

Wilmington, N. C. Dec 16 1852

WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XIII. NO. 1.] NEW YORK, JANUARY, 1852. DEC 16 1852 [\$1.00 A YEAR.

PUBLISHED BY
Fowlers and Wells,
No. 131 Nassau Street, New York.

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HUMAN PHYSIOLOGY THE TRUE BASIS OF REFORM.

BY T. L. NICHOLS, M.D.

DURING the year 1852, which promises to be an era of greater good to humanity than all the years that have gone to join the eternity of the past, I hope to find time to write some earnest, and, I trust, useful articles, for the hundred thousand readers of the WATER-CURE JOURNAL. During the past few months, my time has been too much occupied, and my strength too much exhausted, for me to do justice to them, or the subjects on which I wish to write. A brief season of rest approaches, and I shall devote it to this work—a work which seems to me to be at the basis of a world's Reforms.

It is said in the Scriptures that God made man in his own image and likeness. Man, the philosophers say, is a microcosm, or little world. There is a wonderful harmony in all the works of God. Man is a reproduction of His image and likeness—the universe is a development of His power. We have here a declared analogy between God, man, and the universe, and the more we reflect upon the subject, the more we shall be satisfied that we have, in human anatomy and physiology, the key of all mysteries, the basis of all social science, and the model of reforms. The individual man is the pattern of the true social man. The diseases of individuals are copies of social diseases; and thus we have a social physiology and a social pathology.

A great truth is embodied, therefore, in the title of this journal. I know not whether it was by design or accident; but when the proprietors affixed to its first title of WATER-CURE JOURNAL that of HERALD OF REFORMS, they simply completed the full designation of its uses to the world.

Reform society, and you improve individuals, says one class of socialists. Reform individuals, and you improve society, says another. And these two classes, instead of working together, are at daggers drawing. The fact is that the two reforms must, and will, go on side by side, and neither can be made to precede the other. You can no more make one man good and happy until the whole society to which he belongs is in good

and happy conditions, than you can make one organ of the body sound and well while the rest of the body is in a state of disease.

Society has its false conditions and its diseases, like individuals, and it needs similar curative treatment. The causes of social disease bear a close and startling resemblance to those of individuals. There are congestions of wealth and luxury, and atrophies of poverty and starvation. Society has its inflammations and eruptions, its ulcers, and spots of hideous gangrene. It was long ago said that a great city was a great sore. The fact is, that our great cities are organs in a state of hypertrophy, irritation, and diseased action and condition.

In a healthy human society, all the parts would be in proper proportion, all in a clean and healthy condition, and every function would be carried on with that regularity which would insure harmony, happiness,—in a word, health,—to the whole body. In our present society, as in the men and women who compose it, we meet with discord and derangement, pain and distress, on every side. As all the members of the human body are bound together by a common bond of sympathy, so that all suffer for one as one suffers for all, so every individual in society is joined to every other. This is what Socialists mean by the solidarity of peoples; this is what Christians mean by human brotherhood. "Ye are all members one of another."

The office of the philanthropist and that of the physician are the same; both need the same knowledge; and whoever attempts the function of either without the knowledge necessary to it is a pretender. We have empirical reformers and empirical physicians; we have allopathic philanthropists as well as allopathic doctors; we have amiable and transcendental homœopathists in both departments; and the world has yet to learn that the principles of a true physiology and a scientific water-cure are necessary to cure the ills of society as well as those of its members.

I have neither time nor space to elaborate and illustrate the idea I have hastily thrown out. I commend it to the thoughtful attention of those who have the benevolence, and only want the science, to be the world's reformers.

OUR THANKS TO EDITORS.—The heartiness with which THE PRESS have seconded our efforts in promoting the principles of Hydropathy, is without a parallel in the history of MEDICAL REFORM.

Without an exception—so far as our knowledge extends—every SECULAR PRESS in the Union, which has spoken on the point, has approved and commended the glorious principles advocated by THE WATER-CURE JOURNAL.

That our PHILOSOPHY is in harmony with the laws of Nature, is evident to all who examine it; but that this newly discovered principle should so readily be adopted, and so soon obtain the ascendancy over every other system, seems marvellous. Yet when the FREE PRESS of an enlightened nation direct the minds of the people to a subject like this, how can it fail of the most triumphant success?

To EDITORS, then, much is due for the rapid strides which have been made, and the present advanced position which the WATER-CURE JOURNAL has obtained in AMERICA. May God bless them. We can only thank them.

SPINAL DISEASES.—WITH ILLUSTRATIONS.

BY R. T. TRALL, M.D.

Among the frequent ills that flesh is heir to, very few are less understood by the people, or worse doctored by the physicians, than those which are loosely termed *spinal diseases*. Indeed, scores of weakly females have been annually medicated into permanent cripples, or ruined constitutions, on the vague supposition of some sort of a spinal ailment, when in fact there was no spinal disease at all, save what existed in the medical man's imagination.

DISTINCTIONS OF SPINAL DISEASES.—There are three pathological states which are regarded and treated as spinal complaints by most physicians. The *first* is the result of local injury of some portion of the spinal column, or of caries or ulceration of some one or more of the vertebrae and their appendages. When resulting from a blow, fall, &c., the accident itself will explain its nature; and when produced by ulceration in the vertebral column, the distortion or curvature of the spine is *sharp, angular*, and takes place from *within outward*. In severe cases there is also paralysis of the lower extremities.

The second variety is the common or *muscular distortion*, in which the spinal column bends gradually forward or backward, or curves laterally. Fig. 1 represents the natural curves of the spinal column, and fig. 2 shows

Fig. 1.

Fig. 2.



NATURAL SPINE.

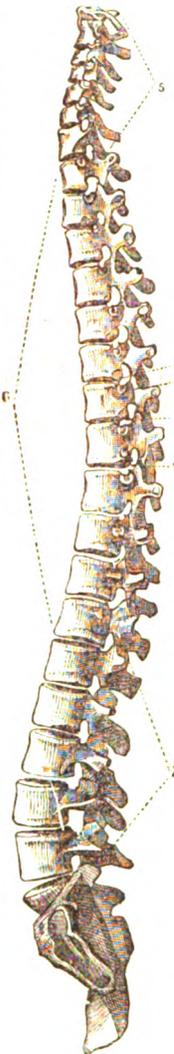


MISCURVATURE.

the relative position to the perpendicular of an unnaturally curved spine. This form of spinal distortion has been horribly maltreated, from a mistaken view of its proximate cause, which has usually been considered as consisting in a weakened and relaxed state of the ligaments and cartilages of the vertebral joints. That this is a grand mistake—that this kind of miscurvature *never* depends on relaxed cartilages or ligaments, but is *always* caused by weak and relaxed muscles, especially of the back, loins, and abdomen, is evident from anatomical as well as physiological considerations.

These considerations also evince the inutility if not pernicious consequences of the vast array of machinery which mechanical chirurgery has brought to bear upon the malady; for, although this machinery may, when skilfully managed, stretch some of the muscles into position, others are as surely constrained out of shape. The whole machine treatment is predicated on the erroneous notion, that the muscles are merely mechanically deranged, whereas the real trouble is *vital*—a loss of contractile power. I have known some cures effected by means of irritating plasters and permanent issues. In some cases patients have actually recovered after a running ulcer has been kept up a long time, nearly the whole length of the back. I can readily imagine that in certain cases of gross impurity of blood, "Nature" will take advantage of any ulceration, or abrasion of the surface, or any artificially produced outlet, to expel the morbid matters from the blood. But how much easier and more perfect is a cure brought about by exciting the natural outlets to do their duty!

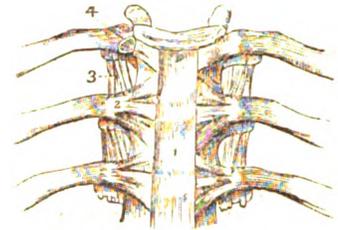
Fig. 3



VERTEBRAL COLUMN.

Fig. 3 represents the bony structure of the vertebral column. The intervertebral cartilages cannot all together yield a single inch; while the firm, dense ligaments bind the different pieces of the bony column together, as seen in fig. 4. Upon the sup-

Fig. 4.



VERTEBRAL LIGAMENTS.

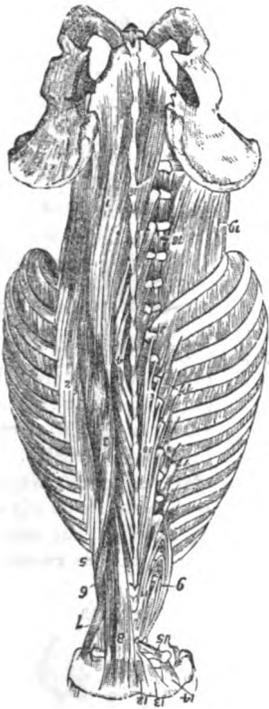
position that the cartilages were in a state of irritation, or the ligaments in a state of relaxation, disabling them from holding the vertebrae close enough together to maintain the trunk in an erect position, an immense amount of punishment has been inflicted on the poor back, in the shape of leeches, scarificators, blisters, issues, &c., in order to draw out the irritation, or irritate away the weakness. Now, a very cursory glance at the muscular structure will dissipate this error, and show us the true nature of the complaint. While the cartilages and ligaments hold the vertebrae in close proximity, their elasticity allowing a slight degree of motion, it is the muscles which sustain the trunk in its erectitude, and also move it in all directions.

Fig. 5 shows the principal deep-seated muscles of the back and loins. These muscles are to the bony column what the ropes are to the masts of the ship. If these ropes become weakened, the masts will naturally lean in some direction out of perpendicularity. In the human system the muscles are arranged in sets or systems, so that any part of the spine may be more or less incurvated, as different sets of muscles are more or less debilitated.

The particular form and place of the deformity will depend, of course, upon individual peculiarities of habits, positions, or diseases. But we must recollect that these deep-seated muscles, though their vigorous action is essential to a strong and flexible back, are not the most important in maintaining its integrity of position. The external muscles of the loins are even more concerned in its erect posture, and more implicated in its various mispositions; while the external abdominal muscles, from their extent and variety of motion, and the general support they afford, when healthfully exercised, to all of the abdominal viscera, are more affected than any other set of muscles. And it is not a little singular that no mechanical surgeon has ever yet thought of applying extraneous support to *these* muscles; it is equally singular, too, that not a single standard author of the allopathic school has ever called attention or directed medication to these weakened and relaxed muscles, in the complicated forms of dyspepsia, chronic affections of the lungs, spinal irritations, spinal curvatures, and various other diseases of debility and displacement, of which this weakened state of these muscles is among the most efficient causes. A variety of ailments usually regarded as symptoms of dyspepsia, or liver complaint, or nervous debility, are frequently the direct effects of debility of the external abdominal muscles; and all the dosing and drugging on earth, which overlooks this condition or does not remedy it, will only serve to make a bad matter much worse.

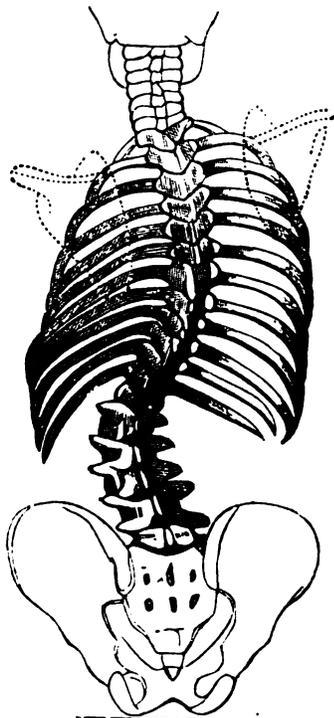
This general mistake in diagnosis may account in part for the superiority of gymnastic exercises, which are calculated not only to develop and strengthen the whole muscular system, but preserve or regain the erect attitude, over the apothecary medicamentums which are usually prescribed by the doctors.

Fig. 5.



INNER MUSCLES OF THE BACK.

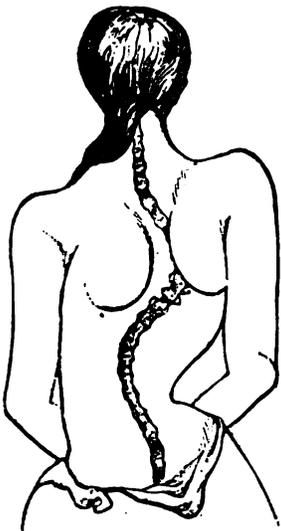
Fig. 6.



SINGLE CURVATURE.

Fig. 6 gives a skeleton view of a very common form of lateral curvature. It is the kind of curvature most frequently produced by causes which operate especially to weaken the muscles of the loins and abdomen, as obstructing food, hot drinks, tea, coffee, &c.

Fig. 7.



DOUBLE CURVATURE.

In some cases, where the whole muscular system is greatly weakened, a double incurvation takes place, as represented in fig. 7; and when the muscles have been subjected to extreme compression, as well as the whole system exposed to debilitating habits, the incurvations form a regular sigmoid flexure. The particular point of muscular weakness is in most cases the small of the back, for the reason that this is the general centre of the whole muscular system.

The *third* kind of ailment, usually treated as a spinal disease, is called *spinal irritation*. It is known by a tenderness on pressure, a sense of soreness in some part of the spinal column, without distortion or ulceration. This affection is always symptomatic of chronic inflammation, or functional obstruction, or nervous exhaustion of some internal organ or part. Diseases of the liver, kidneys, and various affections of the uterine and sexual systems,

are attended with a sympathetic pain or tenderness in that part of the spinal cord from which the nerves of the part affected originate; and the physician, mistaking the point of "reflex irritation" for the seat of the malady, has blistered, cauterized, pustulated, scorched and scarred the back, until the nerves and muscles were nearly paralyzed by the medication, and the constitution exhausted from the irritation and suffering resulting from the treatment.

CAUSES OF SPINAL DISEASES.—I have already indicated the causes of the first and third pathological conditions which are termed spinal diseases

The proximate or immediate cause of spinal distortion or curvature is muscular debility. The remote causes are many and various; but they may be resolved into three classes—errors of diet and regimen, enervating voluntary habits, and mispositions of body. The first two classes comprehend, of course, all causes of general debility and vital exhaustion; the latter class comprises all bodily attitudes which tend to disturb permanently the balance of action between the flexor and extensor muscles. These causes are more common than is generally supposed, and indeed produce the majority of spinal diseases among us.

The habit of wearing stays, corsets, &c., which diminishes the size of the chest, as in fig. 8, paralyzes some, and greatly weakens all of the muscles of

Fig. 8.



UNNATURAL WAIST.

Fig. 9.



NATURAL WAIST.

the trunk, and is—or perhaps I should say, in view of the reformatory disposition abroad on this subject, *has been*—a frequent cause of spinal distortion. A well-developed chest, as exhibited in the Venus de Medicis, (fig. 9.) could not easily be deformed with a crooked back.

There are a great many mal-positions of body, conducive to the disease before us, which are little thought of, or, if thought of in theory, wholly disregarded in practice. Young persons at work, and children at school, often find their backs giving way, from mere inattention to a proper posture of body. For instance, fig. 10 represents a young lady at a work-table,

Fig. 10.



MISPOSITION AT WORK.

Fig. 11.



PROPER POSITION AT WORK.

which is too high, and the body is constrained, oblique, and already slightly incurvated. Observe a work-stand as it should be, and a bodily position in which the spinal column is straight, and the shoulders of equal height, in fig. 11.

Boys who are perched up on a high stool, with no support to the feet or back, will pretty surely, in time, become hump-backed or crooked, as seen in fig. 12, besides being unable to learn half as much as they could in an easy position. Contrast this "pursuit of knowledge under difficulties" with the easy, complacent scholar, (fig. 13,) who feels more at peace with himself and with all the world, and whose more complacent and meditative face indicates a deeper train of thought.

Probably there is no occupation in which so many are injured by a crooked or leaning position of body as that of writing, and this is especially the case

Fig. 12.



CORRECT POSITION IN STUDY.

Fig. 13.



MISPOSITION IN STUDY.

with young beginners. Figs. 14 and 15 exhibit the proper and the improper modes of sitting at the writing desk or table.

Fig. 14.



Fig. 15.



RIGHT AND WRONG POSITIONS IN WRITING.

Many persons have an unfortunate method of crooking or leaning while sitting or standing. Fig. 16 represents a rather extreme misposition, but yet not very uncommon.

And here, if I had time and room, I could most conscientiously administer a severe pen-and-ink castigation to parents, teachers, and all others having the early training or government of children, for the common vice, or fault, or misfortune of permitting them to sit, stand, walk, work, play, or sleep in crooked bodily positions. It is very true that children, not constrained or misdirected by art, are inclined to be physiologically correct in all their amusements; but it is art that perverts them: and it is melancholy to reflect how frequently the earliest school-days of the little boy or girl are the commencement of its bodily deformity. A very slight deviation from the erect position then; a little too much constraint, or too long confinement to a fixed position then, may become the starting point of a deformity which is to grow with its growth, and strengthen with its strength. I may as well here remark, that, in many cases of debility of these muscles, the patient finally becomes absolutely unable to sit or stand straight without pain; and never feels easy except when the feet are thrown upon a level with the head, or the chest falls forward upon the abdomen; and the more the debility increases by the bodily malposition, the more uneasy is the patient when first compelled to adopt the upright posture.

Fig. 16.



schools, fashionable boarding schools, and is no strange attitude among our public speakers.

The correct position is shown in fig. 17.

Fig. 17.



It would seem that all persons ought naturally to stand erect; and so they would if they were really in a state of nature. But observe fig. 18, which is said to be frequently seen in some of our common

Fig. 18.



IMPROPER STANDING.

Fig. 19.



BODILY UPRIGHTNESS.

Lastly, contrast this with the reader, speaker, or singer, fig. 19, who stands "as straight as an Indian." Who ever heard of an Indian or Squaw being troubled with a spinal complaint!

TREATMENT OF SPINAL DISEASES.—I have already indicated the general remedial plan. The indication of cure is, to invigorate the system generally, and the muscles of the back, loins, and abdomen particularly. All the voluntary habits must be put under organic law. The bodily position must at all times be kept erect or straight; in all motions, whether sitting, standing, or working, the body should bend on the hip-joints, not by crooking the chest; and during sleep, the body should be as nearly horizontal as is consistent with rest, especially avoiding high pillows. The only drink should be cold water *ad libitum*; the diet should consist mainly of unconcentrated farinaceous food, with the best fruits and vegetables. One or two general baths may be taken daily—the abluion or dripping-sheet; and the pail or stream douche should be frequently applied to the spine, loins, hips, and moderately to the abdomen. The strength and length of all baths should be carefully adapted to the strength and temperature of the patient, and so managed as to secure a comfortable glow after each. The baths should be

followed by active and prolonged friction with soft flannel, or better still, the bare hand, especially around the seat of the curvature. When the bowels are torpid, or the patient is in any manner dyspeptic, hip-baths are good adjuvants; and manipulating the abdominal muscles by kneading, pounding, thumping, &c., gently, several times a day, materially assists the cure. I have known spinal curvatures to arise from frequently bathing children in warm water, without employing cold water in any form; a practice eminently calculated to relax the whole muscular system. It is not necessary to bathe children in excessively cold water as a hygienic measure; but very warm water should never be used continuously and permanently. The best temperature for this purpose will range between 65° and 80°.

I need hardly add, that the first-named variety must be treated on general principles; that is, attention to the general health with local compresses; and that the variety called "spinal irritation" is to be cured by curing the primary malady on which it depends.

CHEMISTRY OF LIFE.

NO. IV.

BY T. ANTISELL, M.D.

THE experiments of Dutrochet tend to show how what were formerly called vital actions are but physical phenomena. He has proved that when fluids of different densities are separated by a porous partition, there is always a current action set up, having for its object to mix the two liquids, and that those currents have always a definite action. Thus, for instance, it is known that when concentrated solutions of salts, gums, albumen, and other substances, mix by means of an animal membrane with water, or with dilute aqueous solutions of their own nature, more of the water will pass through the pores of the membrane to the salt solution, and generally from the diluted to the concentrated fluids, than conversely, and consequently, as the water diminishes in bulk, the solution will increase. The increase of volume of the concentrated fluid is, however, more considerable in proportion to the difference in the degree of the concentration of the two fluids. When distilled water and a concentrated solution of salt mix through an animal membrane, more water will pass to the salt than if the water and a weaker solution of salt be separated by a membrane of that nature. When both fluids are in continued motion, the quantity which passes through is greater than when at rest. The nature of the membrane is also of great moment. All influences affecting its chemical and mechanical capillary forces diminish, for the same reason, the relations of the mixture of the fluids that are separated by it. Most animal membranes are composed of different layers, which very often possess different capillary powers, and it is therefore a matter of no small moment sometimes which side of the membrane be turned toward one or other of the fluids. These facts of endosmose being premised, and being phenomena purely physical and chemical, it is worthy of note in how far they operate within the animal organism.

It is quite evident that whatever is taken as

nutriment by the body from without, can only, to form the blood, reach the interior of the blood-vessels by passing through animal membranes, these food elements being at the time in a fluid condition.

The food we take passes through the mouth, fauces, and œsophagus, into the stomach; a thick epithelium, which covers the three former, prevents the passage of fluid to any but a very moderate extent. The coating of the stomach is much more porous and permeable; and here an action goes on with rapidity and energy between the fluids received into the stomach and the blood which flows through the gastric vessels; and this action is continued on throughout the whole length of the alimentary canal. The contents of the stomach are generally more dilute than the blood, for all drink and most fluid articles of food are so; and the concentrated food is diluted by the gastric juice and by the saliva. Endosmose comes into play now, and the thinner fluid in the stomach passes into the thicker fluid in the blood-vessels, and conversely a lesser quantity of the thick fluid passes into the stomach from the gastric vessels. Thus gradually a very large portion of the contents of the stomach and alimentary canal (being nutritive matters and water mixed together) is conveyed into the vascular system; much more than passes from the blood to the fluid of the alimentary canal. It is not yet fully known what the exact nature of the substances returned by the gastric vessels is, but it is probably saline matter, with some protein compounds convertible into mucus in the stomach. It is thus arranged that a large portion of the contents of the stomach and alimentary canal gradually passes into the interior of the organism, without any appreciable quantity of matter on that account passing in return from the blood to the stomach.

The more any two fluids which are separated by animal membrane differ in their degree of concentration, the more proportionally will the concentrated fluid take up from the thinner one. The passage of the nutriment into the blood is essentially aided by the mixture of other watery juices, as the bile and the pancreatic fluid, as well as the habitual desire to drink felt after eating; thus the fluid is rendered less dense, and passes through the membrane into the blood more quickly. The bile is a fluid which contains more water than the blood, the latter containing above 20 per cent. of solid matters, while the bile does not contain more than 10 per cent.; so also of the pancreatic juice, which contains only 8 per cent. of solid matters. By these liquids the chyme is rendered more dilute, and the circulation of the blood in the gastric vessels aids in the re-absorption; for the blood which was dilute by the absorption of the chyme is carried away, and a new portion of more concentrated blood takes its place to receive a fresh addition. Thus many circumstances come into play favorable to the passage of the chyme, or nutritive fluid, into the blood-vessels. Whether all the constituents of the chyme, or only a portion of them, make their way through, is not yet determined.

It is not possible for all the food to be absorbed in this way. Much of it is still too solid, and incapable of being diluted by the means employed:

such are fatty matters. Special provisions are made to meet this by the lacteals. These vessels open into cavities in the intestinal villi that do not communicate with the intestinal canal by open mouths, but are separated from it by a membranous partition of mucous membrane with epithelium. The passage of the contents of the intestinal canal is therefore only to be effected by permeation through this partition. A circuitous chain of processes effects this. After fasting, these lacteal vessels are filled with fluid (lymph) which is less concentrated than the blood, and more concentrated than the altered food (chyle) of the alimentary canal. According, therefore, to the laws of endosmose already alluded to, they draw in the fluid from the intestine, and return but little back, becoming thus an intermediate agent for transferring the chyle into the blood. They are, however, very inferior in their transferring power, so much so that the whole phenomena could not well be fully carried out unless the peristaltic action of the intestinal canal (the contraction of its muscular coats) was sufficient, by its mechanical pressure upon the altered food, to force the fluid portions through the walls of the intestines, and have them thus conveyed into the chyle vessels, to be afterward propelled further on. This effect of the contraction of the muscular coat shows how necessary a part it plays in the economy of digestion, and how, unless it be properly carried out, a deficient or imperfect digestion must be the result.

We have mentioned, in the case of the paper filter wetted with water, that fatty matters will not then pass through it. Now, it is an undoubted fact that fat and oily substances are absorbed in the system—that is, that they pass through a membrane which has been already wetted with an aqueous fluid. The digestion of oily fluid may take place much in the same way in which oil passes through a paper filter soaked with water. In the latter case there may be observed, after some time, a few spots on the surface of the filter, through which the oil has penetrated, and collects in a drop on the outside; the water having been displaced by long contact with the particles of oil, so that the filter was saturated at these points, and formed a passage for other particles of oil to pass along. The fat must be in a fluid state to pass through the pores of the animal membrane; and this fluidity is brought about not by the action of any particular solvent, but by the natural heat of the body. Fat which has its melting point above 118 degs. Fahrenheit, is hardly ever absorbed or digested, as it is then still in a solid condition in the intestine, and cannot pass through the pores of the intestine. In fact, it is only such constituents of the contents of the intestinal canal as are dissolved which can be re-absorbed. All undissolved or insoluble matter passes off as excretory matter.

The digestion of fatty matter takes place very slowly; much more slowly than that of aqueous matter, and a reference to the paper filter will explain this: for it takes much time for the oil to displace the watery fluid in contact with the walls of the stomach, and until the latter become wetted with the oily substance, no absorption can take place. If on an empty stomach fatty or oily matter be swallowed, these will wet the coats of that

organ, and watery nourishment when taken cannot be absorbed for a considerable time, because the stomach has become coated with a layer of oil, which prevents the aqueous nutriment from passing through. The great inconvenience which is experienced in partaking copiously of water after eating fatty food, may be explained on the foregoing considerations. J. Vogel, who has studied the phenomena of Endosmose very minutely, mentions that the effect of beer, ale, or other aqueous intoxicating drinks, may be delayed for a considerable time by taking a few teaspoonfuls of oil on an empty stomach.

Before proceeding farther with any explanation of the processes of life, it may be well to draw attention to the importance of what has been already adduced. The connection between the constitution of animal and vegetable membrane, and the processes of life alluded to, is very intimate. The anatomical constitution of cellular membrane in the animal and vegetable is not dissimilar; the functions performed by their means are in a great degree analogous. Through their pores, in each case, liquids pass, and convey the nutritious fluids derived from external sources into the interior and appropriate localities, for their deposition or further use.

It has been already shown that the permeability of tissues and membrane depends upon the porosity of that structure, the size of the particles of the fluid compared to the size of the pore, and in some degree to the amount of chemical attraction existing between the fluid and the membrane; that when all these are favorable, there is a diffusion or passage of the fluid through the membrane; and if another fluid of different density be placed on the other side of the tissue, a counter action is also set, producing two currents flowing in opposite directions, with different degrees of intensity. These phenomena take place in vegetables as well as in animals; nor is it necessary for their performance that it should occur within the body of a plant or animal. Endosmose will occur with vegetable membrane removed from the plant, and it will occur with animal membrane taken from the body. The alcohol in the bladder is one proof of this, and the constant galvanic batteries which allow the current to pass through the membrane, or even through porous biscuit ware, is another.

These processes, which take place equally well whether within or without an organized body, cannot truly be termed *vital* processes, or processes solely the result of a *vital principle*, and independent of physical laws. The only point of connection with organic life is the presence of the tissue or membrane; but the part which it plays is due to its pores, and any partition which has pores allows of endosmose to take place; for it is only because of the diameter of these pores, and their attractive influence for the fluids in juxtaposition, that the phenomena occur more readily. We have seen that unglazed porcelain permits the action called endosmose, and any layer of vegetable matter, made thin by art, acts similarly. In fine, endosmose is a physical and chemical phenomenon; the processes of life, whether animal or vegetable, yet or still to be adduced, are those of endosmose, and are therefore chemical and physical phenomena.

HÆMORRHAGES FROM WOUNDS, AND THEIR TREATMENT.

BY JOEL SNEW, M.D.

The most important thing in regard to the management of wounds is, to look well to the bleeding. If this is but trifling, little is to be done; but if it is copious, prompt and effective measures must be at once instituted, or death may soon close the scene. And, I remark, it is in such cases as these, in which a popular work, such as this aims to be, is especially useful. Many a life has been lost, mostly for the want of a little information which such a work is supposed to afford.

One of the first and most important things to be done in all cases of hæmorrhage is to keep the patient cool. From time immemorial the application of cold has been known to be one of the most effectual of all means for arresting bleedings of whatever kind. That cold is one of the best possible constrictants, the Indians of our country have always well understood; for, in their rude surgery, if such we may call it, they go at once, and plunge themselves into cold water, whenever a severe hæmorrhage occurs from a wound. In this simple way the constriction produced upon the orifice of a bleeding vessel or vessels, is found sufficient to restrain the flow of blood. But more of this in another place.

If a wound be situated on the skull, upon the face, or over any bone of the body, the bleeding may generally be arrested for the time, and not unfrequently permanently, by simply pressing the finger or fingers (see Fig. 1,) or a cork or pad made for the purpose, firmly upon the part. A piece of cork or a pad may also be bound on tightly with a roller in place of manual pressure. See Fig. 2.

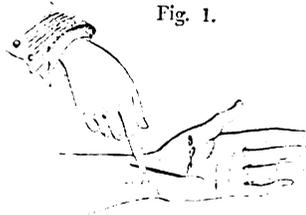


Fig. 1.



Fig. 2.

In some cases, however, this method will not succeed. In such an event, the wound should be examined, and if it is practicable, its edges should be lifted up, in order to expose the bleeding vessel. Once it is discovered, the point of a little hook—tenaculum, as it is technically termed—should be dipped into the part as near the bleeding vessel as may be, and drawn up so that a strong thread of linen or silk may be passed around the part below the instrument. There may be more than one bleeding vessel; if so, the others are to be secured in the same way.

But if a wound has happened in one of the limbs, and is followed by much and continual bleeding, the means which I have above described cannot in general be depended on. The object then will be to arrest the whole current of blood passing into the part. This, for the time, is very easily done; and one who has little knowledge of either the

medical or surgical art, if he will have about him sufficient presence of mind, and not allow himself to be frightened at a little blood, can easily accomplish the object.

Every one should remember that the forearm, or part of the arm below the elbow, has two bones—the radius and the ulna—and that the part of the arm above the elbow has but one bone, called the humerus; and also that the part of the leg below the knee has two bones—the tibia and the fibula—and the part above the knee but one bone, called the femur. Now, if a severe wound occurs upon the foot or the hand, or half way up the forearm, or leg towards the knee, and we should attempt to arrest the flow of blood by placing a handkerchief or other ligature about this part of the limb, we should be very apt to fail, as one or the other of the bones of the limb would be quite certain of shielding the artery from the necessary pressure. But if we pass the handkerchief or other ligature about the limb where there is but one bone—that is above the knee or the elbow, as the case may be—and tighten it sufficiently, we may readily effect our object.

When, therefore, the bleeding is below the middle of the upper arm, or the middle of the thigh, we tie a handkerchief or cord—the former would be the better article—passing it once or twice about the limb, and as far above the wound as the circumstances of the case will allow, and then place a stick beneath the circular bandage thus formed, and with it twist the handkerchief or whatever is used, until its tightness is sufficient to arrest the blood. The twisting should only be continued so long as is necessary to stop the bleeding, otherwise the soft parts below the handkerchief may be unnecessarily bruised. See Fig. 3.

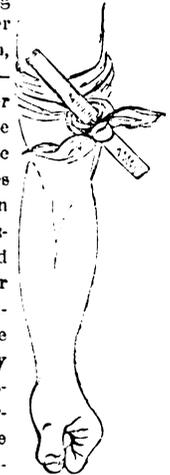


Fig. 3.

But if the hæmorrhage should occur high up on the thigh or arm, ligating the limb cannot be had recourse to, in which case it may be important to know what to do until a surgeon can be called. If the wound is of the arm, a bystander should at once press his thumb firmly into the neck *behind the middle of the collar-bone*. This will arrest the flow of blood through the great artery of the arm as it first comes out of the chest. It will not be possible long to continue this pressure with a sufficient degree of force simply with the thumb, and for this reason it will be necessary to use the handle of a door key, or some such article, and which should be wrapped in three or four folds of linen previous to using it in place of the thumb. In this simple way the hæmorrhage can be kept in check till a surgeon can be obtained, no matter how long it may take.

If the wound should be high up on the thigh—that is, above the part which could be ligated, pressure is to be made *immediately below the crease of the groin*, in the same manner as that just described for the neck. In this latter case the force is applied more easily than in the former, because, the patient lying on his back, the pressure is made

directly upon the groin, at a right angle with the body.

Wounds in other parts of the body than those I have referred to, if deep-seated and severe, are always more or less dangerous. In many of these cases, it is not within the power of art to arrest the hæmorrhage.

Deep wounds of the neck are particularly dangerous; but in all such cases it can do no harm, and may possibly save life, to plug up the wound as soon as possible with lint, rags, or other similar substances, and maintain at the same time firm pressure upon the part.

Wounds that extend into the chest are always dangerous, though not necessarily fatal. If a whole day passes after an injury of this kind, the patient surviving, there may be good hope of recovery. Death will seldom result from such wounds after forty hours have elapsed. Even wounds of the heart are not necessarily fatal: there are numerous cases on record in which stabs or musket wounds of this organ have healed, both in men and animals, and without any ill effects supervening.

Wounds of the abdomen penetrating within its cavity are, likewise, very dangerous. In all such cases it is to be supposed that people will get the best and most experienced surgeon they can; for, with the best that human skill and art can do, there is yet much to fear from lesions of this kind.

In all cases of the foregoing kinds, as well as in hæmorrhages generally, we should remember the constricting power of cold. The patient should always be kept in a cool place, and cooling means—such as a cold bath, when this is admissible—cooling or wet compresses. The pouring of cold water, not immediately at the spot wounded, but at some little distance from it, and nearer the heart if it can be, should be practised. Holding the elbows in cold water for a continuance, will often arrest a severe bleeding of the hand. Cool bandages, and the pouring of cold water upon the lower extremity, can be made to arrest bleeding from wounds in the foot.

Before closing my remarks on hæmorrhages, I must cite a remarkable case which occurred in my own practice, and one which strikingly exemplifies the good effects of cold water in instances of this kind. The case is as follows, it having been written down at the time:—

“HÆMORRHAGE FROM EXTRACTION OF A TOOTH.

“On the 22d of June, 1849, an exceedingly hot, sultry day, a very intelligent and worthy lady, about forty-five years of age, an invalid for many years, disabled by rheumatism, rode to a dentist's, half a mile from her residence in the upper part of the city of New York, to have the stump of the first right bicuspid tooth in the upper jaw extracted. The patient was of highly nervous and sanguine temperament, and possessing what is denominated, in medical language, the hæmorrhagic tendency, or diathesis, in a remarkable degree. She had been disabled for many years by the rheumatism, and there was supposed to be an enlargement of the heart, liable at any moment to cause death. The day being very hot, and the patient not having been accustomed to riding in

the hot sun, her blood became necessarily a good deal heated. As a consequence, severe hæmorrhage followed the extraction of the tooth.

“Being called upon in this case, I directed that towels dipped in ice water should be placed about the neck and over the spine; that the feet should be immersed in cold water, and that the head should be constantly cooled by pouring water upon it. The object of this treatment was to cool the mass of the circulation. She was also to take ice water into the mouth; but the great reliance, I observed, must be upon cooling the whole of the blood. These applications were persevered in for a time, when I deemed it necessary that a general cold bath should be given. The patient was placed in a common bath-tub twice, at intervals of ten or fifteen minutes. While in the bath each time, she was chilly enough to shiver somewhat; but in consequence of herself and friends apprehending danger from the affection of the heart, she was not subjected to as much cooling as would have been best. Ice was also rubbed about the neck, and up and down the spine, and the blood was in the end brought into a pretty cool state. This passive cooling was a good deal persisted in, and I continued to urge upon the patient and friends, that, do what else we might, *we must continue to cool the mass of the circulation.*

“A great deal of blood was lost in this case, and a considerable amount before I saw the patient at all. Very gradually by this treatment the bleeding became less. I should remark, the bleeding cavity had been stopped with pledgets of cotton at the time of the extraction.

“The patient expressed a confidence in the application of salt as a styptic to the part. I told her I did not believe it would do her any good, but that she might try it if she chose. I would risk what little injury might occur from it, for the sake of the experiment. She then took wads of cotton, moistening them, and one by one dipping them in salt, and then forced them alternately into the bleeding cavity. In a very few minutes, just as I expected it would do, the patient and friends became convinced that the salt only made the bleeding the worse. Burned alum was also proposed, and there were a variety of articles, such as tannin, creosote, nitrate of silver, caustic, potash, &c., that are often resorted to on such occasions. I have a notion that such things of themselves do no good, but rather harm, for they are all-powerful stimulants to the part on which they act; and the stimulation thus produced must, it appears to me, be followed by reaction, or a greater flow of blood to the place from which the bleeding comes. But I admit that, in connection with these articles, the mechanical plugging, which is resorted to, often does good. The mere plugging, I believe, arrests the hæmorrhagia in many cases, while the alum, creosote, &c., get the credit. The articles used for the tampon, plugging or stopping, are lint or common sponge, scrapings of sole leather, and the like. Sponge is probably one of the best, perhaps the best. It swells very much in the bleeding cavity by the absorption of blood. In this case I used simply the cotton, forcing it well into the very uppermost part of the cavity from which the tooth had been taken.

“Thus, by a great deal of cooling of the general

system, kept up for a long time in this case, and by the plugging of the part well with cotton, the hæmorrhage was finally arrested. In the course of two hours there must have been at least three pints of blood lost. It is, however, impossible to tell how much, but I should judge there was more rather than less. All things considered, this case was evidently a precarious one. The patient was at that age in which a change of life was expected. Hæmorrhage, of course, is then more apt to prove serious. She had for years been told by her former physicians that she might, at any moment, die from rupture of the heart. She was consequently very much afraid of cold water, or of cooling the system very much, and that properly, unless this cooling should be brought about in a very gradual or passive way. She fully believed that the hæmorrhage must inevitably carry her off. If I could have had my own way in every respect, I would have cooled her system much more thoroughly than I did. In the beginning I was far more afraid of the hæmorrhage than of the beating of her heart, because I had known her to take strong exercise in the way of riding, and severe cold baths; indeed, more so at certain times than I would have deemed prudent. I would make in all such cases of hæmorrhage passive cooling of the system, carried gradually, to a great extent. Shivering from cold, however severe, would be nothing, in my mind, in comparison with the severity of the bleeding. If I were to treat a similar case, I would resort to the plugging more effectually, and sooner than I did in this case. As it was, however, the cure was a remarkably good one, such as no one need be ashamed of. ‘Live and learn,’ being my maxim, and such cases being exceedingly rare, I tell the whole truth.

“I believe this patient's life would have been in extreme danger, and very possibly have been lost, with any kind of treatment in which a good degree of cooling of the general system was not practised.

“Thus easily may any person of good resolution and common sense practise wherever cold water can be obtained. Pour cold water upon the neck, spine, head, and in short upon the whole body, if necessary; keep the feet immersed in cold water, change it often, drink cold water, and cool the whole system to the fullest desirable extent; then, if need be, at the same time plug well with some of the above-mentioned articles the part from which the bleeding comes.

“By persevering sufficiently in such a treatment, probably in most, and perhaps all those cases where life has been lost by bleeding following the extraction of a tooth, life might have been saved.”

Before closing what I have to say on hæmorrhages, there is one fact of great importance in regard to them which I wish to speak of. Every one knows that a person often faints, from the loss of blood. Now, in this we have one of the most beautiful exemplifications of nature, and a phenomenon which exhibits in a remarkable manner the goodness and benevolence of the Creator in forming our bodies as he has done, subject to laws. When fainting occurs, what is the effect? The heart's action is stopped, the pulsation in the arteries, and consequently the flow of blood through them. Now, by a law of nature, stagnant blood

coming in contact with the air at once coagulates. As soon as a dangerous hæmorrhage commences, or at most very soon after, the person grows faint, and the blood ceases in its course. This gives nature a chance to plug up the bleeding vessel with a coagulum. In this simple way often, nature alone effects a cure. Could we have anywhere in the wide world a more striking proof of *design* than this!

In another place I shall treat upon the subject of "THE HEALING OF WOUNDS."

Water-Cure Inst., cor. Twelfth St. and University Pl.

A WORD TO WATER-CURE PEOPLE.

BY M. S. GOVE NICHOLS.

I HAVE a few thoughts to give to my friends through the *Water-Cure Journal*, and I have no time to choose my words. I can only be honest. Our school is closing; our labors have been arduous and unremitting, and we have our reward. A better, a truer, or more earnest class of men and women have seldom, if ever, met on this earth of ours, than these pioneers in the cause of *Water-Cure*. They are as honest and truthful as the band of *Water-Cure* doctors converted from the ranks of *Allopathy*, and gleaned in the highways and byways of the world, who have gone before them; and this is praise enough.

Our pain at parting with our students is only equalled by our confidence that they go out a band of apostles, ready for good words and good works. They will teach the life-giving knowledge of the laws of health, thus giving the people God's regenerating truth, and they will apply *Water-Cure* with skill, discrimination, and unremitting care, to heal their patients of the diseases consequent upon hereditary taint, or in other words "original sin," and the "actual transgression" in their own lives.

When I look out into the world and see the ravages of disease, the ignorance of mothers, the fulness of the curse of drugs, and the premature mortality amongst infants; when I look at so-called *Water-Cure* doctors who drug their patients when they ask for drugs, and who are ready to use the enchantments of those who minister to the diseased amativeness of the public in order to get money; when I see all this, my soul revolts against a common humanity; I am ready to say all men are *not* brethren. I do not know as I have spoken plainly enough in what I have just written. I will explain. The exceeding prevalence of uterine disease which has come upon women, through ignorance and diseased amativeness, has given employment to a class of men calling themselves doctors, who have been guilty of the vilest imposition and abuse toward women. These men have made their work *profitable*, and so-called *Water-Cure* doctors are now found, who are willing to recommend practices that must command the execration of every honest man and every pure woman. I have in my possession facts of a character so revolting and degrading, that I recoil in horror from giving them to the public. The great work for *Water-Cure* physicians and *Water-Cure* people is to enlighten the public. We want physicians who are qualified to teach, who

are above interested motives, and who dare to tell the truth. The world is blasted with disease, primarily through diseased amativeness and unbalanced development. Children have no chance for health. Women have little true independence, or healthful employment. Reared in weakness, the burden of maternity comes undesired, and suffering and sensuality, sorrow and labor, or destroying idleness, fill the lot of woman, till death closes over her, and she is one of the many whose "names are writ in water." Is it not enough that *Allopathic* physicians have burned and poisoned women in uterine diseases for hundreds of years, without informing them that the true cause of these diseases is exhaustion, and that this exhaustion is directly and indirectly caused by diseased amativeness? I have known many instances where woman has been drugged and cauterized, and has submitted to nameless abuses and horrors, when she has all the while been subjected to artificial amative excitement, which had created and was perpetuating her fearful disease. The doctor did not know, or did not choose to tell her, the cause of her suffering; proving that he was a fool if he could not, and a knave if he would not tell her. I turn with hope from all this. A class of earnest, truthful men and women, who will not disappoint us or the world, are now ready to teach and to heal. Adding these to the honest *Water-Cure* physicians now in the field, we may take courage.

Let me beg of all conscientious *Water-Cure* physicians, to give their utter condemnation to those who profess to cure uterine diseases by empirical methods, based in deceit, and ministering to a diseased pruriency which they constantly increase. If the law is not a dead letter, some of the wretches who live by falsehood and deception, and practices which no words can characterize, will meet soon with condign punishment.

The next term of our school commences the 19th of January. During the vacation, we hope to lecture in Philadelphia, and perhaps in a few other places. The gospel of a change in woman's dress lies heavy on my heart, and I must speak on the subject as way may open. Every week that I wear my improved dress, gives me new health and courage. When I first put on the short dress, I was almost afraid of my shadow—at least, I was afraid of the boys and rude women in the street, and used to beg my husband to go with me whenever he could. He said he "did not like a dress that had to be protected." I reminded him that our Republic had to be fought for and protected at first, and that all transitions were painful. Now, I hardly know fear, and we have outlived insult to a great degree. Women and children, the weak and ignorant, sometimes insult us now, but in all the better parts of New York, a woman is perfectly safe in the "new costume," which is fast becoming *old*. And we are improving in the form of our dresses, and though the change is by no means rapidly adopted, the reform is steadily progressing. The new "Bloomer" hat, made by Mr. Genin, after the pattern of Kossuth's campaign hat, (not because it was his, but because it is a good fashion,) is light and beautiful, and very useful. I wear one, and think it a credit to me and the maker.

We are very desirous to fix our *Water-Cure* house and school in the country (though near the city) the coming spring. We are making every effort to do this, and we shall give our patrons the result of our exertions by timely advertisement. It seems to me, that it will be hardly possible for us to have such a truly noble and agreeable class of students for our second term, as we had for the first. The links of the chain that binds us to earth are multiplied, brightened, and strengthened by our school, and as the friend of humanity, I reverently thank God that it is so.

A COLLOQUY.

BY L. R. P.

SCENE—A counting-room in a wholesale and retail grocery store.

Seen, sitting at a desk, a middle-aged, corpulent gentleman, engaged in "summing up" the accounts of the "fiscal year" ending on this day. On coming to the bottom of a piece of paper which he holds in his hand, he seems lost in abstraction; and, laying the paper slowly down, rests his hand upon it, and remains in that position for several minutes. At last, after a dreadful yawn, he breaks out:—

Oh, hum! I declare, I believe I shall have to go to sleep, and done with it. The fact is, I ain't fit for business so soon after eating. I believe that fellow—what's his name—I'll be hanged if I can think—well, I believe he's right, anyhow—a man ought to sleep an hour or two after dinner. (A long pause of deeper abstraction.) Well, sir, I believe he is correct, anyhow. However, he's a foolish fellow that, after all, on the whole,—entirely foolish on the whole—in my opinion. Ahem! (Another long pause.) Yes, sir! (starting up,) that should stand so, (takes up the paper :) four fifty,—four fifty—six; seventeen—eighty,—six, three—nine—eight make twenty-four; twenty-six—two dollars behind; six—three—nine—eight—twenty-four, five—six, I vum! Well, there, sir, I shall lose money at that rate. I believe I'll quit. I shall—

(Enter a thin, nervous looking gentleman, somewhat past the prime of life, with gold-mounted spectacles and a cane concluded with the same metal.)

Thin Gent.—How are you, old friend? How do you do to-day? How goes business?

Grocery Dealer.—Dull—dull. How do you do?

Thin Gent.—Great excitement over to the Hall to-day. Why ain't you there?

Gro. Deal.—What's going on to-day—over there—Doctor?

Thin Gent.—A lecture on Hydropathy. Fine thing 'twill be, too—so they say.

Gro. Deal.—Hydropathy! what's that? This new humbug about curing folks with water!

Thin Gent.—Y—e—e. But it's hardly a humbug, I think.

Gro. Deal.—What! they haven't got you converted, have they? I thought you were too old a dog to be caught with new chaff.

Thin Gent.—Well, I am. But this is not chaff. It's a new trick, I admit; but I am not old enough yet, and hope I may never be, not to be taught

what has so much truth in it as this. You speak of my being converted. It is now several years since I made up my mind that this system was the dawning of a great reformation in the affairs of men.

Gro. Deal.—Well, now, that's singular. I thought you pretended to practise the—what is it!—Allopathy doctrines in your practice. You are not going to wash yourself in Siloam, and shut up shop, I hope!

Thin Gent.—No; but I intend to leave off the use of drugs as fast as the prejudices of the people will permit. And I have to remark, what will appear strange to you, that, as I discontinue drugs, my success increases in exactly the same ratio.

Gro. Deal.—Well, indeed!—is that so! You're gumming.

Thin Gent.—No, sir; it is even so. I have substituted water for them; and depend now more upon water than upon drugs as a remedial agent.

Gro. Deal.—Y—e—s—it seems to me—I do remember that you let me have cold water to drink when I had my annual bilious fever, last August. I thought then 'twas rather strange. But then, thinks I, it's doctor's orders, and it's mighty agreeable, and I won't say anything. By-the-by, Doc., (scratching his head,) what in the devil's the use of my having those fevers every year! They'll carry me off one of these days, I'm afraid.

Thin Gent. (after a pause.)—Well, sir, I can tell you. There is no other way than for you to become a *hydropathist*.

Gro. Deal.—What! wash myself all over! Why, I haven't done the thing in twenty years. I believe 'twould kill me outright. (Shudders visibly.)

Thin Gent.—No, sir; no danger of that. I'm alive, and never was so healthy in my life before; and I wash myself in cold water all over, every morning, winter and summer—and with no fire in my room either.

Gro. Deal.—Well, you can stand it. You're nothing but skin and bones, anyhow. But just think,—why, you can form no idea how much I would suffer.

Thin Gent.—I can't help that. There's no other way for you. And, besides, washing is only half the battle. You must give up nearly all that you are now in the habit of eating, and order your dishes from a very different bill of fare. Tea and coffee must be thrown overboard; salt meat—especially that loathsome and pernicious kind called "pork"—must no longer rot in your stomach and blood; your flour must not be bolted; every description of spice must be utterly discarded; all—

Gro. Deal.—Hold—hold on, Doctor, you're getting enthusiastic. You don't seem to be aware that food was made to eat. Would you have all these delicious things, which tend so much to make life comfortable, thrown away! If this is your Hydropathy, it may go to the devil. Wash all over in cold water, and starve to death! Why, Doc., you're out of your head,—en-tire-ly—out—of—your—head.

Thin Gent.—I hope you are mistaken there. If I be out of my head, it is through just such a course as I recommend to you. I have subsisted upon brown bread, thick milk, and potatoes, with

the more delicate vegetables, fruit and cream for sauce, for the last two years; and I am far from being dead, I assure you.

Gro. Deal.—Well, sir, perhaps you can live on such things, but I can't. Why, I shouldn't have a belly as thick as my hand, in a year. A pretty spectacle I should present, reduced to bones!

Thin Gent.—I am sorry to see you so much attached to your dishes; but there is no other way than that which I have mentioned, for you to avoid bilious fevers, apoplexy, and, indeed, all diseases which are not hereditary.

Gro. Deal.—You don't pretend to say that all must feed alike! Some, you know, must have meat. In fact, the Scripture proves it. "Milk to babes, and meat to the strong." The Bible, my dear Doctor, is my rule of conduct, and not these new-fangled notions which are propagated about the country, corrupting people's ideas, and overturning established customs.

Thin Gent.—You take the Bible for your rule of conduct, do you! You recollect, undoubtedly, that it also says, "No rich man shall enter the kingdom of heaven."

Gro. Deal.—Yes. But, Doctor, that I've always held to be figurative.

Thin Gent.—So have I; and I hold your quotation to be also figurative. But we will not argue this. You are a pious man. You believe that through holiness only, man can see God. But did you ever think, that holiness cannot exist in a spirit inhabiting a body filled with disease, to which that spirit has contributed by allowing the animal propensities intemperate exercise! That which is mistaken for holiness may exist, but it is far from being true holiness,—it is only a spasmodic frenzy, not to be trusted. Think of this, my friend; it is a subject for serious reflection.

Gro. Deal.—Indeed! that is a new view. But I think you must be wrong. I recollect that our minister, last Lord's-day, touched upon that point. He said, and I agree with him, that we are all imperfect creatures; that we were made so by the curse upon Adam, and that it was impious to think of avoiding that curse; but that we should strive to be holy in spirit, and leave the balance to Providence. But how do you prove that all diseases can be avoided by practising your system! You know I'm always ready to hear to reason.

Thin Gent.—Well, sir, that I can do, and will, with pleasure. It is impossible for me to take up every disease separately, and show how it is done; but I will give you the groundwork, and illustrate it by one or two cases. Disease is the penalty following the breaking of natural laws; and to avoid disease, it is only necessary to obey these laws. We know that their action is perfectly harmonious; and we are conscious of obeying them only by being unconscious of their operation. For instance, we are conscious of perfect digestion only by being unconconscious of the process. Hence we should so regulate our habits that the whole internal economy shall go on unmarked by us. This can be done only by experiment, guided by careful reflection. Experiment, of the most elaborate kind, has shown that what we eat and drink, and the state of the skin, determine, in a great measure, the state of health; that when the

skin becomes clogged fever always ensues; that when improper food is taken into the stomach the blood inevitably becomes impure, and the stomach weakened; that human organizations are so similar that the same diet, slightly modified, will answer for all; and it has also shown what this diet should be. These facts being established, we have but to act accordingly, to avoid all disease not hereditary, and alleviate even that. Bilious fevers are produced by a superabundance of bile, in connection with the influence of a certain miasma. This superabundance is the result of taking oily substances into the stomach. It follows then, that to abstain from such food will keep the bilious secretion from being too plentiful,—thus neutralizing the influence of the bilious miasma. I could go farther, but it is unnecessary. However, allow me to repeat that the piety of a man is questionable who continues to act contrary to the known laws of our physical being. It is far from being sufficient that we confine our fleshly lusts to one person; gauge our beverages according to the creed of temperance societies, and our tables to our incomes. There is a more rigid rule which we must follow—a rule with which prayers and supplication avail nothing; a rule, an infringement of which will more surely bring destruction than the infringement of any moral law under heaven, because it must be first obeyed that all else may follow.

Gro. Deal.—Thank, thank you, Doctor, for your speech. You talk as though you were serious. I will examine the subject farther. In the mean time we will go and hear this—hydropathist—why, Doctor, the very word makes me shiver—and find out what reason he gives for his faith. —[Exeunt.]

A WORD WITH THE THOUGHTFUL.

BY E. A. KITTREDGE, M.D.

I feel that I can in no way subserve the cause of suffering humanity better than by a little plain talk on the different treatments now being practised in what is called the medical world.

"Let us reason together;" "set down naught in malice, and naught extenuate."

The great question, comes home to all, "What shall we do to be saved!" Some may think we have no business with this passage, it referring to the salvation of souls. True, in the place where we find it, it so refers; but is it not equally pertinent in relation to physical salvation! Well, we are sick—now the first great question should be, *how came we so?* Ponder well, dear readers, before you make up your mind; be very careful or you may mistake the cause. I have known patients go "all round Robin Hood's barn" to account for a malady the cause of which was as self-evident as their noses! For instance, chewing tobacco and smoking; others drinking spirits or coffee; some eating luncheons or too much food, or eating it improperly, or all of these combined.

Now these are sins of the stomach and palate—darling sins, and we are not willing to give them up, so we pertinaciously refuse to admit that they had anything to do with our condition. But I know they did, and you will find it so if you will

only investigate the matter as you would for a neighbor or friend. I know it will be hard to admit that your fragrant Havana, which for years has been your great solace, especially when perplexed, can, by any possibility, be the cause of all your present troubles; but so it is; I know what I say—ay, I have been there!

"Pooh, pooh, nonsense," says one; "it can't be that drinking two or three cups of coffee, however strong, daily, can make a man bilious!" But it *can* though, and in nine cases out of every ten, *will* and do nothing else continually. "But these piles of mine, Doctor, you don't mean to say that over-eating and neglect of bathing causes piles!" Yes, my friend, however impolite and unfeeling it may seem to you, I hesitate not to say that it is just the way exactly to produce them and to keep them, besides several other complaints. In short, my friends, I know of no disease that is not produced by some departure from the laws of health and being. This is not my opinion simply, but everybody at all versed in these matters will tell you the same.

Now, this being the case, what have you to do in order to get well? "Why," says one, "take physic and purify the blood, or blue pill and correct the liver." Harken! can the streams run pure while the fountains are constantly beriled, casting up mire and dirt? Or, can you correct a liver and make it orderly by the aid of one of the greatest disorderers and disorganists in the world? If so, take them. But your common sense tells you better. You may hold the mercurial rod in *terrore* over the liver, &c., but as whipping to death is to moral suasion, so is mercury to a diseased liver, &c., when compared with Hydropathy.

No, no, my friends, believe it not, drugs only lure to deceive; they may, for a while, seem to cure, but they are only saving up wrath against a day of wrath; the time will come, sooner or later, when the forfeit must be paid. They will stimulate the organs for a while to perform their functions, just as oil will make a machine that is out of order go better for a while; but everybody knows that the only true way is to stop using it as much as possible till it is in good order, and then but little oiling will be necessary. So with the human body; just let the tired liver rest—no longer disturb with unhallowed stimulants the equilibrium of the nervous system—and let the morbid poisons pent up within you have their natural outlets, and in all simple cases you will soon be well.

Here, then, is the answer to the momentous question first propounded, viz: "*Whatever you do, do unto the Lord,*" not unto the gratification of the doctor or friends. In other words, live "according to law," not state house; by the law of God—the "higher law." Once in a while, in simple cases, a well-timed bath will be useful to enable you more quickly to overcome diseased action; and, in all bad cases, it will be necessary to resort to them daily and thrice daily, properly timed, tempered and directed; for nature, though willing, is not weak. But the aid of physic is unlike that of baths; the one stimulates but to destroy, the other but to renovate; the one poisons the system, the other is in perfect accordance with all the laws thereof. Choose ye.

FRAGMENTS OF HOME PRACTICE.

BY AN ILLINOIS MECHANIC.

FACTS AND THOUGHTS.—Wife, self and two children were taken down with intermittent fever. Myself and oldest boy took some medicine; fever still hung about us. Quit the medicine—took what nature craved, which was generally some pleasant acid drink and simple food—got well in a short time. Had two physicians—youngest child quite sick—they said he must go through a "regular course" of medicine of several weeks, as he had various complaints about him—became much emaciated—had to force him to take medicine—which is truly horrid. Science, a creature of man, forcing instinct planted by Deity. Truly, man, you have left the fountains of living waters (instinct and intuition), and are trying to satisfy yourself in the turbid waters of science and reason. Laid up the medicine, bathed the child frequently in tepid water, gave it food and drink as its instinct craved it, and he got well in half the time the doctors promised to cure him. Cure him! I am well satisfied we should not now have the chubby little fellow playing about had we followed their directions.

We must all die, and let us so live that if sickness comes (which it no doubt will do, for the present, till the human race are guided more by instinct and intuition), we shall not be so fearful—shall not resort to poisons, tormenting ourselves and those who are dear to us with them; for how can they do us good? Do they contain the principles of vitality? Are they life? What, a deadly poison! Feed a well man on calomel and quinine, and would you not soon kill him? It is certainly paradoxical if a sick man can stand more poison than a well one.

INFLAMMATION OF THE LUNGS.

BY C—.

In December, 1847, I was called to see Mrs. C., whom I found laboring under a severe inflammation of the lungs, but especially the lower lobe of the *left* one; and also suffering from inflammation of the *pleura* over the region of the lung that was most highly inflamed. On inquiry, I learned that she had for a long time felt a heaviness and pain about the chest, but that this attack was probably induced from over-exertion in singing while she was ill from a recent cold. As the mother and brother of the patient had died within a few years of pulmonary consumption, Mrs. C. and her friends were naturally very much alarmed. The breathing was very laborious, as the pressure from the swollen lung induced a feeling of suffocation, and the pleuritic pain was greatly aggravated by deep inspirations.

I ordered the chest to be laid bare and thoroughly sponged with cold water until the temperature should be reduced to the *natural* degree, and then the sponging to be followed by a bandage composed of a sheet folded so as to reach from the arm-pits to the hips, dipped in cold water, and wound about the chest. Over this was placed a dry sheet, and the patient placed in bed. Other parts of the person were bathed very frequently,

especially the face and head; and the patient was requested to drink freely of cold water whenever any thirst was felt.

As this mode of treating disease of the lungs was new and strange, as well as contrary to *all* precedents, I doubt not I should have found much difficulty in carrying out my plan, had not the friends admitted that by any other mode of treatment the disease would most likely result in consumption, and finally death.

Without other medication than demulcent drinks at times in place of cold clear water, and constant application of water either by bandages or by sponging, in a very few days the inflammation was allayed, and the patient restored to her usual state of health.

In the fall of the year 1849 G. A., a young man of twenty-one or two, sent for me to attend him. He had lung fever, and as the attack was *very* severe, he said nothing but cold water would cool it off. It was applied thoroughly until the next morning, although his sister, at whose home he then was, loudly protested against it, saying "he would catch his death cold." In the morning he was nearly free from pain or fever, and the same day left the house, but retained the bandage about his chest for several days.

Within the past few weeks I have treated several patients suffering from the same disease with the cold water alone, and in every instance with very satisfactory results; and now when I ask my patients to let me *pack* them, I very seldom meet with any opposition. I have not given the above cases as presenting any novel points, but simply to induce others to make a trial of the efficacy of pure water in their own homes, and not longer to entertain the idea that *only* at the water-cure establishments can this great remedy be used with benefit.

CASES IN HOME PRACTICE.

BY HARRIS STRATTON, JR.

HAVING been an interested reader of your valuable Journal for the past two years, and a follower of the rules therein laid down for the preservation of health and the cure of disease, I thought a little more of the "Home Practice" might not come amiss.

Case first was that of my mother, nearly sixty years of age. Her general health, for the past year, has been very poor, owing to a severe hurt received while picking cherries. She was attacked with severe griping pains in the bowels, with frequent discharges; also much pain in her back and head, with some fever. Her pulse 100, and weak. I commenced treatment by giving a general bath of tepid water, with a thorough rubbing. Next a sitz bath, also of tepid water, which greatly relieved the pain. She was then placed in bed, with a linen towel, slightly wrung out of cold water, around her body, covered with a dry one; and changed as often as it became warm. She drank freely of water, and rested quietly through the night. Next morning her fever came on again, and her discharges were accompanied with blood, and severe pain. I accordingly gave cold clisters after each stool, with another general bath. I next applied the wet sheet pack, which operated favorably. After the pack she was washed in nearly

cold water, using much friction, especially after the bath. In the afternoon I gave another sitz bath, and followed up the treatment with water drinking, baths, bandages and clysters. On the third day, after a general bath, she was able to leave her room on the first floor, and walk up stairs to one larger and more airy. Notwithstanding the visible improvement she had made, some of the family, who were rather skeptical in regard to the "Water-Cure," and more especially in my ability to treat disease, insisted on calling in a physician of the Allopathic stamp. To this I strongly objected, but at last gave way. The doctor arrived in due time, and, after the usual inquiries after her health, I told him the manner in which I had treated her. He frankly acknowledged that I had subdued nearly all the irritation, and that she was doing well. Still he thought a little medicine would do her good; so he ordered an injection of "starch and laudanum," to be retained if possible; if not, to take another, with an increased quantity of laudanum. The first passed off in three hours, when another was given as ordered. Instead of getting better, she grew worse, and she said she suffered more that night than she had the whole three days before. The doctor called the next day, and finding his patient rather "the worse for wear," he thought a little "chalk-mixture to subdue her fever, and some red raspberry leaf tea for an astringent," would be beneficial. They were both administered, but still no improvement. As she received no benefit from medicine, she at length consented to try water again. She therefore went through another course of water drinking, bathing, bandages and clysters, and in a few days was restored to her usual health.

Case second was that of my brother, a stout, robust man, but of a costive habit. He was attacked with a violent pain in his head, back, and limbs; pulse 100, and a deep flush over his whole countenance. He was also suffering much pain from a constipated state of the bowels. The first thing done was to give warm water injections, until a copious discharge followed. I next gave him a general bath of cold water; next the wet sheet pack of an hour and half duration; drinking water, and sweating freely the last half hour. He was then unpacked, and three pailfuls of cold water poured over him; this reduced his pulse to about 80; he was then swathed in wet cloths, and placed in bed; slept well through the night. Next morning a general bath, followed by water drinking, and an occasional clyster to keep the bowels open, and a wet bandage worn constantly around the body. He took but little nourishment, and that very light food. On the fourth day he was out at work, feeling perfectly well.

Case third was that of my sister; of weak constitution, and has been troubled with pains in the back and stomach, soreness of the limbs and joints, indigestion, and sick headache, for the last six years; all of which were caused by a too free use of medicinal poisons, mercury especially, as she has been salivated two or three times. She was attacked with a mucous coating of the stomach, attended by high fever; pulse 110, and quite weak. I first gave a general bath of tepid water, with much friction. Next the wet sheet pack,

with the pouring bath after. She drank water freely, and the second day drank twenty tumblers of water. At night a sitz bath of tepid water. Cold wet bandages were worn around the body constantly, and changed as often as they became warm. I also gave a warm water emetic, which operated favorably. The water drinking seemed to act like a charm in dissolving the mucous coating of the stomach, and with the aid of tepid injections it passed off freely. She followed up the treatment by taking a general bath in the morning, sitz bath at night, and bandages worn night and day; with an occasional injection of tepid water. She ate but little, and drank from fifteen to twenty tumblers of water daily. She improved steadily, and on the eighth day she was about her household duties as usual, feeling better than she had for a long time previous to her attack.

Case fourth was that of my father, sixty years of age, and of very strong constitution. He was attacked with frequent and copious discharges of a watery nature. He did nothing for two days, when his discharges assumed a more violent form, being quite bloody and attended with much pain; also an almost intolerable smell; so much so, that we were obliged to slack lime in the room, besides having the door and windows open. His treatment consisted of cold injections after each discharge; one or two sitz baths and one general bath daily. Also bandages around the body, wrung out of cold water, and changed once an hour. He improved steadily, and on the third day after he commenced using water he was able to be out in the garden; and on the fifth he was out at work as usual, feeling well, and in good spirits.

Case fifth was that of my nephew, a lad six years of age, and very slender constitution. He was taken with a violent fever; pulse 120, and bowels constipated. I gave tepid injections until there was an evacuation of the bowels. Next, a general bath of cold water, and without wiping, placed him in the wet sheet pack half an hour; immediately followed by pouring three pailfuls of cold water over him. Still his fever increased, pulse 130, and he became so stupid that it was with much difficulty that he could be roused sufficiently to drink water. He was again put into the wet pack, followed by the pouring bath, using the coldest water we could get. After the bath he rested half an hour; then a sitz bath of an hour, which reduced his pulse to 110; he was then put in bed, with cold wet bandages around the body, changed once an hour; water was drunk freely. Next morning a general bath, followed by the wet sheet pack, in which he sweated slightly. After the pack, another pouring bath; fever subsiding, pulse ninety, and he appeared quite bright. The treatment was kept up with sitz baths, injections, water drinking, and the wet bandage worn constantly around the body; with a general bath daily, with little nourishment except water. He was taken on Saturday, 6 o'clock, P.M., and on Monday he was dressed, Wednesday he was about the house, playing as usual, only feeling a little weak.

The foregoing cases were all treated by myself in my father's family, in Northfield, Mass., in the month of July past. The water used was pure spring water of the best quality.

MY EARLY EXPERIENCE.

A LETTER FROM J. B. SMYLIE.

MESSRS. FOWLERS & WELLS:—A short time since I took a situation as assistant Postmaster in this place, and in looking over the papers in the office I came across the "Water-Cure Journal," which I was induced to examine, (the July No., 1851,) from feeling of prejudice in favor thereof growing out of an experiment practised on myself in the spring of 1845, the history of which may be interesting to you; and as I was entirely unconscious until during the process, I will copy from a letter written by my uncle, Rev. James Smylie, at whose house I was; the letter was addressed to Hon. Charles Watts, of New Orleans:—

"My nephew, J. B. Smylie, came to live with me about the middle of January. On the way he and family were considerably exposed. In a few days he began to complain of an oppression in the breast, followed by chill and fever and severe cough. He took rhubarb, pepper tea, and some other simples. The disease continuing, he took a dose of calomel, say 15 or 16 grains; he had copious operations, which to me became alarming. I administered a strong injection of brier-root and laudanum, having previously failed of arresting them by laudanum alone. I sent for Dr. A. Williams, who has settled in my neighborhood; he attended, watched, nursed, and administered according to the usual old practice. Every effort proved abortive; he had a continued hicough; his discharges continued, became more and more offensive; his body and stools had a most cadaverous odor; the latter of a serous, putrid character; his eyes bloodshot; his tongue dry and black; pulse very rapid and feeble; deafness and difficulty of articulation; his extremities cold, and his body generally emaciated. I ought to have mentioned more definitely the color of his stools, which were like beef-brine from a putrid barrel; his thirst was most distressing. In this situation Dr. J. C. Williams was sent for," on the 18th of February. "On his arrival he examined him, inquired what was done, and said everything was done that could be done by administering internally. To my utter astonishment he got a tub of cold water, (that cold evening,) dipped a couple of sheets in the water; after having stripped the patient, and wrapped them around him and covered him with blankets, where he lay about one hour and a half, they were then removed. He was then washed with cold water and rubbed with rough towels; a towel dipped in cold water was placed on his breast and abdomen, and one on his head, repeated every two hours; was urged to drink abundantly of cold water. The consequence was, that persisting in this plan his skin became moist, the pulse improved, his discharges improved, and now entirely corrected," (March the 3d.) "In a word, he is convalescent, and thought to be entirely out of danger. If I had not had the most implicit confidence in Dr. J. C. Williams, the novelty of the practice, the weakness of the patient, and the coldness of the night, would probably have caused me to object to the application. Had not the application been made, the patient, according to all human calculation, must have died.

"I feel no disposition to give trouble or pain to any one, much less a friend; consequently I would not give you the trouble of reading, or myself of writing this scrawl, were it not that a knowledge of the beneficial effects of Hydropathy will afford you a sufficient pleasure to compensate for the reading of this from Your Friend," &c.

From the above, you would probably think it strange if I were not prejudiced in favor of the Water-Cure. And now I wish to say to you, that when I recovered so as to be able to reflect on my case, (for I was some three months that I could not recollect anything that transpired for twenty-four hours,) I wished to get something that would impart information on the subject, and therefore ask you to send me the Water-Cure Journal to commence with. I shall be pleased to receive suggestions from you, at any time that may suit your convenience, on the subject, and should it be in my power to advance the claims of Hydropathy, I shall feel that I have done nothing but what is every man's duty.—*Jackson, Miss.*

DEATH OF CHILDREN.

FROM THE YANKEE BLADE.

DEATH, at any period of life before the ripest old age, is more or less unnatural. This seems plain to us, that the Creator of man made him with capacities for living until the machinery of his body is worn out with age, and when the art of life is understood perfectly, and the physiological laws of nature are obeyed strictly, instances of death before the full term of human existence is fulfilled will be as rare as extreme old age is now. With our present imperfect knowledge of the art of life, and our disregard of the laws of health, we are compelled to witness the terrible fact that a large proportion of all the mortality of our race occurs with children of a tender age. It is the buds and blossoms that death tramples to dust, when the sturdier and maturer plants escape; and if his shafts are aimed alike at all, they tell with greatest effect upon the little ones. And if his blows fall thickest and hardest upon the core of the family circle—nearest the heart of the parent—the wounds inflicted there are most deep and lasting. There is in all this checkered world no sorrow like that of the parent bereft of children. David of old said, "I am distressed for thee, my brother Jonathan;" but over the dead body of his rebellious child, he cried, "Would God I had died for thee, O Absalom, my son, my son!" Only those who have drunk this cup can realize its bitterness. The sympathy of friends, though grateful to those who are bereaved, falls far short of the object for which it is kindly intended. There is no consolation to be derived from earth, and the power of religion itself only enables us to bear the wound which even it cannot heal. How many mothers there are, whose thoughts under all the circumstances of their lives are every moment flying to the graves where sleep their little ones. How many a father is there, who, since he first rose from the dust in which he was prostrated by the blow which struck from his side a darling little son, has covered the bleeding wound from

sight, and whose very life depends upon hiding it from himself and the world—who is obliged, with resolute nerve, to hold the grief that would wrestle with his spirit at arm's length, lest it should hourly prostrate him in the dust—who must constantly drive away from the windows of his soul the little pleading face which would come back to commune with its earthly father, must ever unclasp those little fingers from the casement, that the too dearly loved form may drop into the darkness without, or must else turn and flee from himself, and strive in the whirl of the outer world to escape the haunting vision with which he ever longs to commune, but dares not—who prays and waits for the time to come when he can bear an interview with the little lost one, and yield himself up fully to the sweet memories of the past, when they lived and were happy together. How many go about with smiling faces, and plunge fiercely into excitements, while the parental feeling is dammed in their bosoms, ready to overwhelm them with agony. There are griefs, and this is one of the mightiest, too deep for tears, too heavy to bear, and from which we must fly when possible—with which we must struggle as best we may when they come upon us in the lone watches of the night, and for which our best consolation is, that some time death will cure them, by bringing us into the presence of those who have "gone before."

We should not deem it justifiable to strike this painful chord in the bosom of others as well as our own, without applying the great lesson which grief for premature death is calculated to teach—that it is one of our highest duties to study the *art of life*.

EARLY EXPERIENCE IN WATER-CURE.

BY E. S. ROUND.

I have been thinking of late, that water, as a remedial agent, is sometimes used by people intuitively. For example—AMOS BOURNE is an old man; he has a large swelling on one side of his neck, directly below the ear. One day he (a stranger to me) came in, accompanied by a neighbor, to see me. Said he had heard of my faith in a new system of doctoring, called "Water-Cure;" and the old man really insisted on my prescribing for him. I laughed, and told him that I could tell him what I should do, were his case my own; but, said I, you would not follow out the treatment, for, as a general thing, said I, people are too lazy to doctor themselves after the Water-Cure system—it is so much less trouble to take a blue pill for their aches and ills. He promised to do as I directed. Why, said he, *I've been using cold water for some time, on my neck, without knowing that anybody else ever thought of the thing*; that he had been doctored by the medical profession for years, and had been continually growing worse. He had now given it up altogether. Now, he often wet his neck in cold water, because it always made it feel better, and never worse; and on his way here, he had bound on some grass, because he could not conveniently bathe it in cold water while riding (as he thought). The grass felt cool and good to his neck. I told the old man that he had a serofulous swelling; that water would help him, but not in a minute. I advised him to discontinue the use of salt and animal food, and attend to the renovation of the system; advised him to apply water to the swelling, keeping a bandage on, to be changed as often as it became warm; that he might place his neck under a

stream, for there seemed to be much heat about the swelling. I then gave him some books and Journals to read. He went home, and in three weeks called again. What a change! The old man looked as bright as a new tin pan. The swelling was greatly reduced. So pleased was he, that he hardly knew how to express himself. He subscribed for the Water-Cure Journal, and went off confident that he should soon be restored to health.

This is no fiction, but a "HOME TRUTH FOR HOME CONSUMPTION."

HEALTH (says an Eastern paper) is getting to be vulgar, and is confined principally to servant girls. No "lady" can possibly plead guilty to "being well," without losing caste. Spinal complaints are just now in the ascendant—no female being considered "good company" who possesses sufficient strength to raise a smoothing iron.

[Thanks to the growing interest which our women are everywhere taking in Hydropathy. When these principles become generally known, the scales will be turned, and it will then be considered "vulgar" to be unable to "raise a smoothing iron."]

A FEW WORDS WITH OUR FRIENDS.—Without material alteration, we present the Water-Cure Journal for 1852 to its patrons and the public.

THE JOURNAL will continue to be characterized by the same editorial talent, vigor, life, and spirit for which it has already obtained a world-wide reputation.

The same superior quality of paper, unsurpassed for beauty or excellence, manufactured expressly for us, will be used on the present volume.

THE SHAPE OR FORM of the JOURNAL will remain unchanged. Now it is good-looking, handy to read, and convenient to bind. We are well pleased with it; while others regard it as a MODEL in this respect.

Our types and printing will compare favorably with any other work, no matter how high its price. We now have every facility, and shall continue to avail ourselves of every improvement in the art of printing, to make the WATER-CURE JOURNAL as attractive to the general reader, as its CONTENTS shall be USEFUL and TRUTHFUL.

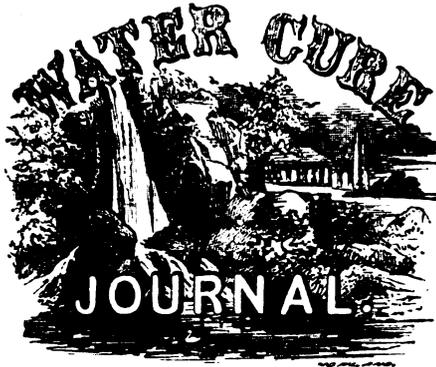
The variety of subjects treated will be the same as heretofore. All topics, covered by our PROSPECTUS, relating in any way to disease or its treatment, to health or its preservation, to life and its objects, to the various reforms of the age, and to human happiness—these will all be legitimate subjects for discussion and elucidation in this JOURNAL.

OUR ENGRAVED ILLUSTRATIONS will be more numerous and costly than hitherto; and all subjects capable of pictorial representation will thus be made "to speak to the mind" more impressively than it would be possible to do without them.

PHYSIOLOGY, ANATOMY, and CHEMISTRY will all be treated in a popular and familiar manner, so as to be easily understood by the learned and unlearned.

THE WATER-CURE JOURNAL is published on the first of every month, at one dollar a year, in advance. For CLUE TERMS, see Prospectus, on the last page. It shall be our endeavor to furnish the public with the best HEALTH JOURNAL in the world.

New-York, Jan., 1852.



IT WILL BE OUR AIM to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.—PUBLISHERS.

THE present number of the Water-Cure Journal is sent to those whose subscription expired with the last volume, but the Journal will be continued *only* to those who re-subscribe. New subscription books are opened with every new volume. To insure complete sets from the commencement of the volume, clubs should be made up and the names sent in to the publishers soon.

TO PREVENT MISCARRIAGE, all letters and other communications relating to this Journal should, in *all cases*, be post paid, and directed to the publishers as follows:

FOWLERS AND WELLS,
No 131 Nassau street, New York.

NEW-YEAR REFLECTIONS.

BY R. T. TRALL, M.D.

ANNO DOMINI.—The little fragment of time we call a year is, to the incomprehensible eternity, inconceivably less than is a single dew-drop to the unfathomable ocean. Yet who can measure the sum of human happiness which may be created or destroyed in this brief period? Or who can calculate the consequences of the events of a single year, as they affect the destinies of the human family through thousands of years to come?

Twelve months ago, in the name of the proprietors of the Water-Cure Journal, we reasoned with its patrons on temperance, health, and a reform to come. We now write under a full sense of the responsibility then incurred. We promised, with the people's countenance and support, to scatter *true light* in the dark corners, and send *pure water* to the unclean places; to expose those errors which bind the best energies of the human mind to the throne of the past, and elucidate those truths which illumine the pathway to a more glorious future. But

"Truth's a discovery made by travelling minds."

We never suffered the misfortune of "getting an education;" and we devoutly pray that all our friends and readers will be spared the calamity of being turned out of a school-house or college edifice, formed, fashioned and *finished*, like a mahogany table or block of marble, and incapable of further progress save in efforts to live on the capital invested in learning. Life is or should be a perpetual school; we *can* learn something valuable every day; we *should* be wiser at each setting sun than when it arose in the morning. Who does not this, who is not so, misuses, *murders* time, and must

answer to the penalty provided against that particular form of homicide.

"He who binds
His soul to knowledge, steals the key of heaven."

Unfortunately for the speedy consummation of an earthly millennium, science has generally been too much of a trade, and too little of a "liberal profession." In the language of Tupper:

"Science to some is the goddess great, to some the milch-cow of the field;
Their care is but to calculate—what butter she will yield."

To the medical *trade*—to the business of doctoring folks, in contradistinction to the nobler avocation of teaching them how to avoid sickness—the poet speaks with peculiar and prophetic emphasis. Clothed in impenetrable technicality, the popular system has thus far eluded the criticism of the non-professional, whilst, wrapt in the superstitions and mysticisms of a darker age, it is neither comprehended nor demonstrated by its professors. We propose, with your approbation and *company*, reader, to travel onward, under the guidance of the great Teacher and unerring Physician, NATURE, acquiring and disseminating more and more knowledge of the laws of life, and greater and still greater skill in the administration of *natural remedies*—*air, light, water, food, temperature, exercise, sleep, clothing, and the passions*; which we contend, and flatter ourselves we shall yet be able to prove to a drug-taking community, are the ample and the only *true medicines*.

THE PRESENT VOLUME.—We are now within a charmed circle. In imagination we see around us more than one hundred thousand persons, who are the constant readers of this journal. *On them depends our hope of redeeming humanity from the curse of disease.* They are our co-workers, and the only channel through which we can reach the general domain of mind. That they are interested with us, deeply, earnestly, intelligently and determinedly, in this reform, we know; for every day's mail brings us the evidence from all parts of the land, and we fancy we can grasp the honest, firm, toil-hardened hand of this imaginary throng, while we seem to see in the immense assemblage the sure tokens of final triumph.

"'Tis not the powerful arm,
But soft, enchanting tongue, that governs all."

We perceive, beside the strong arm of man, the stronger influence of woman at work. And yet more promising than all, we discover the children, the youth, the rising generation actively engaged in a self-education which is to fit them for healthiness, happiness and usefulness. When before did the world ever witness the spectacle of a woman or child procuring clubs of subscribers to a medical journal!

Under the misteachings, bad examples, and false doctrines of the system we oppose, the world has suffered on until

"Our drooping days are dwindled down to nought;
Their period finished ere 'tis well begun."

Under the misleading of this system, the world has become filled with disease and death and premature decay, and, instead of teaching us how to mend our own manners, the drug-doctors dose two evils into us in trying to dose one out; and

"Nature disturbed
Is deemed vindictive to have changed her course."

No, no, friends, let us not add insult to injury; let us not charge our own ignorance or the doctors' mal-practice to Dame Nature, nor to the good God "who doeth all things well." But rather let us learn of her; observe and obey her every law; and check the degenerating process by commencing at once and in full the work of regeneration; and recover, as soon as may be, "those prime of days,"

—"of health, and life, and joy,
While yet man lived in innocence, and told
A length of golden years; unflushed in blood,
A stranger to the savage arts of life,
Death, rapine, carnage, surfeit, and disease."

DISADVANTAGES OF MIS-EDUCATION.—The following statement of facts, which did not happen to find a place in any of our city papers, is copied from a late number of the Newark Daily Advertiser. It is in character with the incongruity of the whole system of which it forms an ordinary incident:—

"CASE OF THE LATE DR. RODGERS, OF NEW YORK.—The eminent physicians in attendance at the bedside of the late distinguished surgeon, Dr. J. Kearney Rodgers, differed respecting the disease under which he suffered; and each subjected him in turn without success to a treatment conformable to his own opinion. One thought it was intermittent fever; while the other was of opinion that it was an affection of the liver. Last evening, at the Pathological Society of New York, a detailed report of the case was made after a post mortem examination of the body. It proved to be an unusual disease of the liver, or of the blood-vessels intimately connected with it.

"Upon this ensued a learned and long discussion; but we believe no satisfactory conclusion was arrived at, whether the disease was curable or not, had the exact and whole truth been seasonably and certainly ascertained."

Well, who ever knew a "satisfactory conclusion" arrived at by an allopathic discussion? In the above case the doctors disagreed as to what ailed the patient while living; they disagreed as to what ailed him after an examination of his corpse; they disagreed as to what treatment he ought to have had, *provided* the disease had been known to have been this, that, or the other; and they disagreed as to whether this, that, or the other treatment would have cured or not, *provided* the disease had been seasonably and certainly ascertained to have been this, that, or the other, or something else!

DIAGNOSIS AND PROGNOSIS.—We have some new evidence almost every day that our Allopathic friends are beginning to open their eyes to the truths of our system and the fallacies of their own. We noticed in the last number the confession of Professor Draper of this city, that "our position is becoming untenable." Dr. W. B. Herrick, President of the Illinois State Medical Society, delivered an address recently on The Remedial Properties of Alimentary Substances, and the Changes produced by Oxygen in Health and Disease. "The chief point urged in this address," says the New Orleans Medical Journal, "is, that the time *will soon come* when physicians will use as remedies such substances *only* as help to constitute, in health, the solids and fluids of the body."

This is exactly the doctrine we have been engaged in teaching for several years; it is the leading tenet in the creed of the Water-Cure Journal, and the main point in issue between Hydropathists and Allopathists. But the *good time* intimated by Dr. Herrick will come just as soon as the people

understand this matter for themselves, and demand this practice of their physicians, and not till then.

INFLUENCE OF THE SOLAR LIGHT.—The following extract from the "Medical Gleanings" of Dr. Vreeland, who accompanied the American expedition in search of Sir John Franklin, is interesting:—

The sun left us on the 7th of November, and did not appear again until the 28th of January, a period of eighty-two days. After the sun had set cases of scurvy increased rapidly, but the symptoms never progressed so far as to produce any serious apprehension. Not a man was ever confined to his bed, and although some were lame, and unable to use one lower extremity, they were always, during the time appropriated to exercise, compelled to take a certain quantity in company with their messmates.

The causes which seemed to have a direct influence in producing and prolonging the cases under our observation were, the long absence of solar light, a diet without change of variety, want of a proper exciting exercise, personal uncleanness, dreary monotony, and consequent depression of spirits. The symptoms were generally uniform, almost always the first change noticed being a peculiar white arch on the gums, at the root of one or more of the incisor teeth in either jaw, followed in a few days by sponginess, lividity, ulceration and bleeding. Subsequently, the lower extremity would become painful, swollen, indurated and discolored by ecchymosis. Sometimes the legs would have the appearances above described, at the same time that the gums continued perfectly healthy. Irritation of the rectum, with frequent small, slimy and bloody stools, accompanied by pain and tenesmus, was also frequent. In December, our boatswain's mate, about fifty years of age, the oldest man in the vessel, was seized with pneumonia, which at one time seemed likely to prove fatal; but he gradually recovered, and during convalescence suffered severely from ulceration and loosening of the gums, brought on by his long confinement below. We had but one severe case of frost-bite, in which a part of the helix of the ear sloughed away. Superficial frost-bites, however, causing vesication of the fingers, nose, ears, and cheeks, were constantly occurring. If the slightest wind was stirring, the end of the nose and the lobes of the ears of some of us would freeze, and we would remain unconscious of the fact until informed by a companion.

In the spring, several of the officers and men were rendered snow-blind by the peculiar glare of the snow which exists in overcast weather. On bright, sunshiny days, we walked on the dazzling ice and snow with impunity, but when the sky was at all obscured by clouds, the light reflected from the snow was such as to deceive us as to the true distance and size of objects, and the unevenness of the surface of the ice was so disguised, that we were unable to tell an elevation from a depression; consequently, we would step off from pieces of ice three or four feet high, without being conscious of any change of surface until we found ourselves falling, and again we would trip over inequalities that were insensible to us until it was too late to raise our feet high enough to clear them. This indistinctness and uncertainty of vision brought on a very acute conjunctivitis, that for thirty-six or forty-eight hours was very painful. The most grateful application was cold water, and in four or five days the eyes were apparently as well as ever. Toward the end of the long nights, a loss of flesh and strength was observed in all of us; we had become bleached to a pale, waxy color, and our hair came out abundantly. The anti-scorbutics, in a measure, lost their effect, and possessed but the power of holding the disease in check, for symptoms did not begin to disappear and cases to recover permanently until after the rising of the sun; the exhilaration excited by his re-appearance seeming to have a direct and beneficial influence. Out of the

whole complement, one officer and nineteen men had unequivocal symptoms of scurvy. The remaining seven officers and seven men enjoyed comparatively good health during the whole cruise.

ERYSIPELAS: HOME TREATMENT.

BY E. M. G.

On the 20th ult. I was affected with a burning sensation in my left ear, but which did not occasion me any inconvenience at first, as it was but slight; but in a day or two it began to swell, and got gradually worse, until, on the 26th, it had swollen my ear to nearly twice its natural size, and the back part of my head was also much swollen; and it was plain to be seen that the heat and swelling was gradually approaching to the right side. I did not mention the circumstance to any one but my father; and, even then, just remarked that my ear burned very much, but did not mention the swelling, as I thought it was occasioned by a slight cold and would go away of itself, until a week from the attack, when I showed it to my wife, who was so much alarmed that she wished me to see the doctor (Allopath) without delay; but it being late at night, I deferred it until the next day, when I went to see him, to ascertain what was the matter with me, but under no circumstances to ask for a prescription, for I was determined, let the case be as it might, I would treat it *hydropathically* as far as I knew how. The doctor, after examination, pronounced it Erysipelas, which rather startled me, I assure you, for I knew that it was sometimes a very dangerous disease. I had never seen a case of it in my life, and therefore did not know that the symptoms in my case were those of Erysipelas. The doctor told me (unsolicited) that the best thing I could do for it, would be to sprinkle starch pretty freely over my head, and put some cotton in my ears to prevent the starch entering them, and to bind a cloth with plenty of starch in it around my head; remarking, that if that did not help me I would have a bad time of it. Now I assure you that I had not a very exalted idea of the cooling properties of starch, so I concluded to leave that in the hands of its proper guardian—the washerwoman. My wife asked him if water applications would not be beneficial. He said no; rather the contrary, might give relief for the moment, but eventually would make it worse. That night I took a wet sheet pack of one hour and fifteen minutes, and a bath immediately after, at sixty-eight degrees, and applied a wet bandage around my head upon retiring at night, which I renewed about 3 A. M., by which means I secured a good night's rest, the first I had in three or four nights. I also kept the bandages applied during the day, changing them frequently.

The above prescription I took from the Water-Cure Manual. The next day I wrote to a friend of mine, Mr. Samuel C. Woodward, at present studying with Dr. Trall, No. 15 Laight street, N. Y., describing my symptoms and treatment, asking his advice; when he kindly answered me, advising me to persist in the course I was pursuing and keep good heart; but if I did anything *hydropathically*, to do it thoroughly; which advice I followed to the letter, ably seconded by my wife.

From the time of taking the first pack, I began gradually to recover, (with the exception of the following day, when I was so bad I could not go out of the house,) so that in a week I was perfectly well, although I was pulled down some in flesh. I think I may safely say that I drowned the fire out; for, most assuredly, it felt like fire part of the time. So much for the wet sheet, cold water applications, baths, diet, and keeping the bowels free; so much for *Water vs. Starch*.

THE TEETH.—NO. II.

THEIR PHYSIOLOGY AND TREATMENT.

BY DR. J. W. CLOWES.*

By the instances given in a late number, of a hale old man, a decrepit middle aged, and a tottering youth, we intend to show the cause of difference existing between them (as to the matter of health and disease) to be constitutional, and if constitutional, by descent hereditary. For as is the constitutional strength or weakness of the parents, so must be the inheritance of their offspring. The first of the three persons alluded to is a father, the middle aged and the youth are his children. He has other children, but of these we need not speak. There is a grievous void in this family, and the marble slab and grass-grown grave mark the resting place of a wife and a mother. The germs of disease in *her* children have been rank in their growth, and they hasten to an untimely perfection. To root them out is beyond the skill of human ability; but to impede their growth—to check their increase and prolong life, is the great aim which actuates us now. We have already shown the necessity of possessing sound teeth, we have declared their important functions and their indispensable connections with the health of the body. To those who have so often asked the question, "Why do our teeth decay so soon, and is it usual for people of our ages (varying from twelve to twenty-five years) to lose their teeth so early?" we answer, the first and most general predisposing cause is a natural weakness in the teeth themselves, the result of inability in the formative power which has derived its origin from a diseased source—an inherent weakness. Teeth, then, imperfectly formed, are easily destroyed by the action of various chemical causes in the mouth, and these are too often assisted in their work of destruction by a wilful and absurd neglect of the use of the *brush* and appropriate dentifrices. How pitiful, how despicable is the ignorance of those parents who command their children to forbear their use, because, forsooth, "*they might wear out their teeth.*" Such, too, will behold their children pass through a sickly childhood, a miserable and fading youth—ay, they will follow them to an early grave, and shed bitter, unavailing tears of sorrow and regret for their untimely loss, and seek at last consolation in the belief, that the God who gave them to be a comfort and a prop to their declining ears, has, in His infinite wisdom, caused them to suffer this bereavement. The wisdom and goodness of a Heavenly Parent we have never doubted; but we do know the fallibility of earthly ones, and we tell *them* if they had early looked to the health of their children—if their parental care

* No. 7 Eighth avenue, New York.

had penetrated their mouths and beheld the sure destruction which was working there—if they had seen the gradual but certain dissolution of the most important organs in the economy of life—if they had informed themselves of the pernicious results which the mingling of corrupt and putrid discharges with the “daily bread” of life was effecting upon the constitution and the health and happiness of their offspring—if they had known all these things, and prevented them—for they could have done so—they might still have cause to thank God for the gift of children. There being, as has been affirmed, natural imperfection in most teeth, i. e., small exposed points, which in their formation have not been protected by the enamel from the hurtful action of chemical agents, the effect of which is a gradual softening of the bone, succeeded by a discoloration which, as the decay progresses, is thrown off in layers or dissolved by the saliva, and in either case mingles its pollutions with the food. As each successive layer of bone is thrown off, the danger to the tooth increases until, a free passage being made, the nerve is laid open to the air. Thus are shown the progressive stages of decay in teeth; and when, as sensible beings, we reflect that there are frequently some twenty or thirty such diseased outlets contributing at the same time their quantum of dead matter, what must be our opinion of the man who can stare these truths in the face and will not perceive them, or listen to their warning voices and will not hear them? *Will he still suffer that beautiful apparatus, intended by his Maker to add so much to his comfort and happiness, to be sacrificed to a wanton neglect, and the mouth which should be the avenue of health to his system, to become an inlet to disease?*

We here present an engraved view of an “old root,” which will be recognized by many as a correct likeness of something real, which they have often both seen and felt. The occurrence of this kind of pest in the human mouth has become so frequent of late, that there are but few persons, in civilized communities, who do not tolerate one or more of them.

They obviously do not understand the character and habits of the tenants that are allowed to occupy their apartments, or this would not be. An attempt will now be made to “show up” these shabby fellows, which it is hoped may help, in some degree, to banish them from enlightened society.

That old root, that ruinous tooth in thy mouth, gentle reader, was once a well-formed tooth, in which the two great qualities, utility and beauty, were most happily blended. Upon the perfection of thirty-two teeth, as healthful as the following,

how many would be the true comfort, of life! The possessor of such a denture could eat with an exquisite relish; could sleep an uninterrupted, painless sleep; could speak with an uncracked voice; could exhibit to the admiration of all beholders a set of priceless pearls! could—Ah! I am indulging in flowers, while I should be discoursing of thorns.

That old root! Its history runs thus:—Originally

a large tooth; but from certain natural imperfections in its enamel, and an inexcusable neglect on the part of its owner, it decayed. At first, two small specks appeared upon its grinding surface, just under the imperfections alluded to, indicating the entrance of the enemy. These were regarded as of no consequence, they were *only specks*. In course of time, these specks, feeding upon the acids of the mouth, became *incipient decays*; slowly, but surely, beneath the enamel they became large decays. The work of destruction quickened, in proportion as their depth and diameter increased. By this consuming waste, the tooth was rapidly changed to a mere *shell*, and having no internal strength, it crumbled ingloriously to pieces. Inasmuch as this latter event transpired at the hour of dining, and in the act of eating, its owner, very naturally, experienced a sensation of pain. And such a pain! I will not attempt to describe it. Too many of my readers are able to speak of it *feelingly* for themselves. The tooth ached! Under these circumstances, a certain amount of moral courage is requisite to enable the sufferer to undergo the operation of extraction. This, at the time, he did not exercise; and, with here and there a *broken point* and *rough corner* left, apparently to *rub his tongue against*, it gradually broke away, and became what we now see it—an old stump. Let us now consider what an old stump of a tooth is; its nature and connections. When the catastrophe of crumbling took place, a *nerve was exposed* to the air, and, by this exposure, ached, and ached! and died. The repeated “ached” implies that the process of torment continued—days, or weeks, or months. In this death, the membranes of the tooth, both lining and covering, were involved. Without entering into the minutiae of explanation as to how it became so, suffice it that *this dead bone, and every old root, found sometimes to the number of twenty in the human mouth, is connected, at its base, with an ulcerous sac, or pus manufactory, (an elongation of the outer membrane,) from which, at every motion of the jaws in eating, exude most unhealthy and offensive discharges; these, mingling with the food, poison it, and through it, the whole system becomes a prey to a fearful complication of disorders. Tic Doloreux!* that dread affection of the facial nerves, by which thousands of our race are rendered constantly miserable. Whence comes it? It is never found, except in connection with this leakage, which goes on from the affected parts continually, through an ulcerous outlet. A fistulous ulcer on the leg would soon destroy the strength and substance of that limb. How then can a *dozen festulas* in the mouth do less than undermine fearfully the health of that mouth, with all its intricate and beautiful attachments! Extraction of the root, a removal of the cause, cures *tic doloreux* immediately, if the case be not of too long standing. *Weak eyes!* O thou who no longer hast the power to look upon the bright and beautiful in Nature with delighted eyes; whose every gaze is a pain, every glance an anguish! are thy *six upper front teeth perfectly sound?* Or is the light of thy eye flowing out through some polluted stream, whose fountain and source is a dead bone! Hast the *ear ache?* See that thy trouble spring not from a *wisdom tooth*, rotted to the core. These are a few instan-

ces of *local irritation*, produced by a draining of strength from, and by a sympathetic influence through the nerves, upon parts in near proximity to disease. We have now to deal with matters of more vital and general moment. Allowing these impure issues to produce the various mischiefs imputed to them, taken separately and singly, what must be the effect on the *digestive system* (and through it on the whole economy) of *many issues, all equally poisonous, uniting in one stomach?* In this way the stomach, that great reservoir, from which nourishment and life are the only natural emanations, becomes a very cess pool of corruption, dispensing obstruction, disease and pain, through all its outlets, to the minutest fibre, vessel and nerve of the body! *The cause of mischief* has been sedulously pressed upon the reader's attention. He will not lose sight of it while I enumerate a few of its most common effects. Sick headache! Indigestion! Nervousness! General debility! Sallow complexion! Dreadful taste in the mouth! Fœtid breath! Loss of appetite! Lack of energy to accomplish any thing! Loathing of self, and loss of self-respect! But why continue a list already too extended! Any or all of these evils are ever the concomitants of a badly diseased mouth. No one can be more fully convinced of this fact than the reader, should he unfortunately possess such a mouth. This modern Pandora's box must not yet be closed. There are physical ills concealed within its recesses that duty to my race bids me draw forth. I charge the intelligent and reflecting to heed me well. I *speak what I do know*. The mouths of females are sometimes the seat of so much disease, and their general health becomes so impaired from this cause, that *Nature, obstructed in her wonted organs*, converts them (their mouths) into channels of relief, and periodically they become *most unnatural outlets to the system!* O ye who seek for health in distant lands; who visit medicinal springs; who strive, with all the power that gold can give, to buy back blessings vanished, jewels lost! Ye strive in vain! In vain ye imbibe! Ye are travel-worn in vain! In your own mouths the treason lies. Use proper means to render them *healthful and cleanly*; banish *impurity* from an organ that, of all others, should be most pure. Do this, and if aught of health remain, to you it will return. Do this, and blessings deemed past regaining will come back. Do it, and the dignity of self-respect, and a joy in life, will be yours.

[As an appropriate accompaniment to the above, we add the following paragraph, from “Dickens' Household Words:”—EDITHA.]

“The teeth, under the microscope, are seen to be made up of three different portions: the enamel on the surface above the gum; the ivory, making up the bulk of the tooth beneath the enamel; and the coating of the fang. The ivory of the tooth is full of small tubes, running from the cavity in the centre towards the outer surface of the tooth. These tubes get finer and finer as they approach the surface, and many of them branch out like little tubular trees. The microscope gives strength to the supposition, that decay of the teeth, with the horrible aches which accompany it, arises from a parasitical growth promoted by a vitiated condition of the secretions of the mouth. The tartar



that accumulates on neglected teeth consists of lime mixed with mucus, and the refuse from the lining substances of the mouth. This substance contains, in the case of negligent and dirty people, animalcules and vegetable growths. Imagine a human being with a small zoological and botanical collection between, and round about, the teeth. Teeth becoming sources of agonizing pain, and falling to decay, teach the wise necessity of giving them proper care—both direct, by washing, and indirect, by keeping the juices of the mouth pure by proper food and wholesome temperance.”

WATER-CURE IN TYPHUS:

HARMLESS DECEPTION.

BY PROF. I. M. COMINGS.

THE more simple a theory is, the more rational will it appear, if it is supported by just principles and corroborated by experience. It will also be likely to be more extensively useful and less dangerous in its application. These remarks are particularly fitted to the water-cure treatment in disease, and yet the most common observation in reference to it is, that it is so simple; it looks inconsistent that simple water should be so efficacious in all forms of disease, especially in those acute and complicated affections, which involve various organs, and which require so much skill in the diagnosis. How can it be, says one, that water can cure the typhus fever? We lately saw the report of the following cases in an English journal, which will answer this query; and as facts are better than theories, they will speak for themselves.

The writer goes on as follows: “One patient was a poor girl twelve years of age. She had been three days ill before I saw her. Her pulse was slow and small, perspiration profuse, with a shooting pain in her head sometimes occasioning delirium. Her tongue was dry and furred. She was rubbed all over with common vinegar, and particularly well over the head and neck, three or four times a day. She took no medicines internally, as I wished to ascertain the effects of external application. I found she recovered sooner than those who had taken the common medicines, which too arbitrary custom prescribes. The other patient was younger, on whom the same mode of treatment was successfully adopted, excepting a mixture of pure water, and a few drops of compound tincture of lavender were ordered, to satisfy the importunity of friends who imagined the vinegar, externally applied, too insignificant to effect a cure. This was simply the water treatment, as I do not suppose there was any particular efficacy in the acid; but people feel such horror at being taken out of a warm bed to be dashed over with cold water, it is probable that this practice will never be universally employed.”

So much for this English author, who wrote the above some years ago, before the Hydropathic triumph of the present day. It only requires our Allopathic physicians to follow the example of this English doctor, and they would find that similar results would follow their practice.

It is a matter of congratulation, that so many of them are using, to a considerable extent, the treatment recommended by Priessnitz; they are

very liable, however, to amuse the patient with some drug to be taken while the water is effecting the cure. It was but a few days since, that an Allopathic physician (who considers himself, at least, as one of the first in skill and practical information, having visited the French hospitals) prescribed for one of his patients a hygienic course of treatment, and gave him a prescription written in Latin for the apothecary, who filled it, but went immediately with it to the doctor and asked if he did not omit something, as it was nothing but wine flavored with some aromatic. “It is just as intended,” replied the doctor; “I wanted the wine to be *medicine*, and taken *as such*.” We have known of many such cases where the doctors amuse the patients with some simple dose, while nature, assisted by water and diet, effects the cure. It would be much better for the patients if all our old school physicians would practise this course, and it is quite an encouraging fact, that very many of them, the most intelligent, are practising this harmless deception on their credulous patients.

It was but a few months since that the Medical Faculty of Boston came to the grave conclusion that Homœopathy had been of some advantage to the world, since it had taught the Allopathic physician to trust more to the healing powers of Nature than to their large doses. We must conclude that the next important information which they gain will be, that pure water has healing properties which their poisonous drugs do not possess; or that Nature alone, not hindered in her operations by Allopathic or Homœopathic doses, will effect more than all else besides.

Hygienic and dietetic rules, faithfully observed, with a judicious application of water, will seldom demand the use of any other remedial agent.

WATER-CURE IN FAMILIES.

BY C. M. WOODS.

My family have been practising upon the water plan for about eighteen months, or two years, and can safely testify to its efficacy. At the time she commenced, my wife was very feeble with a liver complaint, for which she was eating weekly liberal allowances of blue mass and quinine, with free applications of tartar to her side. This would give her perhaps temporary relief, to be followed with a like prostration in a very short time. In addition, she was attacked with the dysentery very badly and very obstinately. Calomel was freely administered, and all fruits carefully kept out of her way. But with her, calomel seemed to have lost its virtues. About this time we commenced receiving your journals, and read other publications from your press on the “*Water-Cure*.” She quit taking medicines, commenced bathing regularly every day, and eating a moderate quantity of such ripe fruits as were in season—say apples, peaches, grapes, &c. Her health improved immediately, and she now enjoys much better health than she has done before for several years. In fact, she enjoys good health, considering what little constitution she had left when she commenced the water treatment. Let us have what sickness we may, we now use no medicine; and have so far succeeded in curing very serious complaints among our children, as well as on ourselves, by the application of water and attention to regimen. We use no meat or butter at our table, but do use freely, with our Graham bread, all the fruits during their season, notwithstanding the prevalence of the cholera around us, and the

earnest advice of all our neighbors, including gentlemen of the “*faculty*” of our city. We feel no fears of that dreaded and dreadful disease, or indeed of any other, so long as we can procure plenty of fresh wheat meal, good ripe fruit, pure water, have free access to the pure winds of heaven, and have a reasonable share of clothing, and liberty to run, jump, or dig, when we feel a little stupid.

Thus you see we have no hesitation in recommending your works to the public. [Quincy, Ill.]

Reviews.

HYDROPATHIC ENCYCLOPÆDIA.—This important work is now nearly completed. Six numbers have passed through the press, and the remaining two will very soon be ready for delivery. The whole will make two large volumes, containing nine hundred and sixty pages of closely condensed matter, illustrated by above three hundred engravings, and embracing the whole range of subjects connected with the philosophy of life, the preservation of health, and the treatment of diseases.

In the general plan and arrangement of the work, the wants and necessities of the people have been steadily kept in view. Whilst almost every topic of interest in the departments of Anatomy, Physiology, Pathology, Hygiene, and Therapeutics, is briefly presented, those of practical utility are always put prominently forward. The prevailing errors, conceits, and whims of the day and age are exposed and refuted; the theories and hypotheses upon which the popular drug-practice is predicated are controverted, and the *why* and *wherefore* of their fallacy clearly demonstrated.

The following is a brief analysis of its contents:—

History of Medicine; History of Bathing; History of Medicated Baths.

Anatomy, illustrated by one hundred and twenty engravings.

Physiology, illustrating the subjects of the Different Structures, and their Vital Properties; Rationale of Muscular Action; the Nervous Influence; Philosophy of Mind; Mesmeric Phenomena; the Special Senses; the Functions of Digestion, Circulation, Respiration, Absorption, Nutrition, Secretion, Excretion, Calorification, Temperaments, Races, and Theory of Population.

Hygiene, embracing all the relations of Air, Light, Drink, Food, Temperature, Exercise, Sleep, Clothing, Bathing, the Excretions, and the Passions, to the Growth and Development of Body and Mind, the Preservation of Health, and the Attainment of Longevity.

Dietetics, comprising the Bible, Anatomical, Physiological, Chemical, and Experimental Evidences concerning the Natural Dietetic Character of man.

Hydropathic Cookery, with Special Directions for the Preparation of Food.

Dietaries, containing the Therapeutic Distinctions of Diet for Invalids.

Philosophy of Water-Cure, with illustrated explanations of all the Water-Cure appliances, a philosophical exposition of the Modus Operandi of Water-Treatment, and the true Rationale of Drug-Treatment.

The Nature, Symptoms, and Treatment of all known Diseases, in which the theories of the Allopathic schools are examined, their absurdity and the ill-success of drug-practice exposed, and the proper Hydrotherapeutic Medication recommended and specified.

The Treatment of Surgical Diseases, illustrated, and directions for the minor operations.

The Managements for Lying-in-Women, and the Treatment of Children in the Nursery, &c., &c.

The work is intended to be a plain, intelligible, and sufficient guide for Domestic Practice, or Home Treatment, in all ordinary diseases.

The price of the entire work is two dollars, in num-

bers, and two dollars and fifty cents bound. Post-paid orders may be addressed to the publishers, Fowlers and Wells, New York.

Miscellany.

A Happy New-Year:

OR, HOW DO YOU DO?

We congratulate our readers, the public, and the world, on the arrival of a new year, already enrolled in the calendar of Time. We are most happy to greet our friends, new and old, far and near, with all the compliments of the season, to join them, and travel on, on, to the blissful future.

Is it not a sufficient cause for universal congratulation, now that we have found the means of preserving health and of prolonging human life?

A new principle has been discovered, and we are, at this moment, in communication with hundreds and thousands, by whose good efforts (prayers and works) we are not only sustained, but enabled to push on this glorious discovery with a power and efficiency never before realized in the progress of physical redemption.

Is there, in all this broad land, a poor, sick, bed-ridden sufferer, quite beyond the reach of all the combined medical professions? Bring him hither—apply the principles of Hydropathy, and if his restoration is among the possibilities, he may again “take up his bed and walk.”

The truth of these declarations is confirmed by the unimpeachable testimony of innumerable witnesses, who have tested by actual experiment the UTILITY and CERTAINTY of this God-given principle.

ZEALOUS, then, let us be, in promulgating truths, the magnitude of which is MOUNTAINOUS, compared with any other discovery in the healing or life-preserving art. Is not such a discovery worthy of our zeal and our most exalted congratulations?

Come on, then, ye who have sought and found the truth. Light the lamps of your neighbor, that he, too, may be saved from a premature grave. If “it is more blessed to give than to receive,” let us, one and all, fill our own cup with blessedness, while administering the new gospel to others, who are now lingering out a life of torture, pain, and woe. Give them to drink from the refreshing fountain of a true and unperverted source.

Rejoicing that we are enabled to co-operate with our friends in thus administering to the comfort and well-being of the world, we close by repeating that boundless heart-felt wish to all our readers, and through them to the RACE, a HAPPY NEW YEAR.

A BRIEF REVIEW.

THE PAST AND THE FUTURE.

The most signal triumph was achieved for Hydropathy, in the United States, during the year 1851.

A few years ago, quite within the recollection of all present readers, this subject had scarcely attracted public attention in this country. When first introduced, the medical profession treated it with scorn, and took delight in ridiculing its discoverer and advocates; but this sort of argument only awakened a desire on the part of the people to know more about it.

At the present moment, we probably outnumber those of any other medical faith in this country, and we look forward hopefully for the time when this system shall swallow up or wash away all others.

New Hydropathic establishments are springing up everywhere. In the East, in the West, in the North, and in the South, wherever the Water-Cure has been tried, it has met with almost miraculous success.

The old medical institutions keep up a show of respectability, but they are evidently in a decline. In

fact many of the old and most respectable physicians are compelled to change their occupations, in order to obtain a living; others engage in the patent medicine business, the sale of body-braces, cod-liver oil, corn-salve, etc; while the more enterprising and sagacious qualify themselves and resort at once to the practice of our more successful and popular WATER-CURE.

But the great advantages of this modern discovery are to be realized in the FAMILY AT HOME.

“The people” are now becoming acquainted with physiology, and the laws of life and health, by which they expect to dispense with the services of doctors of all sorts, and we feel that it is a part of our mission to aid in bringing about such a state of things. The old world has been overrun with doctors’ drugs and *die-stuffs*: shall it be so in the new? Not if the Water-Cure Journal lives, and the people heed its counsels. We believe in living a NATURAL life while we live, and in dying a NATURAL death when we die. This hitherto has not been, except in a very few isolated cases, which become a matter of record because of their rarity. Let us reverse, and make these rare exceptions the *rule*. During the past year we furnished our readers with the emanations and experience of some of the ripest and clearest minds which the nineteenth century affords. Yet, the past is only an introduction to what we hope in the future to give to the world, through the Water-Cure Journal. Instead of 288 pages, promised in our last year’s prospectus, we furnished, without extra charge to the subscribers, upwards of THREE HUNDRED, equal to over six hundred large octavo pages, and we hope to exceed that the present year. The quality of our paper and printing, for whiteness and clearness, will compare favorably with any other serial within our knowledge. It has been described by editors and others, in point of beauty, as without a rival. With these encouraging prospects before us, and the hearty co-operation of our numerous tried friends, we cheerfully enter upon another volume of the Water-Cure Journal, for the year 1852.

Already large clubs of new and old subscribers have been showered in upon us, while others are forming. Thrice welcome are they who thus early come to us with words of hopeful cheering. We are thankful for this annual opportunity to exchange congratulations with our subscribers.

GOSSIP FROM OHIO.

BY A PLOUGHBOY.

DEAR PUBLISHERS:—Although we have regularly received our monthly showers of “Water-Cure,” they have not yet raised a flood big enough to carry off all of the tobacco, nor has their thunder and lightning purified the atmosphere of the suffocating smoke and vapor which is constantly emitted from a countless host of walking volcanoes. The other day I saw an old lady—and by-the-by, one who is considered a “very smart woman”—lighting her “pipe,” which I could not conscientiously let pass without a “mild reproof.” She replied, “Oh, smoking is my greatest comfort;” and I don’t doubt that it was, for she would “take a smoke” before and after each meal, and three or four times between. But only think of it—beings formed in the likeness of their Creator, possessed of minds immortal, whose “greatest comfort” is nothing but *smoke*!

Some of our “Buckeye girls” seem inclined to doff the good old street sweepers, and “come out” Bloomers; which is a terrible shock to the delicate sensibilities of some of their very modest sisterhood, as well as the “rest of mankind.” One young lady, who became converted to the Bloomer faith, made herself a suit, but had to steal a chance to wear it when her good mother was away from home; and even then she could not do so in peace, for like the “ugly duckling” in the fable, she was “picked at by the whole flock.”

Those who have the moral courage to step aside from the clutches of imported, time-wasting, health-destroying fashion, and don a neat, convenient, and comfortable dress, are gazed at, sometimes ridiculed: but stick to it, girls, don’t give it up so; “there is a good time coming,” when ’twill be “all right.”

Notwithstanding the contempt with which Reform is treated, and the abuse which is lavished on its warmest devotees, I have been convinced, in the course of my little perambulations to the mill and to the Post-office, that the people generally are not quite so far behind the times as we radical reformers are apt to imagine; but they have been gulled so much by miserable fag-ends of humanity, who were too proud to beg, and too lazy to dig,—who, under the *cloak* of reform, have lined their pockets, and fattened on the public credulity,—that the people begin to think they have their “eyes peeled,” and distrust everything that is called reform, or improvement, as a humbug, and treat it accordingly. But just converse with almost any man you meet, without “letting on” that you call yourself a reformer, and you will be convinced that the people are not quite so far behind after all.

A few days since, as I was coming from “town,” I stood a fine shower bath, which nature was giving me, as long as I thought would be for my health, when I stopped at a farm-house, and entering into a chat with the old gentleman, I found that he had begun to lose confidence in druggical skill, but didn’t know anything about Water-Cure. When I had got him where I wanted to, having drawn out as many imprecations against drugs as I could, and agreed with him in the fallacy of the medical cliques, I produced a Water-Cure Journal, telling him that it promulgated his doctrine, and bantered him to subscribe; he demurred, but found himself fairly “cornered,” and finally concluded that he couldn’t do better than to “try the Water-Cure a year, and see whether it is a humbug.”

HYDROPATHY is beginning to creep around in these parts, “and no mistake;” and I’m in hopes that by and by it will walk erect in all the vigor of its native strength, and wash the mire from the eyes of the people, that they may be able to see the way in which they can draw a living supply of mental and physical health from its exhaustless canteen.

“THE ORGANIC LAWS; or the Laws which Govern the Human Organism,” is the title of a work of two hundred and sixty-one pages, by J. BRADFORD SAX, just published by Fowlers and Wells, price seventy-five cents.

In this work we have another good book, from the perusal of which the physiologically good may grow better, and the physiologically bad, by living according to its teachings, may become good. It consists mainly of a well-arranged and condensed statement of the principles which make up the philosophy of life and health, embodying the teachings of Graham, Alcott, and many others who have labored, and are laboring for the reformation of humanity; to which the author has added numerous judicious observations and striking illustrations. A wide dissemination of this work could not fail to exercise a salutary influence in modifying the present artificial habits and ruinous excesses of society; and even many who consider themselves well posted in all the departments of reform, and thoroughly conversant with all the ultraisms of the day, may still find some refreshing hints which would make this book a valuable acquisition to their library.

MORE EVIDENCE AND TESTIMONY.—[The following extract will serve to show the estimation in which the WATER-CURE is held, “away down South.”]

Catahoula Institute, La.

MESSRS. FOWLERS AND WELLS: GENTLEMEN:—I have received your Journals regularly, and to say that I am pleased, would not half express it—I am delighted

with them; and so long as they maintain their present elevated character, you may consider me a subscriber. I would not do without them if they cost ten times their present price. I have saved more than ten dollars expense in medicines, in my family, this year (1851), by reading the WATER-CURE JOURNAL, and heeding its suggestions. How any man who has any claim to intelligence can deny the Water-Cure Journal admittance into his family, when it can be placed there for the paltry sum of one dollar a year, is a wonder, which I think may be set down in the table of "wonders of the nineteenth century."

I will give you a short sketch of my experience in HYDROPATHY. My occupation is that of a TEACHER. I have for eight or nine years been afflicted with dyspepsia, brought on at first by hard study and improper diet. I have suffered much from acid stomach, heart-burn, constipation, morbid appetite, and the numerous ills attendant upon that disease. For several years past, scarcely a week has elapsed without my taking blue-mass, soda, peppermint, brandy, and anti-dyspeptic pills of name and brands too numerous to mention.

When I received the books and Journals I ordered from you last winter, I laid aside medicines entirely, and up to this time I have not taken a pill, drop or potion of medicine of any kind whatever, since last January (1851); I have not had a day's sickness, and my health is now better, and has been better for the past summer (which has been a very sickly one in this region), than at any time for the past eight years.

[The same correspondent details a severe case of sore throat, and swollen or enlarged palate, which was cured by the use of water. He thinks the Hydropathic system bids fair to become THE remedy in LOUISIANA.]

THE HUMAN HAIR MAGNIFIED—The following, from Dickens' "Household Words," confirms the oft repeated opinion, that it is a violation of a physiological principle to shave the "human face divine." After some very sensible remarks on the skin, and other organs of the body, the writer says:—

"The hair may be called the offspring of the skin; and in health and disease, youth and age, there is a close sympathy between the two. A fine growth of hair, when magnified, might be compared to a plantation of osiers, when the leaves are off: with some differences, of course. Human hair is not perfectly round, as it seems to be when seen with the naked eye; nor is it of the same thickness through its whole length. At its origin in the skin, it swells out into a bulbous form, like a crocus-root, or the body of a young spring onion, before the leaves have opened. From this base the hair springs forth, and gradually becomes bulkier as it lengthens. This goes on to a certain point, at which the greater growth is attained; and then the hair grows fine by degrees and beautifully less; until, if allowed its full growth as on the head of a young damsel, its point is many times smaller and more delicate than the portion near the centre of its length. Some hair is much rounder, more cylindrical, than other; some being oval, and some flattened. The flat hair it is that curls most. Adonis and the negro are, therefore, alike in one point at least. Hairs vary very much, both in thickness and in length; those on the female scalp being, naturally, the longest of all; and those of the beard of men being next in length, and longer than those of the male head. The hair of the female scalp is not only longer than that of the male, but, in proportion to its length, is larger in diameter. The thickest of all human hair however, is that of the beard of men; and the investigations of this subject tend to justify the assertion of the barbers, that frequently cutting and shaving the hair, has a tendency to make it thicker. Every hair has a stem and a root, just as a tree has; the root being bedded in the skin just as the

tree is in the earth. But the comparison does not end here. The tree has bark, medulla, and intervening substance; the hair has the same. The bark (or cortex) of the hair displays a series of scales placed, one overlapping another, just as we see tiles overlap on a house-top. Immediately below this scaly bark we have a fibrous portion, forming two-thirds of the bulk of the hair. These fibres are seen to separate when the hair splits from being left too long uncut. The centre of the hair has a little canal, full of an oily, marrow-like substance, containing the greater part of the coloring matter; black in black hair, brown in brown hair, and almost absent when the hair has become gray. The marrow of the hair, and its two outer coatings, are well seen in a section of a hair from a well-shaved chin. The razor, day by day, cuts it across; it cannot grow longer, so it grows thicker and stronger; and each slice taken away by the matutinal shave, looks, under the microscope, like a section of a bone; just as a bone is cut across when a ham is cut up into slices for broiling; whilst the *stump* remaining on the chin has just the same look as the bone on the section of grilled ham ready for the breakfast-table. The primly shaved mouth is thickly dotted round by myriads of hideous hair-stumps, with inner layer and marrow all exposed. Fashion, ever since the days of Louis Quatorze, has demanded the daily sacrifice, and men continue to pay it. Happily they do not see the stumps of their beards through a microscope, or razor-makers would starve.

"The hair, tortured by frizzling-irons and mutilated by razors, suggests a thought as to the purposes for which portions of the frame were thus carefully covered by the Author of all things."

"GETTING AHEAD OF US."—Thus said a venerable preacher, when exhorting his brethren to be "up and doing," instead of remaining in this "masterly inactivity." He said the people of the world were getting ahead of the church, in all the various reforms of the day, when he considered it the duty of the professed ministers of the Gospel to instruct, improve, and elevate those less favored than themselves, who were surrounded with all the comforts of life, with education, and great influence, if they chose to use it. Look at the various reforms now going on in the world. What are our relations to these reforms? Do we not by our inaction and silence actually oppose them? The world is "getting ahead of us."

[This worthy man, doubtless, remembered the divine injunction, Go ye into the world, heal the sick, and preach the gospel unto every creature, etc.; admonish men to be sober, temperate, industrious, and good citizens.]

Modern preachers leave one part of their duty to the doctors, who make the practice of medicine a trade, while "healing the sick" is another matter. But we shall correct all this by-and-by, in the "good time coming." Who will help?]

NOVEL APPLICATION OF THE WATER-CURE.—Last night Christopher Chesley, who was in a shockingly wet condition, applied to the West Watch House for lodgings. It appears that Chesley undertook to fasten out his wife from their mutual sleeping room, but his "better half," nothing daunted, procured a pail of water, and dashed it over the person of her sleeping husband. This novel application of the Water-Cure was completely effectual, as the drenched husband immediately evacuated the premises.—*Boston Traveller.*

[Good. We are glad our glorious Water-Cure is beginning to be appreciated and applied. It is equally good for a high fever or a high temper, and when judiciously administered, has a cooling tendency.]

LECTURES ON THE WATER-CURE.—Our friend Dr. Bourne is again in the field, lecturing to public audiences upon the "HOME TREATMENT" of this com-

paratively new, but very important subject. The "Newark Mercury," when noticing, editorially, his lectures in that city, says: "His peculiar views are enforced with modesty and courtesy, and his exposition of the leading facts connected with his system, is made clearly and intelligibly." The Doctor will prove an efficient co-worker in the good cause wherever he goes.

THE POSITION OF WOMAN WITH REGARD TO THE MEDICAL PROFESSION.—In our next we shall present our readers with an article of great value, under the above title, by a very distinguished writer.

PUBLIC DISCUSSION.—A CHALLENGE!—The publishers of this journal, anxious to promulgate what they believe to be truth, yet willing that the public should know and judge of all that can be said against the doctrines advocated in this work, hereby freely and cheerfully tender the use of its columns to any competent physician of the Allopathic school, for the purpose of debating, with some Hydropathist, to be selected by them, the general question of the positive and relative merits of the two systems. This can best be done by presenting the whole subject in the form of a distinct proposition:

Is the Allopathic system, as represented by its standard books and living teachers, more rational in theory, and more successful in practice, than the Hydropathic system, as represented by its writers and practitioners?

The affirmative controversialist must be of respectable standing in his profession, so that the people will have an assurance that justice is done to *his side* of the argument; and a certificate from the professors of either of the medical schools in the city shall be conclusive evidence of his ability. Each party may occupy from one to two pages of the Water-Cure Journal alternately; and the discussion may be continued until one or the other party is satisfied. It shall be especially stipulated that no personal matter or indecorous language shall enter into the controversy, which shall be conducted with strict reference to the truth or falsity of the question in issue, that the knowledge of the laws of life, the preservation of health, and the cure of disease, may be disseminated throughout the community, and the sum of human happiness thereby augmented.

PUBLISHERS.

BLOOMER COSTUME.—Mrs. Miller, daughter of Hon. Gerrit Smith, and Mrs. Elizabeth C. Stanton, wife of Senator Stanton, have been spending a few days in this city, and introducing to their aristocratic up-town friends a beautiful Bloomer costume for winter, consisting of black fur hats, broadcloth cloaks and dresses, trimmed with fur, broadcloth trowsers made like men's, with handsome water-proof boots. The whole suit was elegant and becoming, and struck a heavy blow at conservative prejudices.

Mr. Genin, the celebrated hatter, at the request of Mrs. Gove Nichols, has got up a beautiful style of winter hat for the new costume, a modification of the Kossuth hat, which, elegantly trimmed, is as becoming an article of dress as was ever worn.

"WATER-CURE INSTITUTION WANTED."—We would call the attention of enterprising Water-Cure men to the advertisement with this heading. Here is a chance for some village near New York to secure an establishment which will make it famous abroad, as well as prove a great local benefit. As an investment for capital, we can conceive of none more safe and certain.

WINTER LECTURES ON WATER CURE.—Dr. T. L. Nichols, and Mrs. Gove Nichols, during the vacation of the Institute, expect to give lectures on Water-Cure and kindred subjects, in Philadelphia, Boston, and perhaps other places to which they may be invited.



The Rocky Mountain Bloomers.

SOME OF OUR FRIENDS and SUBSCRIBERS in OREGON have recently adopted the "AMERICAN COSTUME," unwilling that their Eastern sisters should enjoy it alone. The above plate is said to fairly represent this unique costume—now worn by the fair OREGONIANS. We are quite sure no one will question their right either to wear this convenient dress, or to be thus publicly represented.

In this costume they find it less difficult to scale the mountains, or keep up in their travels and wanderings with their husbands and brothers. Then again, should it become necessary to flee from those savages who abound in those regions, and who have already murdered and made prisoners of numberless women, they may, when thus attired, the more readily escape. Besides, with such a dress, free exercise in the open air, with the whole body, may always be taken; whereas, in the ordinary long gown, it is next to impossible. This will be admitted at once by every one. We have now in preparation other views of the "American Costume," which we shall give to our readers at another time. Meanwhile it is being introduced all over the world—in England, Scotland, Germany, France, Italy, Spain, Sweden, (the land of JENNY LIND;) and we expect soon to hear of its appearance in Russia and Austria. Then, indeed, will our triumph be complete, and WOMAN EMANCIPATED.

The "Subscriber," who is above represented, will accept our thanks for both the list of subscribers which she sends us, and the drawings from which we copy.

"THE NEW DRESS" is thus commended by the Boston Commonwealth:—"It is hardly to be supposed that it is in the annoying curiosity or idle vulgarity of the boys in the street to prevent the adoption, by the better half of our race, of a great improvement in costume. There may be philosophers who think this subject a very trifling one, and the improvement in question not worth encountering the ridicule of the boys, but we think they must be very shallow philosophers. Where-withal shall we be clothed? is one of the great questions of life. He who clothed the birds and the beavers with feathers and fur, left mankind to complete his creative work in regard to themselves; and for thousands of years the various tribes of men have made more or less advancement towards perfection in the business.

"To us it seems that the costume of the female portion of the most civilized nations is woefully behind-hand in many respects. It is sadly deficient both in utility and beauty, if not positively detrimental to health and comfort. A lady highly dressed in the latest Parisian style, is as unfinished as a Sphinx. There is an enor-

mous consumption of textile fabric for no earthly purpose but to impede motion and sweep the streets. The idea of adaptation, neatness, finish, is entirely lost sight of. Mrs. Bloomer has had the boldness to encounter the silly prejudices of her own sex and the heartless ridicule of the ill-bred of the other, and put her plastic hand to the task of finishing the civilized female dress. Without trenching on the distinguishing characteristics of the male attire, either in materials or form, she has produced a dress which is at once neat, graceful, and modest. The saving in the quantity of stuff must be considerable, and the saving in the wear, by avoiding the abrasion of the pavement and the contamination of the mud is beyond calculation.

"The general adoption of the dress will do more for the national wealth than the mines of California, and more for the national health than all the discoveries in medicine since Galen. These are our sincere and earnest opinions, and we accordingly wish the new invention all possible success. Both in an economic and aesthetic point of view, it hardly yields to any improvement of the age which can be named.

"Moreover, we learn that the most gifted and beautiful of the sex are everywhere making preparations to adopt the new American style. It will be a great thing for the ladies of Paris before long to be dressed a l'Americaine."

A WATER-CURE EDUCATION.—In the last number of the JOURNAL was promised a report of the course of instruction in the principles and practice of Water-Cure, in the American Hydropathic Institute. Such a report, we believe, may prove both interesting and instructive to all our readers.

The applicants for admission, in writing to Dr. Nichols, uniformly requested his advice in regard to a course of preparatory reading. His answer was, "Read any recent work on chemistry, anatomy, and physiology; read everything on Water-Cure." He has warmly recommended Dr. TRALL'S ENCYCLOPEDIA, as a well arranged, thoroughly digested, and admirably illustrated work. Perhaps the best book for a student to begin with would be "Arnott's Elements of Physics," a book of natural philosophy. "Combe's Physiology," and several of the works of the Messrs. Fowlers, are very useful. Natural philosophy, natural history, in all its branches, and chemistry, are proper introductions to anatomy, and these form the elements of physiology, which is the central science on which all pathology and therapeutics must depend.

The regular course of instruction at the Institute has consisted of three lectures a day, of one hour each, from nine o'clock A. M. to 12; occasional afternoon lectures, and others in the evening. The afternoon lectures have been demonstrative of anatomy and pathology, and have been given, mostly at the celebrated Anatomical Rooms of the Brothers Hyatt, where the class has had the opportunity of inspecting every condition of morbid anatomy, as well as every variety of normal specimens. A portion of this course consisted in the careful inspection of the admirable collection of wax models, imported from Florence, by the late Signor Sartil. Evening lectures have been given by Prof. L. N. Fowler, on phrenology; Dr. Redfield, on physiognomy; S. P. Andrews, Esq., on social science and political economy; and by Dr. and Mrs. Nichols, on morals and philosophy.

The Institute has been also a society of mutual improvement, a portion of each day having been occupied in lectures by the students, and in debates on medical, scientific, or moral questions; while a cordial good feeling and fraternal spirit has pervaded the class, they have enjoyed the most absolute freedom of opinion.

The class-books used in the school have been, the Hydropathic Encyclopædia of Dr. Trall; Smith and Neal's Compend, an allopathic work, which, in a single volume, contains careful treatises on chemistry, anatomy, physiology, surgery, theory and practice, and obstetrics; Wilson's Anatomy, Carpenter's Physiology, &c. In chemistry, the admirable Chemical Chart of Prof. Yeomans was found of the greatest assistance.

Dr. Nichols' course has consisted of over one hundred and thirty lectures, of one hour each, with weekly examinations, reviews, and clinics. He began with some twenty lectures on natural philosophy and chemistry; then gave fifty or sixty lectures on anatomy and physiology, and the remainder on general pathology and diagnosis, special pathology, and the treatment of diseases,—finished with a course on surgery. Yet, from first to last, from the first principles of natural philosophy to the simplest surgical operation, the whole subject was interwoven together, and the central principles of physiology never lost sight of. The two important subjects of physiology and diagnosis, so commonly neglected in medical schools, were here the prominent points of the whole system of instruction.

Mrs. Gove Nichols gave a very full course on the principles of physiology and pathology, special diagnosis, the diseases of women and children, and midwifery, and also lectured upon special diseases, and gave instructive cases from her experience. This course consisted of over sixty lectures, of one hour each; and their value can only be estimated by those who heard them, or who may hereafter receive the benefit of her instructions.

It remains to say a few words of the school itself. It may be doubted whether such a class was ever assembled, in any age of the world, for any purpose. Numbering twenty-six, it was composed of nearly an equal number of both sexes. Nearly one half of each sex were married. Their ages varied from twenty-one to forty-one. Some of the most devoted of the women had left their husbands and children, and come hundreds of miles to get this instruction. One came from Ala-

bama, another came, with her young child, from Ohio. Is it strange that a cause should flourish when it elicits such devotion?

The whole class was eminently characterized by an earnest enthusiasm, great benevolence, enlarged views, an absence of bigotry, and a free, genial, fraternal spirit. Benevolence, in all cases, was the predominant organ. If their studies were arduous, and they were to such a degree that nothing but a Hydropathic regimen could have sustained them; they were also a source of enjoyment. They will look back to these three months as the happiest period of their lives; and the ties of friendship here formed, can never be severed. They go forth, a band of pioneers, in a glorious cause—the missionaries of health, and physical and moral purity to the world.

With intellectual and social improvement and enjoyment, the members of the class have manifested an improvement in their personal health, of a very remarkable character. Every one has been benefited in this respect, and some who were seriously diseased, have apparently laid the foundation of a vigorous recuperation. This fact is in striking contrast to the pale, sallow, debilitated looks of medical and other students, at the close of their terms. The reason is simple. These students of Water-Cure have not only learned the laws of health, but they have obeyed them.

The Professors of the Institute have had difficulties to contend with, necessarily attendant upon a new and untried experiment; but all things considered, it may be considered as eminently successful; and we hazard nothing in saying that there never went forth from any medical institution, in this country, a class of pupils better grounded in true science, or who will do more good to the world.

The next term of the Institute will commence on the 19th instant. In the next number we shall give an account of the commencement ceremonies, and the names of those who were awarded the diploma of the Institute.

T. L. N.

THE WATER-CURE IN TENNESSEE.—J. G. F., writing from Memphis, thus expresses himself:—

"I will, at any and all times, take pleasure in furthering the interests of the Water-Cure Journal, to which I am a subscriber, as well as your other publications in that behalf, whenever I can conveniently do so. There is already decided interest being manifested here for the establishment of a 'Water-Cure' in or near this city. The Hydropathic practice is warmly advocated by some of the best informed of our physicians, and is to some extent practised by them."

Business Notices.

THE PREMIUMS AGAIN.—We here repeat the offer which was made in the last number of Vol. Twelve.

EVERY PERSON who sends us \$25.00 shall receive FIFTY COPIES of the WATER-CURE JOURNAL, one year—and a complete set of the WATER-CURE LIBRARY, in seven large 12mo. volumes, beautifully bound, in embossed muslin, lettered on the back in Library style.

THOSE WHO SEND US \$30.00 shall receive One Hundred Copies of the Journal, one year, and two sets of the LIBRARY.

THOSE WHO SEND US \$10.00 shall receive Twenty Copies of the Journal, one year, and a copy of The Water-Cure in America.

THESE PREMIUMS may be sent by express, or as freight, to any place desired. Already, large clubs have been sent in from various neighborhoods, where but a single copy of the Journal had previously been taken. Every family should join a club, and become subscribers for the Water-Cure Journal for 1852.

IF OUR FRIENDS AND CO-WORKERS take this matter in hand, they can place Hydropathy and the Water-Cure Journal beyond the competition of all other systems known in the healing art. Then, let every man and woman help. Faith and works must go together. Give us your

THE RATES OF POSTAGE ON THIS JOURNAL, as fixed by the Postmaster General, are as follows:—

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The Postage on LETTERS always to be pre-paid. THREE CENTS to any post office in the United States.

WHEN BOOKS are ordered to go by mail, the postage must be pre-paid at the office of publication.

OUR BOOKS IN ST. LOUIS.—Hitherto, no special arrangements had been made for the supply of this great market, for our various publications, the demand for which, of late, has been large. We have now made arrangements with Messrs. Post & Co., of that city, who will, in future, supply that market, at wholesale or retail prices.

By referring to advertisements it will be seen that there are now FOUR MONTHLY JOURNALS published at 131 Nassau street, New York, in Clinton Hall, by the same firm, namely—the WATER-CURE JOURNAL, the STUDENT, the PHRENOLOGICAL JOURNAL, and the UNIVERSAL PHONOGRAPHER, each at one dollar a year, in advance. For objects, editors, club terms, etc., see PROSPECTUSES.

SPECIFY.—When ordering Journals, please specify WHICH is wanted, and be careful to give the POST-OFFICE, COUNTY, and STATE, also, the name of the writer.

When books are wanted to go by mail or express, the order should be written on a slip of paper, separate from that containing the names of subscribers for the Journals.

OUR JOURNALS will be sent in clubs, to one or one hundred different post-offices, as may be desired. It will be all the same to the publishers.

Varieties.

A VIEW OF THE GREAT EXHIBITION.—"For twenty-five cents!" Yes, incredulous reader, the days of miracles still continue. We regard some of our modern miracles incomparably beyond those of all the heathen gods combined. Have we not the ELECTRIC TELEGRAPH with which to span the GLOBE, the vibrations of which convey intelligence with the quickness of LIGHTNING? Then look at our modern LOCOMOTIVES, THUNDERING over the land, and through mountains, carrying the luxuries of life to far-off people, with a swiftness surpassing all other means known to man.

Then look at our NOBLE OCEAN STEAMERS bridging the seas, and placing all nations and races into direct communication with each other.

Be not surprised, then, at any announcement which may be made, however startling. Think you that a single human mind can grasp all the developments in science in a moment? No; this can only be done by the Omnipotent. Then let us live and learn. But we were speaking of the "Great Exhibition," of which all the world have heard so much, and now to be viewed for only twenty-five cents.

MR. P. T. BARNUM—friend Barnum, neighbor Barnum, or "the immortal Barnum,"—is now exhibiting in our city a panoramic painting, which, for magnificence, splendor, and perfection, is only equalled by the Crystal Palace itself, showing the outside and inside of that most wonderful building, together with all its contents, when in the highest tide of its glory.

After spending an evening together with the editorial fraternity of our city, in looking at this most beautiful work, we heard it pronounced "the greatest achievement yet attempted in the art of panoramic painting."

With a perfect Atlas, we may study the geography of the world while sitting at the fireside. So too we may, with this immense moving Panorama, study with equal advantage "THE GREAT EXHIBITION OF THE WORLD'S INDUSTRY," without rising from our seat.

We predict greater success and a more perfect triumph for Mr. Barnum, with this Panorama, than he has ever obtained before; not excepting his Jenny Lind engagement, his Museums, Menageries, and all other enterprises.

THE AGE OF PROGRESS.

BY LEREL.

Surely this present age doth seem
The Age of Progress and of Steam,
Of Telegraphs and Railroad trains,
Of pondering minds and puzzling brains,
Of active hands and steady arms,
Of fearless hearts 'mid all alarms;
Of Enterprise, who o'er the world
Hath wide her banner fair unfurled;
Of Science, too, whose hundred eyes
Seek the best path to mount the skies,
Find Planets new and Comets bright,
Questions each little ray of light,
Whence it hath come? where it hath been?
What fields explored? what sights 't hath seen?
Invention too with ceaseless plod,
O'er the wide world her way hath trod,
World's Fairs, and new Fresh-water Gas,
Id omne genus—all that class;
UTILITY is now the word,
Nor bard nor poet now is heard.
Well, be it so, since so it must;
Roll onward in your clouds of dust,
But as ye roll!—beware!—beware!—
Push not your progress on too far,
Lest future ages gazing here,
With pity view your vain career.

[Our friend LEREL gets on well, until he comes to "beware;" after which, he seems to fear being laughed at by future generations. For our part, we believe in "being sure we are right," then "going ahead." "Let the world say what they will."]

HONESTY IN LITTLE THINGS.—The following account of a practical sermon is copied from the Vermont Chronicle:—

"A brother in the ministry took occasion to preach on the passage in Luke xvi. 10. 'He that is unjust in the least, is unjust also in much.' The theme was, that men who take advantage in small things of others, have the very element of character to wrong the community and individuals in great things, where the prospect of escaping detection or censure is a little to be dreaded. The preacher exposed the various ways by which people wrong each other; such as borrowing; by mistakes in making change; by errors in accounts; by escaping taxes and Custom House duties; by managing to escape postage; by finding articles, and never seeking owners; and by injuring articles borrowed, and never making the fact known to the owners when returned. One lady next day met her pastor, and said, 'I have been up to Mr. —, to rectify an error he made in giving me change a few weeks ago; for I felt bitterly your reproof yesterday.' Another individual went to Boston, to pay for an article not in her bill, which she noticed was not charged when she paid it. A man going home from meeting said to his companion, 'I do not believe there was a man in the meeting-house today, who did not feel condemned.'"

[It is this practical preaching, and bringing home to the conscience of every one the duties of life in all things, that gives HENRY WARD BEECHER such power and influence. He finds texts for sermons in stores, workshops, the street, in the domestic circle at home, in all the highways and by-ways of life, and then points out the right way and the wrong way in such language as not to be misunderstood. This it is that takes hold of the feelings, and arouses a determination on the part of the hearers to better deeds.]

A BACHELOR'S WOES.—What a pitiful thing an old bachelor is, with his cheerless house, and his rueful phiz, on a bitter cold night when the fierce winds blow, when the earth is covered with a foot of snow. When his fire is out, and in shivering dread, he slips 'neath the sheets of his lonely bed. How he draws up his toes, all encased in yarn hose, and he buries his enos 'neath the chilly bed clothes; that his nose and his toes, still encased in yarn hose, may not chance to get froze. Then he puffs and he blows, and swears that he knows no mortal on earth ever suffered such woes, and with ah's! and with oh's! and with limbs so disposed, that neither his toes nor his nose may be froze, to his slumbers in silence the bachelor goes. In the morn when the cock crows, and the sun has just rose, from beneath the bed clothes pops the bachelor's nose, and as you may suppose, when he hears how the wind blows, and sees the windows all froze, why back 'neath the clothes pops the poor fellow's nose, for full well he

knows, if from that bed he rose, to put on his clothes, that he'd surely be froze.—From one who "knows."

[In such a condition of "things," who wouldn't take a wife, if he could get one? But the above picture pertains only to those bloodless, cheerless, gloomy, complaining, fault-finding, medicine-taking, tobacco-chewing, tea-and-coffee-drinking individuals, who believe in the "total depravity" of mankind in general, and of women in particular. He should never marry unless to afflict posterity.]

A WOMAN was recently removed from the charge of a Post-office, because she was the mother of half a dozen democratic boys.—*Exchange Paper.*

[Oh, the wickedness of unfatherly and unscrupulous Democrats! They are every bit as bad as the Whigs. Wonder if the "Free Soilers" would be so unmerciful? We intend to vote the Hydropathic ticket, and elect a BLOOMER. Whom shall we nominate for our next President? Mrs. Swisshelm has declined.]

EXPENSIVE—It costs a thousand dollars to advertise by the year in the London Times.—*Boston Paper.*

[And only twelve dollars a year in the Water-Cure Journal, *t. e.*, for a card of four lines.]

"A GOOD WIFE," says a western editor, "is one who puts her husband at the side of the bed next to the wall, and tucks him up to keep him warm in the winter, splits the wood, makes the fire in the morning, washes her husband's face and draws on his boots for him; never scolds, never suffers rents to remain in her husband's small clothes, keeps her shoes up at the heel, and her stockings darned; never wonders what her husband sees interesting in the young woman who lives across the way; never slams the door loud when her husband is speaking, and always reproves the children when they eat their father's supper."

[We fear this "western editor" would get "Caudled," if he were to preach such doctrines "down East," where all good husbands are expected to milk the cows, churn, help wash, dress and feed the baby, watch the hens' nests, heat the oven, and various other domestic duties, too "tedious" to mention. And why not? hasn't he "a right" to help about the house?]

TRACTS FOR LIBERTY.—The New York Tribune proposes that every American shall be a Propagandist for Liberty, wherever he goes. We second the motion.

But the Tribune goes on to recommend the publication of Tracts, thus:—

"What then shall we do in America? We say, organize a comprehensive and permanent system of Republican Propagandism—prepare and publish elementary tracts and treatises on the Rights of Man, the basis and limitations and true sphere of Government, the essential iniquity of Despotism, and the blessings of even comparative Freedom, as evinced in the condition and progress of these United States."—*Exchange.*

[All very well. We advocate the universal diffusion of Tracts, all over the world. But were our American citizens to attempt the distribution of these documents abroad, say in Rome, Vienna, or St. Petersburg, they would either be imprisoned or beheaded. We "go in" for the Tracts, but must look out for our necks.]

A WORTHY EXAMPLE.—The Postmaster General of CANADA has abolished the postage on provincial papers passing between Canada and Nova Scotia, New Brunswick, Prince Edward's Island, and Newfoundland. This is right. And we now ask the United States Government to give the people of this Republic equal privileges. We demand, in the name of OUR TWENTY-FIVE MILLIONS OF AMERICANS, CHEAP POSTAGE; namely, ONE CENT for LETTERS, through the Union, and newspapers FREE. If the Post-office receipts should, at first, fail to defray the expenses of the Department, then let it be supported out of the public fund, on the same principle that the Navy is supported. We have felt the public pulse, and we know this proposition would be acceptable to the people—leaving out of the question a few noisy, ignorant, peddling politicians, who seem to care no more about the wishes of the people than they know about their necessities. We shall pull on this cheap postage rope, until we choke off its opponents.

THE HOMESTEAD.—Here is what Thomas Jefferson said, in a few words, on this subject, a great many years ago. There

is more necessity now for the new "declaration," than there was then:—

"When the war is over and our freedom won, the people must make a new declaration; they must declare the rights of man, the individual, sacred above all craft in priesthood or governments; they must at one blow put an end to all the trickeries of English law, which is garnered up in the charnel of ages, binding the heart and will with lies. They must perpetuate republican truth, by making the homestead of every man a holy thing, which no law can touch, no juggler wrest from his wife and children. Until this is done, the revolution will have been fought in vain."

MILLINERS AND DRESS MAKERS.—There are about 15,000 milliners and dress makers in London. They commence work usually at from fourteen to sixteen years of age, when the future health and constitution are determined by the care they receive. A very large portion of these girls are boarded and lodged by their employers, and they often come from the country healthy and strong. During the busy seasons, *t. e.*, from April to August, and from October to Christmas, the regular hours of work "at all the principal houses" are, on the average, eighteen hours daily.

[The new AMERICAN COSTUME will have a tendency to remedy this excessive toil. So we hope.]

MATRIMONY.

"Love in the tub and the bottom fell out."—AKON.

A couple sat beside the fire,
Debating which should first retire.
The husband sportively had said—
"Wife, you shall go and warm the bed."
"I never will," she quick replied;
"I did so once, and nearly died."
"And I will not," rejoined the spouse,
With firmer tone and lowering brows.
And thus a war of words arose,
Continuing till they nearly froze,
When both grew mute—and hovering nigher
Around the faintly glimm'ring fire,
They trembled o'er the dying embers,
As though the ague had seized their members,
Resolved like heroes ne'er to yield,
But force each other from the field;
And thus this once fond loving pair
In silence shook and shivered there,
Till every spark of fire was gone,
And cocks were crowing for the dawn:
When all at once the husband said—
"Wife—hadn't *tee* better go to bed?"

[Should such an event take place in our family, we should send straightway for the great POLITICAL COMPROMISERS, say, HENRY CLAY and DANIEL WEBSTER, who would, doubtless, "settle our coffee" at once, by putting us into the most beautiful harmony possible. No more agitation or grumbling, but we should go straightway to sleep in the great "Omnibus."]

SICK HEADACHE.—It is said that persons afflicted with this distressing complaint can obtain relief in two or three minutes by looking steadily at a piece of green baize, silk, or any other green substance. The remedy is simple enough to warrant one trial at least.—*Exchange Paper.*

We advise any one who is inclined to try this remedy, to look in the glass.—*Day Book.*

[“Purely vegetable,” we should say, and a decided improvement on “Cod Liver Oil,” *Allicumfunday*, or the *Balaanic Gattery*.]

This “Green” discovery must have been made by the recent Allopathic “National” Medical Convention, as it is the only new medical discovery announced since the last session.]

THE EFFECTS OF TAKING SNUFF.—I sincerely pity any wud laborer, like myself, udder ad attack of that abominable catarrh which is afflicting us bortalis just dow. For the last eight or ted days, I have fond it utterly impossible to prodouces ad ad or ad ed—by nasal organ isocobpletely ad utterly closed, ad therefore what little breathing I do is necessarily dud through the bouth. I dink a little Black Sduff would do me good, dod't you?

A GOOD SUGGESTION.—“I wish that we could create a general passion for gardening and horticulture—w. want more

beauty about our houses. The scenes of our childhood are the memories of our future years. Let our dwellings be beautified with plants and flowers. Flowers are, in the language of a late cultivator, ‘the playthings of childhood, and the ornaments of the grave; they raise smiling looks to man and grateful ones to God.’”—*Life Illustrated.*

FOR ONE DOLLAR A YEAR—Either of the following named Journals may be obtained:

THE AMERICAN PNEUMOLOGICAL JOURNAL—A Repository of Science, Literature and General Intelligence, amply illustrated with Engravings. Published monthly by FOWLENS AND WELLS, No. 131 Nassau street, New York.

THE WATER-CURE JOURNAL and Herald of Reforms—Devoted to Physiology, Hydropathy, and the Laws of Life, profusely illustrated. Terms the same.

THE STUDENT and Family Miscellany, designed for children and youth, parents and teachers. Illuminated with engravings. Terms the same.

THE UNIVERSAL PHONOGRAPHER—Devoted to the Dissemination of Phonography and to Verbatim Reporting, with Practical Instruction to Learners. Printed in Phonography. Terms the same.

Either, or all of these Monthlies will be sent by mail to any Post Office in the United States, for one dollar a year, each. All letters and orders should be post-paid, and directed to FOWLENS AND WELLS, No. 131 Nassau street, New York.

THE MOST USEFUL PEOPLE.—Persons who are always cheerful and good-humored rank among the most useful in the world: for they maintain peace and happiness, and spread a thankful temper amongst all who live near them.

GENTLE REPROOF.—To give a reproof with discretion, so as to make it acceptable, well becomes both the reprover and the reprovéd.

How oft a little word,
In kindness softly spoken,
Has strength and power to heal
A spirit well nigh broken.
The pleasant smile of love
Will oft a light impart,
To penetrate the mists
That gather round the heart.

Mrs. Partington having heard her son say that there were a great many anecdotes in the new almanac, begged him to out them all out, as she had heard that when anybody was poisoned, nothing was necessary but to give him an anecdote, and it would cure him.

“As I was going,” said an Irishman, “over Westminster Bridge the other day, I met Pat Hewins. ‘Hewins,’ says I, ‘how are you?’ ‘Pretty well, I thank you, Donley,’ says he. Says I, ‘That’s not my name.’ ‘Faith, no more is my name Hewins,’ says he. So we looked at each other, and faith it turned out to be neither of us.”

FIRST RATE PHTHIC.—Dr. Wendell has just invented a new variety of pills to “purge melancholy.” They are made of fun and fresh air, in equal proportions, and are to be taken with cold water three times a day.

TO KEEP EGGS FROM SPOILING.—Eat them while they are fresh. We have tried all kinds of methods, but this we think is the only one to be relied on “in any climate.”

CAUSE AND EFFECT.—We copy the following significant items both from the same paper—merely placing them together:—

“The poor in the workhouses in Ireland are in the most miserable state.”

“7,066,374 gallons of whiskey were consumed in Ireland last year.”

Pride and conceit emanate from a weak mind; you never see a man of strong intellect, proud and haughty.

Why is the letter t like an island? Because it is in the middle of wa(t)er.

Never laugh out of season, nor scold without a reason.—*Dr. Wisdom.*

[We believe in laughing, but doubt the propriety of scolding at any time, at any body.—*The Young One.*]

THE SIX OF EGGS.—This question has been discussed in all the papers, and more recently by a debating society; but as it was impossible to decide the point, it was referred to the committee of the "New England Hen Convention."

To Correspondents.

SOBE EYES.—Rev. G. F. C., Warwick. You ought to employ, in addition to some general daily bath or ablation, both revulsive and derivative baths. The head-bath once a day for twenty minutes, with two or three hip and foot-baths, of five to ten minutes each, would be a good arrangement. If there is anything like a torpid liver, wear the abdominal compress, and attend carefully to the diet.

LIVER COMPLAINT.—Mrs. O. B., Marshfield. Do not walk so much as to cause anything like distressing fatigue. Be sure and get to bed early, and sleep all you can, quietly. There is nothing like plenty of sleep for *lean* persons. If you get perfectly comfortable after all your baths, continue them; if not, omit the 3 P.M. bath.

PILES WITH SEVERE CONSTIPATION.—A. R., Providence. Eat brown bread, wheaten grits, with fruits and vegetables, *exclusively*; drink water freely, and nothing else; take a daily general ablation, one or two sitz baths, and a tepid injection. This plan *will* cure, if persevered in.

PROLAPUS UTERI.—Several Subscribers, Monroe, Me. The appropriate treatment is moderate general bathing, a rigidly plain and abstemious diet, with frequent hip-baths, and tepid, cool, or cold injections. In some cases the displacement is so great as to require mechanical management.

INDIGESTION WITH TORPID LIVER.—B. P. H., Pittsburg. Your case requires one daily ablation, or towel wash; one or two hip-baths daily; the wet girdle to the abdomen; daily injections until the bowels become free; and a coarse, unconcentrated diet.

ULCERS IN THE EARS.—D. S., Westmoreland, N.H. These cases can generally be cured. The case you mention requires frequent syringing of the ear with tepid water; some form of general bath daily, as the dripping-sheet, or half-bath; one or two foot-baths daily, and a plain, opening diet.

POETRY.—E. J. P. sends us a sample of water-cure poetry, and asks if we judge her capable of making acceptable poetry, or reporting cases acceptably. She can do the latter now; and by practice will attain the former qualification. Study brevity, Miss P., as the "first law," if you aspire to authorship.

A HYDROPATH, ELKHART Co., Indiana, is informed that we expect to treat the subject on which she writes, in a more philosophic manner, in the present volume. We hope to hear from her again, and on *other* subjects.

Book Notices.

PASIONAL HYGIENE. By Dr. M. EDGEWORTH LAZARUS. 12mo. 240 pages. Price 50 cents. New-York: FOWLER & WELLS, Publishers.

[The following extract from the proof-sheets will interest the reader:]

Viewed in its ACTIVE QUALITIES, water is the principal solvent in the material world, penetrating and cleansing bodies, as truth penetrates the soul and washes out errors and the evil dispositions prompting them. This is not effected suddenly either in the physical or the spiritual world. The first effect of dissolving dirt only causes it to show more plainly. The first effect of the water-cure often exacerbates diseases, revives old symptoms, and causes the organic foulness to show itself in hideous boils and eruptions, with grave functional disturbances, before washing it out entirely in excretions of horrible fetor from the skin and mucous mem-

branes, and presenting in grains or globules the mercury and other mineral poisons which have infected the organism, and which were causes of organic evil because they fulfilled no true relation in its tissues. Thus of truth in its first action on the soul, either of the individual or the mass. Before it can organize itself in action, it must first conquer and extirpate the false habits of action rooted in preconceived ideas, or determined by circumstance and sphere. Hence tears and sobs, and not unfrequently the organism sinks, unable to sustain the struggle. We shall be much deceived if we suppose, that a truth once fairly accepted by the mind is inactive because the conduct or practice of life is in direct contradiction to the opinions of an individual or a society. It is only the shivering from the first shock of the moral shower-bath which is followed in due season by a higher organic tone.

The most vicious institutions are perversions of very high truths and goods. The Inquisition for instance, asserts the supremacy of the spiritual life, since it tortures the body in order to save the soul, and it teaches the unity of the race and hints at the connection of individual destinies in a collective destiny, since it is not willing that each of us should be saved or damned on his own account, but holds men responsible for each other. Isabella of Castile was no fiend, but a noble and tender woman, and if she authorized tortures and persecutions, it was only as she supposed to act the part of a surgeon who cauterizes an ulcer or amputates a mortified limb, to prevent the extension of the mischief.

As water and truth are the essential principles of organic formation, so they are of regeneration. Water is the instrument of organic regeneration, as the reception of truth is of the spiritual regeneration. This is recognized by Christ in his choice of it as the emblem of spiritual regeneration in baptism,* an institution rendered practical in Eastern countries by the daily use of the bath as a rite of religious hygiene. The American Indians, the Russians, and the Islanders of the South Pacific, find in it their sovereign restorative, and modern physicians complete this experience in the celebrated water-cure to which we have already alluded. The characteristic principle of water-cure is its absolute reliance on the internal life principle, whose reactive powers once liberated, accomplish every cure. It aims simply to remove obstructions, so that life may be manifested in its own organic type. Thus it is the very opposite of that drug-practice which introduces into the system agents that invariably disturb and change its organic type, whether in health or in disease, and of that system of false stimulation, which cheats man out of his natural energy by persuading him continually to borrow, to beg, or to lean on crutches. The same principle of vital reaction is the foundation of Homoeopathy, which aims, in the preparation of its remedies, to neutralize disease, without disturbing the organic type of life, by presenting to it its correspondence or medicine capable of inducing the same.

Water constantly seeks its level, as truth rises in all minds open to receive it, seeking a spiritual level over all the earth in characters of a parallel intellectual development, either similar or dissimilar in tastes, temperaments, and other qualities. Thus in the promulgation of doctrines, each has its sect already prepared, beyond which its progress is impossible, because it cannot rise higher than the intelligence which produces it, and cannot remain lower while channels of communication exist.

The level-seeking properties of water reveal to us the true law in regard to the presentation of truth. We have nothing to do save to remove obstructions, that the fountain may well up into the mind prepared to receive it, and this must be done gently so as not to muddy the water. In a certain transcendent or potential sense, you can only give others what they have already. You can only introduce them to themselves. Thus Emerson imputes the delight we take in the great characters of history or in the highest works of art, to a secret consciousness that these things and the power to accomplish them pre-exist in ourselves, whether they be or be not evolved from the potential germ into the actual incarnation or organic structure during such or such a term of individual life. He tells us to consider genius as a travelling geologist, who shows us good marl or gypsum, or may be a vein of precious ores, on our own estate.

In the composition of water we have already observed the

* It is also the element of communion by its fluency and inter-penetrating qualities, and the spiritual life of man is sustained by communion with his fellow creatures, as the organic life of his solid tissues, or that of the Earth in its mineral strata is sustained by the circulation and percolation of fluids.

correspondence of the small particles, as in mist or fog, with partial truths or fragments of truth, which obscure the intellectual atmosphere by prejudices, superstitions, &c. We find another hieroglyphic in its chemical synthesis.

Here we recognize two elements: Oxygen, the chief active principle of nature, the great supporter of combustion, disintegrator of minerals, and transformer of vegetable and animal tissues; and Hydrogen, which is in all these aspects a passive principle, a combustible itself instead of a supporter of combustion, and an essential component of organic structures instead of destroying or transforming them.

Every integral truth must in like manner be compounded of essence and of force, of being and of doing. The living body, chief concrete type of truth, represents the passive element in its viscera and ganglionic nervous system, sustaining and nourishing its active side in the cerebro-spinal system and locomotive organs, intellection and outward acts or external relations. If the Oxygen element tyrannizes, then *doing* becomes the martyrdom of being, and the claims of external relations drain and despoil us, so that we become equally worthless to ourselves and to others, and pave the road to hell with our good intentions. If the element of *being* prevail too exclusively, there is again no truth, as there can be no water except by a definite proportion of 2 to 1 in volume—1 to 8 in specific gravity, between oxygen and hydrogen. We have the character falsified by a sort of transcendentalism which lifts itself like the balloon filled with hydrogen into the upper regions of the atmosphere, quite removed from all practical relations with human affairs, and this dreamy selfishness at last becomes as irksome to the individual as it is futile for the race.

The poise or equilibrium of these two principles, may be effected in the individual character when the lymphatic temperament is connected with the nervous sanguine or nervous bilious so as to sustain their functions of active external relations by its functions of sleep and full nutrition, so that our strength is periodically renewed and the opposite tendencies to motion and to rest, to impart and to receive, divide the regency of life, and do not struggle against each other in the same province. Thus we attain HEALTH or organic harmony and sanity. Life becomes sweet and rich, honoring God in itself, and blessing, like the Rose, by its pure emanations; or strong and elastic in its external reactions, so that our REPOSE becomes persuasive and our MOVEMENT efficient.

THE ILL-STRATED LADIES' KEEPERS. Edited by ASABEL ABBOTT. New-York: John S. Taylor.

An octavo volume with 300 pages, beautifully and substantially bound in gilt, containing steel-plate engravings of the following distinguished personages:—Jephthah's Daughter, Esther, Ruth, Miriam, Bathsheba, Sarah, Rahab, Judith, Herodias, Martha, the Woman of Samaria, Mary Magdalene. Besides the portraits and characters of the above-named women, the volume contains numerous pieces of prose and poetry to complete the volume.

We have not read this work, but from the expensive manner in which it has been brought out, we infer that it must possess at least as great merit as other gift books of the same price.

RURAL HOMES; or Sketches of Houses suited to American Country Life, with Original Plans, Designs, etc. By S. WHEELER. New-York: Charles Scribner.

A beautifully-printed 12mo volume, with 298 pages, illustrated with several engraved views and plans for country houses, with remarks in regard to appropriate furniture, etc., etc. The N. Y. Mirror says—"The writer of this work is, evidently, a gentleman well educated, adding the advantages of travelled observation to the acquirements of study; and he has produced a book which will be of service to the science of which he is a professor and enthusiast. We hope its success will induce him to expand it into a still larger treatise upon buildings simply, leaving the question of furniture to some separate publication."

We rejoice in the multiplication of good books on *rural* architecture. It is an evidence of the growing intelligence and refinement of our people.

THE AMERICAN RAILWAY GUIDE FOR THE UNITED STATES. New-York: C. Dinsmore. Price 12½ cents.

This convenient pocket guide continues to be published monthly, with such information as the traveller needs in relation to the place, time, and expense of passing over the various railroad and steamboat routes.

Advertisements.

A limited space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$50. For one column, \$18. For half a column, \$10. For less than half a column, twenty-five cents a line.

At these rates, the smallest advertisement amounts to less than one cent a line, for EVERY THOUSAND COPIES of the Journal, our Edition being never less than 35,000 copies.

THE AMERICAN PHRENOLOGICAL JOURNAL. PROSPECTUS OF VOL. XV. for 1852, commencing on the 1st of January.

THE PHRENOLOGICAL JOURNAL is published in New York on the first of each month. It is devoted to SCIENCE, LITERATURE, and GENERAL INTELLIGENCE.

PHRENOLOGY forms a leading feature, which will be fully explained, amply illustrated with portraits of the virtuous and vicious, and its doctrines applied to all the practical interests and pursuits of mankind.

PHYSIOLOGY, or the Laws of Life and Health, will be clearly defined, extensively illustrated, and made interesting and profitable to all; our motto being, "A sound mind in a healthy body." The Human Race is suffering from weakness and disease, both of body and of mind. To teach Society how to develop the body, so that health, happiness, and long life may be the result, will be our great aim in this department.

HOME EDUCATION will occupy much attention, and be just the kind of knowledge that the mother requires, as a guide in the discharge of her important duties. Nine-tenths of the positive vices of mankind arise from improper training in the first twelve years of life. It will be our special care to make the Journal a monitor for the mother, in the true practical duties of domestic education.

YOUNG MEN will find the Journal a friend and foster-father, to encourage them in virtue, shield them from vice, and to prepare them for usefulness and success in life. The various occupations will be discussed in the Journal in the light of Phrenology and Physiology, so that every one may know in what pursuit he would be most likely to succeed.

PHRENOGNOMY, or the external signs of character, as shown by shape, expression and natural language, will be presented.

MAGNETISM will be unfolded, and a rational explanation given of its phenomena and uses, and those interesting Psychological facts which seem to open to the world a new field of interest in the empire of mind.

AGRICULTURE, the primitive, most healthful, and independent employment of man, will receive much attention, and such facts and philosophy will be given, illustrated by engravings, as will make the Journal eminently valuable to the farmer, and indeed to all who have a fruit tree or a garden.

MECHANICAL.—As at least one-half the wealth of the world comes through the exercise of the faculty of CONSTRUCTIVENESS, the various mechanical arts will be encouraged, new inventions explained and illustrated, with expensive and spirited engravings. The great interests of the mechanic, from the anvil to the ship, and the proudest edifice of Architecture will find a cordial welcome and earnest support in the pages of the Journal.

THE NATURAL SCIENCES, Art, Literature, Mechanism, Agriculture, and General Intelligence, will be presented in the Journal, constituting an essential feature for 1852.

ENGRAVINGS to illustrate all the leading topics of the Journal, more numerous and beautiful than formerly, will commend this volume to all readers.

THE MECHANIC, the Farmer, the Professional Man, the Student, the Teacher and the Mother, will find each number of the Journal an instructive and valuable companion.

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Please address all letters, POST-PAID, to FOWLERS & WELLS, CLEVELAND HALL, No. 131 Nassau-st., New York.

This Journal may be ordered in connection with THE STUDENT, THE UNIVERSAL PHONOGRAPHER, or THE WATER-CURE JOURNAL, each at \$1 00 a year in advance, for single copies.

THE UNIVERSAL PHONOGRAPHER, FOR 1852.—PROSPECTUS OF VOL. I.—Published monthly, at \$1.00 a year, in advance.—It is printed in the corresponding style, and, to a considerable extent, forms an advanced instruction book for beginners, familiarizing the mind with the best phonographic forms, while it furnishes interesting reading upon art, science, literature, and the various topics of the day. A portion of its pages is devoted to Correspondence, Phonographic Intelligence, and the interests of the advanced phonographer, furnishing him with Original Essays, and selections from the choicest literature of the age.

The style of printing is so clear and beautiful, that the mind is never left in doubt a moment as to the sound each character represents, thereby making Phonography as legible as common printing. Please address all letters, post-paid, to FOWLERS AND WELLS, No. 131 Nassau street, New York.

THE SPREAD OF PHONOGRAPHY.

Every person who has had much writing to do, has felt the need of some means by which his thoughts could be fixed upon paper with the rapidity of oratorical speech, and with unerring certainty. Our present mode of communication is slow and wearisome; the mind is trammelled and fettered; the imagination crippled in its flights; thoughts warm and transparent grow opaque and freeze with a tedious dribbling from the pen; but, aided by PHONOGRAPHY, the whole soul pours itself forth in a sweet shower of thoughts, in words legible and certain as the impress upon coin fresh from the mint.

PHONOGRAPHY furnishes the same extraordinary facilities for rapid writing that the RAILROAD does for rapid travelling; and is as much superior to the common long hand as the railroad is to the old stage-coach. The student of law, of medicine, of theology, the editor, the minister, and the lawyer, who understands it, enjoys the same advantages, in time and comfort, over his less fortunate brother, as the traveller, seated in a well-cushioned, well-warmed railroad car, over his less shrewd and less fortunate fellow-traveller, who takes passage in a stage-coach. The far-seeing business man prefers the cars, because he can save time; the Phonographer writes Phonographically, because he both saves time and labor, performing with ease the labor of six hours in one.

To bring this great art to the attention of the friends of education, to spread its benefits far and wide, to introduce it as an element of early education into schools, academies, and colleges, to put every person who desires improvement in the possession of this railroad to knowledge, is a leading object and aim of the UNIVERSAL PHONOGRAPHER.

THE IMPROVEMENT OF PHONOGRAPHERS.

Hitherto there has been a great want of reading matter in Phonography. Beginners have lost their interest for want of something new and interesting to read. They have often been in doubt as to the best forms, and not feeling a sufficient confidence in their own phonographic knowledge to determine for themselves upon the best outlines for words, have neglected the subject until their early zeal is lost, and the fundamental principles are forgotten. This want will be supplied by the UNIVERSAL PHONOGRAPHER, furnishing them, as it will, with something valuable to read, while it constantly refreshes the memory with elementary principles. It will also point out the best course of practice, both in writing and reading, for obtaining the object so much desired by all—namely, the recording language with the rapidity of speech.

TO PERSONS WHO DO NOT UNDERSTAND PHONOGRAPHY.—By inclosing ONE DOLLAR in a letter, and directing it, post-paid, to FOWLERS AND WELLS, 131 NASSAU STREET, NEW YORK, you will receive a copy of the UNIVERSAL PHONOGRAPHER for one year, from which you can acquire a thorough knowledge of Phonography without oral instruction.

PROSPECTUS FOR 1852.—THE SATURDAY EVENING POST.—THE LEADING LITERARY WEEKLY OF THE UNION.—The Proprietors of the POST think it unnecessary to dwell upon the distinguishing features of their well-known weekly, whose brilliant success during an existence of thirty years is a sure guarantee for the future. We have the pleasure of announcing our continued connection with that distinguished authoress, Mrs. E. D. E. N. SOUTHWORTH, author of "The Deserted Wife," "Shannondale," &c. During the coming year, we have already made arrangements for the following nouvelles: KOLINE; or, MAGNOLIA VALS. By Mrs. CAROLINE LEE HENTZ, author of "Linda," "Rena," &c. VIOLA; or, ADVENTURES IN THE WEST; a companion to "Prairie Flower." By EMERSON BENNETT, author of "Prairie Flower," "The Bandits of the Osage," &c. TRIAL AND TRIUMPH: by T. S. ARTHUR, author of "The Iron Hand," "Temperance Tales," &c. And last, but not least, THE CURSE OF CLYPTON: a Tale of Explanation and Redemption. By Mrs. E. D. E. N. SOUTHWORTH, author of "The Deserted Wife," &c., &c.

The POST also will contain every week Selected Articles of the choicest description, One or More Engravings, Humorous Articles, the Most Interesting News, Local News, Bank Note List, State of the Markets, the Stock Markets, &c., &c.

TERMS.—The terms of the POST are Two Dollars, if paid in advance; Three Dollars, if not paid in advance. For Five Dollars, in advance, one copy is sent three years. We con-

tinue the following low terms for Clubs, to be sent in the city to one address, and in the country to one post-office: 4 copies, \$5.00 per annum; 8 copies (and one to the Agent, or getter-up of the Club), \$10.00 per annum; 13 copies (and one to the Agent, or the getter-up of the Club), \$15.00 per annum; 20 copies (and one to the Agent, or getter-up of the Club), \$20.00 per annum.

The money for clubs must always be sent in advance. Subscriptions may be sent at our risk. When the sum is large, a draft should be procured, if possible, the cost of which may be deducted from the amount. Address (always post-paid), DEACON AND PETERSON, No. 63 South Third street Philadelphia.

P.S.—A copy of the POST will be sent as a specimen to any one requesting it. Jan. 1st.

WATER-CURE INSTITUTION WANTED.—Dr. T. L. NICHOLS and Mrs. GOVE NICHOLS, finding it impracticable to secure accommodations in the city, necessary to a first class Water-Cure Establishment, except for a very limited number of patients, wish to obtain a suitable place in the country, by the first of May next. The requisites are:—1. A pleasant, salubrious situation, a few acres of land, and plenty of pure, soft water. 2. A house or buildings, capable of affording proper accommodations to, at least, fifty patients, with the privilege of making necessary additions. 3. Easy access indispensable; and the vicinity of New York preferred. There must be, within fifty miles of New York, or at a greater distance, some suitable place for a model Water-Cure Establishment, where we can give proper accommodations to our patients, and the pupils of our Institute. Any person or company owning such a place, or willing to build such an Establishment, and lease it for ten years, or sell with liberal terms of payment, will please address T. L. NICHOLS, M. D., 91 Clinton Place, New York.

SPRINGFIELD WATER-CURE, under the direction of Dr. E. Snell, having been attended with the most unprecedented success the past season, will be kept open through the winter. Large, commodious, and well-warmed Bath-rooms for both sexes, will make the treatment quite as congenial to the feelings of patients as the summer season, and much more beneficial. Terras \$6 per week. A liberal discount for those who stay three months. Dr. E. SNELL Proprietor and Physician. W. T. JENKS Steward. Jan. 2d.

GEO. HOYT, M. D., many years Physician to the W. C. Establishment in Athol, Mass., has removed to Boston. An experience of more than twenty years, in the cure of acute as well as chronic disease, is his warrant of success. OFFICE, No. 20 Winter street, BOSTON. Jan. 1st.

We take great pleasure in calling the attention of our readers who may visit New York, to the elegant Clothing Establishment of Messrs. BOOTH & FOSTER, Wholesale and Retail Clothiers, No. 27 Courtlandt-street, where they will find one of the most superb assortments of wearing apparel to be met with on the continent. Messrs. B. & F. do a tremendous business all over the United States, including California, Cuba, and portions of South America, and yet the utmost quiet and good order reigns in their establishment, where a gentleman is fitted with a single garment with as much care and courteous attention as though he was buying a large stock of goods. We had heard of cheap clothing before, and seen some of it, but after testing the manufacture of Booth & Foster, which, in style, elegance, and finish, is unsurpassed in Broadway or Paris, we were literally astonished to find them selling fifty per cent. below the usual custom prices. They must go upon the principle of the "nimble penny," and a nimble one it must be with them, for they are increasing in business and prosperity daily, and will soon be without a rival in their business.

If our friends, merchants and others, visiting New York, will call and examine for themselves, Messrs. Booth & Foster will need no recommendation from us. Jan. 1st.

TO BOOK AGENTS, AND OTHERS.—Fowlers and Wells, Publishers, 131 Nassau-street, N. Y., will furnish, in large or small quantities, all works on Phrenology, Physiology, or Hydrophobia; also on the various reforms of the age. Among others, works on Phonography, Education, and the Natural Sciences generally. Catalogues may be had on application.

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OUR NEW PROSPECTUS

THE WATER-CURE JOURNAL is published monthly, illustrated with engravings, exhibiting the Structure, Anatomy, and Physiology of the Human Body, with familiar instructions to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete FAMILY GUIDE in all cases and in all diseases.

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

Philosophy of Wealth.—This will be fully discussed, including Food, Drink, Clothing, Air, and Exercise, showing their effects upon both body and mind.

To Invalids, no matter of what disease, the principles of Hydrophaty may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.

PROSPECTUS

OF THE



AND

HERALD OF REFORMS.

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

To Our Friends.—We might add hundreds of testimonials from the Press, and THOUSANDS from subscribers, who have been benefited by it. Will not, then, every friend of progress and reform aid in extending the circulation of this JOURNAL?

THE WATER-CURE JOURNAL is published on the first of each month, devoted to the principles of Life, Health, and Happiness, on the following extremely low

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"THE WATER-CURE JOURNAL" is bold, earnest, and enthusiastic—written with the zeal and energy that nothing but sincere conviction can inspire. In its whole tone and spirit it presents a noble contrast to the vagueness, indecision, and technical prattle of many professed scientific journals. The facts which it brings forward in overwhelming abundance are sufficient to startle the Old Medical Profession out of the deepest slumber.—NEW YORK TRIBUNE.

FOWLERS AND WELLS, CLINTON HALL, 131 NASSAU STREET, NEW YORK.

FOR VOLUME XIII

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

Water-Cure at Home.

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

To Women and Mothers.

It is universally conceded by all intelligent practitioners, as well of the old school as the new, that the Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to woman. The Journal will contain such advice and instruction as may be considered most important in all these critical, yet unavoidable cases.

IMPORTANT CASES will be reported in detail, giving all necessary particulars, for the benefit of the million.

Notices to Subscribers and of the Press.

PUBLISHERS' NOTICES.

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

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

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

DRAFTS on New York, Philadelphia, or Boston always preferred. Large sums should be sent in drafts or checks, payable to the order of FOWLERS AND WELLS, properly endorsed.

All LETTERS addressed to the Publishers, to insure their receipt, should be plainly written, containing the name of the WRITER, the POST OFFICE, COUNTY, and STATE.

FRIENDS and CO-WORKERS in the advancement of THE WATER-CURE will see to it, that EVERY FAMILY is provided with a copy of the Water-Cure Journal for 1852. Note is the time.

MONEY on all specie-paying Banks may be remitted in payment for the WATER-CURE JOURNAL.

COMMENDATIONS

Time was when the secrets of the human constitution were locked up in volumes to which only a privileged few had the key: now they are offered to every man, woman and child in the land, and all who can read and desire to understand may learn through such a publication as THE WATER-CURE JOURNAL, whatever science has discovered in regard to the organization of man.—East Boston Ledger.

We regard this monthly as performing more real good than any other published. It always abounds in information which addresses itself to the common sense of the people; and the careful reader of a volume cannot fail to draw from its columns much that is invaluable.—Free Press, Milan, Ohio.

If people generally were to become familiar with and practise the doctrines it inculcates, they would have fewer long bills to pay to Allopathic "regulars" for drugging their systems until life becomes a burden.—Skeobogan Mercury.

Every column contains something of real utility and usefulness, and every person who values health, and wishes to extend his knowledge in physiology, anatomy, etc., should become a subscriber.—Osuego Palladium.

THE WATER-CURE JOURNAL is not only one of the most useful, but interesting, entertaining, and withal one of the cheapest publications that can be taken in a family.—Democratic Standard.

It is beautifully printed, and abounds in valuable information, and "a spice of mirth too." Every family ought to have the benefit of its enlightened instructions in regard to the important subject of health.—Fort Plain Radii.

It is truly an excellent journal, and no doubt the very best of its kind in the world.—Washington Democrat.

Every family in the United States should read works so purely scientific and practical.—Lexington Express.

It is one of the most valuable periodicals published in the country.—Milwaukee Free Democrat.

SPECIAL NOTICE.—All letters and communications relating to this Journal, should be POST-PAID, and directed to FOWLERS AND WELLS, No. 131 Nassau street, New York.