of anterior curvature; has derangement of the stomach, amounting to dyspepsia; has inactive state of the liver, accompanied with enlargement; has serious disturbance of the pelvic viscera; has hot head, cold feet, irregular pulse, and low vitality. She cannot endure much exercise, is a slave to fashionable clothing; wears corsets, shoulder-straps, whalebones, and tight waists; in fine, is a *fashionable lady.* She has hopes of marriage. She is about as fit for a wife as sickness would be for a bride to rosy-cheeked, laughing Health; and so foregoes the application of all agencies that would expose her deformity to the gaze of all others. She is padded, wadded, and dressed till she looks "all right;" and I feel quite sure that the man who marries her will never dream that the wife that he has taken has

not a *stright backbone,* till the priest has tied them with the bands of the *law.*

*My advice to the father was this*:—

"Take your daughter from home; away from her mother; away from fashionable associates; away from *drug Doctors.* Find a good Water Cure, rural, pleasant, whose proprietors are intelligent and refined, whose physician has skill and a *heart with it*; where the laws of life are rigidly yet kindly enforced; where the principles of health make it fashionable to dress as health demands; and then let her take treatment for her functional derangements, and by appropriate regimen of diet, air, exercise, and the right social life, she may gather up vigor enough to *stay the disease.* If so, she may be of *use* to the world; otherwise, she will come to be a burden to herself, and you and all who know her."

I *pitied* the father. He has slaved himself almost to death for the child. I *pitied* the *girl.* She would have been a sweet thing under right treatment; and life and its glorious blessings are all turned to *bitterness.* I felt almost indignant at the *mother*; for, having ruined her daughter, she *now* attempts to conceal the evidences of that ruin.

The father thanked me, paid me well, and promised to send his daughter to my Cure.

Take one more instance. In my circle of intimate friends, there is a family of seven persons. Father, mother, and five children. Their two eldest are daughters—adults. The third—a son—adult in stature. The parents are wealthy, have fine talents, and commanding influence in the place where they dwell. They dote on their children, and give them intellectual and social advantage. But not one in five can be called *healthy.* What is the cause? They are not cursed with taint of blood. *Hereditary* disease has not taken its life-lease on them. The cause is their bad, physical education. They have been trained *ill.* The school-room has been the theatre of their powers. *There,* their activities have expended themselves. They have consequently *over-grown* brains, all of them, and tall, slim, not *well-shaped* bodies. The chances are that by the time these parents have reached that point of life when strong arms and wise heads are their needful support, they will be *without* them.

The eldest—let me make an attempt at description, that the reader may see what ruin, wrong education does. She is above the medium height—with an original frame-work of great beauty. The bony structure is firm and normal in all its parts. She has too little muscle to have it said that she is finely *proportioned.* This deficiency is mainly owing to want of exercise. The muscles that support the trunk have been long relaxed, and she is somewhat crooked when sitting. She leans forward, thrusting the lower part of her breast-bone inward on the stomach, and by that posture tending to make a mechanical displacement of the bowels and organs of the pelvis. To remedy this defect, she has taken to wearing shoulder-braces, which in-

creases the evil it is designed to cure, inasmuch as it relieves the muscles from *all* duty, and so adds to their impotency.

She wrote to me for medical advice, and I went to see her.

Of her bodily habits I found that she exercised out-of-doors inconsiderably; that she kept her feet *cold* by a hot stove; that she complained of headache almost constantly; that she had acute dyspepsia; that she was troubled with constipation, slight enlargement and marked torpor of liver; that her spleen was sensitive; that the vertebral processes at the point where the nerves pair to go to the heart and lungs, were tender under pressure; that she had restless uncomfortable nights; that she had, when sleeping, unpleasant dreams; that in the morning she was oppressed with lassitude, and each day at stated periods was troubled into disgust of life—and longed to get away from her catalogue of woes.

She is of nervous-bilious temperament, with a very large head; possessed of extraordinary ideality, and very large casualty and comparison. Her moral sentiments are large; her acquisitiveness large; her secretiveness very large. She has firmness large; caution large; self-esteem moderate—quite moderate.

Her motive power is good. Yet with such powers as these qualities unmistakably indicate—powers which, under the right direction, should, at her age, have made her name ring across a continent, she is known to a small circle comparatively. As far as she is known, she is the delight of all hearts at social gatherings, for there she lifts herself out of her usual depressions and reigns queen of the evening.

Compared with what she *could have been* under right management, she is *now*, NOBODY. The most alarming feature in her case is, that CONSUMPTION, like an unleashed grey-hound, waits for the opportunity, at the cry of the TALLY-HO! to fasten its fangs in her flesh, and let out her life's blood. The chances, taking into consideration her social fetters, the habits of her whole life combined with the blindness of her parents—who, it would seem, will never see that she is not "pretty well," till Death's entrance in to their dwelling startles them from their illusion—the chances are *against* her. Perhaps *she* may gather up strength of purpose to double the stormy cape, and find her way into smooth waters. Were she daughter of mine, I should hope to save her. As her medical adviser *now*, I shall work hard for it; but doctors are not almighty.

Her sister—a girl of splendid mind—is doomed, ruined, and will drag out a life of old age wretchedly, if some acute disease does not play the merciful to her. The son, bright, and beautiful, ambitious and talented, is studying himself to death. The two youngest are quite likely to follow in the track. Beautiful picture for Benevolence to contemplate. More than probable that in less than forty years from the birth of the eldest—the whole group will be kept in remembrance under monumental inscription.—O, Folly!

will men ever strip thee of thy stolen drapery, and drive thee to herd with thy kind? Or, must thou *always be our* WISDOM, whilst *she* of the golden hair and angelic face wanders alone—thou sitting on her throne—a Usurper?—Enough of this: My heart aches at the recital.

Now let me turn to myself and my master. I had become a great *Pet* with him. My father looked on me *reverentially*. My mother thought me an extraordinary child, the old women cried "amazing!" The reverend gentlemen—my father's house was a "*Gospel tavern*"—declared that under the Abrahamic Covenant I was to be set apart for the ministry; whilst I knew I was a Latin and Greek *fool*. I never whistled, I never sung, I never dreamed the sweet pretty dreams of youth. The Heaven I dreamed of was, where Leonidas and Miltiades were; and the Hell I saw was Virgil's. I sought not the society of boys. Girls—all but Delia Greenwood—she was no *girl*, she was my *Divinity*—I detested. My little room had become my world. I had come to associate with Æneas, Ascanius, and Dido, before she burned herself. I was with Agamemnon, Ajax, Ulysses, Nestor, and Achilles. I wandered through Troy and Priam's palace, gazed on Helen's beauty and Hector's warlike face. I was

"In the land of lost gods and godlike men."  
Thin vales of evergreen, their hills of snow."

I hugged my books with morbid pride, and day by day was warped more and more from a natural line of life. My heart only was safe. That beat as true to the voice of affection, as Taglioni's feet to the music of her orchestra. I spent no evenings in childish amusements. I had no relish for sports. I was a dwarfed *man*. The period of childhood had *passed* me, leaving only dim recollections of its fragrance. About this time, my father had applications to take in other children. The matter was discussed, and the *result* was, the establishment of a select school. About this time also, I was taken to Utica to recite before the late Erastus Clarke, Esq., who prophesied great things for me, which have never come to pass.

At the establishment of the select school, a new room was obtained. My *exodus* from the little attic was made with streaming eyes. I entered it as one would enter a prison. I left it, feeling such sadness as one feels on going from his home. Besides, I was fearful of my capability to sustain myself with the scholars who were to come in as my fellows. I shrank from contact with them. The school opened; every thing passed on quite harmoniously. I made my way better than I expected, and although not the favorite of the majority, I was suffered to pass in peace. But a trial awaited me, the results of which I little dreamed of.

Our master was a devout man. He prayed night and morning in the school. His habit was to rise out of his chair, spread abroad his hands, make his prayer, and, on saying *Amen*, to seat himself without looking back. One afternoon, a wicked little sprite of a girl—beautiful as a *hour*i, and mischievous as the elves of queen

Mab, came along on tip-toe, and lifting the chair, set it noiselessly one side. I saw her do it,—perhaps not another scholar in school did; for the seats were fronted to desks on the wall, and the backs of the scholars were all to the master.

When the prayer was through, the master as usual sat down, but *this* time he *sat on the floor*. The whole school burst into laughter. It was *their* time. He rose livid with wrath. About the wings of his nostrils, and the corners of his lips, there was a *pale streak*—the blood had fled from the skin. It changed his appearance strangely. To look at him one would have thought *he* never could pray. He frightened *me*, for I had, as I supposed, studied all phases of his countenance, and I had seen nothing that looked like this before. His eye, usually cold and gray, flashed like a meteor across a January sky—pale but luminous—darting its ray in all directions. He took in every scholar at a glance; his voice at length called me.

"Jacobus,"—he always called me by a *Latin* name—"Come to me! Who pulled my chair, whilst I was at prayer?"

"That's a rhyme!" cried a little curly head on one of the low seats. "I cannot tell you," said I. "Do you know?" "Certainly, sir!" "Who was it?" "I cannot tell, sir." "Then, sir, hold out your hand!" I did so, and taking a heavy ruler, made of cherry, he clasped my fingers, bent them back, so as to elevate the palm, he raised himself on to his tip-toes, and swinging the ruler in the air, brought it on to my hand with all his might. A blister instantly followed. "There, sir! Take that!"

I went to my seat, shed not a tear. I *never yet* cried for *my own* sorrows. And the school was dismissed. Within fifteen minutes the poor man would have given all he was worth—to be able to recall that blow. It was too late. I went to school in the morning, took my seat, but *got no lesson*. I could get none. He had severed the link that bound us. We were *twain*. I flourished no more under his *regime*. His blow hurt my *heart* worse than my hand. I could no longer love him, for he had *doubted* me, and from the earliest hour of my ability to think to this time, I have never been able to keep my heart true to those who *doubt* me. I shrink instinctively from all such. At the end of the term we parted. The old man wept—but the little *hour*i loved me:

WANTED—A Water-Cure Establishment in Dover, New Hampshire. The intelligent citizens of Dover and vicinity are greatly in want of a Water-Cure physician; and we are assured that the most liberal support will be given to a competent practitioner. Dover is only three miles from Great Falls, and in the immediate neighborhood of South Berwick, Salmon Falls, New Market, Exeter—all manufacturing places; and is within twelve miles of Portsmouth. The water is pure and soft, and the place accessible from every direction by innumerable railroads. Besides, the people are thoroughly indoctrinated in hydropathy. MR. J. PERKINS, of Dover, once a patient under Water Treatment, will give any farther information that may be desired.

## TWELVE CASES IN MIDWIFERY. WITH DETAILS OF TREATMENT.

BY JOEL SHEW, M. D.

EARLY in 1843 I commenced the practice of midwifery, using water as the great remedial agent in the art. The new method, invaluable as it is, had not been adopted in this branch of medicine in the old country; and it being at that time wholly unknown in America, I was under the necessity of acting without precedent. I had, it is true, the example of the aborigines of our own country, and that of the savage nations generally; but the constitutions of these, be it remembered, are very different from those of the inhabitants of our metropolis. We may do much, I am aware, to harden the constitutions of our delicate females; and to ascertain by what means, and to what extent, this may be accomplished in reference to matters of childbirth, has been the object of my most earnest study. To what degree I have succeeded, facts alone may determine.

I propose, then, on the present occasion, to give TWELVE CASES of parturition, in illustration of the effects of Water-treatment. These cases, I conclude, present a very fair average of the success attending the treatment generally. Certain I am that I have no desire to mislead people in so important a matter. I ask only a candid investigation of the facts as they occur, the truth of which any one interested may readily learn, by by conversing with those who have submitted themselves to the new treatment.

### CASE I.

July 15, 1850.—This is the case of a very worthy and intelligent lady who resided in our establishment, about thirty years of age, delicate health, and scrofulous tendency. She bathed through her whole period, and paid tolerable regard to diet, but was too much encumbered with domestic duties to allow of suitable exercise in the open air. This was her second pregnancy.

She came to labor very suddenly on the evening of the above date—labor lasting only about half an hour. The pains were exceedingly severe. The presentation of the child was an obscure one, but I succeeded in bringing down the feet foremost, and then, by arranging successively the body and the head in a proper position, I met with no serious obstacle in effecting the delivery. The after-birth came away in a short time, with very little manual aid. Cold wet cloths were at once placed over the abdomen, genitals, and thighs, and often renewed. There were some after-pains. After resting half an hour, the patient was raised as she desired, placed in a hip-bath, and thoroughly washed all over with water, temperature of the Croton, and which produced an effect which she designated as "heavenly." A folded wet sheet was placed about her body, and being left in a condition which would not allow of her becoming either too hot or too cold, she soon slept sweetly. She had also slept somewhat before the bath. Changing

the wet application from time to time, she obtained a very good night's rest.

The next day she used the wet applications according to her feelings of comfort, and was washed four times thoroughly from head to foot in a hip-bath. Immediately after the first bath, early in the morning, she sat in a rocking-chair, had water brought to her, and then washed her infant, unaided, with her own hands, because no one could perform this important duty so well as herself: she continued so to do daily from the first.

She was herself bathed three or four times daily until she was perfectly recovered, which was in a very short time. She sat up four hours the first day, and so onward. Her infant did remarkably well.

### CASE II.

About midsummer, 1847, this same lady was confined, under my care. Not long before the beginning of pregnancy at that time, she had suffered from a very severe attack of fever; but by dint of perseverance in good habits, she got along very well through the period, though the labor was a severe one, and the perineum became torn. There was likewise some trouble from swelling of the breasts. But notwithstanding these drawbacks, she was able to sit up, walked out very soon, and on the whole recovered remarkably well. The sitting-bath and wet compresses had evidently a very salutary effect in healing the perineum; the child also thrived well. This lady had been some years, for the most part, a vegetarian, and drinks neither tea nor coffee.

### CASE III.

July 31st, 1850.—A lady friend in a healthy part of the country was confined the tenth time at this date. She ate no flesh-meat during pregnancy; the diet was entirely vegetable, including the different kinds of berries and fruits in their season; her drink pure water only.

Living thus, she was able to attend to the dairy, making her own butter, and performing all the cooking herself for a family of eleven persons, up to the very day of confinement.

Labor commenced in the evening, and soon after, at the recommendation of her husband, she was sponged over the whole surface with cold spring water, and soon after took a cold sitting bath. In about an hour after this she was delivered of a fine plump boy weighing ten pounds. After resting a little and being somewhat fatigued and suffering some pain, her husband proposed another ablution, to which she readily consented. After this she slept well till sun-rise the next morning. The wet girdle had been worn nights some time previous to labor, and was continued about a week after it.

The first morning she was washed all over, and felt very comfortable after it. She partook of rye-bread toast and blue-berries, with water for drink; this was her whole breakfast, and her appetite was good. At night she took a sitz bath

for five minutes, the chill taken off the water, then sponged the body and retired to rest; she slept well all night. She had no nurse but her husband.

The second morning she complained of no pain; followed the course of the preceding day, namely, the bathing of the body and the sitz bath washing; partook of unleavened wheat meal cakes for breakfast, with good ripe berries; for dinner, corn bread with berries; supper, dry toast made of brown bread, with blue-berries; no drink at any time but the best of pure cold water. The third morning she walked about the room; helped to bathe herself; appetite good, food pretty much the same as the day previous; spent a large share of the day sewing; sitz bath washing as usual at night. The fourth day she was able to bathe and dress herself, partook of meals with the family, and kept about house all day.

From this time forward she took the entire care of her child; neither mother nor child have taken one particle of medicine, nor any herb drinks of any kind or name, and both have been perfectly well and regular in all their habits up to this time, it being two months since the birth. All that the child has ever had was two or three tea-spoonfulls of cold water at the time of its birth; after which it was put to the breast. I ought to mention that the child has also from the very first been washed every morning in water made slightly tepid.

### CASE IV.

This is the case of a newly married lady of this city, twenty-four years of age, of nervous temperament, studious habits, and highly sensitive but well-balanced mind. She had been for years engaged in teaching in the South, and suffered very much with dyspepsia. She had followed water-treatment, pretty thoroughly one year before she became pregnant. The first four months of this period, it being the winter season, she took the sitting-bath an half-hour every morning in cold water, and after it bathed the whole body. During the day, she wore a large wet girdle, covering the whole trunk of the body, always during the day re-wetting it before it became dry; at night it was left off.

She experienced at first much trouble from nausea and prostration.

By the use of the wet girdle, the sitting-bath, and general washing, in connection with abstinence—for she passed whole days eating not more than a fourth part of a Boston cracker in the twenty-four hours—she soon got the mastery of her stomach sickness, and other troubles.

After the first four months she took the half-hour sitting-bath and general washing three times daily, and wore the large wet girdle as before. She was active in her habits, and for the greater part of the time appeared in as good health as ever in her life before. She remained in the city until the summer, and then left for the country.

About the middle of August, 1850, as she was on the point of returning to the city to make

ready for her approaching confinement, under my care, she met with a fall. This brought on labor some weeks earlier, as she supposed, than it should have been. It was rather severe, lasting twenty-four hours. She took ether, as is the custom with many in New England, where she was—an unnatural and injurious practice as I regard it to be. Her child was born on the morning of the 15th of August, soon after midnight. During labor she ate nothing, bathed a number of times, and took clysters of water, all of which served to refresh the system.

In less than an hour after the birth she was helped into the tub; sat some ten minutes in the water, and was washed over the whole surface. She could easily have borne her weight. The wet girdle was applied and other cooling fomentations, after which she slept soundly till morning.

She was then bathed again, as before, and after this washed her infant herself, and dressed it the first time, and thereafter continued daily to take the care of it.

She took daily, three baths in the wash-tub, the water always at about 70°F., and continued to wear the wet girdle and compresses night and day the whole of the first two weeks.

The first day she sat up half an hour besides taking the baths. She could easily have remained up a large share of the time, but being among those who knew nothing of water-treatment, she preferred to be on the safe side. The second day she sat up an hour, and felt well and strong. The first and second days she ate almost nothing. The third day she was up all the time, and took her meals with the family. The fourth day she walked out and visited two families near. The fifth day she carried her child in her arms, walking with perfect ease a quarter of a mile, feeling no fatigue. During the first days she had some trouble with swelling of the breasts. Cold water was poured upon them a good deal and wet compresses worn. She also persevered much in drawing them herself with the tobacco pipe, and by these means conquered the difficulties readily. In three weeks she was able to travel alone with her infant, some two hundred and fifty miles, to this city. She came first about four miles in a stage coach, thence by railroad to the steamboat, thence over night to the city, and then rode nearly or quite three miles over the rough pavements in the morning to her city home, it being just three weeks to a day from the birth of her infant.

This worthy and intelligent lady remarked that she considered it her duty to make known to the world her experience in the water-treatment. She said "that many suppose they cannot avail themselves of the advantages of the new method, for the reason that they are not within the reach of a physician who is competent to practise it. But," she continued, "there is not a lady in the whole United States who may not readily learn as much about it as I myself did. I gained all my knowledge from books, and had never for once conversed with any one who

had gone through with the treatment in child-birth." Great good must necessarily be accomplished if women will but read, understand, and practise, carefully and intelligently, for themselves."

## CASE V.

A lady of delicate health and small stature, twenty-nine years of age, came to our establishment in the autumn of 1850, to be confined with her first child. On the 5th of November, considering herself within a week or ten days of confinement, she went by my permission, in company with her husband, to hear Jenny Lind at Tripler Hall. She slept well during the night after the concert, and at six the next morning she was awakened by pains resembling labor. These increased gradually until her child was born, a little after eleven in the forenoon, her labor being on the whole an easy one.

Two hours after the delivery she was taken up and bathed thoroughly in a sitting-bath tub, the water at 70° degrees. Being delicate, it caused her a good deal of shivering at the time; but this amounted to no harm, and usually occurs during a number of the first baths after delivery. At evening she was again bathed as before, and slept well during night. Cold wet compresses were used freely, as according to our custom in such cases.

The second day, and onward, she was bathed four times—before breakfast, dinner, supper, and on going to rest. She was able, also, to sit up more or less daily, and the first three days went on in all respects apparently well.

The fourth day, in the afternoon, there occurred a circumstance of ominous character, such as I hope it may be my lot seldom to encounter. I refer to the coming on of that most fearful malady—puerperal fever—the puerperal plague, as it has been appropriately called. The patient was already somewhat feverish, which was caused probably by the new excitement of milk in her system.

At the same time some relatives came to see her, it being the first time of their visiting her after the birth. They were in high glee, joking, talking, laughing, and making all manner of fun for a considerable time. All this transpired without my knowledge.

At the edge of evening, I found the patient in a most terrific fever; her flesh was very hot, face flushed, pains in the back, abdomen, and head; the pulse full and throbbing at 140 per minute. Judge my surprise at these phenomena, knowing as I did that the patient had been remarkably well in the morning; I had not yet learned of the excitement she had undergone during the afternoon.

It is evident enough, I think, that under such circumstances, some powerful and decided means must be resorted to; otherwise, the disease might proceed so rapidly as to destroy the patient's life, and that too possibly within twenty-four hours.

We commenced the treatment by giving her

a thorough ablution in water, a little tepid at first. She was then placed in a heavy linen sheet but moderately wrung from cold water, and packed loosely with but little covering. The object of these applications was, gradually to cool the system, to bring down the pulse as soon as might be to its natural standard, to arrest the inflammation that was already going on in the abdomen, and to quell the pains. The wet sheet was changed every twenty to thirty minutes. Gradually the pulse became less frequent, and the pains less, till midnight, when we had succeeded in bringing the pulse permanently down to eighty, and the pains were quite gone. The wet sheet was then folded each way, making it four double, and placed about the patient's body, from the arms downwards; in this she was to sleep the remainder of the night, having just covering enough to keep her comfortable. But if she should become wakeful from pain or feverishness, the husband was to renew it, that is, re-wet it in cold water, and as often as necessary. Once or twice only it was changed before morning.

The reader who is at all acquainted with the danger and the fearfulness of this most awful disease, may form some idea of the anxiety I felt when I first found this patient with the attack upon her. He may judge, too, something of my feelings, when, by midnight, I had succeeded in bringing the pulse down to 80, and quelling all fever and pain.

The next morning the patient appeared in all respects well, but somewhat weak and not a little blanched. She got along afterwards in all respects perfectly well.

In a very short time—I do not now remember in how many days after the birth—she commenced walking out carefully, and riding in the city to improve her strength, with a view of returning home as soon as circumstances might warrant.

When her infant was nineteen days old, feeling in all respects strong and well—as much so perhaps as ever in her life—she proceeded, in company with a female attendant, on her journey homeward, about three hundred miles.

I should remark that this patient was always of weak, nervous, and delicate constitution. She had had a miscarriage three years before this confinement, which weakened her a good deal. During this second pregnancy she adopted the water-treatment under my directions, but was obliged to use, both for bathing and drinking as well as other purposes, very hard limy water—a circumstance considerably against her. She experienced numerous little ailments, but on the whole got along very well.

## CASE VI.

Nov. 8th, 1850.—A lady residing in the city of Brooklyn, of small stature, tolerably good constitution, nervous temperament, and I should judge about twenty-five or six years of age, gave birth to her third child near midnight of the above date. Having suffered a good deal at her last preceding confinement, particularly with

after-pains, she had resolved at this time to adopt the water-treatment.

Very soon after the birth, the placenta having been expelled soon after the child, the most fearful after-pains commenced, precisely in the same way the patient had suffered before; and she had doubtless, as many have, experienced incomparably more pain after the birth of the child than before it. This is all unnatural and wrong, and would not be, if human beings had from the first always obeyed the physical laws. But is there no method by which these pains—terrible and persistent as they often are—may be prevented? Certainly, if the experience of thousands may be taken as a guide. No drugs can do it. Suppose we give strong opiates, as some few of the more stupid practitioners may yet sometimes do, we may allay the pains somewhat for the time. But who does not know that the pains are in the end made worse? And what havoc does such treatment make with the nervous system? But fortunately, physicians have, as a general thing, abandoned this practice.

The patients are told that these pains are natural, and that they must bear them as well they can. But I myself take a different view of the matter, and for this reason: we everywhere observe that with the most healthy and robust persons, and especially in cases of first children, no after-pains worth mentioning are experienced.

I hold moreover that these pains, occurring as they do in persons possessing constitutions more or less depraved, may as a general fact by proper treatment be prevented.

In the case of which I have been speaking, we helped the patient into the wash-tub—having the back elevated two or three inches by a block of wood, she sitting in it with the feet outside, and there being a couple of pails of tepid water in it. She was rubbed for a long time—say fifteen or twenty minutes until all pain was removed. A large heavy sheet was then folded both ways, making it four double, and laid upon the bed; on this she was placed, after which it was folded about her, reaching from the arms to the knees. The application caused a good deal of shivering, but as I told her, *the more shivering the less pain*, she bore it patiently. She was covered so as to make her in a reasonable time comfortable, and there was I believe moderately warm applications made to the feet.

This being at about one o'clock in the night, I directed that if the pains should again come on, as they probably would, she should be rubbed as before a long time in the shallow bath, have the wet sheet renewed, use the wet towels about the abdomen and genitals, as we always do without exception in such cases, and to repeat these processes without any reference to hours or time of day, as might be needed to keep off the pains. Once only before morning was it necessary to repeat them, and she enjoyed on the whole a good half night's rest in the folded wet sheet. In the morning another bath was taken, when

she found herself very comfortable and, withal, strong.

This patient being at a considerable distance from my home, I saw her I think but twice after the birth. She bathed three or four times daily, used the wet compresses freely, and took injections according to need; and suffered almost nothing with after-pains. She kept her strength well, and sat up to rest herself more or less every day.

The third or fourth night—the latter I think it was—she was a good deal wakeful from fever. Seeing her in the morning, I directed the bath and folded wet sheet as before, which at once subdued all unfavorable symptoms. Had she resorted to them in the night time, as often as the symptoms might have demanded, she would have obtained a good night's rest.

All things considered, our intelligent patient found a vast difference between water-treatment and that to which she had been before subjected; and she was well rewarded for the heroism, self-denial, and perseverance which she manifested at and before the time of her confinement.

(To be continued.)

### THE WATER CURE, HOW FAR USEFUL.

BY E. A. KITTREDGE, M.D.

"I can easily conceive how water may cure a fever, but it is *too* absurd to suppose it will cure dyspepsia, and such kind of diseases!" said a friend to me the other day. My reply was, "Supposing your child was addicted to stealing, what would be your remedy?"

"Why, by instilling into him the principles of Christianity."

Very well, supposing he was a profane swearer and blasphemer?

"Well, I should do the same."

If licentious?

"Why of course the remedy would be like the others."

But supposing he was a murderer, or a pirate, or an incendiary, or all of these combined, then what would you do?

"Make him a Christian as soon as possible, if I could, as this is the only cure for a bad life that is known to be of any radical importance."

But why not whip him, and scourge him; confine him, and torture him in all sorts of ways? By doing violence to his physical laws, he has done all sorts of wrong; is it not meet that you should do the same to him?

"Because whipping him, &c., will only tend to harden him in his sin and make a bad matter worse; besides, it is no excuse for me to do wrong because my child has. Whipping a child into Christianity would be a fruitless task; besides the attempt would make the parent a sinner, if not so before."

Well sir, then why whip and torture physical nature, and why not cure the dyspepsia or any other disease by the same reformatory means that you would use to cure a fever?

What is the definition of disease?

According to Webster, it is "to interrupt or impair any or all the natural functions of the several organs of the living body."

As sin, theologically speaking, affects our moral nature, so sin, physiologically speaking, affects our organic or physical nature.

And if the same remedy holds good in all cases of moral disease, why in the name of common sense should it not hold good in cases of organic or physical disease?

Again, I say, if it will cure a fever—and almost everybody, doctors and all, admit this now—why not any disease? Is a fever any thing more or less than an evidence of interrupted, impaired natural function?

And surely, if it is, dyspepsia is more so, at least we have ten times the evidence in the latter case, as the veriest simpleton knows that over-eating and drinking and other violations of hygienic law always precede dyspepsia—as in fact it does every other disease.

Now what is hydropathy or water-cure?

It is simply this. It proposes to take man from the false conditions in which he is wallowing, and make him live in obedience to the laws of his being and health, believing the scripture to be as applicable in the physically sick man's case as in the morally sick one's.

"As in sin all have died, so in righteousness shall all be made alive."

In other words, you must remove the cause of the disease in the one case as well as in the other, before you can hope to do anything; and having done this, in both cases, where there is anything to build on, there is a power within that will do the rest.

Where there is great weakness in either case, and the victim of false conditions will yield to the tempter, or thinks he must, why he must be *helped*, not *whipped*.

It is the gentle admonition, the word of encouragement, the kindly shoulder to the wheel, that nature wants, not the scolding, or pricking, or spurring, and certainly not burning or poisoning.

"If a man ask ye for bread, would you give him a stone?"

If Nature ask you for a gentle lift, would you give her a kick or a cut?

Long continued violation of the laws, moral, physical, and intellectual, is the cause of all disease. And long continued perseverance in the way of well doing is the only way in which we can recover our health. And if the recuperative power within is unable to cope with the diseased action, you may be sure she will be still more unable, if thwarted and obstructed with "medicines." Violated law can never be atoned for by using drugs, and artificial stimulants are poor substitutes indeed for wasted strength.

No, no, my friends; be not deceived by such shallow tricks, such insults to the God within you; do no more evil that good may come, but put your trust in the water of life and health, which, with air, exercise, diet, and such like, will do all for you it is possible to do for good.

Let those who will, take the nauseous drugs; I tell you, that that passage means something which says—"You cannot touch pitch and not be defiled." Leave therefore the unclean things to those who delight in 'em, and touch not, taste not, and handle not drugs of any kind.

### CASES IN WATER-CURE.

BY S. ROGERS, M. D.

#### CASE IV.—PNEUMONIA, OR INFLAMMATION OF THE LUNGS.

6th mo., 21st, 1850.—Male patient, age about thirty; light hair, blue eyes, thin, slender form. Not far from two years ago raised considerable blood from the lungs, which was followed by loss of strength. During some time previous to this hæmorrhage, shower-baths were daily taken, and the patient subjected to long-continued mental and physical exertion. A day or two previous to the bleeding, chloroform was inhaled. This completed the list of exciting causes. Many physicians and dentists administer this destroyer of sensation with as little concern as they would a cup of cold water. I believe it to be *always injurious*, and to those of weak, diseased, or congested conditions of the viscera, it is sometimes *fatal*.

Since the hæmorrhage referred to, this patient has seldom been entirely free from a cough, pain, and oppression of the chest, viscid and mucous expectoration, containing now and then specks of substance closely resembling tubercles; cold feet and hands, and occasionally indigestion.

This patient has been spending a few days at Newport, R. I., and after undue fatigue and exposure on the 17th inst., was attacked with all the ordinary symptoms of pneumonia. By the use of some mild medicines and frequent baths, the inflammation was somewhat controlled for a day or two; but the disease gradually increased, and the patient was brought to Worcester this morning.

I find the pulse now (11, A. M.,) small and quick, beating at 95 per minute. Tongue thickly furred with white, except the tip; pain in the head, chest, loins, and limbs above the ankles; also much soreness and lameness of limbs; respiration hurried, oppressive, and slightly crepitous; articulation interrupted; cough frequent, straining, and accompanied by much viscid sputæ.

*Treatment*.—Full wet sheet pack forty-five minutes, followed by shallow bath at 75° F., with much pouring of water over the head and body. In fevers, I usually have the patient retain the sheet about the body while taking the bath. There is a better evolution of heat, and less tendency to shiver. Coughing was induced by entrance to the cold pack, but was counteracted by a few swallows of ice water. Cooling wet bandage kept constantly about the loins. Another packing to be taken at 3, and one at 6, P. M.

22d.—Patient rested quite well last night, and seems more comfortable in every respect

this morning. At 9 last evening, a double half pack was taken, and after a thorough shallow bath, wet bandages covered with dry ones were put upon each limb for the night. At midnight was packed again, and again at 4 A. M. Much less pain and soreness in limbs and loins. No change in appearance of tongue. Pulse full, compressible, and not so frequent as yesterday. Expectoration the same.

9 P. M.—Find patient more feverish. Pulse 85. Some inclination to cough. Sputa slightly streaked with blood. Has been packed but once since morning. Use full injection at 70° F. now.

23d.—Patient quite feverish and weak this morning. At 10 last evening, a folded wet sheet covering the whole trunk induced sleep, which lasted till midnight; was then bathed and slept quite well till morning. Treatment this morning consists of two dripping sheets in succession. They increase the strength and reduce the heat. Less tendency to cough than at any previous time. Pulse 84, weak and compressible. Has taken no nourishment since the 17th, except occasionally a little arrow-root tea, orange juice, and lemonade.

4 P. M.—Patient comparatively free from suffering, though the pulse is 95. Has had several dripping sheets to-day and compresses upon the chest often changed. The double packing sheet now used, and pouring head bath while in the pack. Remained twenty minutes in the pack; followed it with dripping sheet, and without wiping returned again to the pack. Used cold water for wetting the sheets, without producing any cough, or sensations of chilliness. After a few minutes the sheets were opened and a double wet compress placed upon the whole exposed surface. Cold water constantly applied to the head, which was at the time cool, and pulse natural. *Within twenty minutes after the last application, the patient was in a profuse perspiration.* Dripping sheet again used, followed by copious injection of water at 70° F. Auscultatory signs good; pulse natural; entire freedom from pain.

24th.—Patient slept well during the last night, and is this morning apparently free from disease. Pulse natural; *strength better than yesterday.* As a rule, water-cure patients are always stronger immediately after the abatement of the fever. Patient advised to wear the wet compress constantly upon the chest, and take two or three dripping sheets daily, till the full restoration of health and strength. Good appetite, which may be moderately indulged; first, with gruel and strawberries; then, as strength improves, use solid substances.

7th mo. 4th.—Patient rapidly improved until yesterday. The weather a few days past has been cool and damp, north east winds prevailing. A little over-indulgence of the appetite, and too much out-door exposure, has created a disturbance of the stomach, and caused a return of the fever, attended with rigors, heat, hard, full and frequent pulse, offensive breath, tongue thickly

furred—dark yellow in the centre, and white laterally.

Treatment consists of packing sheets, shallow baths, and full warm injections.

5th.—Pulse 95, feverish symptoms increased. Same treatment, with water drinking, which always reduces force and frequency of pulse.

6th.—Patient very feverish; pulse high as 130 in the afternoon. Some tendency to rigors and cough, especially before getting warm in the packing sheets. Warm water drank freely to-day.

7th.—Found patient this morning with pulse at 127. While preparing for the packing sheet, a severe general chilliness occurred, and the dry blanket pack was used instead of the wet sheet. (Shallow bath at 70° F., with much friction, would have been better.)

I saw the patient soon after, and administered a large quantity of warm water, which soon produced vomiting and perspiration. Dry blankets used to promote the perspiration fifteen minutes, then a wash-down at 70° F. Shallow bath at 11 A. M. and 2 P. M. No return of fever.

After treatment to be similar to that for previous fever.

8th, 7 A. M.—Was intending to visit my patient again, but met him walking to my office; a fact which renders further description unnecessary.

Since that time this gentleman has been constantly much healthier, more fleshy, and stronger than for many years previous.

#### CASE V.—MISCARRIAGE.

Cases of midwifery, however interesting to some, I shall seldom report, for it is better to always have medical attendance in these cases, and such reports are only beneficial to the "people," so far as they teach them what class of physicians to employ. I hope the time is not far distant when midwifery will be entirely in the hands of properly educated females. That they are in all respects better fitted for the parturient chamber, no candid physician will pretend to deny.

The case which I am about to report is a representation of what too often occurs and passes by without the requisite treatment; and following it we have prolapsus uteri, with its whole train of concomitant evils.

Miscarriage is most likely to befall those of depraved constitutions and enfeebled health, though it not unfrequently, as the result of carelessness and violation of nature's law, occurs to healthy females. Sexual intercourse during gestation is one of the most prolific causes. This vile and worse than bestial desecration of of the marital privileges is sadly destructive not only of human life in the embryonic stage, but, as a rule, the health and not unfrequently the life of the mother is compromised.

5th mo., 25th.—Was called to a lady, who had been bleeding at intervals during the last thirty-six hours. At first it was not very serious, but a short time previous to my attendance it increased, and fainting ensued. During the three

months since pregnancy commenced, nausea and headache had been almost constant. A short time previous to the commencement of the hæmorrhage, the unhealthful atmosphere of newly-painted rooms had been inhaled; and only a few hours before, the patient was startled and grieved by the unexpected news of the death of a friend. These causes acting upon a constitution enfeebled by scrofulous taint, were sufficient to account for the following unpleasant symptoms:

I found the patient with severe headache, general feverishness, slight pain in the loins, and frequent copious discharges of blood from the uterus.

The treatment prescribed was the sitting-bath and bath of affusion together. Temperature of the water was 70° F. Patient remained in the bath, with feet outside the tub, from five to eight minutes. This was immediately followed by friction while enveloped in the dry sheet. After returning to the bed, bottles of warm water were placed to the feet, and cold wet compresses over the vulva and region of the uterus: the latter to be often changed. Room to be kept cool, and well ventilated.

The result of this simple treatment was quite satisfactory. Within twenty or thirty minutes the embryo was discharged, and no more hæmorrhage occurred.

26th.—Patient felt quite well, except a slight pain and oppression in the forehead.

27th.—No indication of former illness, except some debility from loss of blood. Recommended patient to continue the daily use of two dripping sheets and a short sitting-bath for several weeks.

Worcester, Ms., 1st mo., 8th, 1851.

### INFLAMMATION OF THE BLADDER.

BY J. C. JACKSON, M. D.

Of this disease, laid down in the book as *one of the most incurable*, I have had lately an interesting case. The subject was a man in the prime of life, but who for years had been troubled with irritability of the bladder, extending through the whole length of the urethral canal.

He had long been a dyspeptic, and his kidneys had sympathized strongly with the ill state of the digestive organs. His bladder, of course, was in fellowship with the kidneys, and so took on easily a high degree of irritability. A long siege of this disordered action had induced *chronic* irritation.

On the — December I became satisfied that a task was before me. The man was seized with shiverings, chills, hot and dry skin, nausea, loss of appetite, scanty urine, frequent pulse, and severe constipation. At the time he took to his bed, he had not urinated for 18 hours—to any full degree. The abdomen was tense, and painful to the touch; severe dragging pains in the loins, inside of the thighs and bottom of the feet; and paleness of the face, fullness of the eye, hot head, tenderness of scalp, were present.

The first movement I made was to immerse

the man up to the umbilicus in water, at 100 degrees F.

In five minutes he micturated freely. I then commenced rubbing the abdomen lightly, the lumbar region more forcibly, and in five minutes reduced the temperature of his bath by the addition of water to 72 degrees F. Taking him out, I rubbed him well, dried his surface, laid him on a lounge, and slowly injected up the lower bowel a quart of tepid water. By pressing on the part, I kept the desire to eject within his control for two minutes, and then let him go to stool. There came away a monstrous quantity of hard, dry, ball-like fæces, of a very black color.

I put about him immediately thick heavy linen compresses, covered with dry, and extended one from the posterior to the anterior portion of the body, over the perineum and scrotum. The perineal and scrotal bandages I changed over in two minutes. They acted like a charm to quell the force of the paroxysm.

When the febrile symptoms ran high, I gave him the wet sheet-packing, for *short* periods—when I could not control his agony otherwise, the sitting bath at comfortable temperature gradually reduced would do it, and would also relieve his head.

I gave him short foot-baths at 8 o'clock of the evening, and in five days I had him on his feet, without having given him a particle of medicine or drawn a drop of blood.

A few reflections let me add *by way of improvement*, as our clerical brethren would say.

1. No application which I made produced as marked and immediate effect as the perineal bandage.

2. The urinary secretion was scanty, turbid, and he suffered great pain in its passage. It was highly odorous and foamy.

3. After the treatment of a day or two, the cutaneous transpiration was very great, and it smelt strongly of urine.

4. I gave him large quantities of water to drink, but little or no food.

5. I cured him, got his thanks, and something more.

6. His old irritability is much lessened, and he is doing well at his daily avocations.

### WATER TREATMENT IN CHOLERA.

BY MRS. M. B.

In November last, my husband, who had been very sick with the dysentery, but whom we supposed was getting better, was very violently attacked with all the symptoms of the cholera. I awoke in the night and found him vomiting and groaning in great distress. His extremities were cold, countenance livid, and he was rolling and tossing with the most excruciating pain in the stomach and bowels, with frequent movements. As soon as possible, I procured some tepid cistern water and told him to drink it. He requested me to call the family and to send some one for the doctor, not that he thought the phy-

sician could render him any aid, for he felt that his last hour had come, but, as he said, that we might have the comfort, after he had gone, of thinking that everything had been done that could be, to save him. I tried to persuade him to let me try what I could do. Oh, said he, water can't save me now, and before another hour it will be too late. I told him if the doctor was called he would give him calomel, and then he would surely die. Said he, do you really think you can help me? I replied, that I *knew* I could, hoping by my positiveness to give him confidence. I finally obtained his consent to make a trial, and during the intervals of vomiting I gave him two quarts of tepid water as fast as he could drink it, and an enema of warm water after every discharge, rubbing him as hard as I could with hot water, and, as soon as I could procure them, put warm bricks to his feet and limbs. I should think it not more than twenty minutes after taking the tepid water, he said, "I certainly do vomit easier;" in an hour his pains and spasms began to abate, and in two hours he was in a gentle slumber. I had conquered the enemy, and with simple water. He said afterwards that no person could have convinced him of the wonderful efficacy of water by any other means than by a practical demonstration.

I have made this simple statement of facts, not because I think the cure an extraordinary one under the hydropathic treatment, although it would have been so considered if accomplished by an allopath, and sufficient, if performed among the "upper ten" of your city of Gotham, to have obtained for the practitioner a reputation that would last him through life, but for the purpose of showing to the world at large that pure water is adequate, when properly applied, to overcome any and all of "the ills which flesh is heir to."

CHEAP CLOTHING.—If we may believe a writer in the last number of Blackwood's Magazine, those persons who employ tailors that keep down journeymen's wages, sometimes get the worst of it for their folly and meanness. Evidence is mentioned as having been produced of cases where the operatives, having pawned their own clothes from poverty, would use as a substitute the very garments they were making. In this way, "Lord B.'s coat has been seen covering a group of children blotched with the small-pox. The Rev. Mr. D—— suddenly found himself unpresentable from a cutaneous disease, little dreaming that the shivering dirty being who made his coat had been sitting with his arms in the sleeves for warmth while he stiched at the tails. The charming Miss C—— was swept off by scarlatina, and her parents talked about "God's heavy judgment and visitation!" Had they tracked the girl's new riding-habit back to the stifling, undrained hovel, where it served as a blanket to the fever-stricken slop-worker, they would have seen *why* God had visited them—seen that His judgments are true judgments. There is no knowing but that instances not very dissimilar to these are likely to occur in every city.

New-York, March, 1851.

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No. 131 NASSAU ST., NEW-YORK.

### MARCH MEDITATIONS.

BY R. T. TRALL, M. D.

A SHORT PREACHMENT.—In the Daily Tribune of this city, not long since, appeared the following scriptural argument against bathing. It was published as an advertisement, and no doubt the ingenious author or compiler really thought that this "strong testimony," added to the Boston Medical Journal's profound lucubrations on the duty of the "sebaceous follicles" would make a chain of logic strong enough to hold the people back from running into that fashion, fast becoming general—of washing themselves every day. Why it is that the practice of daily bathing should so alarm a medical profession, whose bread and butter are plenty exactly in the ratio that community is sick and suffering, may be incomprehensible to those who have never dealt in cod-liver oil. But to the advertisement.

A TEXT FOR THE ULTRA-HYDROPATHISTS.—In the Gospel of St. John, chap. xiii. v. 10, it is written: "Jesus saith to him—He that is washed needeth not save to wash his feet, but is clean every whit." How many millions are there who never bathe their bodies, and who yet enjoy very good health!

ANTI-RUNNING-THE-THING INTO-THE-GROUND.

Being "ultra"-hydros in the most ultra sense, we feel specially moved by the spirit of controversy, for truth's sake, to discourse a brief sermon on the words furnished by our adversary, who, we fain hope, and fully believe, is not *the* adversary.

It has been said the correct reading of the Scripture is correct interpretation. "He that is washed." *Is* means in the present tense—now. Whosoever is clean *now*, needs not *now* to be cleansed; to which sentiment every ultra-hydro path will subscribe. Before the adversary or our opponent can make an argument against frequent, or daily bathing, he must transpose his Bible. If it had been recorded,—"*He that has been washed,*" or "*he that was once bathed, need not, save to wash his feet,*" an inference could have been drawn in favor of dirty integuments; but fortunately for both hydro pathy and the Bible, the latter says exactly what it means.

The ceremony emblematical of purity and humility, and benevolence, consisted in washing the feet; and certainly nothing could have been more beautiful or appropriate. But that the full intent and lesson of the rite should be appreciated, general personal cleanliness was enjoined; else why the permission to those *only* who were washed *al-ready*, to wash not again save the feet? Is not the implication plain enough that all who were not washed all over, should be? "He that is washed needeth not save to wash his feet." Why so, unless he that is not washed needeth to wash the whole body as well as the feet?

The second clause of our text is in form of an

interrogation, but evidently intended as the application of the author's understanding of the words of Jesus: "How many millions are there who never bathe their bodies and who yet enjoy very good health." Alas! for humanity, this logic is susceptible of being "run into the ground" very suddenly. We know of no such millions. But if we look around us at home, where our senses can take cognizance of existing things, we find a very different picture. Here, in New York city, people in ordinary health, and in the prime of life and manhood, are sickening and dying every day in the year. At the end of every year fifteen or twenty thousand of our city's population are laid in their graves, one half of whom, at the commencement of the year, enjoyed "very good health," according to the anti-washing notions of our anti-groundling; and of those fifteen or twenty thousand, not ten persons have died a natural death.

PURE MILK.—It is a strange fact, that our city authorities allow the distillery-slop milk of several thousand cows to be daily distributed among our citizens, well knowing, as they do, its injurious effects as food, and its fraudulent character as an article of traffic. A suggestion has been made in some of the papers, that it would be a profitable speculation for a company of capitalists to engage extensively in supplying the city with pure milk. Such an enterprise would be of vast benefit to the people; and could hardly fail, if well managed, to be an exceedingly lucrative business for those engaged in it. So long as distillers can find it profitable to make their alcoholized slop at a penny a quart, there will be cupidity enough in the small dealers to buy it, and supply their customers with it under the name of "Orange County." The "rights of property" are generally regarded, in this commercial age, as so much superior to the "rights of persons," by politicians and municipal authorities, that little hope can be entertained that legislation will offer to stand between our citizens and those who can make money by selling them poisons.

But a company of honest, enterprising men could remedy this evil effectually. One, two, or three hundred thousand dollars could be used to advantage by an association consisting of five, ten, or twenty persons. One or more tracts of good meadow and pasture lands could be purchased, contiguous to some of our many railroads, within a few hours ride of the city; or at convenient points for transportation by steamboats. Let these lands be stocked with the best of cows, kept on the most healthful food, and let men of known integrity guaranty a "fair business transaction" with the public, and the company will have no trouble in selling their milk at remunerating prices—four, five, or six cents, according to the season of the year. Who will lead in this business?

A GOLDEN IDEA.—The Journal of Dental Science, published at Baltimore, estimates that 6,600 ounces of gold foil are annually used for filling teeth in the United States; its value is about \$198,000. It is a significant fact, that dentists, as a class are very favorably inclined to hydro pathy, and particularly disinclined to swallowing mineral medicines. These "phenomena" may be fairly imputed to the extraordinary opportunities they have for witnessing the ravages of mineral and

metallic oxides on the structure of the teeth and bones. It is highly creditable to the dental profession that its publications are replete with instructions in the matter of preserving the teeth, thus eventually destroying its own business, as is the case with Hydro pathy, and as is not the case with Allo pathy.

MEDICAL OFFSHOOTS.—The New York Register of Medicine and Pharmacy, imputes Hydro pathy, and other forms of quackery, to the evils resulting from the indiscriminate use of impure calomel, and similar things. The Register remarks:

"Ask any of the offshoots of the profession why they left its ranks, and if an honest answer is obtained, it will be that they had lost their confidence more in *medicines* than *principles*. Ask the people why they so often forsake their medical advisers and resort to empirics and patent medicines, and they will tell you that they have been disappointed in the use of remedies under the direction of their physicians."

The Register might have added, with equal truth, that those physicians who have administered the greatest amount of drugs, have lost the greatest amount of confidence. There may be more uncertainty in using impure minerals as remedies, but whether better or worse for the patient, must be a matter of chance also. The actual result of the popular system of drug-medication is spoken of by the Register in no very flattering terms:

"It is an undeniable fact that physicians, as a general thing, are less learned in *Materia Medica* than in either of the other departments of the profession, and therefore, however much discrimination they may exhibit in the diagnosis of disease, if there is not the same skill exercised in the application of means to its cure, the result must necessarily often be unsatisfactory; and when we add to the common fault of insufficient knowledge of the use of remedies, the great liability of their not containing the properties for which the physician prescribes them—either from substitution, adulteration, or improper preparation—how can we help considering the practice of medicine, under present circumstances, a pursuit in the hands of many, which is liable to effect *about as much evil as good?*"

However much we deplore that hallucination of theory and education, which impels intelligent and scientific men to advocate a system which does "about as much evil as good," we must admire the honesty and candor which acknowledge it.

### PHYSICAL EDUCATION.

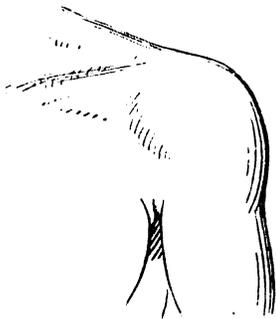
WITH ILLUSTRATIONS.

BY T. ANTISELL, M. D.

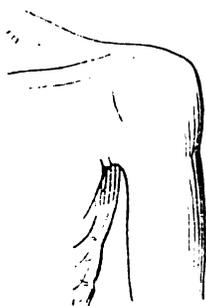
In the previous article attention was drawn to the development of the lower limbs in the exercises of walking and of the gymnasium; no less important is the exercise of the arms and the upper part of the trunk. In the majority of the muscular exertions of the arms, the chest is moved also; some of the muscles of the breast being inverted into the long bone of the arm (*humerus*.) The proper developments of these parts may, therefore, to a certain extent, be considered together. Indeed, there is so natural a connection between an ample chest and well developed muscles, especially of the upper extremities, that they may, to a certain extent, be viewed in the relation of cause and effect. A large chest implies lungs

which expand freely, and a complete oxygenation of the blood: if the blood be thus rendered pure, it is a healthier and a more powerful stimulus to the muscles supplied by it; they become larger, harder, and contract more powerfully: perfect arterIALIZATION and muscularity go together; and it has been truly remarked by one of the best writers on physiology, that he never saw a very strong man who had not broad shoulders, indicating a considerable cavity for respiration. If there be exceptions to this statement, it is in individuals who, by frequent exercise and a laborious life, have increased the natural power of their muscles. Such an increase, however, is of the character alluded to in a previous paper: it is not general, but limited to certain parts which have been most employed, as the legs, arms, and shoulders. What this undue exercise does for a part, perfect arterIALIZATION does for the whole, developing the muscles pretty equally.

The upper extremity in man was never intended for progression, nor for supporting the weight of the body for any length of time; the chief motions for which it appears designed being to overcome resistances, as, by pushing, pulling, and raising weights, or to perform rapid and delicate movements. The powerful movements are produced by the muscles of the arm and shoulder, and the quick motions by those of the forearm and hand. The several occupations develop these as they are used: it is the office of gymnastics to develop all. As the muscles of the shoulder are always larger than those of the arm, there is in a healthy limb a natural beauty in the roundness and fulness, whether produced by nature or exercise.



This represents the well-developed muscles of the sailor, the smith, or the carpenter. Contrast it with the limb of the pianist, the seamstress, or the writing-clerk, which resembles rather the progress of disease, or the atrophied muscles of a dislocated joint. With these latter, the arm not being raised, the elevating muscle is seldom called into action, and wastes away.



This muscle, called the *deltoid*, from its triangular shape, is one of ten muscles which hold the arm to the body: these are attached to the bones of the trunk near the shoulder-joint, one being attached to the collar-bone or clavicle, two to the humerus or arm-bone, and eight to blade-bone or scapula. These latter muscles have been shown in the cut given in our last, and are not true muscles of the shoulder. The deltoid muscle is attached to the scapula behind the prominent bone of the shoulder in the middle, and to a portion of the collar-bone in front; this is its base: it laps over the shoulder-joint, and, converging to a point, is attached to the humerus half-way down in its front. It is a soft pad over the shoulder-joint, and protects it from cold or injury. Its office is to raise the arms away from the body, to draw it forward and backward, and give it a slight twist. It is this muscle which enables the arm to raise great weights, and to lift it to deal heavy blows; it is the muscle which is much called into play in sword exercise, and in feudal times it was found necessary to protect it by the brass or steel plate of which the tinsel epaulet is the modern imitation.

This muscle, with four small ones termed capsular muscles, protect the humerus from starting out of its socket or being dislocated, for which there is naturally a very great tendency if the muscles be weak: hence there is a natural imperative necessity for developing these muscles. In old people, when the muscles are weak, dislocation of the shoulder is common; and when paralysis seizes these muscles, spontaneous dislocation frequently occurs.

The other muscles of the arm arise from the scapula, pass down over the shoulder-joint and are inserted into the humerus at the elbow-joint: they thus pull at the farther end of the humerus and raise it up straight and draw it forward. They are used in straightening the arm for pulling, pushing, or protecting the body while falling, and they are useful rather for rapid motion than strength.

The exercises by suspension practised in the gymnasium contribute to develop them; such as supporting the body by one or both hands, fixing the arms in the act of vaulting, moving on parallel bars, and exercises with the dynamometer.

In the act of *pushing*, the man puts himself between the obstacle and the ground: he bends his body between these two points by bringing all his limbs to the bent position; he then extends them more or less suddenly, and the action of his body thus represents the action of a spring, which is released and recovers itself, and the two ends of which, meeting two obstacles, the ground and the body to which the force is to be communicated, exert their action on the one or other which is most easy to be moved: thus when a man rolls a barrel, it is easier to stir the barrel than his own body; but when he raises himself by his arms, his body becomes the obstacle most easy to be moved.

The force which is exerted is in proportion to the contraction of the extensor muscles. In the same manner and by a similar mechanism, it is, that by pushing against the shore with an oar we move the boat into the water away from land. The spinal column represents an elastic curve, which straightens itself between the feet resting against the bottom of the boat, and the end of the

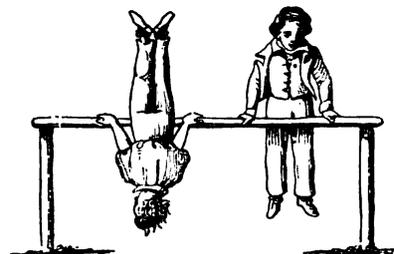
oar or pole which is pushed against the bottom of the water.

In *pulling*, the arms are first extended, and then bent forcibly, the feet in the meantime firmly planted against the ground with a broad base, and the effort is wholly performed by the flexor muscles. This is also the action of a metal spring, and cannot be carried out as continuously as pushing. Generally it is less fatiguing to push a load before, than to drag one behind.

In throwing projectiles, two motions may be used; either the arm may sway like a pendulum, as in bowling and other similar exercises, or by a whirling motion of the arm, as in using the sling or in throwing stones. This last action is a very powerful one, because the muscles which go from the trunk to the upper extremity concur in it.

These motions of contraction and extension of the arms are perfectly analogous to the act of leaping, when by the contraction of the limbs the whole body is moved either upward or forward. In motions applied to a resistance that cannot be overcome, the body is not repelled with the force communicated to it in leaping, by the abrupt extension of the lower extremities.

The force applied by the muscles in their exertions is very great, and when applied with due regard to position and mechanical skill, it appears sometimes enormous; a man of ordinary strength accomplishing in this way, incredible feats of strength. The man who keeps his back rigid cannot lift a heavy weight, because he throws the whole power on his arms and not upon his body also. A great advantage is gained when the weight is thrown upon the loins, as by a girdle placed round it, and resting on the hip-bones; then by pressing with the hands against any frame work, a great mechanical advantage is gained, and a man of average strength can thus raise 2000 lbs., who otherwise could not lift more than 300 lbs. A man of great strength has been known to lift 800 lbs. with his hands. The exercises with clubs, sticks, and balls, wrestling, and pulling the handles, have all for their object the development of the muscles of the arms and thorax. For improving the tone of the muscles of the chest, *Swimming* and *Fencing* are among the best exercises for boys, and that of the *Club* for females; all these exercises should be left off as soon as the muscles are fatigued by them, no matter whether the allotted hour of a gymnasium be uncompleted or otherwise, excessive exercise being as injurious to permanent health as a deficiency.



Here we have an example of the muscles called into play in pulling and pushing in the same exercise. In all the cases where the arms are used in these sports, it is absolutely necessary that the thumbs should be separated as far as possible from the fingers, for thus more grasping power of the bar is obtained, and when turning there is less fear of losing hold.

## THE HOME PRACTICE OF THE WATER-CURE.

BY T. L. NICHOLS, M.D.

Within a few weeks I have given three free lectures in this city, on the home practice of the Water-Cure, and it is my intention to continue them, in all parts of the city, and places adjacent. I have been agreeably surprised at the interest felt in water-cure, as manifested by the attendance at these lectures, and those given to ladies exclusively, by Mrs. Nichols. Her first lecture, this season, was given at Knickerbocker Hall, corner of Eighth Avenue and Twenty-third street, the northwest part of the city: but it was attended by about eight hundred ladies. My evening lecture, at the same place, two days after, was attended by about the same number of both sexes. Mrs. Nichols's second lecture was given at Hope Chapel, in a dismal rain storm, but was, notwithstanding, attended by two or three hundred ladies; and on the coldest night of the past winter, my second lecture, at Bleecker Hall, was attended by about three hundred persons. Our lectures at the Society Library have been equally well attended; and the interest manifested by the audiences is beyond all former example.

There are good reasons for this: Water-Cure principles are spreading rapidly among the people. For a time, all knowledge of Water-Cure was confined to people of wealth and fashion. It required time and money to go to Graefenberg, or any other Water-Cure establishment; but now the people are beginning to learn that every family may have the full benefits of this mode of treatment, almost or quite without expense, *at home*. And our lectures have been given to teach the people this great truth, and to give them practical instructions. But we cannot lecture everywhere, while everywhere there are people to be taught. I have thought, therefore, that a brief lecture in the *Journal* might answer the end I am aiming at—the instruction of mankind in the true principles and practice of medicine; in other words, the preservation and restoration of health.

Perhaps I cannot do this more briefly or better, than by the publication of the following "Directions in Water-Cure," which we have prepared, printed upon a letter sheet, and furnish to every patient, with further written directions suited to each particular case. It seems to me to be very simple, plain, and thoroughly practical. It seems to me that a patient, furnished with such directions, with the particular treatment prescribed, could hardly go amiss.

It is intended as a guide to home practice; and many of the best cures we have are the result of domestic treatment, with such plain and explicit directions. We have no copyright for this document, and shall be very glad if it proves useful to other Water-Cure physicians.

## DIRECTIONS IN WATER-CURE.

DR. T. L. NICHOLS, and MRS. MARY S. GOVE NICHOLS, *Water-Cure Physicians*, to aid their patients in understanding their directions for treatment, and to facilitate, as far as possible, the home practice of the Water-Cure, have prepared the following rules of regimen, and description of Water-Cure processes. These directions are to be strictly followed, and never varied from, except by permission.

THE WATER-CURE is the scientific application of water, at various temperatures, externally and inter-

nally, by various processes, to remove obstructions, relieve congestions, excite reactions, and bring particular organs and the whole system into healthy conditions. It includes an attention to clothing, exercise, diet, and all personal habits.

The MATERIALS required for a full course of hydro-pathic treatment, and with which every patient should be furnished, are pure soft water, for drinking and ab-lutions; a cotton comforter, four blankets, and a medium-sized sheet, for a pack; and toweling for bandages, and syringes for injections.

PURE AIR, night and day, is an absolute requisite. LIGHT, in doors and out, is an important requisite to health.

EXERCISE, daily, out-door, if possible, full and varied, should be taken by every patient. Riding on horseback, or in a carriage, may be taken, where walking is too exhausting. No greater fatigue should be incurred than a night's sleep will remove.

DRESS.—The dress must be loose, comfortable, and clean. No article must be worn at night that is worn during the day; and all clothing should be thoroughly aired, daily and nightly. Wear cotton under-clothing, and, if necessary, flannels over.

SLEEP on a mattress of hair, wool, straw, &c.—not on feathers; be covered by blankets—not cotton comforters.

THE HABITS.—There must be no labor, excitement, or gratification of body or mind, which can exhaust vitality. Temperance in things natural; abstinence from things hurtful. Avoid *all excess*.

DIET.—A Water-Cure diet excludes all fat, greasy, oily substances, except a small quantity of good butter; all smoked, very salt, or preserved meats, and fish, pickles and preserves; all pork, lard, sausages, mince pies, geese, ducks, veal, eels and all oily fish, and all high-seasoned made-dishes, gravies, sauces, rich cake, or pastry, spices, or condiments, except a moderate use of salt and sugar, honey, or molasses. Tea, coffee, spirits, tobacco, and all medicinal drugs, are strictly prohibited.

A Water-Cure diet may include the following articles, which we have endeavored to place in the order in which we prefer them, under their several heads:

1. FARINACEA.—Wheat, unbolted, as bread or mush; oatmeal mush or gruel; Indian corn bread, hominy, &c.; rice, tapioca, sago, arrow root, &c.

2. FRUIT.—Apples, peaches, pears, strawberries, whortleberries, blackberries, plums, bananas, oranges, figs, dates. In winter, stewed apples, peaches, prunes, &c.

3. VEGETABLES.—Potatoes, common and sweet, green peas, green corn, turnips, squashes, beets, brocoli, Savoy cabbage, shell and string beans, oyster plant, spinach, spring greens, &c.

4. ANIMALIZED SUBSTANCES.—Milk and its products; eggs, moderately cooked, either soft boiled, poached, scrambled, or made in an omelette.

5. FISH.—Oysters and scale fish, fresh and in their season.

6. FLESH MEAT.—Lean mutton, beef, venison, and other similar wild meat; chicken, turkey, and similar wild fowl.

A STRICT DIET is composed of a few of the best articles of farinacea, fruit, vegetables, and milk, in a quantity not exceeding six ounces of solid nutriment a-day, at three meals, six hours apart.

A MODERATE DIET may include a greater variety, and a quantity not exceeding ten ounces a-day.

A FULL DIET is suited only to a state of health, and may vary from twelve to sixteen ounces a-day.

N. B. Ten ounces of solid nutriment is contained in about twelve ounces of uncooked wheat, rice, oats, or corn; in forty ounces of uncooked beef or mutton, and in a still larger quantity of many fruits and vegetables.

Eat slowly, masticate thoroughly, and be sure that a single ounce more than the stomach can readily digest acts as an irritant, and exhausts vitality. Do not try to work or study during the digestive process. Take moderate exercise; but no bath for half an hour before or two hours after eating. The only drink is *cold water*—milk being classed as food.

## WATER-CURE PROCESSES.

The best water, doubtless, is that which is fresh, pure, and soft. None but soft water must be used for drinking; and filtered rain or river water should be used whenever the springs and wells are hard. But hard water, if fresh and cold, is better for bathing than the soft which is flat and warm. Salt water bathing differs but little from fresh of an equal temperature. All water should be as freshly drawn as possible.

ICE WATER is cooled nearly to the freezing point, or 32 Fahrenheit.

COLD WATER ranges up to 60, according to the season; 60 degrees being cold in summer, but almost warm in winter.

WATER WITH THE CHILL OFF is that which is

raised a few degrees above its natural temperature—in winter from 50 to 60.

TEPID WATER is from 60 to 90.

WARM WATER from 90 to 112.

HOT WATER from that to the boiling point, or 212.

These terms are indefinite, but will be well enough understood. In all cases the water is to be used cold, when not otherwise directed.

Drink water according to thirst, or as directed. The amount must correspond to the exercise and transpiration. If it chills, drink slowly, and in small quantities at a time.

If the stomach is disordered, drink rapidly several tumblers of tepid water, and eject it by tickling the fauces. The cathartic effect of water is obtained by drinking a wine-glassful every ten or fifteen minutes, without exercise, until it operates.

If costive, or troubled with bowel pain, move them by full and repeated injections of cool or cold water. From one to four pints may be injected; retain it as long as possible. This may be repeated daily.

The best instrument is the pump syringe, costing from three to five dollars. But very good metal syringes may be obtained at from fifty cents to one dollar and fifty cents.

The best vagina syringe is the eight or ten ounce metal syringe, with curved tubes. One of these, with tubes for both uses with our improved packing, costs two dollars. It may be used from once to four times full of cold water.

PLUNGE BATH.—The entire immersion of the body in water; first wetting the head—a *rule in all full baths*.

POURING BATH.—Standing or crouching in a tub, and having one or more pails of water poured over the entire body.

SPONGE, OR TOWEL BATH.—May be taken in various ways, with these articles.

THE DRIPPING SHEET is a full bath, taken by having a wet sheet thrown over the whole person, and being briskly rubbed with and over it. It is tonic and refrigerant.

In cold weather, and always by delicate persons, the bath should be taken quickly, and followed by rubbing enough to excite a vigorous reaction.

THE SITZ BATH may be taken by putting one or two pails of water in a common wash-tub, and sitting in it the prescribed time—usually fifteen minutes. The clothing need be only partially removed, and a blanket thrown over the shoulders. The feet are not in the tub.

THE DOUCHE is a stream of water of any diameter, falling from a height of five to twenty feet. It is taken chiefly on the back and limbs; but the full force of the water must not strike the head, which must be first wetted as usual; or by breaking the stream with the hand.

Head baths, hand baths, and foot baths are any convenient application of water to those members.

THE WET COMPRESS is a towel wrung out of cold water, folded in four or six thicknesses, and laid upon the part as directed. The *heating* compress is covered; the *cooling* is left uncovered.

THE WET BANDAGE, OR GIRDLE may be a piece of toweling—not crash—of one, two, or more thicknesses, eight or ten inches wide, and long enough to pin around the body. As usually worn, it is wrung out of cold water, drawn closely round the abdomen, and pinned before. If it produces chilliness, a dry one may be worn over it.

WET BANDAGES are also worn upon the limbs, the head, the neck, or any part affected by disease.

THE WET SHEET PACK.—Lay a cotton comforter upon the bed; spread upon it three or four blankets; wring out a medium-sized sheet of cold water, more or less dry, according to the amount of heat in the body; spread this upon the blankets; let the patient lie down upon this, with his arms at his sides; fold the sheet over, first one side, then the other, from the neck to the feet. Do the same with each blanket in succession, tucking in at the neck and packing tightly. Bring over the comforter, and fasten it. If the head is hot, apply a cooling bandage, or compress. If the feet are cold, warm them by rubbing, or a bottle of hot water. Take the patient out, when thoroughly warm, and on the point of perspiration; this may be in from half an hour to two hours.

THE PARTIAL WET-SHEET PACK is the application of the wet cloth to a portion of the body, from a bandage round the chest or abdomen, to a half, or three-quarters of a sheet—that is, a wet sheet down to the hips or knees.

THE SWEATING BLANKET PACK is given in the same way, but with dry blankets instead of the wet sheet. This process must be used with great care, and always under directions.

We never suspend treatment during menstruation. All the sheets, bandages, and towels used in Water-Cure, must be thoroughly washed after each operation, and boiled as often as once a-week. The blan-

kets, &c., used in packing, must be thoroughly aired after every pack. Cleanliness is the first principle in Water-Cure.

There! with such a sheet of directions printed, and the special treatment written out, is it possible to make any mistake; or is there any difficulty in the home practice of the Water-Cure? With a clear account of a case, and this document to aid me, I feel as if I could prescribe for a man or woman in Wisconsin, almost as well as in New York; and I believe it will enable all Water-Cure physicians to greatly extend their sphere of usefulness; while it gives every possible information, so far as general principles and processes are concerned, to those who feel competent to treat themselves.

I have spoken of my lectures, in the beginning of this article, and will here take occasion to say that I will cheerfully lecture in any place, within a few hours' ride of New York, where the friends of Water-Cure will provide a hall, give me notice, and pay my expenses. The cause must go on; and I don't see that a man can be worked up to better advantage than in trying to promote it.

## THE TEETH.—NO. II.

WITH ILLUSTRATIONS.

THE GUMS AND THEIR TREATMENT.

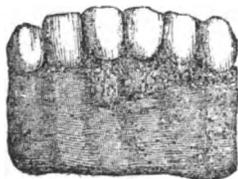
BY B. F. MAGUIRE, DENTIST.

In a state of health, the gums are not possessed of any great degree of sensibility; but, like every other structure of the body, when inflamed they become highly painful.

**INFLAMMATION** of the gums is a disease of common occurrence, especially with those who do not possess a good degree of health. It is known by the ordinary signs of inflammation, namely, pain, heat, throbbing, redness, and swelling.

**TERMINATION.**—The common and more favorable termination of this affection is that by resolution or dispersion; but it not unfrequently passes on to suppuration, ending in what is termed *gum-boil*. The formation of pus takes place often very rapidly in this structure; as much so as in any other part whatever.

**CAUSES.**—It is not always easy to ascertain the causes of this affection; but in many cases we may readily do so. A morbid condition of the alveoli, or a carious tooth may, and often does, keep up a state of irritation and inflammation of the gums, adjacent to the affected parts, causing a succession of abscesses or boils. The gums also become inflamed and irritated by an accumulation of tartar on the roots of the teeth, as the following cut will show:—



The tartar accumulates in some cases to an alarming extent—destroying the gums and alveoli, and ending in the entire destruction of the teeth thus affected.

In some conditions of the system, when both the

teeth and alveoli appear perfectly healthy, the gums frequently suppurate, without, however, being attended with any particular inconvenience, other than that which occurs at the time. We must infer that in such cases the general system is alone at fault; and we find occasionally that when persons are troubled in this way, and make such changes in their habits and modes of life as tend to the improvement and restoration of the general health, the morbid symptoms of the gums invariably cease.

**TREATMENT.**—A great variety of remedies have been resorted to in this affection. Scarifying the gums with a lancet has been a favorite practice with many; also, leeching; a leech or two applied to the most inflamed part, will certainly very soon mitigate, in a greater or less degree, the inflammation.

When suppuration is likely to occur, warm and emollient applications have been made, with the view of bringing the matter the sooner to a head. In such treatment, the application should be of such a nature as to retain both moisture and warmth.

Roasted raisins, or a roasted fig, answers the purpose very well. A part of a roasted onion would perhaps be as good as anything of the kind. But it should be remembered that the mouth is always necessarily in a moist condition, and of the blood temperature, namely 98 degrees Fahrenheit, so that after all it is to be questioned whether the parts may not naturally be in as favorable a condition for the suppurative process as could be with the use of the so-called "suppuratives" mentioned.

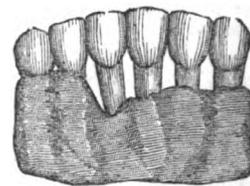
Frequent gargling the mouth with luke-warm water is a very excellent remedy for the disease in question. Some use the water cold, and in this condition it does good, doubtless; still, I myself incline to the use of the tepid.

A plain and unstimulating diet, and spare in quantity, is advisable in this, as well as all other inflammations. Bathing is also an excellent means. Let a person take two or three baths per day, at moderate temperature, and at the same time practise suitable exercise in the open air, provided the patient be of suitable age, and he will find material benefit in subduing the inflammatory symptoms. Indeed, a regular course of "hydropathic regimen," to which I acknowledge myself partial, could not fail of being of essential service in this ailment.

The hunger-cure, also—a German method—of which I would also speak in terms of commendation, is peculiarly applicable in reducing an inflammatory state of the gums as of the system generally. Almost everywhere there is great error on the subject of fasting. People are not at all aware that they may pass many days without food, having at the same time pure water to drink, and yet experience no harm in so doing, but in some cases much good.

Let any person whose system is feverish and clogged, try the hunger-cure for two or three days—exercise in the open air, don't consult the cook as to what will taste good, don't order this delicacy or that—Nature will dictate when you shall eat or need nourishment; and when your appetite does come, a dry crust of bread tastes far better than the

most sumptuous dish your imagination could fancy or cook procure.



This is an engraving of the same teeth, with the tartar removed, which is the best thing that can be done under the circumstances. To restore the gums and alveoli, is impossible. By removing the tartar, (which is done with a small scaling instrument) the gums generally unite again to the teeth, and if care is used in keeping the tartar off, with a tooth-brush, they become comparatively healthy. It is an old maxim that prevention is better than cure. It is always easier to prevent a disease than to cure it.

2 Union Place, New York.

## HOME PRACTICE IN WATER-CURE.

BY MRS. JANE V. HULL.

HAVING, from sad experience, learned that little good and much evil resulted from *allopathic* practice, I turned with eagerness to examine the apparently extravagant and marvellous claims of its present rival, HYDROPATHY. These claims, after a careful examination, I was constrained to believe true. But prejudices that have grown with our growth are difficult to overcome; and it was long after I became a theoretical hydropathist before I gained sufficient confidence to become a practical one.

The first envelopment in the "wet sheet" was made with fear and trembling. Alone, at midnight, I watched beside the sick bed of a dear child, burning with fever and raving with delirium. Medicine appeared to fail in arresting the disease. I thought of the "wet sheet" and its cures. Soon the fearful experiment was made. With what anxiety I watched the countenance, listened to the breathing, that I might note the smallest change! Gradually the little sufferer became calm, the flushed cheek pale, the breathing easy. The experiment was repeated, and with so happy a result, that I was able to take my little patient to bed, where we both slept comfortably until morning.

But the "wet sheet" has no terrors for me now. Since that time, a period of four or five years have elapsed. I have become more and more interested in the progress of hydropathy, and have devoted much of my time to its study and practice. I have treated successfully scarlet fever, bilious fever, remitting fever, fever and ague, several cases of severe colic, one of painters' colic, erysipelas, cholera morbus, one of child-birth, in which the patient was able to walk about the house in three days, one case of fever after child-birth, together with wounds and bruises, sprains, etc. In three cases I have failed to effect cure. My knowledge of the "Cure" is derived entirely from reading, as I have never seen any practice but my own.

I should like to state the particulars of a case of erysipelas which I treated, and should be gratified if some of the hydropathic M. D.'s would give their opinion in the Journal as to the course of water treatment pursued; and whether, as charged by the allopathic M. D., it could have had any tendency to produce the paralysis that ensued subsequent to the treatment.

The patient, a young Irish girl, had been ill four or five days when I first saw her. A physician had visited her once, left a cathartic, some powders, and a lotion for the affected limbs. She was not relieved by these means. I was sent for. Found the patient with the lower limbs of a dark purple, much swollen, very stiff and painful. On the side of one foot was a circle of deeper purple, in the centre of which was a gangrenous-looking spot, which I think was about to ulcerate. She complained much of nausea and distress of the stomach, loss of appetite, and entire inability to use the limbs. I had never seen a case of erysipelas; but feeling the utmost confidence in the efficacy of water in all inflammatory disease, I did not hesitate to undertake the case.

The first application was a packing-sheet, followed by a tepid bath. This process was repeated three times during the day, cold wet bandages applied to the limbs during the interval. Next morning found her quite comfortable; no nausea or distress of the stomach; appetite restored; limbs much less swollen, and assuming a lighter color; the gangrenous spot had assumed the appearance of a white blister; could begin to use the limbs. Afternoon, hands and arms swollen and painful, but no redness; affection of the arms appeared to originate in the spine; every motion caused a great increase of pain. I now repeated the "wet sheet" and tepid bath, followed by cold wet compress to the spine, and frequent rubbing of the arms with cold wet cloths. These applications soon removed the pain, and enabled her to move freely. Next day (Friday) patient very comfortable; only one application of the packing-sheet. Saturday, still improving; "wet sheet" omitted; body bandage and bandage to the limbs still applied; no pain or sickness; good appetite; able to walk about.

Was detained from visiting patient again until Monday morning, when I found her much worse. Had eaten on Sunday morning fat salt pork. Before eating this meal, she was able to go about her usual employment; but an hour or two afterwards she was attacked with such severe pain, that her friends, in alarm, sent for the doctor. He gave a cathartic; this gave some relief; still the nausea and pain were not removed. Finding her under the doctor's care, I thought it best not to interfere. Tuesday morning, called to see how she was getting along; found her worse: doctor called, and left more medicine, but patient declined taking it, as her stomach would retain nothing. She had slept none during the night; severe pain, and frequent vomiting. Soon after the doctor left, she grew rapidly worse; pain became intense, and humanity prompted me to attempt her relief. Placed her in a tepid rubbing-bath for fifteen minutes; then in packing-sheet for half an hour; then a wash off. This entirely relieved the pain and nausea; at ten left her quite comfortable. At three

returned, and found all the unfavorable symptoms greatly aggravated; the disease now assumed the form of inflammation of the stomach; severe pain; frequent vomiting; great tenderness and inability to bear any weight or pressure over that organ; inability to lie on the side. I saw that prompt and energetic measures were necessary. Placed her in a tepid bath, where I kept her almost an hour, using friction over the stomach as she could bear it. This relieved pain and nausea, and enabled her to lie on her side, and bear a wet compress on the stomach. Now gave tepid injections every half hour; these were all retained; at five, a packing-sheet and tepid bath: left her at eight, free from pain and nausea. At ten returned; found her in great distress. Disease now put on the form of inflammation of the bowels; she was vomiting a dark green fluid, and discharging frequently from the bowels membranous formations, accompanied with discharge of blood; intense pain about the region of the umbilicus. Put her in a tepid sitz-bath, but the discharges were so frequent that she could not remain in longer than five or ten minutes; fever was high, and debility great. The sitz-bath and a thorough ablution abated the fever, and put a stop to the vomiting, but appeared to increase the frequency and copiousness of the discharges. Used tepid injections after every evacuation. This produced no relief. I now commenced using cold compress to the bowels, and cold injections. These soon checked the discharges, and relieved the pain. After these became less frequent, I applied a packing-sheet from the neck to the knees; in this she slept comfortably for an hour. On washing her off after this, found her stomach covered with a thick rash, and other parts of the body with thick welts, of a bright scarlet. A body bandage was now applied, and she remained comfortable until morning, when she had a small evacuation of dark green bilious matter. I remained with her until eight in the morning, when I left her perfectly comfortable. At three, patient perfectly comfortable; no return of any unfavorable symptoms; complained of nothing but debility, and needed now nothing but the tonic application of water; but, alas! the doctor made his appearance about two o'clock. Had not seen the patient since eight o'clock the preceding morning, since which time she had taken no medicine. Instead of giving water credit for the complete cure it had effected, he asserted that it was the water which had produced those violent symptoms, and that, notwithstanding the apparent relief she had obtained from its use, it was in reality an injury. In some diseases water was certainly good, but in hers it was particularly dangerous. The cold injection and cold compress to the bowels he particularly objected to; said I should have applied hot instead of cold compresses. Before he left, had the body bandage removed. Forbid the use of any more water, on pain of never entering the house again, to visit any of the family should they be ever so sick. But being forbidden the use of water, all I could do was to call occasionally to see how she was getting along. Next morning I called; found the doctor there; she was still improving. The monthly discharge, which had been suppressed, had now made its appearance—a free evacuation from the bowels had taken

place. She had not yet taken any medicine, but the doctor left some powders, remarking that he thought she would now get along; called again two or three times; found her not so well. Eruption had disappeared. When she grew worse, the doctor attributed it to my visits, supposing that I still made use of water, which was an erroneous supposition. I now discontinued my visits, and heard nothing more from her for two or three weeks, when the doctor informed my husband that she had lost the use of her limbs in consequence of my treatment, and that he must take charge of her, as her friends refused to keep her any longer, the doctor having informed them that it was not probable she would ever recover, and that if she did, she would never regain the use of her limbs. We brought her home, discharged her physician, and employed another, as my husband wished me to have nothing more to do with it. She was entirely helpless, not from paralysis, as stated by the doctor, but from the intense pain, which every movement of the limbs caused. For one week the pain had been so great that she was unable to sleep, notwithstanding the constant exhibition of morphine. She was quite weak, had considerable fever, and was slightly salivated. Nitre, ipecac, morphine and calomel had been taken; what else I do not know. She began to improve immediately after the change of physicians. What medicines were given I do not know. A blister to the upper part of the spine restored the use of the arms, and one on the lower part, that of the lower limbs. In less than a week she was cured of the paralysis; the fever continued for some time longer, but after a spontaneous diarrhoea occurred, the fever gradually wore off. In three weeks from the time she was removed, she was able to commence light work. But she still continued weak, and the lower extremities much swollen, until she voluntarily commenced bathing. After this she improved still more rapidly.

I have been thus minute in my description of this case, because the sapient M. D. who pronounced it a case of incurable paralysis, has made great use of it to prejudice the minds of the community against hydropathy.

It will be perceived that she exhibited the same symptoms of what the doctor called paralysis soon after I commenced treating her: these were entirely removed, by the application of water, in a few hours. There was no appearance of any such symptoms when she passed into the doctor's hands, nor for a week afterwards.

As this journal, by the liberality of a zealous friend of Water-Cure, is pretty extensively circulated in this place, the publication of the *facts* concerning this case, together with comments, may have a tendency to correct the erroneous impression which the doctor's version of it has produced.

I would like to give the particulars of two cases of child-birth, in which water was used; but as my communication is already long, I will at present only say, that they are the theme of wonder and astonishment to all who know the particulars.

Another case, too, of premature birth, preceded, and followed by fever, the person being in a raving delirium, pronounced hopeless by her physi-

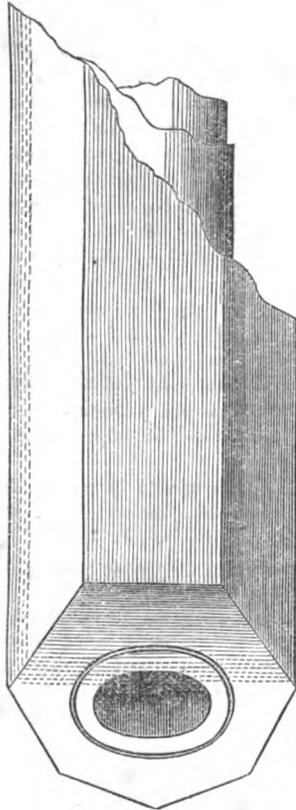
cian, was saved by the application of water. Those present declared it would be a miracle if she were saved.

## REMARKS BY DR. TRALL.

I have no hesitancy in pronouncing the treatment of Mrs. Hull singularly judicious and efficient. Lead washes externally, and solutions of nitre internally, which are generally resorted to in erysipelas by allopaths, are a thousand times more liable to be followed by paralysis as a sequel of that disease, than are the water processes, for in fact the latter have no such liability at all.

I differ, however, from Mrs. H., in imputing any special virtue to the blisters. Leaving off drugging, giving nature a fair chance, the let-alone system ought to have the credit of many a wonderful cure, and probably the one under consideration. Thousands of invalids, who are kept under by drugging, become convalescent as often as drugging is discontinued.

## PATENT INDESTRUCTIBLE WATER PIPES.



The above cut represents a section of the cement pipe, manufactured in this city, for conveying water. Its great advantages over all metallic conductors is its non-liability to corrosion or oxidation. The tube is constructed of hydraulic cement, enclosed in a sheet iron cylinder, and this again is covered with a thick coating of cement, so that rust or decay is impossible, and the purity of the water secured. This pipe is also cheaper than lead or iron, and may be applied to the construction of baths, water-closets, basins, &c., &c.

Specimens may be seen at the office of this Journal, where further information may be obtained.

## GOSSIP FROM BOSTON BY NOGGS.

The way the allopaths fret about the water-cure, is a caution to grumblers. They will have it that it's all humbug, and yet they use it on the sly.

I know of one who still uses or pretends to use, the various kinds of *die*-stuffs and yet it is evident to every one that his reliance is in the water-cure.

There are in fact many of this class, who are doing more than they think for the water-gospel, more in fact than some of the *professed* hydropaths—who give a little medicine now and then, thereby virtually acknowledging that the water-cure is not competent in all cases,—which is just what the allopaths are constantly crying out. "It is good in some cases, but it wont do for you Ma'am."

"That's the Deacon for me," said a certain gentleman in black—whose name we never mention to ears polite—when he saw him selling rum.

"What's in a name," and what will not a man do for money or to "curry favor!"

It is very possible that some who are politely called hydropaths give medicine "now and then," who really believe in their efficacy; but generally speaking you will find they are very inexperienced, in both treatments; those who have tried both faithfully never find it necessary to resort to poisons in any emergency.

Every one to his fancy though—only in justice to hydropathy let those who are only half converted, or wish from any particular motive to give drugs, call themselves by some other name.

The cause goes bravely on hereabouts; the people everywhere are crying out with stentorian voices for reform, and will have it, and one has only to present the truth, as it is in cold water, &c.,—to make them repent and believe—that in order to be saved from the effects of their physical sin, it is all-important in the first place that they should stop sinning—which is altogether new to them—and that cleanliness is indeed the "mother of godliness," and that in much water, is much health.

They also readily recognize the absurdity of medicinal practice, when properly presented; that poisons are inimical to healthy action, and if perseveringly used, destructive to the living organism.

Everywhere I go—and I am round "some,"—I hear the Water-Cure Journal spoken most highly of, and nearly all of them like the new form it has lately assumed "hugely."

There was a report in a neighboring town, a day or two ago, that a man had died "in a fit of indigestion," caused by an "overt act" of his own, he having eaten at one meal two pounds of sausages, four boiled eggs, three pickled cucumbers, two pieces of mince pie, with potatoes, bread, and butter, &c. &c., to match! The "old women" are outrageous, it is said, because the doctor, who was a Homœopath, didn't give the man an emetic, and thereby save his life, declaring they "didn't think much of a doctor who didn't know enough to puke a man, especially when he was dying for the want of a puking."

The doctor justified himself, by proving it was not in accordance with Hahnemann and homœopathy to give emetics. But the old women stick to it, that he should, in this case, have given a little

warm water, and said nothing about it, and perhaps Hahnemann would never know it! or if he did; in consideration of its saving the man's life, he would forgive him. But the doctor said there was no pukes in his book, and—and so he died.

By the way, where is "Quoggs?" I hope he is not defunct; we need all such, who deal in humorous satire; for most of the errors and absurdities of the medical world are so ridiculous, that they are entirely unworthy of serious refutation.

One of the most intelligent and best educated physicians among the allopaths in Leominster, in this State, a man of large experience too, talks of visiting Europe soon, for the purpose of looking into the Water-Cure,—he is already more than half hydropathic, and will soon be wholly so, for he is not a man to do things by halves.

If such men as he be with us, I had as lieve nine out of ten of the faculty would be against us as not.

In fact, go where you will, wherever you find a remarkably intelligent and experienced physician, there you find an eager inquirer concerning hydropathy.

The reason is plain, they are not mere learned automats, who do the things their fathers did, "asking no questions for science's sake"—saying with the celebrated Isaac Letsum:—

"I pukes, I purges, and I sweats 'em,  
And if they dies, why then—I Letsum.

but take the liberty to think for themselves; and you let a man of brains once begin to think on the subject, and there is not much danger after that of his using much "medicine."

Another very promising young physician in this same town, told me the other night, that he saved the life of his own child, by the free use of ice and water, when afflicted with real membranous croup. Pieces of the membrane were coughed up.

Speaking of Leominster, Dr. K—, the long-haired critter, whom you may remember, is giving there, as well as elsewhere, a course of lectures on the Water-Cure, and he says everybody and his wife, and all the rest of his children, turn out to hear them and evince the greatest interest in the subject, as is particularly manifested by their buying the books he carries with him.

In short, brethren, be of good cheer; a brighter day for hydropathy and poor physicked humanity never dawned, than is now dawning in this our yet to be "happy land."

Love to 'Quoggs,' from your own "dear  
Noggs."

BOSTON, FEB. 1851.

FASHION PLATES.—The Water-Cure Journal for February is out. We like the suggestion of Mrs. Gleason. Give us fashion plates, by all means; and make them correspond with present forms, as nearly as possible, and secure the proposed advantages. The skirts should always be attached to waists; long bodices are fruitful of spinal and kindred weaknesses. We have talked this a long time in our home circle. The Journal is doing an excellent work."

Thus writes the editor of the Windham County Democrat, Vt.

We expect to introduce some *new fashions* before we get through with this subject. In cases of insanity, or for the punishment of crime, it may possibly answer to put on a tight dress like unto those now in use, but we have a BETTER WAY, and if we can convince the public of the facts, why we shall save the lives of thousands of unborn children.

## Reviews.

DISCONTINUED.—The Water-Cure Reporter, formerly published at New Graefenberg, near Utica, New York. We presume Dr. Holland found himself too much occupied with his professional duties to attend to its publication; he has therefore handed his subscription list to us, who have nothing else to do but to edit and publish the Water-Cure Journal in such a manner as to please everybody.

Dr. Holland addressed the following circular to his old subscribers.

THE PUBLISHER OF THE AMERICAN WATER-CURE REPORTER having concluded to discontinue the same, would hereby give notice to those of his subscribers whose subscriptions have not expired, that he has made arrangements with MESSRS. FOWLERS & WELLS, of New York, to supply them with THE WATER-CURE JOURNAL for the remainder of their term.

To those of his old subscribers who designed to renew their subscriptions for the Reporter, he would cheerfully recommend the Journal, as well worthy of their attention and patronage. Those who wish, may remit to him, and he will forward the same without delay. Address R. HOLLAND, P. M., New Graefenberg, N. Y., or FOWLERS & WELLS, 131 Nassau st., New York City.

R. HOLLAND, P. M.

NEW GRAEFENBERG, JAN., 1851.

THE WATER-CURE JOURNAL AND HERALD OF REFORMS.—This periodical has become one of the most valuable publications of our country. In my honest judgment, it is adapted to be of more practical utility—to do more actual good than any other periodical of the day; and I earnestly wish that every individual of our species could have the benefit of its instructions. There is not a family in Northampton, nor upon the face of the earth, however cultivated and intelligent, on the one hand, or however unimproved and ignorant on the other, but may be largely benefited by the constant and attentive perusal of this periodical. I cannot doubt that, if it were universally and attentively read—not with a blind credulity, but with a discerning, reflecting, and discriminating mind, honestly seeking truth and earnestly desiring wisdom—it would be the means of saving the human family from an incalculable amount of sickness, suffering, and untimely death. Its enterprising publishers, Messrs. FOWLERS AND WELLS, of New York, have, without enhancing the price, increased its size from an octavo to a quarto form of twenty-four pages. It is published monthly, at one dollar a-year in advance for a single copy, and fifty cents a copy to clubs of twenty or more.

S. GRAHAM.

[We clip the above from a paper published in Northampton, Mass., where Mr. GRAHAM resides. Those who have read "THE SCIENCE OF LIFE," will appreciate the above commendatory remarks.]

## Miscellany.

A NUT FOR BEEF-EATERS TO CRACK.—NEW AND TRUE.—It is, indeed, a fact worthy of remark, and one that seems never to have been noticed, that throughout the whole animal creation, in every country and clime of the earth, the most useful animals cost nature the least waste to sustain them with food. For instance, all animals that work, live on vegetable food; and no animal that eats flesh, works. The all-powerful elephant and the patient, untiring camel, in the torrid zone; the horse, the ox, or the donkey, in the temperate; and the reindeer, in the frigid zone, obtain all their muscular power for enduring labor from nature's simplest productions, the vegetable kingdom.

But all the flesh-eating animals keep the rest of the animated creation in constant dread of them. They seldom eat vegetable food until some other animal has eaten it first, and made it into flesh. Their only use seems to be to destroy life—their own flesh is unfit for other animals to eat, having been itself made out of flesh, and is most foul and offensive. Great strength, fleetness of foot, usefulness, cleanliness, and docility, are then always characteristic of vegetable-eating animals; while all the world dreads flesh-eaters.—*Health and Wealth.*

[We regard this an argument uncontrovertible, and must strike every reader as a most palpable truth, which cannot be refuted. Feed mankind on grains, vegetables, and fruits, and we will answer for all the war, crimes, and most of the evils of mankind.]

## TO S. ROGERS, M. D.

BY REV. K. ARVINE.

Blessings on the Water Cure!  
How delightful 'tis to see  
Nature's element most pure,  
Nature's greatest remedy,  
Free as heaven's own light and air,  
Found, like suffering, everywhere!

Borne upon the ocean's tides,  
Flooding on the streams along,  
There an unseen angel glides,  
Chaunting many a tuneful song:  
HEALTH'S true friends and worshippers,  
Hear that music! it is hers!

O'er our valleys, o'er our hills,  
Wave that viewless angel's wings;  
Voices from the fountains rills,  
Are the notes which Hygeia sings;  
And the light they flash meanwhile,  
Is the splendor of her smile!

Charmed by these, poor Invalid!  
To the streams she loves repair;  
In the mine's foul darkness hid  
Seek no poisons—leave them there;  
And, like Syria's leper, go  
Where the healing waters flow!

Freely drink, and freely bathe,  
Under jet and shower be placed,  
Or be bound by watery swathe,  
As thy guide shall say thou mayst;  
And ere long shall thy disease  
Yield to miracles like these!

Sufferer! are thy nerves unstrung,  
Or like web of burning wire?  
Is thy blood through heart or lung  
Coursing like a stream of fire?  
Try in this, the appointed hour,  
Water's cooling, strengthening power!

With a hollow, pallid cheek,  
Drooping eye, and wasted frame,  
Feverish pulse, and vitals weak,  
Rogers, to thy home I came!  
I have found the boon I sought;  
What a change a month has wrought!

Through thy skill and constant care,  
Health and hope return to me;  
Now, to breathe the keen, cold air,  
Walk, or work, is luxury!  
Fare thee well! thy cause is sure,—  
Blessings on the Water Cure!  
Worcester Spy.

ALCOHOL OUTLAWED.—The Legislature of Vermont has just passed a law, prohibiting absolutely and entirely the sale of intoxicating drinks, except for medical, mechanical, or chemical purposes. Good! So much for temperance reform. But let us keep on agitating until a law is passed prohibiting its sale for medical purposes. Is there any more reason that a sick person should be poisoned with the stuff than a well person? What say you, Doctor Toddy?

"COMING OVER."—We say it not to boast, but simply to inform our hydropathic friends of the fact.

We now have the names of upwards of one thousand allopathic physicians on our subscription books, and they are daily increasing. We state this as an evidence of the progress of Hydropathy and the "decline and fall" of Allopathy. We have only to refer to the want of support and discontinuance of their journals. For example: one of the most spirited of that class of journals, entitled the PROBE, published in St. Louis, has just been abandoned. In his valedictory the Editor says,—

"The present number closes the volume and ends the publication of the Probe. During our experience in Journalism we have been convinced that neither fame nor funds can be acquired by conducting a medical monthly; and that many members of the medical profession are miserably poor in pocket, and more are deficient in moral principle. \* \* \* Our hearts are so very full, and our pockets are so very empty, that we are unable to say more."

To us the above paragraph speaks volumes. It acknowledges the weakness and decline of the cause it advocates. It charges the medical profession with a "WANT OF MORAL PRINCIPLE." Now we would not pretend that this statement was designed to apply to every individual member composing the medical profession, for there are glorious exceptions; but when one of their own members, and he an editor, makes such a statement, it cannot fail to attract the attention of the public.

The PROBE, from which we have copied, we assure our readers is no mean authority. It has always fairly represented the allopathic school, to which it belonged. And so far as reliance can be placed on the statements of any old school journal, we are justified in regarding this as truthful. At all events, the Boston Medical and Surgical Journal pronounces it an "ably conducted" medical journal. We have no occasion or desire to add to this humiliating picture.

COFFEE.—A microscopic examination of thirty-four different qualities of coffee sold in London, showed, that, with three exceptions, the whole were adulterated. Chicory was present in thirty-one instances, with the frequent addition of roasted corn, beans, or potatoes; and, in some cases, the quantity of coffee was not more than a fifth of the whole article.—*Eve. Gaz.*

If TEA-DRINKERS only knew how much poison they imbibe, especially with green tea, they would be frightened; but as its effects are slow, (but sure,) they are not aware of the cause. A gradual decline, with increasing nervousness—a sallow complexion, and other symptoms of disease, show clearly that something is the matter. But the doctor charges it to "an all-wise and mysterious Providence, whose ways are past finding out," etc. He then prescribes a few pills, a little calomel, and perhaps extracts a little blood, with a view of counteracting the influence of this same "all-wise Providence." The strong green tea, "without milk or sugar," is continued: the patient soon dies, and is buried with an apothecary's shop in her stomach. Her husband pays the bills, and so goes the world. But there's a good time coming.

THE WATER-CURE IN TROY.—DR. BEDORTHA informs us that his house is not large enough to contain the numerous applicants for the Water Treatment, and that he shall be "compelled to enlarge his establishment."

This is all quite natural, and we look upon it "as a matter of course." Where two HUNDRED COPIES of the WATER-CURE JOURNAL are taken in a city or village, they must necessarily drive out all other kinds of medical practice, and leave what little remains to be done in the hands of the HYDROPATH. If Water-Cure physicians wish to annihilate the drug practice, and remove the filthy patent medicines, and other slops, let them place the Water-Cure Journal into the hands of "the people."

## Varieties.

**INCREASE IN THE MEDICAL PROFESSION.**—The Boston M. and S. Journal, remarks,—

"There is evidently an apprehension in the minds of some, that the practice of medicine in the United States will lose all its pecuniary value at the present rate of increase in the medical ranks. It is admitted that fees are not so readily collected as they formerly were in the country."

What a pity! We deeply sympathize with our "apprehensive" doctors, but most respectfully assure them that their "apprehensions" are well founded.

"Many foreigners are practising among us, some of whom are well qualified practitioners; but many consider this a superior and excellent country for carrying on the grossest deception. If they only speak broken English, charge high, and boast lustily of their position and extensive influence at home, they find their fortune is secured here."

True,—but why is it that "our people" have so little confidence in the regular allopathic practice, in the United States. Did they CURE their patients instead of killing them, is it likely that they would risk their lives in the hands of persons with whom they have no acquaintance, or who could not speak their language? The truth is, "our dear people" have been as grossly deceived by natives as by foreigners. Doubtless quite enough by both.

"When the next national census is taken, the statistical tables will lead to the supposition that this is an alarmingly sickly country, to give employment to such a vast body of practitioners; or else that the people are laboring under an hallucination of universal pestilence, in sustaining an army of ignorant charlatans, mountebanks, and quacks."

In our hydropathic reform, we contemplate the complete eradication of all these nuisances. We glory in the multiplication of doctors, foreign and domestic, and look forward to the time when that blood-sucking trade, generally called a *profession*, and its practitioners—no matter how long their ears—professors, shall pass away, and our good people shall have no more need of them.

While we are positively certain that the patent medicines so much in use *invariably* damage those who use them, we are forced to believe that they are *less* injurious than the common allopathic remedies. What class of doctors effect the greatest number of cures? The "regulars" or the irregulars? If the "regulars" had given satisfaction, by saving the lives of their patients, who would have employed quacks? But, inasmuch as they have *not* succeeded, let them not *wince* when other systems are introduced, which are evidently better than their own.

**THE WATER-CURE IN CLEVELAND, OHIO.**—MR. T. JONES, SEN., has sent us two hundred and fifty new subscribers from this thriving and beautiful city. Mr. Jones thinks he shall be able to send an additional fifty soon. This will make three hundred copies; the diffusion of which, we may safely predict, will work out a complete medical reform in CLEVELAND.

If each of our co-workers and subscribers would persevere, they might, in a very short time, place the Journal into the hands of every family. Were this done, who can calculate the immense advantages that would accrue to the HUMAN RACE?

**FEMALE CHARMS.**—The ladies in Japan paint the face white and red, the lips purple, with a golden glow; the teeth of a married lady are blackened, and eyebrows extirpated.—*Home Journal*.

**BAD ENOUGH**—but far less injurious than Tight Lacing.—*Water-Cure Journal*.

**THE WATER-CURE IN OLD AGE.**—J. V., when ordering the Journal for 1851, remarks, "I have now been a reader of the Water-Cure Journal for a year, and have derived therefrom great benefit. My mother, now in her ninety-fourth year, reads the Journal regularly, and is unwilling to do without it."

**ANOTHER FATAL MISTAKE.**—The papers of the city make the following brief announcement:

Died.—At Macon, Ga., on the 2d inst., Miss Elizabeth S. Sanger, youngest daughter of Zekiah Sanger, Esq.

Miss S. was a few years ago a pupil in one of our institutions of education; and was distinguished for accomplishment, amiability, and beauty. She was on her way southward for her health, when, complaining of momentary illness, she was persuaded by a lady to take some trifling medicine, which turned out to be oxalic acid. A physician, called in soon after, at once detected the mistake; but it was too late to avert the terrible catastrophe, and by a double fatality the overdose of poison, instead of being mortal at once, as a less quantity would have been, prolonged the tortures of the victim through a fortnight of suffering, which terminated in death.—*Albany Atlas*.

We can furnish the public with TEN THOUSAND similar cases of unpremeditated murder. It is that class of ignorant sins which is said to be "winked at." Yet the death of a human being pays the penalty of the violated law. If folks will play with medicines of which they are totally ignorant, why they must expect consequences like the above. When will the people learn to let drugs alone?

**NEW WATER-CURE ESTABLISHMENTS.**—It gives us pleasure to record among the new Water-Cures springing up all over the land, that of MOUNT PROSPECT, in Binghamton, N. Y.

"This establishment is situated within a mile of the village, in a romantic grove, at the base of the celebrated Prospect Hill. With a mountain in the rear, with carriage and footwalks leading to its summit, and two hundred and thirty feet of piazza, fronting out on the rich savannahs of the Chenango and Susquehanna, it has combined all requisite advantages for successful hydropathic treatment." For terms address the proprietors, D. W. & H. M. RAMNEY, or A. A. MASON, M. D., the resident physician.

**A PREDICTION.**—I have the strongest persuasion that Priessnitz and his co-workers will, at no distant day, have accomplished a work for the benefit of mankind, which no one will fully appreciate. The medical gentlemen in my vicinity, though fully able to maintain, in argument, their predilection for drugs, are, as might be expected, unable or unwilling to recognize the wonderful efficacy of hydropathic appliances. But the world is on a rapid march to improvement in relation to all subjects; and none have higher attractions than those which tend to preserve the health and prolong the life of man. J. C.

**THE PROVIDENCE FEMALE PHYSIOLOGICAL SOCIETY.**—We are glad to know that this Society continues to dispense the principles of life and health in courses of lectures on Physiology, delivered by their own members. Among whom we find the names of the well-known Mrs. DAVIS, formerly Mrs. WRIGHT; and Miss MOWRY, an educated, practical physician.\*

This society was organized some two years ago, and we have every reason to hope that it will be permanently continued and liberally sustained. The price of membership is only half a dollar per year, and each member has admission to all the lectures.

**LECTURES ON HYDROPATHY.**—During the past month, DR. and MRS. NICHOLS have lectured with much success to our citizens.

DR. KITTREDGE has also delivered several courses in Boston and vicinity. At Salem, his native place, we are informed a great interest has been awakened in the Water-Cure by his lectures.

**THE GREENWOOD SPRINGS Water Cure** is now conducted by Drs. J. C. WHITAKER and J. E. PATTEN. Located on that great thoroughfare, the Erie Railroad, in the village of Cuba, Alleghany county, N. Y., it can hardly fail to be well patronized.

\* See Miss Mowry's card in our advertising department.

OLD BOOKS are simply the expression of old opinions, and those who believe in the eternal principles of PROGRESSION will seldom be influenced by old theories contained in old books. Active men adopt the new and improved plans in all things. Who would think of using the *old* printing-press, the *old* handloom, the *old* stage-coach, or the *old* open steamboat? Nobody. "The universal Yankee nation," and "all the rest of mankind," are seeking by every possible means to facilitate the acquisition of knowledge and happiness; to obtain which, old theories, cobwebs, and trash must be cleaned out of the way. They look *ahead*, not back. Read what Mr. Stuart, of the *New-Yorker*, says:—

"Books have exploded great wrongs and errors; they have also created error and wrong, and entailed curses upon nations and ages. If they have advanced science, civilization, and truth, they have also shut out light and progress from the world. Books contain theories, philosophies, and religion, upon which schools, sects, and creeds have been founded, and successive generations of adherents and disciples have defended old falsehoods, and rejected new truths, in battling, from pride, to defend the theories, opinions, and philosophies of books. Books have committed men and schools—have forestalled innovation, and prohibited, in the name of heresy and schism, the advance of knowledge. Aiding, they have also hindered, the development of the human mind. They have obstructed the path of science and art.

"Le Sage beautifully illustrates what we mean, when, in defending himself against the advice of Gil Blas, to abandon his 'blood-letting and warm water,' as fatal to his patients, he makes Dr. Sangrado say—'I know I kill my patients, but how can I abandon my theory and practice, when I have written a book in their defence. To deny my practice is to impugn my book, and forego my reputation and my means of wealth.' How many false sciences and philosophies—how many fallacies and curses—have been fastened upon the world, by the fact of books having been written in their defence! How many antiquated errors and abuses of popular science, custom, and practice, now exist, solely upon the strength of old books and theories, which their disciples are too proud or bigoted to abandon! How many huge institutions of wrong have lived unshattered amid revolution going on all around them, on the strength of old theories written and printed in books—books which beget disciples, who found professions, which establish academies, and secure monopolies, under the sanction of statute laws!

"We would have books appreciated in proportion to their merit, and binding according to their truth, not at the period when they were written, but in the ever present now. What centuries of 'stand still' medical science has passed through, from the dogged adherence of its disciples to opinions, simply because written in books! What Esculapius wrote may have been the highest truth and good of his time, in his science, but it may be never so false now. A book of science—a book given to regulate the opinions of society—should be abandoned when it is outgrown. Books which live beyond that point, live as a falsehood and a curse. They bequeath errors, and defraud mankind. We have professions and faculties in our day insulting the intelligence of the age, by imposing upon society book-theories and practices which common sense has long since convicted of falsehood. This is a kind of books, and book influence, which ought to be destroyed."

This is precisely our view of the matter; and the idea of hanging to old theories of medicines is palpably absurd and nonsensical. We live in an age of PROGRESS.

**ARTESIAN WELL.**—The famous Artesian well, at Kissengen, in Batavia, commenced eighteen years ago, and which it was feared would have to be abandoned as a failure, has just given the most satisfactory results. The town is located in a saline valley, nine hundred and eighty-four feet above the level of the Baltic sea. Last June, the boring had reached a depth of eighteen hundred and thirty-seven feet, and several layers of salt, separated by a strata of granite, had been traversed, when carbonic acid gas, followed again by granite, was found. Finally, on

the 12th instant, at a depth of two thousand and sixty-seven feet, perseverance was rewarded by complete success. A violent explosion burst away the scaffolding built to facilitate the operations, and a column of water, four and a half inches in diameter, spouted forth to the height of ninety-eight feet above the surface. The water, clear as crystal, is of a temperature of sixty-six Fahrenheit, and is abundantly charged with salt. It is calculated that the annual product will be upwards of 6,600,000 lbs. per annum, increasing the royal revenues by 300,000 florins, after deducting all expenses.—*National Intelligencer*.

**THE AZTEC CHILDREN.**—We are more given to science than mere flippant amusement; the great attraction of the city is the exhibition of the Aztec children. If you go into society, you are sure to be asked whether you have seen them, and what you think of them. The ladies have taken a decided fancy to them, and they make the exhibition room their present lounging place, because "they are so interesting." They have been exhibited to the Academy of Science, but the savans seem to be afraid of giving any opinion. They are certainly curiosities of the human species, and calculated to suggest many thoughts to the natural as well as the general philosopher. Although in one sense of the word idiots, they are not painful to look at; they are as lively as crickets, and play and run about incessantly, like monkeys, only that these would show more sagacity and shrewdness.—*Boston Cor. N. Y. Eve. Post*.

**WHERE IS PROFESSOR AGASSIZ?** We had an interview with these children in company with PROFESSOR FOWLER, the Phrenologist, on their arrival in this country. We have delayed giving an opinion, expecting those better versed than ourselves in such matters would do it up scientifically. We are informed that the PHRENOLOGICAL JOURNAL will contain an elaborate account of them, with their likenesses, as soon as a proper investigation shall have been made.

Since writing the above, we find the following in an exchange:

**THE AZTEC CHILDREN.**—The Springfield Republican, in speaking of these children, now on exhibition in Boston—and represented as being recently obtained from the idolatrous city of Iximaya, newly discovered in an unexplored region of Central America, being descendants of the Kaanas, a Sacerdotal caste (now nearly extinct) of the ancient Aztec founders of the ruined temples of that country—pronounces them a

—The Republican says:

"We have the authority of a perfectly reliable gentleman, a scientific man, for some years a resident of Nicaragua, and soon we believe to return thither, that these children came from the town of Granada, in Nicaragua, and are the half-idiotic offspring of an Indian woman, who is one of the common Indians there, a tribe well known, grown and developed. They are, therefore, nothing more nor less than dwarf idiots, the production of one of Nature's eccentric freaks!"

After this, we think it will be well for people to believe that only which seems *probable* to their own judgment. The Springfield Republican will doubtless be believed by many, yet it may not be true, after all.

**REMARKABLE CURE OF DEAFNESS.**—A very singular case of cure of deafness from traveling on the railway has just come under our notice. Shortly after the opening of the Oxford and Banbury Railway, an elderly lady, who had been perfectly deaf for nearly eight years previously, started by that railway from this city for the purpose of paying a visit to her relatives in Banbury. During her journey, from the noise and the unusual mode of traveling, she became nervously excited; she suddenly felt something in her ear give way with a slight noise; and to her great joy she found, before arriving at Banbury, that her hearing was perfectly restored to her; and so it has continued, to the no small gratification of herself and her friends. The case has come under our immediate observation, for we saw the lady shortly before she went to Banbury, and we have seen her since she came back: we can therefore vouch for the facts as we have stated them.—*Oxford (Eng.) Journal*.

**THE GREAT LAST FAST PRINTING PRESS.**—Col. HOR, of our city, has recently invented a press that will print 20,000 copies an hour!! The Brothers Beach, of the *New York Daily Sun*, have honored themselves and the inventor, by introducing into their establishment the first of these immense machines ever manufactured. The *Sun* has a daily circulation of some 40 or 50,000, besides a weekly of nearly half that number.

As a mark of respect, the proprietors of the *Sun* recently gave a splendid dinner to the inventor, at the Astor House, which was attended by editors and publishers from Philadelphia, Boston, Albany, and the entire "press" of our city, as well as several distinguished clergymen, literary gentlemen, inventors, and others. A more generous dinner, or joyous company, we have never known. "The food for the mind" "served up" by our editorial brethren, was highly relished. The April number of the Phrenological Journal will contain a description of this new printing press, with illustrated engravings.

**FAITHFULNESS.**—The *Mass. Cataract* thus compliments one of its honored dignitaries:

By the election of Solomon Foote as Senator from Vermont, in the place of S. S. Phelps, Vermont will gain a faithful Senator, and Willard's bar lose a faithful customer.

### WHEAT WITH CHAFF.

The anti-street smoking law has been recently revived in Boston with renewed force.

A chaplain was once preaching to a class of collegians about the formation of habits. "Gentlemen," said he, "close your ears against bad discourses." The scholars immediately clapped their hands to their ears.

It is singular how slippery whisky punch will make the sidewalks.

"Taint horriginal, 'taint horriginal!" said John Bull, "you Americians follow us in heverything." "Yes," answered Jonathan, quickly, "our soldiers acted on that principle with yours, in battle."

A man was found at Trenton, the other day, mounted on a ladder, with his lips pressed to the telegraph wires. He was kissing his wife in Philadelphia by telegraph." It was found afterward that he was a newly married man.

A lady, who lives about ten miles from Germantown, affirms that her boys are the most tender-hearted children she ever knew. She says that if she asks one of them to draw a pail of water, he instantly *bursts into tears!*

To see a delicate woman rubbing bed-clothes over a washboard, from morning till night, and a herculean gentleman measuring rolls of lace and delicate ribands, would make a Pawnee laugh at our assumption of chivalry.

It is said that Barnum is in full chase of a chap who helped his own wife at the dinner-table, in preference to another lady.

"How many mills make one cent," asked a schoolmaster, of a promising pupil. "Don't know; but guess it takes a good many cents to make a mill, if they 'm built of stone." The pedagogue fainted, and we left."

Always do as the sun does—look at the bright side of everything, for while it is just as cheap, it is three times as good for digestion. The melancholy man don't even relish wedlock.

If you would relish your food, labor for it; if you would enjoy your raiment, pay for it before you wear

it; if you would sleep soundly, take a clear conscience to bed with you.

"Who took care of the babies?" artlessly inquired a little girl, on hearing her mother say that all people were once children.

Do not consider time lost that is spent in the interchange of social feeling—always provided you neither listen to, or repeat scandal, in which case it is worse than lost.

A Western editor, speaking of a cotemporary's attack upon him, says, "It reminds us of a little boy, we once saw, squirting dirty water from a mud-hole at the sun."—Modest, that.

An Irishman lost his hat in a well, and was let down in a bucket to recover it; the well being extremely deep, his courage failed him before he reached the water. In vain did he call to those above him; they lent a deaf ear to all he said, till at last, quite in despair, he bellowed out, "Be St. Patrick, if you don't draw me up, sure, I'll cut the rope!"

At a Graham boarding-house in Van Schaick street, the bill of fare for breakfast consists of shingles fried in pump water—dinner of the soup left by the shingles, thickened with saw-dust.

[Pretty good. Those who subsist on such a diet will require no physic.]

Temperance is the best physic. It is conducive to health and cheerfulness. Intemperance clogs the body, wastes the property, and stupifies the mind.

The Albany *Knickerbocker* tells of a young man who recently died in that city of disappointed ambition, as he wanted to wear high shirt collars, and his mother wouldn't let him.

Why is a schoolmaster like an engine-driver? One trains the mind, the other minds the train.

Secret kindnesses done to mankind are beautiful as secret injuries are detestable. To be invisibly good is as godlike as to be invisibly evil is diabolical.

To take castor oil without tasting it, you have only to put it in a tin cup, *vich* take by the handle, but keep away from your lips.

Why was Jonah, in the fish's belly, like a fashionable young lady? Because he had more of the whalebone about him than was good for him.

A large dog, which had been beaten in a fight, committed suicide a few days ago in Albany.

"Well," said Mrs. Partington, "I tremble for the longitude of that noble animal, the Union, if some of the politicians don't get off his back. They'll ride him to death, I fear, as if he was a common hobby!"

"Come here, my dear, I want to ask you all about your sister. Now tell me true, has she got a bean?" "No, it's the yellow jaundice—the doctor says so."

**CONNECTICUT.**—Venerable and great in her long line of Statesmen, Heroes, Poets, and Divines; famous for her Charter Oak and its story; her Hartford Convention; Wooden Clocks; Schoolmasters, and Pumpkin Pies—Pisayune in size, but of "unbounded stomach."

Hiram Woodruff has just succeeded, we understand, in raising a colt from a horse-chestnut. He intends to take him to the World's Fair.

**THANKSGIVING.**—The way a large majority of the people give thanks on this day is something after the following fashion: Rise late, breakfast heartily, loaf, smoke, drink, become listless and stupid, then shave, dress, and prepare for the great load of "stuffin" prepared for your stomachs. At two or three o'clock sit down to your mahogany, groaning beneath a load of fish, flesh, fowl, and "domestic cookies," sufficient to feed Napoleon's army when he first started for Russia. Being seated, eat like a hog—lay in lots of turkey, boiled and roast—chickens the same; a piece of duck,

a slice of ham, a plate of roast beef, rare; puddings, mince, apple, and pumpkin pies—gravy, sauce, fat butter, spices, coffee, sugar-plums, raisins, nuts, apples, cream, and a score of other varieties of light feed. Let all this go into your stomachs in a mass of mush together. Pass the evening in idleness, or protract it into the next morning with dissipation and excitement, and the next day you will have reason to be very thankful if you are alive and able to attend to your business.—*New York Atlas.*

THE GOLD DOLLAR "is a total failure. It is so small that its liability to get lost renders it useless."—*The papers.*

NOT SO.—The greatest objection that we ever found to this *handy, elegant, and most useful* coin, is our inability to get enough of them. We never had the least trouble in "passing" them; they always "go" at "par," and no grumbling; while we have had trouble with "shin-plasters," and other "promises to pay" at such and such institutions. No, the trouble or failure of the GOLD DOLLAR is in consequence of its driving out of circulation a few bank bills. Money brokers, who "deal" in money, don't like GOLD DOLLARS, because they give no chance at shaving. We shall never object to gold dollars so long as they "pass" for the value of a dollar. They may be enclosed in a letter and sent with *perfect safety* all over the UNITED STATES, without increasing the postage.

We hope all our subscribers may be well supplied with these "perfect failures."

REMEDY FOR FEROCIOUSNESS IN THE DOG.—In one of the Cincinnati papers, we find an account of an attack by a ferocious dog upon a little child. "The dog seized the child by the throat," we are told, "and the more he was pounded to make him let go, the harder he held on. The people broke the dog's back, and, after inserting a lever into his mouth, pried his jaws open and released the sufferer; but not until her throat was mangled." There is a *sure* remedy in such cases, which should be known by every one. We hear of the cases often, and it would seem that persons at these times are very apt to forget the disposition of the animal. Now, if instead of pulling upon the dog, to disengage him, when his jaws are set upon anything, a sponge or cloth, wet with *strong spirits of hartshorn*, be applied to his nostrils, he will instantly relax his hold.

SMOKING.—A clerk was recently dismissed from a fancy store in New Orleans, because he smoked cigars. He had a contract for six months with his employer, and brought suit to recover wages for the whole time of his engagement. The trial took place on the 18th ult., and the judge gave a verdict in favor of the defendant, expressing the opinion that the cause of the clerk's dismissal was a sufficient one, in view of the nature of the establishment.

WELL.—This accords with our notions exactly. We would no sooner endure tobacco smoking in our establishment than any other filthy, vile, or unhealthy nuisance.

TEMPERANCE AT THE WORLD'S FAIR.—Her Majesty's Commissioners have invited bids for the privilege of selling refreshments in certain prescribed parts of the building devoted to this exhibition. One of the conditions is, that "no wines, spirits, beer, or intoxicating drinks can be sold or admitted by the contractor."

Right,—it is quite time the English people should begin to restrain intemperance.

Melancthon was reproached by some one with changing his views upon a certain subject. He replied: "Do you think, sir, that I have been studying assiduously for thirty years without having learned anything?" "He that never changes his opinions never correct his errors."—DANIEL WEBSTER.

[This little dose should be administered to our Allopathic doctors, who still persist in trying to cure folks by bleeding, poisoning, or physicking to death.]

"JOHN says the reason why he don't get married, is because the house is not large enough to contain the consequences."

This is very much like counting the chickens before they are hatched.

## Special Notices.

WE KNOW IT.—A subscriber says, "You ought to have a hundred thousand subscribers for the W. C. Journal." Well, how are we to get them? We can print a million, and should be glad to do so. It really seems to us to be a great loss to the public, that every family is not supplied with a copy. We will print the Journals; our friends and co-workers must furnish subscribers. We are convinced that no man can get more valuable reading matter for the same price. FRIENDS, what say you? Shall we be content with the number of copies we now print? or shall our list *outnumber* that of any other publication in the world? We shall strive to merit it, but it is for you to say "enough."

FOR 1850.—We have a few complete volumes of the Water-Cure Journal—vols. IX. and X.—which we will furnish to old subscribers at club prices, namely, 50 cents for the year. Those who commenced their subscriptions with vol. IX. in July, 1850, may, if they wish, obtain vol. X. at 25 cents. This will enable them to have the two vols., IX. and X., bound together, completing the work for the year 1850.

THE WATER-CURE JOURNAL, published by Fowlers & Wells, of New York, is one of the most beautiful works we receive. It looks as sweet, clean, and healthy, as though it had been treated by its own favorite system, and purified from everything ordinary, foul, or offensive.—*Model American Courier.*

OUR SUBSCRIBERS will regard the TASTE of this gentleman correct. We think we have not only the most *sensible* journal in all the world, but the "BEST LOOKING." At all events, THE WOMEN say so, and who will dare dispute with them?

H. W. McCARON, of Cuyahoga Co., Ohio, has kindly consented to act as agent for this Journal. We hope he may obtain a long list of subscribers.

IN CANADA—Our publications may be obtained at New York prices of MR. JAMES LESLIE and SONS, Toronto; and of MR. DAWSON, of Montreal.

THE EAR.—Its physiology, diseases, and treatment, will be given in the next number, with illustrated engravings.

## To Correspondents.

WATER PIPES.—In answer to a number of correspondents, we would state, that a new invention has recently been patented in New York for a pipe, which is described as follows:

"This pipe, unlike cast iron and lead, imparts neither color, oxide, nor taste, being formed of strongly-rieveted sheet iron, and evenly lined on the inside with hydraulic cement. While in the process of laying, it has a thick covering externally of the same—thus forming nature's own conduit of stone. The iron, being thoroughly enclosed on both sides with cement, precludes the possibility of rust or decay, and renders the pipe truly *indestructible*. The prices are less than those of iron or lead."

If the proprietors of this pipe will furnish us with diagrams, we shall be glad to publish the same in this Journal, by which our readers may judge for themselves of its superiority. At present, our convictions are in favor of this newly-invented pipe.

P. S.—Since the above was in type, the engraved illustration, with a description, has been handed us. See page 74.

FEVER AND AGUE.—F. G. S., CUYAHOGA FALLS, OHIO.—"Dumb ague," and "chill fever," are merely disguised forms of intermittent fever. In nearly all cases of protracted fever and ague, there is more or less enlargement, congestion, or other functional derangement of the liver or spleen, generally of both. The radical cure demands a persevering use of the rubbing wet sheet, half bath, occasional packs, and a rigidly plain, unconcentrated, and rather abstemious diet. Some cases are cured in a few weeks; but the worst cases require treatment for several months. This " scourge of the West" would cease to trouble the Western people much, if they would all adopt hydropathic ideas of living.

C. N. B., SAG HARBOR.—Your double club was thankfully received. Our brother, L. N., will probably accept your generous offer. Your P. M. is in error. Our Journal contains *less* than nineteen hundred square inches, and it is in every respect what the law requires it to be, to entitle it to be rated at newspaper postage. At present the lawful postage is *one cent* in the State where published, and *one and a half cents* out of the State. As soon as the proposed new law goes into operation, the postage will be materially reduced. We shall publish the "Cheap Postage Bill" as soon as it becomes a law.

C. W. W. writes us from SOUTHBOROUGH, MASS., as follows:—"We want you should send us a Water-Cure Doctor. We are a small town of 1,500, surrounded by larger ones. On the east Framingham, of 3 or 4,000; on the west, Westborough, of 2 to 3,000; on the south Hopkinton, of 3 to 4,000; on the north Marlborough, of 2 to 3,000, and no cold water physician in either. Now, sirs, we are all ready to support a good Water-Cure physician. Send us one."

Well, we'll try.—W. C. J.

DYDENTIS.—B. J. W., MADISON, N. J.—Your form of Dyspepsia is doubtless a primary affection of the liver. The great tenderness about the stomach is probably occasioned by acrid bile corroding the mucous membrane of the first intestine, producing an affection some authors have called duodenitis. The short breath may be from a swelled liver. The best treatment is the wet pack sheet, followed by a moderate douche, or the dripping sheet, and frequent sitz and foot baths; the wet girdle occasionally.

INDIGESTION.—"Two new subscribers" ask: "Can you not give some remedy for indigestion, or the failure of the bowels to move without application being made to the inexhaustible medicine chests of the pill dealers?" Certainly we can. The *constipation* which you call indigestion, may be remedied by coarse unconcentrated food—Graham bread, cracked wheat, plain vegetables, and abundance of good fruits. Attention should, of course, be paid to the general health.

DYSPEPSIA.—O. C. W., DELPHI, IND.—"Full and explicit directions" for particular cases can only be given in written letters of advice. The general plan in your case is a pack sheet for an hour, followed by a wet rub sheet two or three times a week; the wet girdle to the abdomen; frequent sitz baths, and a plain, mostly vegetable, diet.

PERIODICAL COLIC.—F. H., WESTERN, MASS.—These attacks came from a bad liver, which is now extending its effects to the lungs, as denoted by the expectoration. You need full and thorough treatment; brown bread and milk, and fruit diet; dripping rub sheet, and half or shallow baths, are the leading baths. A pack occasionally would be desirable.

RHEUMATIC PAIN IN THE LEFT HIP.—W. O. S. will find the douche, of a temperature to suit his general physical condition, the best of the water appliances. A safe rule is to commence with it moderately cool or tepid, and gradually reduce the temperature. The half bath, followed by the pail douche, would be the next best appliance.

ATROPHY.—J. B. H., LIMAVILLE, would do well to make a persevering use of the rubbing wet sheet and half bath. Full directions in detail cannot be given in these answers to specific questions. For those he must consult with a hydropathic practitioner. He will find much instruction applicable to his case in Hydropathy for the People, and the Water-Cure Manual.

EPILEPTIC FITS.—H. H., CONNEAUT, OHIO.—Your son's case seems to be a discouraging one, but as his constitutional integrity still holds good, there is a fair chance for his recovery if he could be taken to an establishment. For home treatment the rub-sheet and shallow bath, with a very plain diet, are the leading measures.

CHILBLAINS.—L. T., OLEUM, N. Y.—Rub the feet with cold wet cloths, and wear the wet bandages covered with a dry cloth whenever the parts are painful. Probably the intense itching is from bad blood, therefore you would do well to attend strictly to diet.

CEPHALALGIA.—S. J. C., ROCHESTER, N. Y.—You think the lady who is subject to three-week attacks of headache needs "tonics;"—a mistake. She needs *curatives*. No doubt she has a bad liver, and requires coarse, opening food, occasional packings, frequent rub sheets, and daily sitz baths.

**SCROFULOUS FISTULAS.**—P. L. B., of CHATHAM CENTRE, wants to know if these are curable by water-treatment, without a surgical operation? Generally they are. In some few cases the structure may become so changed as to require cutting or cauterization.

H. B., HANCOCK CO., ILL.—We shall be glad to receive your communications. Tell us about your people, climate, water. The present condition and prospects of reforms in your vicinity. We look with hope in the direction of the MIGHTY and GLORIOUS WEST.

"THE STAFF OF LIFE" will appear under the appropriate head of "FOOD AND DIET," in our next number. The new method of bread-making therein given cannot fail to interest every body.

D. A. H.—We have placed your communication on file. It will appear soon. Thanks for your efficient labors in promoting the good cause.

S. D.—Yes. If you send additional subscribers at any time during the year, you will get them at CLUB PRICES.

M. A. S.—We shall publish your "Last Resort" as soon as we can make room for it.

R. J. F.—The works of A. J. D. cannot go by mail. They may be sent by express.

T. E. L., PHILADELPHIA.—Yours of the 2d inst. is received. We hope to make use of it at a future time. Our pages are crowded at present.

A REPORT ON BUTTER AND CHEESE, by S. G., will appear in due time. It will not spoil by keeping.

B. B. B.—"THE DOCTOR SAYS SO," is on file. It will appear soon.

C.—"ARE DEVELOPMENTS IN WATER-CURE PROGRESSIVE?" You shall have a "hearing" as soon as possible.

"TWO NEW SUBSCRIBERS" shall be accommodated in our next.

## Book Notices.

THE PROCEEDINGS OF THE WOMAN'S RIGHTS CONVENTION, held in Worcester, Mass., October, 1850. Price 25 cents. To be had of FOWLERS & WELLS, New York.

A large octavo of nearly one hundred pages, printed in the best manner, under the supervision of Mrs. PAULINA W. DAVIS, President of the Convention. We take the following from the *New York Tribune*, which will be regarded as good authority on this question:

"We heartily commend this handsome pamphlet to the consideration of readers and thinkers who are not afraid of being a year or two in advance of the popular notions, and who do not think a prayer in behalf of five hundred millions of human beings for rights, opportunities, development, is fully answered by a slur or a sneer. The noble letters written to the Convention by many excellent, if not eminent, men and women; the Resolves, Committees, List of Members, a capital Address on Medical Education, by Miss Harriet K. Hunt, &c., &c., are all given. The pamphlet is printed in Boston, and we presume may be had of Fowlers & Wells, 131 Nassau st., as we regularly look there for any good thing which we do not know precisely where to find."

POPULAR ANATOMY AND PHYSIOLOGY, adapted to the use of Students and General Readers. By T. S. LAMBERT. With wood cuts and Lithographic descriptive Illustrations. New York: Leavitt & Co.

Such a title may attract attention, but the person who assumes the authorship of the work under notice is quite incompetent to impart reliable information on these important subjects. His selections from others are, in the main, very good; but much of his own composition is mere twattle.

Should the young man turn his attention to some other occupation, he would doubtless succeed better; or, if he should study another term, he might be able to produce a more sensible book. We regret that the gentlemanly publishers have invested their money in printing such useless trash.

THE WESTMINSTER REVIEW for January, 1851, has been reprinted by LEONARD SCOTT & Co., of N. Y. Terms, \$3 a year.

The leading subjects in the present number are, *Spanish Literature; The Angel World; Mackay's Progress of the Intellectual; Drains, Rivers, and Water Supply; Educational Movements; The Battle of the Churches; Foreign Literature; Critical and Miscellaneous Notices.* This is unquestionably one of the ablest quarterlies in the world. It is progressive, and it takes a hopeful liberal view of all things. The extensive circulation of this work will do great good.

THE OHIO CULTIVATOR. Devoted to Agriculture, Horticulture, and Domestic and Rural Economy. Columbus, Ohio: M. B. BATEMAN, publisher.

We cannot do our farmer friends in Ohio a greater favor than to recommend them to subscribe for this work. Read what Mrs SWISSELM says:

"The Ohio Cultivator is one of the most able journals of its class in the United States, and no farmer in that prosperous State should be without it. There is a Ladies' Department, conducted with taste and judgment, by Mrs. Bateman."—*Pittsburgh Saturday Visitor.*

A PRACTICAL SYSTEM OF MODERN GEOGRAPHY, for exercises on maps. By JOHN J. ANDERSON, Principal of Ward School No. 16, New York. J. S. REDFIELD, publisher.

A little book with the above title has been handed us, the contents of which, as is indicated by its name, are a series of questions and answers in Geography, in a more condensed form than is usual in text books on this subject. Teachers will find this work a great convenience.

AN APPEAL TO LIQUOR MAKERS, LIQUOR VENDERS, AND LIQUOR DRINKERS. With reflections upon the duties of the Friends of Temperance, by a member of the Grand Division of Ohio. Columbus, Ohio: SCOTT & BASCOM, printers.

An octavo of sixteen pages, earnestly written and beautifully printed. Such a rebuke as these "eminently useful" citizens get, is, to our minds, just. They ought either to abandon their business, or be drummed out of civilized society.

A GUIDE TO THE AMERICAN IN LONDON AND PARIS, for the year 1851. Containing a list of Hotels, etc. Price 12 1-2 cents. Boston: Stacy & Richardson. New York: John F. Whitey, office of the Pathfinder.

## Advertisements.

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, NATURAL SIZE.—W. ENDICOTT & Co., No. 59 Beekman street, New York, have Lithographed and republished from the original German edition (the only American edition) the eleven entire figures contained in part first of the above-named well known and valuable work, by Prof. M. J. WEBER, of the Royal Prussian University, FREDERIK WILHELM, at Bonn. Figures I. K. and L. representing the veins and arteries, are accurately colored from the original copy, and the whole work, with a comprehensive "Explanation," is offered for sale in sheets and portfolio at \$16 per set, or mounted in the usual style of maps at \$25 per set. 2 t

AMERICAN RAILWAY GUIDE.—This is the best Guide Book for Travelers now in use. It is carefully revised and corrected monthly, and contains valuable tables giving information of Southern, Western and Eastern routes, not to be found in any other publication. By Mail or Carrier, one year, \$1; single copies 12 cents. CURRAN DINSMORE, Publisher, Pathfinder Office, 138 Fulton st. N. Y.

### OPINIONS OF THE PRESS.

The "American Railway Guide" \* \* will be found to contain just the information which every traveler needs with regard to the departure and arrival of trains.—*N. Y. Tribune.*

It would be difficult to devise or execute a more convenient or perfect work of its class.—*Hunt's Merchants' Magazine.*

This supplies information desirable for every business man who is obliged to travel, and he can carry the book conveniently in his pocket, for reference at all times.—*Philadelphia Ledger.*

We find upon examination that it keeps up with the regular progress of Railway improvement throughout the country.—*Daily Despatch, Portsmouth, Ohio.* 1 t

MONTHLY CIRCULATION 10,000.—UNITED STATES RAILROAD GUIDE, AND STEAMBOAT JOURNAL, containing Official Time Advertisements, and correct Tables of all the Railroads and Steamboats in the country, illustrated with a Map, corrected and published the first of every month, by R. HOLBROOK & Co., New York Traveller's Office, 114 Nassau st., New York City. Single No., 12 1-2 cts. Yearly Subscription, \$1.

### OPINIONS OF THE PRESS.

"This is the most accurate and comprehensive Guide Book yet published."—*Gazette, Lunsingburgh, N. Y.*

"Its merit is proved in the fact that it is to be found in the pocket of almost every traveler."—*Shield, Snow Hill, Md.*

"It is put up in suitable form for the pocket, and may be relied on as strictly correct."—*Courier, Natchez, Miss.*

"Quite as necessary to the pocket as a watch."—*American Cabinet, Boston.*

"It should be in the hands of travelers, and every friend of Railroads in the country."—*Tribune, Danville, Ky.*

PATHFINDER RAILWAY GUIDE FOR THE NEW ENGLAND STATES.—This publication is issued on the first Monday of every month by SNOW & WILDER, at No. 5 Washington Street, Boston, under the authority of the New England Association of Railroad Superintendents. The Guide has been established for the purpose of furnishing the public with Railway Traveling Information, more full and reliable, and in a more convenient form, than can be furnished by the ordinary methods of advertising. It embraces all the Railroads in New England and immediate vicinity, (being all that can be embraced in one work with any probability of correctness,) and gives the official Time-Tables of the Superintendents, showing the TIMES OF LEAVING OR ARRIVING AT EACH STATION, where such times are fixed, together with the Fares, Distances, &c., on each road, and information respecting Stage and Steamboat Routes. The Guide is illustrated by a Railway Map of New England, exhibiting the location of each road; also a Map of the City of Boston. It has also copious Indexes, by the aid of which nearly every Railway Station in New England may at once be referred to. It not only contains information for which the traveler would be obliged to consult newspapers from all sections of New England, but also a vast amount which can be obtained from NO OTHER SOURCE. Price five cents a copy. 2 t

MISS M. H. MOWRY, PHYSICIAN, No. 23 South Main street, Providence, Rhode Island. Mar. 2 t

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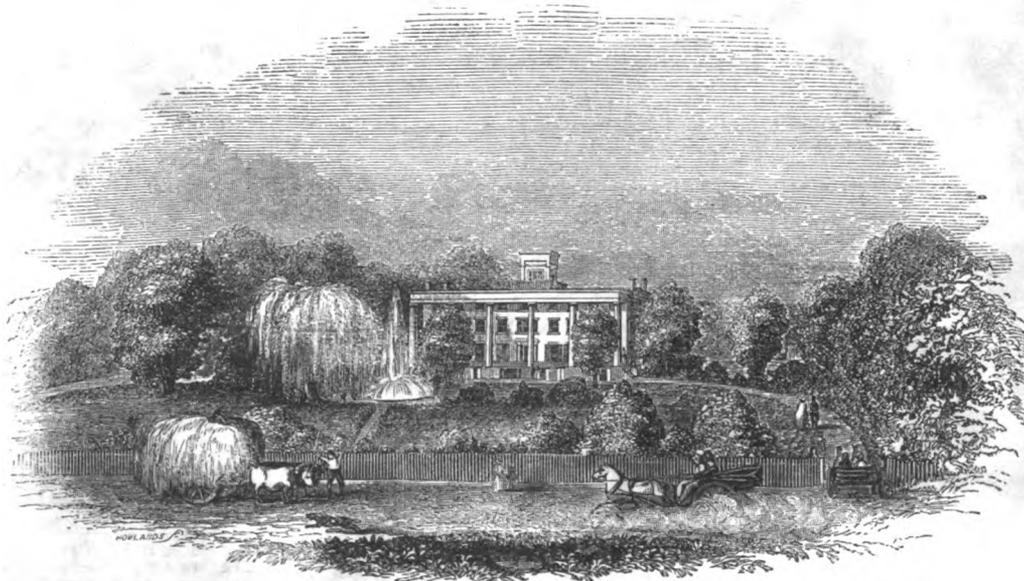
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Terms, \$8 and \$10 in winter, and \$10, \$11, and \$12 in summer, payable always weekly. Consultation fee, \$6. Persons occupying the whole of a double room, or requiring extra attendance will be charged accordingly. Board of private servants, \$3 per week.

Patients must provide themselves with four coarse, thick linen sheets, two thick blankets, two thick comforters, and six towels; or when unavoidable the same may be hired of the Institution for \$1 per week.

Persons coming to the establishment from New York, leave the foot of Cortlandt street at 8 o'clock, A. M., and 3 1-2 o'clock, P. M., in winter, and 4 P. M., in summer. The time occupied in reaching South Orange from New York, is about one hour. Visitors can come from, and return to the city several times during the day.

Dr. JOSEPH A. WEDER, late of Philadelphia, is the physician of the Institution. He is a graduate of the Medical College of Freyburg, in Baden, Germany; has visited the Grafenberg Institution, conducted by the celebrated Priessnitz; many of the water-cure establishments of Europe; and has had twelve years experience in Hydropathy. Letters upon professional business should be addressed to Dr. Weder; all others to the Superintendent, directed to South Orange, Essex county, New Jersey.

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