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MATRIMONIAL.—The Matrimonial Department will be continued in the next number.

We have not yet received the address of "Melvina," No. 5, New Series,—and as we have as many letters for her as we should suppose she would care to answer, would suggest that no more be sent.

MANKINS, SKELETONS, DRAWINGS, PAINTINGS, etc., etc., for Lecturers on Physiology, Anatomy, and Hydropathy, may be had at wholesale prices, of FOWLERS AND WELLS, New York.

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Essays.

Have each Contributor present freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PRIZE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

RUPTURE—HERNIA.

BY JOEL SHEW, M. D.

RUPTURE—HERNIA.

From the Hydropathic Family Physician.

The term hernia, as commonly employed, signifies a protrusion of some portion of the abdominal viscera. The young and the old of both sexes are liable to this ailment. The infant may be born with it. About one in eight of adult males are found to have a rupture of more or less consequence.



POSITION IN RUPTURE.

Hernia is said to be *umbilical*, *inguinal*, *ventral*, etc., according to the position it occupies. It is said to be *reducible*, when it can be returned into the abdomen; *irreducible*, when it cannot be; and *strangulated*, when the protruded intestine is constricted in such a way as not only to preclude its return into the abdomen, but also to prevent the passage of feces through, and the proper circulation in it.

Causes.—The remote cause of rupture is a weakness of the abdominal muscles, attendant upon a state of general debility; or there may be a malformation of the parts. It is a singular fact that hernia is very apt to be transmitted

from the parent to the child. The exciting causes are, excessive crying, as in cases of children; coughing, sneezing, vomiting, lifting heavy weights, straining at stool or otherwise, running, jumping, etc., in adults.

Symptoms.—These will be found to vary, according to the nature of the protrusion. Usually, the larger the rupture, the less liable it is to return into the abdomen. It usually appears of a sudden, in the form of a swelling at or near the groin, after some violent exertion. If it is but a small swelling, it usually disappears when the patient lies down. It is apt to fill out if he coughs. There is often a dragging sensation at the pit of the stomach, and an inclination to throw up the food, especially if the hernia be of the irreducible kind. If the hernia become strangulated, there is flatulency, colic, tightness across the abdomen, and a desire to evacuate the bowels, with little or no power to do so; vomiting, also, of food matters from the intestines takes place. "If this state of things continues, the inflammatory stage comes on. The neck of the sac becomes tender, and tenderness diffuses itself over the tumor and over the abdomen, both of which become very painful and much more swelled. The countenance is anxious, the vomiting constant, the patient restless and despondent, and the pulse small, hard, and wiry. After a variable time the constricted parts begin to mortify. The skin becomes cold, the pulse very rapid and tremulous, and the tumor dusky red and emphysematous; but the pain ceases, and the patient having, perhaps, expressed himself altogether relieved, soon after dies." In some cases death takes place in a few hours after the protrusion; in others not for many days.

Treatment.—In cases of children there is generally a good prospect of curing hernia, provided the proper means be taken. With good general management, there is always a strong tendency in the young to outgrow the difficulty. If the hernia is at the navel, a pad larger than the aperture should be fastened over it by long strips of adhesive plaster extending in different directions, but which should be removed daily to allow of the parts being washed with cold water to strengthen them. If the protrusion is at

another part of the abdomen, it will often be advisable to put a truss upon the child, of which the physician will be the best judge. The truss should be continued for some time after the difficulty appears to be perfectly cured.

Whenever an adult finds a swelling at the groin, he should at once send for or go to his physician. Many a one has lost his life in these cases, simply by a little delay. Females, from motives of false modesty, have concealed the fact of their having a rupture till it was too late. True, in many cases, the patient by lying upon the back will be able to return the protruded bowel; but I repeat, if *there should be the least difficulty, lose no time in getting medical advice.*

But it sometimes happens that a physician cannot be had, or if so, not so soon as would be desired. It is proper, therefore, that something be said of the modes of procedure necessary on such occasions.

In the first place, if possible, get the rupture back. The method of doing this by the taxis, as surgeons call it, is easier conceived of than explained. Suffice it to say, that gentle and even pressure is to be made upon the tumor—the patient lying down always—and this is to be continued a considerable length of time. If this does not succeed, the legs and lower parts of the body should be elevated; in short, the patient should be hung up, or nearly so, by his heels. This plan is recommended latterly by French surgeons, and it is said to have succeeded in some desperate cases. The reason is plain. The mass of the bowels is made to draw downward, that is, when the patient is inverted, which must tend materially to bring the protruded part back into the abdomen.

Another means which has been universally recommended is, to apply ice to the abdomen, especially about the protrusion. The cold contracts the fibres in such a way as to make it possible often to reduce the hernia. But in the use of ice, care must be taken not to freeze the flesh, else it soon mortifies. A better plan is to use cold water generally. In this way we produce even a more powerful effect—by sympathy—upon the local part than when we use ice. The use of hot water ought never be allowed. How plain it is that heat tends to rapid mortification—the thing of all others most to be dreaded in hernia. Not only are the Allopathic, but the Hydropathic works—some of them, at least—wrong on this subject. I repeat, cold is the better application; for it tends not only to the prevention of inflammation and mortification, but at the same time constricts the protruding mass in such a way as to give it the best possible chance of getting back into the abdomen; whereas heat does not produce any such constriction, but expands it, on a natural principle, and, what is worse, increases the inflammation. Bleeding, likewise, is a doubtful measure in these cases, and certainly not a tenth part as effectual as the cooling plan. “A delicate person,” says the learned Druitt, “will not be very likely to bear the shock of an operation, if bled or boiled to death’s door first of all.”

In a medical Journal published a few years since in this city—Dr. McKehelem’s—I find the following cases and remarks:

“In the *Journal de Chirurgie*, (Journal of Surgery), a French periodical, June, 1845, there were published three cases by M. Morcau Boutard, in which irrigation with cold water enabled that surgeon to reduce the hernial tumors, after the taxis alone had totally failed. The first case was that of a woman four-and-twenty years of age, laboring under crural hernia, the result of an effort. The hernia had existed for ten hours, and all the symptoms of strangulation were present. The taxis not succeeding, a small stream of cold water was made to fall from a height of three feet on the tumor. The contact of the cold water produced a general chill; the muscles of the abdomen contracted, the nausea ceased, the respiration was momentarily suspended, and in less than five minutes from the time the irrigation was commenced, the hernia had

escaped from the hands of the operator, and returned into the abdomen.

“The second case was that of a man of thirty-five, of robust constitution, who had labored under inguinal hernia for some years. During defecation, the hernia, which was not restrained by a bandage, escaped, and became strangulated. Dr. Boutard was called eleven hours afterwards. The intestine had descended into the scrotum, and formed a considerable tumor. The taxis was repeatedly tried; the patient was twice bled from the arm, and was placed in a warm bath, but all without success. He was then taken from the bath and placed naked on an inclined plane, without being rubbed dry. While shivering from the effect of the cold produced by the evaporation of the water with which he was covered, a stream of cold water was directed on the hernia, as before, the taxis being at the same time restored to. In the course of five minutes the tumor became softer, its pedicle moved, and it escaped into the abdomen.

“The third patient was a young man of twenty-five, likewise laboring under strangulated femoral hernia, the result of an effort. The hernia had existed for eight hours only, but the symptoms of strangulation were beginning to manifest themselves. The taxis alone had been tried, and had failed. Irrigation with cold water, as before, was restored to by Dr. Boutard along with the taxis, and after fifteen minutes the intestine returned suddenly into the cavity of the abdomen.

“M. Boutard also quoted a case narrated by J. L. Petit, of a robust young man, twenty-one years of age, who had been bled eight times in two days, and with whom all the other means of reduction had been employed without success. A pail of cold water having been thrown over him, the hernia suddenly returned.”

These cases speak for themselves, and need no comment. Fortunate would it be for the world if we should after all find that simple cold water will cure strangulated hernia.

Prevention.—In regard to the prevention of this formidable difficulty, we see how necessary it is that the patient should do all in his power to promote a good state of the general health. He should commit *no errors* in either exercise, diet, or drink. It is exceedingly important that the bowels be kept habitually in a free and open state.

A LETTER.

GLEN HAVEN WATER-CURE,
Scott, August 1st, 1854.

J. GREEN, *Castle Water-Cure, N. Y.*

DEAR SIR:—I have received your pamphlet, have read it, and am in the main pleased with it. Wherever you may send it and by whomsoever read, it will do good. It states plainly and in unmistakable language, the *fundamental idea* of Water-Cure—the idea as all *Water-Cure* Physicians hold it—and so adds your name and influence to the number of those who publicly protest against the monstrous absurdity so prevalent, of attempting to cure disease by agents whose natural action on human structures is destructive. In this respect your testimony cannot be overrated. At the head of a *Water-Cure*, exercising your influence on the public mind, the conviction that drug-medication is at least *useless*, at worst very injurious, will be felt. I rejoice, therefore, at the courage and good sense you display in putting yourself right on the record at so early a day, as to the inutility and wickedness of drug-poisoning. I say *wickedness*, because, for the life of me, I cannot draw the distinction as to the culpability of the transaction, between drug-poisoning myself, and my being poisoned by a doctor. Sure am I, that arsenic or calomel will just as certainly work its natural effects when prescribed *formally*, as when taken

unprofessionally. So that to poison one’s self, or to be poisoned, so it is *done*, amounts to the same thing. This being a doctor and doing the deed according to *law*, the being a patient and dying according to usage and custom, though

“It sugars over the spider,”

makes the offense none the less heinous.

Your pamphlet comes out in good time also, because it is but fair that the *COMMUNITY* should clearly understand your position. Institutions for healing the sick are springing up rapidly. Most, or many of them, designate themselves as *Water-Cures*, whilst, at the same time, as you and I understand it, they are *not* *Water-Cures*. They do not deserve the name, *because* their physicians do not illustrate the idea. They do not put themselves into harmony with it. They do not yield themselves gratefully and in full faith to it. They do *not believe* it as Doctor Shea, as Doctor Trull, as Doctor Taylor, as you and I, and some others believe it. They do *not believe* it so as to *live* by it. Belief in an idea is *not a life* of that idea. It is being controlled by that idea; giving one’s self up to the idea; and contemplating a course of action on one’s part exactly the counter of those who attempt to control and guide ideas. For in the one case the *power* is in the *IDEA*, and is reflected to the man; in the other, it is assumed to be in the *MAN*, who gives lustre and life to the idea. It constitutes the difference between being possessed *by* an idea and following it to its “ultima thule;” and possessing it and using it for one’s convenience and profit. It is, then, from no mean, low, base, or sordid motive, that I deny the *right* of any medical gentleman to call himself a *Water-Cure* Doctor or his establishment a *Water-Cure*, whilst he believes in the curative power of poisons, or administers them in his practice; but for the reason that I feel bound to give my earnest love and respect to the great truth, that God has made the *law* of CREE to be correspondent to and coincident with the *law* of CREATION; and that therefore those agencies, or influences, or materials, or means only, which are useful to preserve health, are powerful to *cure* disease. Right or wrong, this is my belief, chosen after the profoundest investigation, and wedded to which I am more and more earnestly every day, by reason of its successful application. Right it is therefore to me, and so its opponents are wrong. Right it is to me, and so, as an honest man, I am bound to honor, plead for, and defend it. I cannot consent to demean so glorious a *truth*, by seeming to approve of those who connect in their practice its exposition and illustration, with the exposition and illustration of the drug-system. These gentlemen, unwittingly perhaps, contribute to a class of men, who go by the name of *quacks*; they take for their motto the old Latin aphorism,

“In medias res tussimus ibat.”

“The safest road is the middle path.”

Or, translated another way, reads, “Truth lies between extremes;” a poor, pitiful sophism, all of whose force lies in its adaptation to such only as seek *first* and *last* their own success, and mostly at the expense of the *TRUTH*.

All great revolutions (and the *Water-Cure* is the greatest of the 19th century) have been beset by this same conservatism (not conserving) influence, whose object ostensibly is to take care of and preserve from ruin the *new idea*. These friends are afraid of *extremes*. Dear deluded souls, do they not know that the home of the *TRUTH* is on the border of her empire, just at the line of demarcation between her and *Falsehood*? That it is not at the *heart* of her domain, but at the *extremities* of it, that the egg is laid which hatches into *TREASON*, and so *TRUTH* does not live or lie *between* extremes, but *in* or *at* extremes? Whether they know, or see, or feel it, it is so; and thus from considerations of caution, of self-respect, of self-preservation, or of success, the *Water-Cure* practice—that which the public acknowledges as such—must be as radical as the

idea it illustrates. Its physicians, to entitle them to the name, should in their *lives and practice* set forth its claims to belief, to general public confidence, and to individual trust; as earnestly, as truthfully, as sincerely, and undoubtingly as one feels called on to show forth the principles of Christianity to entitle him to the name and title of a Christian.

I am glad, doubly glad, therefore, at the publication of your little work, inasmuch as it communicates the fact to the public that in Western New York there is the Castile Water-Cure, whose physician gives no drugs or medicines, and that those of us who, in the WATER-CURE JOURNAL and elsewhere, have been sedulously laboring to keep for the people the idea which belongs to them, to keep it above ground, so that they could see it, and seeing could appreciate it, have one more out-spoken co-worker. From this hour, Sir, I grasp your hand, as that of a brother's. I do not know you personally. No matter for that. You may not be the most learned of men. I care not a whit about that. You have surrendered to an idea, so you say, "rescue or no rescue;" an idea of such magnitude, such glory, such strength and life, that it must vitalize you. I know what I am talking about. I know that it has done for me; that notwithstanding the croaking of friends and the sneer of foes, the prophecies of priests and the prating of physicians, it has made me a better man, a truer Christian, and a more successful physician, than it were possible I ever could have been without it. It took me up at the grave's green edge, and carried me off in its great, strong arms, and as we travelled it breathed into me the breath of life, and I became a living soul. For seven years I have followed it. Where it went I have gone, confident, trusting, humble. Three years of the time, I assiduously sought to restore myself, well-nigh put to death by the drug-doctors. The four remaining years I have wrought for others, with what success others may judge. One thing is certain, reputation or no reputation, success or failure, out of 1400 men and women who have been at the Glen in the last four years, not one has had any hands, by my advice, and with my consent, one particle of medicine. They have come to us from far and near, afflicted with every possible variety of disease known to our country in its chronic form, and at least 95 of each 100 have been well satisfied. Under such circumstances, can one offer a reason why I should have fed these sick with medicines? To have done so, would have been to drop from the heights of common sense into the sphere of the fool. I prefer to soar, to make that descent.

Doctor Greene, the majority of physicians occupy the standing-point of faithlessness, in the matter of curing disease. And this scepticism has led to all the intricacies so manifest in the art of healing. They have no fixed principles. The theory of to-day is supplanted by that of to-morrow, and the remedies follow suit. Those which are greatly in vogue in one generation, are sturdily condemned by the succeeding. And thus doubt envelops the whole question. May not Water-Cure physicians rejoice that they are not thus troubled? To them there is no doubt; they know that the law of Water-Cure is supreme; that Hippocrates and Galen are not their authority, but a greater than these, who is God. He is their authority. They study the human organism from His point of view, and of course have faith in their means. They stand to this matter, where they can, as it were, summon Almighty Force to their aid; for whoever corresponds in his actions to the demands of a law, by so doing secures the strength and force of that law on his side. How far this view may be extended I do not pretend to say; but I am prepared to say, that the extraordinary cases of cure in the various Establishments over the country, whose practitioners give no medicine, have demonstrated the fact that some agent, or force, or power, or influence, new, strong, and strange to on-lookers, did the work. It is not exaggeration to declare

that the people in very many localities have been astonished, made dumb at our success. They know not what it means. They cannot comprehend it. They reason from the seat of SCIENCE, we from the platform of FAITH. They scout nature and adopt art. We subordinate art to the authority of God. They combine the wisdom of man as it has descended through the ages, and use it as a guide. We take God's wisdom, as at the beginning, and test man's wisdom by it. As a consequence, we look for just such results as are wrought out in our Cures, whilst they stare at them with eyes as large as goggles, and are only saved by the general intelligence of the present day from preferring formal complaints against us of having dealings with the Devil. In my own neighborhood some of the less intelligent of my fellow-citizens have been so astonished at some cures which have been made, as nearly to upset their common sense. They cannot understand how a true art of healing must be marked by simplicity of means. The Scriptures, though full of illustration on the point, help them not at all. They cannot see that as the physician adjusts himself, in his relations to his patient, to the use only of those means which the Creator has established, he approximates to the gift of healing." His own faith makes him strong, and his strength is communicated to those under his care. I know that my success in some of the most difficult cases I have ever treated, has depended on my unswerving confidence in the foundation-principle of Hydropathy, a confidence that knows no abatement, that deepens by time, and that teaches me that in the department of healing, the wisest and most skillful are yet as babes. Beyond our present knowledge lies an *Arctana* whose powers will yet astound the dulled comprehension. What we now know, is but a sand-grain to the sum total which is yet to be known on this subject. The revolution has begun: the people are awaking as from a deep, sickly, unpleasant dream. The doctors are watching us. Let all of us who have faith in Water-Cure, honor our idea. Under no temptation let us swerve. Let those who have faith in poisons use them, but not for a moment should we consent to have it go abroad, that the Hydro-druggists and Hydropathists represent one and the same cause.

It is not needful that we should speak harshly of them, but we must keep before the people the fact that Water-Cure physicians use no medicines, for the reason that they have found a more excellent way. Oh, what a glorious work we shall achieve, if we bring the masses to be conscious of the injurious effects of drug-medication! What falling off of pain, of wearisome watchings, of heart-breaking, of newly-made graves, and of weeds of woe! We talk of the healthful effects of ceasing to use intoxicating liquors as a beverage: a great reform truly. But I know one that would run parallel with it in all respects as a great redemptive measure, and that is ~~the~~ the ceasing to take POISONS as medicine.

Doctor Greene, in saying what I do against drug-giving, I am in conflict with my interest. To be selfish, I must keep silent on this point, letting the people remain uninformed, and the physicians remain unrebuked. For to the popular modes of treating the sick, do I owe my extensive practice. My larger half of guests are those who have been smitten by poison, till life is scarcely left. Weak, feeble, cadaverous, irresolute, suffering hourly agonies from the effects of poisons lodged in their tissues or in their circulation, or from the effects of poison on their tissues, they come great distances to seek relief. When we part as physician and patient, we generally part for ever. They go home forever on medicines, to live as God commandeth them, in conformity with common sense, and their latter end will be the days of their rejoicing. It is then from the promptings of humanity that opposition to drug-giving arises, and not from selfishness. So long as people take medicines, so long will the Water-Cure doctor have all the business he can do.

But I must close; I trust that all good Water-Cures will be filled the coming winter, and that those having the sick in charge may restore them, and send them home to preach glad tidings of great joy to those who have not heard them.

I am, yours truly,

J. C. JACKSON.

CHRONIC POISONING.

BY SOLOMON PLEASER, M.D.

The medical profession have for hundreds of years been endeavoring to find out and explain the action of medical poisons on the human system, but as yet, those who use them seem to know but little of the philosophy of their action, or their ultimate effects on the animal economy; though of the latter many of them are by no means ignorant, as will be seen. But as a general rule it is enough that, after a certain substance has been administered, the patient is relieved of the particular symptoms of which he suffered, whether he be in six months or in ten years, as a consequence of the remedy, seems not so much to have engaged their attention. Says Dr. Christison, in speaking of corrosive sublimate, "the immediate and prominent properties of corrosive sublimate have received some elucidation. But its qualities as a slow poison, as well as the less active compounds of mercury, have not been examined with the same care." What is here said of the compounds of mercury as a slow poison, might be said of all the other medical poisons as well.

We should expect that, after the best-educated minds had been philosophizing over and experimenting with these so-called remedies for so long a time, there would be some agreement among them as to their action, if there was knowledge on the subject, and that in case of the failure of such agreement, or the demonstration of such knowledge, after such long and fruitless efforts, they would begin to think there was some fundamental error, and that, consequently, the whole superstructure might be false. But we see little evidence of this condition of mind among our medical brethren who advocate the use of poisons. Notwithstanding they will quarrel among themselves about the action of almost every substance in the Pharmacopoeia, the moment any one not orthodox ventures to suggest that the whole thing may be a mistake, the fraternity almost with one accord are down upon him, loading him with terms not the most flattering or respectful; as "presumptuous upstart," "quack," "ignorant pretender," &c. It does seem presumptuous, I know, to question the fallibility of their creed, but there have been and are other errors and hoary-headed abuses that have stood through long ages, and have employed in their defence talent, learning, and every thing claimed by the regular profession of medicine, yet they have crumbled or are crumbling away beneath the light of reason and science. So it will be with medical delusions. The signs of the times indicate it. The Homœopaths have demonstrated that small doses do more good, or less harm, than large ones. The Eclectic following, have abandoned bleeding, calomel, antimony, and other of the more destructive agents of the Regulars, and their success has been, comparatively, quite gratifying. The statistics show a much larger per centage of cures than do those of the old school. Judging from these facts, and the success of the Water-Cure, we cannot doubt that the monstrous delusion called medical science, which recognizes in most malignant poisons as remedial, will be swept away, and be succeeded by the Water-Cure system founded as it is on Hygiene, and on reason as it does the eternal principles of all true medical science.

Let us now proceed to the discussion of some of these pretended remedial agents, and

their effects on the organism. The following quotation from the United States Dispensary will serve to show the extent of their knowledge of the leading agent of the Regulars, which has so long played a conspicuous part in the annals of medicine: "Of the *modus operandi* of mercury we know nothing, except that it probably acts through the medium of the circulation, and that it possesses a peculiar alterative power over the vital functions, which enables it in many cases to substitute its own action for that of disease." It may do very well to cover one's ignorance to say that a substance substitutes its own action for that of disease, but after all it amounts to just about this, that "of the *modus operandi* of mercury we know nothing." To say that it subverts diseased action by substituting its own is a bold assumption, and not warranted by facts. If the action subverted is diseased action, that substituted is no less diseased. One manifestation of vital resistance to destructive agencies is subverted, others, often more dangerous to life, are set up. Admit that, in some cases, this mercurial action does not manifest its destructive tendency immediately; there is no room to doubt but that its deadly action commences immediately, and will sooner or later develop itself in some form of disease, though we may not always be able to trace the effect of its cause; for, owing to the multitudinous forms in which its action manifests itself, this is not always an easy task. Dr. Druitt, in his *Modern Surgery*, a standard Allopathic work, bears testimony as follows:—"The consequences of such reckless (mercurial) medication present themselves to the physicians in dyspeptic affections, chronic headaches, pains in the limbs called rheumatic, &c.; and to the surgeon in the more striking forms of alveolar absorption and adhesions, inveterate ulcerations of the fauces and nostrils, where no specific taint has been suspected; and in various degenerations, malignant and semi-malignant, of glandular organs. "Moreover, the evil does not stop with the individual, for where important elementary tissues are so deteriorated in the parents, a constitutional inheritance is transmitted to the offspring, which, if it may not be called scrofulous from birth, is the most favorable condition possible for the development of that diathesis, whenever cooperating influences shall assist the unfortunate subject."

Here is an admission from an advocate of its judicious (?) employment, that mercury in its different preparations tends, not only to produce a variety of diseases in those to whom it is administered, but manifests itself in the offspring of those who have been subjected to its baneful influence. And the language used is not too strong. Mankind have come to dread it, not only instinctively, but from observation and experience of its effects; and very often the first sound that meets the ear of the physician as he enters the sick room is, "Doctor, I don't want you to give me calomel!"

Even if we admit, for sake of the argument, that patients who use it sometimes recover from the particular form of disease with which they are afflicted, sooner than they would without it, its ultimate as well as its present effects should be considered. I have a man in view now, a large muscular man, who at the age of 25 years was robust and healthy. He took the bilious fever. Calomel was administered. He recovered from the fever, but he was shorn of his physical strength and beauty. His bloated legs and sightless eyeballs reveal the direful effects of this Sampson of the old-school physicians. Those who have had experience in treating this disease by the Water-Cure system, need not be told that these are necessary consequences of fever. They are the consequences of poisoning.

Whether the results are produced by the mercury remaining in the system or by its excretion through it, matters not; its destructive tendencies are alike unmistakable. I know it is now claimed that poisonous medicines enter the system, cast out disease, and then pass off them-

selves. Says Dr. Headland, "Mercury, being unnatural to the blood, passes at length out of the system through the glands, and acts as an eliminative." We have no evidence that it all passes out of the system in the summary manner here indicated; nay, we have very strong evidence to the contrary, in the feelings of those who have been unmerciful enough to take it, at every change of the atmosphere, if we had other proof. On the introduction of poisons, the system will do the best it can to rid itself of their presence, and often succeeds in throwing all or a portion of them off by vomiting, or through the excretory organs of the body; hence it may be found in the saliva, the urine, &c. But it has also been found in nearly all the fluids and solids of the body. The organism, when unable to expel it, protects itself from its destructive influence as well as it can, by "sliming it up." We know that when poisons, as arsenic, calomel, &c., are taken into the stomach, that organ immediately secretes an increased quantity of mucus to protect itself, in which the poison is enveloped; and when they once enter the medium of the circulation in quantity not large enough to produce immediate death, they may be carried out with the excretions, or remain in the solids of the body as foreign substances. But I cannot now pursue the investigation of this subject, though it is full of interest. At some other time I may do so, as I am in possession of ample proof of its truth, as are all Water-Cure physicians of experience. But as it does not particularly concern my present argument, I postpone it.

But it is not mercury alone, in its different preparations, that is destructive to the system; but as it is more frequently administered and does its work more insidiously than many others, it has undoubtedly done more to undermine the health of mankind in those countries where it has been extensively used as medicine than any other substance. Still it alone should not be made to bear the whole burden of the disease and degeneracy of a drug-smitten world. Its sins have been many and grievous, but there are other great medicinal residues in this country responsible for their own actions. Arsenic is considered a good medicine in intermittent fevers, convulsive disorders, skin diseases, &c. Well, what are its actions? Does it, after entering the stomach and being absorbed, go the rounds of the circulation, carrying the disease before it; or, driving it out in some other way, pass off itself, leaving no bad consequences behind? We shall see. Arsenic is one of the most deadly in the catalogue of poisons. More persons are said to be killed by it than by any other poison, but I doubt it. If the truth were known, calomel would be seen to have killed ten to one, not perhaps on account of its greater incompatibility with health and life, but because of the greater quantity which finds its way into human stomachs.

Arsenic often produces death suddenly; but it does not always do so. It can be given in small doses for a long time, doing its work effectually; but insidiously; giving rise to symptoms of other diseases, and thus lead the mind astray. How often are we thus deceived in the examination of cases, attributing the disease to this, that, or the other cause, when it is a case of slow poisoning from the action of "medicine."

Dr. Alfred Taylor, in his work on poisons, page 268, says: "I believe this mode of poisoning (chronic) to be more frequent in this country than is commonly supposed; and it behooves practitioners to be exceeding guarded in their diagnoses, for the usual characteristics of arsenical poisoning are completely masked. The symptoms might easily be taken for chronic inflammation or ulceration of the stomach, leading to perforation. I have lately had to examine a case of this kind, where the death of a person had been caused by arsenic, under some of the similar circumstances. The crime was not discovered until after the lapse of two years; and from the small doses given, and the repeated vomiting during life, no arsenic could be detected

in the body." What is the inference to be drawn from this quotation? Is it not a key to unlock the entrance to a knowledge of the cause of much of the chronic disease and misery with which the world is filled, rendering life, which would otherwise be a condition of exalted happiness, a burden, and death not unfrequently a welcome visitor? By these small doses—the very plan pursued in the treatment of the chronic victim is poisoned without knowing it. The characteristics of acute poisoning are masked, and those of the chronic form—among which are inflammation of the stomach, enteritis, inflammation of the conjunctiva, exfoliation of the cuticle and skin of the tongue, salivation, jaundice, &c.—are set up. Suppose a physician finds a patient suffering with intermittent fever; and administers Fowler's solution, or some other arsenical preparation, for a longer or shorter time, in small doses. The patient finally recovers from the fever; but three months, or two years, or ten years after dies of inflammation of the stomach, gastro-enteritis, jaundice, or some other form of disease to which this medicine is known to give rise; does the physician know, does anybody know but that death resulted from the arsenic? It is not likely that it did! It is likely, yes, absolutely certain, that thousands die annually by this slow poisoning; not by arsenic alone, but by the thousand other poisons of the *Materia Medica* as well, given by physicians, not to kill but to cure? To the organism it matters not what the intention may be of the one who administers the poison. It will work out its legitimate results upon the system. Sooner or later the body will feel its destructive influence, and perhaps moulder in the grave; while the physician may be reaping honors and rewards for having suppressed the original malady for which it was given.

Death has been known to result from sulphuric acid many months after it has been administered. I quote from Taylor on Poisons the following case, which is full of instruction: "A young woman swallowed about a table-spoonful of sulphuric acid on the 4th of January, and died from its effects on the cesophagus on the 14th of November following, from inanition. This was *forty-five weeks or eleven months* after she had swallowed the poison. *There is no doubt that the acid may prove fatal at all intermediate periods, and at intervals much longer than this, but the longer the event is protracted, the more difficult will it be to ascribe death to its effects.*" If sulphuric acid may produce death eleven months after being taken, why not in eleven years? and if the difficulty of tracing the effect to its cause is increased by the length of time, who can say how many have been poisoned by it without a knowledge of the fact?

Dr. Richmond, in his discussion with Mr. Brittan in the *Spiritual Telegraph*, mentions the case of a man in Nelson, Portage Co., O., who was bitten by a rattlesnake, and died in consequence 17 years after. The virus of the rattlesnake has lately been recommended by some medical men, as a highly valuable medicine—a specific in fact for some diseases.

I have shown that the symptoms of poisoning with a single agent are not always uniform; that they correspond with those of other diseases, and are sometimes so completely masked, even in acute poisoning, as to baffle the skill of the most experienced. The following case, taken from Taylor, which occurred to Dr. May, will serve to illustrate the more fully. A child ate some paste containing arsenic, which had been prepared for destroying rats, and died in about eight hours after; and so completely were the symptoms of arsenical poisoning masked, that Dr. May observes, that had not the child been seen to eat the paste, there was not a symptom, nor after death any morbid appearance to indicate the true cause of its illness. In chronic poisoning, of course the difficulty of making a correct diagnosis is greatly increased.

But if it is so difficult to ascertain the symp-

toms of poisoning by a single agent, how vastly is the difficulty increased when poisons are administered in combination, or different ones singly, or some singly and some in combination, every few hours or every day, sometimes for months, as is usually the case in disease. It would defy the wisdom of all the toxicologists in the world to give the symptoms of this kind of poisoning. It should not be wondered, therefore, that persons are not poisoned by the opium and arsenic, calomel and quinine they have taken, because there are no well-defined symptoms corresponding to those given in the books.

Many think poisons are dangerous only when taken with intent to kill, or by accident, or perhaps when administered by ignorant physicians! This is a great, and to many, no doubt, a fatal mistake. They are just as much poisons when administered by the most skillful, with this difference, that the dose is so graduated as not to produce immediate death. The former is acute poisoning, the latter chronic. In the one case the symptoms are generally well marked, and easily traced to their cause; in the other they are obscure or masked, and generally attributed to some other than the *real* cause. In the former, death generally takes place speedily; in the latter, it is often prolonged for many years.

It is a fact that the best-educated physicians, those who have devoted much of their time and talents to the subject of poisons, differ widely as to the mode of action and the effects of some of the leading ones that have long been in use as medicines. Take calomel, for instance. They do not agree as to the diseases in which it is proper to be used, the doses to be given, its action, or the changes it undergoes in the system, when taken in any quantity. It was for a long time regarded as a very valuable and almost the only reliable agent in syphilis and chronic hepatitis. But latterly M. Ricord, Dr. Hays, and others, have proved that it is unnecessary in syphilis; and Dr. Chapman, Tweedy and others agree that it is a potent cause of inflammation of the liver. By some, it is contended that calomel, (chloride of mercury,) when in the stomach, is changed into corrosive sublimate (bichloride of mercury) by the free muriatic acid of the gastric juice, or any of the alkaline chlorides with which it may come in contact. Others deny it.

To show their agreement as to the quantity proper to be given at a dose, I cannot do better than quote from Christian on Poisons. A man was arraigned for poisoning his wife. He had purchased in a suspicious manner four doses of calomel varying from 30 to 60 grains each. "On the trial, Dr. Cleghorn and other witnesses gave their opinion that the dose purchased by the prisoner, if administered, would cause the symptoms and morbid appearances observed in the case. On the other hand, Dr. Gordon deposed to the effect, that all the symptoms of the case might arise under the operation of natural disease, and that such doses of calomel were by no means necessarily injurious; the late John Bell deposed that it had been given in much larger doses without injury; and the profession by those who have eyes and ears. Hence, he who expects to find things the same at two different periods of time will assuredly be disappointed. Change is a law of nature which is in daily operation; and hence the man who would keep pace with the times must not slumber. He must be a student, both of persons and things. Truth is alone unchangeable. In nothing is change more frequent than in the new sciences and systems of reform, which, though imperfect at first, are calculated to benefit the world, and elevate it to the highest position of intelligence and purity of which mankind is capable of attaining.

It is not the nature of things to spring into perfection at once, yet there is a class of persons known by the name of "old fogies," whose case is very hopeless, since they imagine that what they don't know, is not worth knowing. They are found connected with all societies and all systems of reform. Even the Water-Cure is not

without those who imagine that Priesnitz comprehended all the science and experience of Hydropathy; and hence, in their opinion, any one who differs from his practice is *wrong*, and knows but little of the treatment of diseases by water. The Water-Cure system is, comparatively speaking, in a state of infancy, and many new truths are yet to develop themselves.

Eight years' experience in Hydropathy has suggested to me many changes in the use of water, that I have found improvements on the early methods of using it. The first change I would mention, and which I deem the most important, is the use of tepid instead of cold water. I am certain that injury has been done, not only to individuals, but to the Water-Cure system, by the too free use of cold water.

Many seem to think the only virtue or remedial agent there is in water, consists in its coldness, and its application in cold rooms. I have frequently heard persons boast that they have taken a sponge-bath of ice-water in a cold room every day during the winter. There may be those who can thus use water and live, but most persons would die under such treatment. No person can do it with impunity. Patients often come into my office to inquire if the water-treatment will agree with them; and after being assured that it will, they will look wonderfully wise and say: "It does not, for I have tried it." Ask them *how* they have tried it, and the reply is usually, they have bathed as above described. My reply is, "that such treatment will not agree with any person." Such kind of treatment is the prevailing idea of the Water-Cure; and hence the mere ment on of it is enough to give invalids the ague in August.

Drug-doctors are continually harping upon being frozen up in a butt of water, or packed away in ice sheets, &c., which so terrifies the people that they have the greatest dread of the Water-Cure. These physicians know no better, as is shown by their occasional use of water, when they not only fail of success, but produce positive evil. Then they are very loud in denouncing it, assuring the people that they have tried it and found it a humbug. With as much consistency might the *professed* mathematician pronounce the science of mathematics a humbug, because, forsooth, he failed to solve a problem. By erroneous applications of cold water to the system, one of two evils must follow, viz.: it produces too great and protracted chill, or if there is vital power enough to react, the reaction is so great that inflammation ensues, which makes sad work on the nerves. In either case much injury is done. Nervous persons suffer more from the use of cold water than others; yet no one can use it long and not be nervous. The shock, as well as the inflammation produced by the reaction, is very deleterious to the nervous system.

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Sugar Creek Falls Water-Cure, O.

HYDROPATHY AND PROGRESSION.

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BY H. KNAPP, M.D.

That this is a world of progression, and the present age one of steam, will not be questioned by those who have eyes and ears. Hence, he who expects to find things the same at two different periods of time will assuredly be disappointed. Change is a law of nature which is in daily operation; and hence the man who would keep pace with the times must not slumber. He must be a student, both of persons and things. Truth is alone unchangeable. In nothing is change more frequent than in the new sciences and systems of reform, which, though imperfect at first, are calculated to benefit the world, and elevate it to the highest position of intelligence and purity of which mankind is capable of attaining.

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We should bear in mind that heat and cold are relative terms; and that the *individual*, not the thermometer, is to be the test. If we follow instinct more in this matter, we shall choose nearer the right temperature than we do now. I very seldom use cold water, since tepid answers a better purpose, securing the desired object without involving the dangers and evils of the cold.

Requiring patients to bathe in cold water, or to follow one cold bath with another before reaction of the first has taken place, is bad policy. I find that patients do much better to take a warm sponge-bath when they have a dread of the tepid bath, and immediately on getting through with the warm sponge, take the tepid. I never allow them to wash in cold water, nor in a cold room. The great evil in washing in a cold room is, the cold air abstracts a certain amount of the animal heat, which, in addition to that abstracted by the water, leaves the system minus vital power and animal heat.

But if parents will use cold water on their own persons, let me entreat them to have mercy on their helpless children. Do heed their cries and

PREVENTION OF CHOLERA AND OTHER BOWEL COMPLAINTS. By JEWEL SHEL, M. D.

"An ounce of prevention is worth more than a pound of cure."—OLD ENGLISH SAYING.

[The following remarks on the prevention of cholera and bowel complaints generally were noted down, as will be seen, at an earlier date—to wit, in 1849—at a time when cholera was raging as an epidemic in New York. The advice, however, is not any the less appropriate at the present time.]

LONG ago the great Doctor Rush observed that there was uniformly an increase of attacks of acute diseases on the 6th and 8th days of July; and he attributed these to the excesses committed on the 4th. Do we not now, in the city of New York, observe, week by week, that there is naturally an increase of cholera cases after the profanation and excesses so much practised on the Sabbath day?

At the village of Oyster Bay, situated about thirty miles from the city of New York, on Long Island Sound, one of the most beautiful and healthful localities anywhere to be found, there lived, in 1832, fifty colored persons of various ages. These were all, or nearly all of them, very intemperate. Some clothes of a colored woman who had died of cholera in the city were taken to the place. Upon this the disease broke out in the house to which the clothes were taken. After a few days' time, thirty-one or thirty-two of the fifty had been attacked with cholera, and of these twenty-one died. These people were so degraded in their feelings and habits, that they could be induced to bury the dead only by being offered a gallon of rum as a reward for each burial. The authorities gave this because no white persons could be induced to undertake what was considered a most revolting and dangerous task. The whole community believed the disease to be contagious, yet the poor negroes would do any thing for the sake of the rum.

Go into the cholera hospitals of this city, and see upon the register how large a proportion of the cases are put down as intemperate; and of this number, too, nearly all die. If there is in the world any one strong argument in favor of Temperance, it is that which has everywhere been afforded by the facts in regard to the awful ravages of the Asiatic cholera. Thus much for the effects of strong drink.

But there are yet other forms of intemperance. We often see persons cut down, as it were, in a single hour, who have never been addicted to habits of intemperance, in the common acceptance of the term, and who are among the best people of the land.

A few days ago only, the cholera broke out at Rahway, N. J., a beautiful town of about four thousand people, and regarded by the inhabitants generally as being healthy. There are there, as in all towns of that size, the poor, the miserable, and the intemperate; but the cholera did not come first among these. It cut down those among the very first of the place; and notwithstanding the well-acknowledged worth and intelligence of these persons, they had lived—as indeed people in this country of abundance generally do—in a state of perpetual intemperance; or, in other words, in perpetual violation of the laws of health. The first of these victims went to excess in the use of tobacco, tea, and coffee, and lived, in short, upon the "fat of the land." At the same time their habits were sedentary, and they took habitually but very little exercise in the open air. It is not at all strange that, in a season like this, when such persons get a bowel complaint upon them, and yet go on freely indulging the appetite, they should soon be struck down with this dread disease.

Only a few days since, a young man died suddenly in this city who was said, in our oldest papers, to have been strictly correct and temperate in his habits. Late of an afternoon he took a hearty dinner of flesh-meat, vegetables, green peas, oysters, cherry pudding, strawberries, and ice-cream. The next day he was a corpse.

One man eats a crude pine-apple or radishes, or some other indigestible vegetable, and before morning he is dead of the epidemic. Now, although such a man may be a very model of temperance, in the common acceptance of the term, he violates the physiological laws as effectually as if he were a votary of strong drink.

From all that has been observed in regard to cholera, as well as bowel complaints generally, it is very evident that the truly temperate—those who obey Nature's laws in every thing—are by far the most likely to run clear of an attack. The diet should be plain and simple, and composed mostly of the vegetable productions of the earth. Pure soft water should be the only drink; the exercise should be regular,

but moderate; and the mind should not be overtaxed. The course of life should, in short, be one that is even and consistent—a course that is comprised under the head of "Temperance in all things."

WATER-CURE IN YELLOW FEVER.—Dr. V., of New Orleans Hospital, bound to New York, happening to take the train of cars in Illinois in which I was circulating the Hydropathic Family Physician, called me to him, and expressed a lively interest to examine the system of Hydropathy. He remarked: "When treating the yellow fever last season in New Orleans, I found that of those patients to whom I administered no medicine whatever, but gave them a little water treatment, about four out of five recovered!"

G. P. M.

Literary Notices.

LECTURES ON ROMANISM; being Illustrations and Refutations of the Errors of Romanism and Tractarianism. By the Rev. JOHN CUMMING, D. D. Boston: Jewett & Co. This is a volume of 700 pages, intended to prove that the Roman Catholic is not the true Church, and pointing out the errors therein. Dr. Cumming is widely known as a talented divine of the Scottish National Church. He writes with vigor, and in these Know-nothing days we predict an extensive sale for the work. It has already passed through several editions, and is generally very highly commended.

THE WOMEN'S TEMPERANCE PAPER is the name of a pretty quarto sheet published in this city by the Executive Committee of the Women's New York State Temperance Society; Mary C. Vaughan and Angelina Fish, Editors. It contains much valuable information, is neat and comes in appearance, and deserves the support of Temperance friends everywhere. Published monthly at 50 cents a year.

GAN EDEEN, or PICTURES OF CUBA. Published by Jewett and Co., Boston.

In these "Pictures," which are drawn from nature, we find much to interest, instruct, and amuse. The author has not undertaken to give a statistical account or a history of the Queen of the Antilles, but has photographed men and manners as he met them. Written in a lively, entertaining style, without the stereotyped forms usually found in works of this description, it cannot fail to please the intelligent reader.

OUTLINES OF HISTORY; Illustrated by numerous Geographical and Historical Notes and Maps: embracing—Part I. Ancient History. Part II. Modern History. Part III. Outlines of the Philosophy of History. By MARCUS WILSON. New York: Ivison and Pinney, 1854.

Too much care cannot be exercised in selecting works for the use of the young, whether in school, in college, or at home; but we do not hesitate, after a pretty careful examination, to commend this work as admirably adapted to the purpose for which it is intended. We like both the plan and the execution. We trust that it will receive the attention it deserves, and be widely adopted not only in our colleges but by private students.

BERTHA AND LILY; or, the Parsonage of Beech Grove. A Romance. By ELIZABETH OAKES SMITH. New York: J. C. Derby, 1854. Price, prepaid by mail, \$1 25.

Mrs. Smith's new volume has been looked for with great interest, and will now be eagerly sought for and read. The reader who takes it up with a true appreciation of the writer's purpose, and in a candid, truth-loving spirit, will not be disappointed. The faith of the author, that it possesses a deeper interest than a mere fictitious narrative, and contains some significant words on questions of vital import to the growth of humanity, is well founded. "The main purpose of the work, is to show that one lapse from purity in a woman may be atoned for by an after-life of irreplicable usefulness and benevolence. This is done with much skill and delicacy, and the error of the heroine is communicated by as ingenious intimations as could well be devised." We are sorry that time and space forbid us to give it an extended notice at present. Buy it and read for yourself. For sale by FOWLERS and WELLS.

MYSTERIES OF A CONVENT. By a noted Methodist Preacher. Price, prepaid, 80c.

BURNE and BROTHER, 184 Nassau street, have sent us a copy of this work. We have not had time as yet to peruse it.

OFF-HAND TAKINGS; or, Crayon Sketches of the Noticeable Men of our Age. By GEORGE W. BRUNY. Embellished with twenty portraits on steel. New York: De Witt and Davenport.

This volume contains brief personal sketches of some seventy-five of the most prominent men of our country, embracing all professions and callings—clergymen, lawyers, poets, editors, authors and politicians. The writer has seemed to choose those men most talked about, without regard to station or morals; so we find S. A. Douglas and Jas. G. Bennett alongside of Horace Mann and Edward Everett. The engravings are good; we think we never saw a collection of more accurate portraits, so far as we know the individuals, than are here shown. Those of Greeley, Beecher, and Chapin alone are worth the price of the book, and you have seventeen more just as good, besides the reading and nothing. Altogether it is a spicy, entertaining, instructive, beautiful book.

INAUGURAL ADDRESS OF Hon. Horace Mann, at the Dedication of Antioch College. For sale by FOWLERS and WELLS, 309 Broadway, New York. Price, prepaid by mail, 37c.

We have no words adequate to express our admiration of this masterly production. We do not remember ever to have met with any thing of the kind worthy to be named in comparison with it. It is no mere display of words, no ambitious display of scholarship for the sake of the display, (though the author's thorough and liberal culture is apparent enough in every page,) but an earnest, eloquent and logical discussion of the vital questions which should lie at the base of all educational work. We congratulate Antioch College on its good fortune in having secured such a president as Horace Mann, and the country on the possession of such a college as he will make it. We have no space in which to give an analysis of the address, but we most earnestly commend it to our readers. It should be circulated through the length and breadth of the land. *Everybody* should read it.

KNICKERBOCKER GALLERY.—Samuel Hueston announces a miscellany of literature and art to be published in October as a complimentary tribute to Louis Gaylord Clark editor of the Knickerbocker Magazine, from his brother authors of America. It will be a splendid octavo volume, comprising original literary papers by the most eminent living American authors, with forty portraits on steel, from original pictures. It will unquestionably be the finest work of the kind ever issued from the American press, and form an appropriate and we hope a substantial "benefit" to the talented, witty, and genial editor of "Old Knick." The tribute is richly deserved, and we are glad to see the fellowship of letters thus expressed. See advertisement for terms, &c.

NOW-A-DAYS. New York: T. L. Magagnos and Co. 1854. Price, prepaid by mail, 67 cents.

A story of Maine backwoods life, by a lady who sketches her pictures from nature, and with a free and graceful touch and considerable graphic power. She aims at naturalness rather than at any thing marked and startling, and those who delight in the tragic and the horrible will find nothing in her volume to feed their morbid taste, but the lover of nature, truthfulness and simplicity will read it with much pleasure and profit. See advertisement.

FAMOUS PERSONS AND PLACES. By N. PARKER WELLS. New York: Charles Scribner, P. 1853.

In making an announcement of the recent issue of this new volume, we deem it useless to speak of its merits. Willis always writes in an off-hand, lively, pleasing style: saying every thing he says in a way to make one think it strange they have never said the same things themselves; and we don't remember when Scribner has published any thing that was not worthy of public notice.

The work before us contains notes of a trip to Scotland; a second visit to England; talks over travels in various other portions of Europe and America; articles from the journal of which he was the editor, comprising many things of interest about Jenny Lind, Kosuth, Ole Bull, Lady Blessington, Barry Cornwall, Moore, Jane Porter and other celebrities—all done up in as readable a style as one could desire.

BOOK OF ONE HUNDRED BEVERAGES for Family Use. By WILLIAM BERNHARD. New York: C. S. Francis & Co. 1854. Price, prepaid by mail, 25 cents.

This is a little cloth-covered brochure of 64 pages, designed to answer the question, What can I drink, instead of the beverages hitherto used? The hundred beverages, recipes for which are here given, are all of an unobjectionable character; and though we cannot commend them all as wholesome or even harmless, the reader will find some of them, on trial, to be very good.

PUDLEFLOP AND ITS PEOPLE. By H. H. RILEY. New York: Samuel Hueston: 1854. Price, prepaid by mail, \$1 25.

This is a story, or rather a series of sketches of life in a western village, written in a vein of inimitable humor, and in a most laugh-provoking style. Its portraits of character are life-like and most effective; indeed, its word-paintings are fully equal to the capital engravings with which it is illustrated. The reader who can get through the volume without laughing fifty times all his sides ache, must be sadly deficient in Mirthfulness. But to make you laugh is not the only mission of this history of Puddlelop and its inhabitants. It has lessons—much-needed lessons—for the people of this country, and particularly of the West, which will be all the more efficient from the fact that they are sent home on the keen shaft of satire. Reader, buy the book, laugh at its capital hits, and then think seriously of the follies at which they are aimed, and ask yourself what can be done to put them away from among us. The book is printed and bound in a style of neatness and beauty which does credit to its publisher. See advertisement.

Varieties.

SOME one gives the following capital advice for these hot days:

Don't gorge. We hate a glutton at all times, but especially in the summer. It is monstrous to see men, when the mercury is up to 90, cram a pound of fat meat down their throats. Don't you know that animal food increases the heat? Eat sparingly, and be sure to masticate it right. Don't bolt your food like an anconada. Take exercise early in the morning. Ah, what foles we are to sweat in bed when the cool breezes of the morning invite us forth, and the birds and the streams are murmuring in their own quiet way, pleasant music, which arouses a kindred melody in the soul.

Be good-natured. Don't get into any angry discussion on politics and religion. There will be time enough to talk the former over when the weather gets cooler, and as for the latter, the less you quarrel about it the better. Religion is a good thing, but when you fight in its name, you show yourselves ignorant of its principles, and unworthy by its influence.

Bathe often—three times a week—every day. The exposure is nothing to the benefit derived. If you would enjoy health, have a clear head, a sweet stomach, a cheerful disposition, put your carcass under the water every day, and when you emerge, use the brush vigorously for five minutes. There is nothing like pure bracing water.

A GOOD MEDICINE.—"An ounce of prevention" is the best medicine ever administered. We have long sung the praises of pure water. It cleanses the inner and outer man, reduces fever and removes dirt, gives hardness to the muscles, strength to the nerves, vigor to the brain, and purity to our thoughts. Shakespeare's man who had no music in his soul was not half so dangerous a fellow as he who never bathes. We have often commended the efforts and publications of Messrs. FOWLER AND WELLS, New York. In this regard, because their spirit commends itself to our common sense. We like the general principles they advocate, because they are in conformity with nature, and opposed to one-idea quackery—for they are far from teaching that indiscriminate water-drinking and bathing is a sure panacea for multitudes of ailments, fasts, and air, insulation, all come in for their full share of cooperation with nature. When the wheels of the curious human machine are clogged by phlegm, or mixed internal heat, or when the muscles are shriveled, the blood poor, the lungs weak, from deficiency of air or poisonous gases, what quackery is there in looking to deeper and purer draughts of the life-giving element for oxygenized blood and the bloom of health? It is not exercise made essential to health of mind or muscle? the condition of growth or perfection in any living being? the quickest and safest means of working impurities from diseased systems? And what better than ice-water will reduce an external inflammation, or a true internal heat, or what better pain-killer than hot fomentations? The publishers above named are furnishing, in their books and journals, an immense amount of practical and invaluable matter at a very cheap rate, and encourage yourselves from prejudice; separate the chaff from the wheat, and fatten upon the wholesome kernel of truth.—*New Hampshire Gazette.*

The good cause progresses. Our editorial friends, who have become familiar with the facts and philosophy of our great reform, thus commend it. Let us be duly grateful to all co-workers, who will help to hasten "the good time coming," when life, health, and happiness shall prevail throughout the world!!!

HENRY WARD BEECHER says that "Dr. 's does not make the man, but when the man is made, he looks better dressed up."

The *Detroit Inquirer* tells the following story of a dog that belongs to a gentleman in that city:

THE DOG FOR WARM WEATHER.—"Watch" the man leave the usual daily supply of ice at the door, which, not being observed by the servant, lay melting away upon the area boards. Watch observed the wasting process with concern, but he could bear it no longer, when he commenced pushing the ice to a shaded place, and having been a short time absent, returned with a piece of old carpet, which he threw over it as he had seen the servant do. "There was ice in that!"

A CHANCE FOR POETS.—It will be seen by reference to our advertising pages that the Cosmopolitan Art and Literary Association have offered a premium of one hundred dollars for the best Ode to the Statue of the Greek Slave. The ode not to exceed fifty lines. Here's an opportunity for somebody to distinguish themselves and get paid at the same time.

"THE baby is sick, my dear," said an anxious mother to her lord.

"Well, give it castor oil. Dennis, bring up that castor oil."

"It's all gone, Sir; divil a drop is left."

"Gone! why, we have not yet opened the bottle."

"Sure you have had it every day, and I've seen you use it, myself, upon your salad."

"Why, you scoundrel, you don't mean to say that I've been eating castor oil every day during the salad season?"

"So you have, Sir."

"Did you not see the bottle was labelled 'castor oil'?"

"Sure and I did, Sir; and didn't I put it in the 'castor' every day?"

EFFECTS OF CLEANLINESS.—It is estimated that the improvements introduced into the sanitary regulations of London, during the last two years, have caused a saving of nearly one hundred lives a year.—*The Traverser.*

So much for the advent of our glorious Water-Cure. All first-class hotels, hospitals, and private dwellings in the cities of England and America, are now provided with facilities for washing and bathing. This is one of the "new things under the sun," and should be hailed with a thankful heart. An improvement in the PRESERVATION OF HUMAN LIFE, is certainly no less important than the invention of patent medicines, revolving pistols, etc., etc.

A NEW LECTURER IN THE FIELD.—We are glad to enroll the name of our zealous and intelligent friend, H. KNAPP, M.D., of Lockport, N. Y., among our public lecturers on Hydropathy, Pneumology, Physiology, and other reforms. Dr. Knapp has been successfully engaged, for some time past, in the practice of his profession, viz.: "Healing the sick." He now professes to teach the people the laws of mind and matter, and how to avoid sickness and premature decay, and how to make the most of the talents and faculties they possess. Dr. Knapp will obtain a hearing, and being heard, he will be heeded.

Apostles of truth, light, and life, are no less needed in the world—now, than in past ages, and we glory in every new accession. Wherever preachers go, there let the lecturer also go. If he is wanted in every school district, every parish town, or village. Shall the demand be supplied?

"AN OLD DOG WITH A NEW TRICK."—A Philadelphia paper has the following, from a New York compounder of a new "gull trap," which he is trying to spring on the Quaker City. Hear him:

I hereby most solemnly swear that no mineral or poisonous drug or article of any injurious kind whatsoever is contained in its composition; that I have myself taken pounds of the sugar, and gallons of the syrup, and find (although over 50 years of age) that the more I take, the more perfect is my health, strength, and vigor, both mentally and physically; and am ready at any time to take any reasonable quantity, for the satisfaction of sceptical patients, they please to administer.

If so perfectly innocent and harmless as he swears—like a pirate—and so free from "mineral or drug," and if "the more he takes the better he is," we motion that he "be headed up" in a barrel of his sops, where he may be kept as an evidence of the efficacy of his sworn swindle.

ONLY A VARIATION.—Some one having lavishly lauded Longfellow's aphorism, "Snuff is best," a matter-of-fact man observed that it was merely a variation of the old adage, "Grin and bear it."

Mechanics.

J. T. KING'S PATENT

WASHING APPARATUS, AND THE PHILOSOPHY OF WASHING.

This apparatus is not only unlike any other washing machine, but works on principles directly opposite. There is no rubbing, pressure, or friction, and consequently no hard labor required. Any quantity of dirty clothing, (depending only on the size of the apparatus,) no matter how dirty, can be washed thoroughly in five to ten minutes.

These facts are so contrary to the experience or preconceived opinions of all persons near that, it will be requisite they should understand the operation of these machines and the true philosophy of washing, to convince them of the truth of the above.

Whether an article may be washed with ease or difficulty, depends not so much on the quantity as the kind of dirt on it.

All kinds of dirt are fastened to the fabric by some oily or vegetable particles of matter, which, when neutralized, offer no further impediment, and the dirt may be rinsed off without trouble or difficulty.

Now, to understand thoroughly how to wash any article, a person should know what substance attaches the dirt to the fabric, and what other substance or ingredients is applied to neutralize it. In the common process of washing, it is not to be presumed that every washerwoman understands chemical affinities, nor is it necessary they should, for almost all articles in general use are soiled by some oily or vegetable substance dropped upon them, by perspiration or other matter from the human body, by something in the atmosphere, or in some other manner, almost all which can be neutralized by the application of soap, or any similar alkaline preparation. These oily, vegetable or glutinous particles being imbedded with the dirt in the fabric, it is to open the fibres and allow the alkali to operate upon them that rubbing is done in the ordinary mode of washing, and not, as many persons suppose, to rub the dirt out. To prove this, let a person attempt to wash a greasy, dirty article in clean water without soap. Instead of rubbing the dirt out, it will rub it in, except great friction or pressure be applied, when a portion of the dirt will be removed, but the fabric will be injured and look dirty. The common process is to wet the dirty article in warm water, put soap upon it, and rub upon the fibres of the fabric, when the soap neutralizes the grease, &c., and the dirt rises out. This process is not only injurious to the fabric, but requires much time, labor and expense, and after all is very imperfect in its results, proved by the fact, that most washerwomen, (especially those who wash their clothes to look well,) after rubbing open the fibres of the fabric as much as possible, and using all the soap requisite to cleanse them, put them into water and *boil* them. The result then is, the heat expands the fibres of the fabric, and the soap left on the clothes and in the water neutralizes the grease, &c. (which could not be accomplished by rubbing only,) and the dirt afterwards washes out by rinsing, without further trouble. It is the application of these principles that constitutes the difference between King's Washing Apparatus and all others that have been invented.

All others have sought, by rubbing as near as possible the common process of washing, to accomplish the object by rubbing, friction, pressure, &c., and various methods of applying friction have been used for that purpose, without success. No one will dispute that rubbing the dirt from the fabric by force will undoubtedly injure it, just in proportion as it accomplishes the object; consequently, as the principles on which these inventions were founded were wrong, the machines were good for nothing, and were thrown aside as useless. King's apparatus is constructed on principles entirely different, as any person at all acquainted with it will see at a glance.

The clothes, while undergoing the process in his machine, are alternately in steam and ends, the former opening the fibres of the fabric and the latter removing the dirt, which accounts for the great rapidity with which they are washed by his machine. Its construction and operation are very simple.

There is no complicated machinery to get out of order, no rubbing, rollers, dashers, or pounders to wear out the clothing, but a simple cylinder, so constructed as to generate or let in steam under the ends and clothing, and out over them, whether the cylinder is revolving or stationary. The cloth-

ing being put into the cylinder, the lower half of which is full of suds and the upper half full of steam, which is constantly escaping at the top, and raising the clothes into the upper half; as the cylinder is turned over occasionally, the position of the clothing is changed; so they are alternately in steam and suds. The steam does just what a washing woman rubs the clothing for—opens the fibres of the suds to neutralize the alkaline particles of the clothing, to hold the dirt to the fabric, when the dirt rinses off without rubbing, and the constant escape of steam carries off all volatile matter, so that no matter how much the clothing may be soiled or filled with contagion, they are, after being washed in the machine, not only perfectly clean, but as thoroughly purified as when new.

They also construct Drying Apparatus, calculated to dry any description of clothing, &c., even the most delicate fabrics, in a few minutes, without wringing, pressure or friction in natural philosophy, mechanics, &c., and the rapid use of common atmospheric air, to complete the process.

See advertisement, Water-Cure and Phrenological Journals, August and September.

PREMIUM PUMP.

For all purposes where more than 80 or 90 gallons a minute are required to be raised, Warner's Patent Suction, Forcing, and Anti-Freezing Pump, is doubtless equal, if not superior, to any other in use. We copy from the Journal of the New York State Agricultural Society, the statement of the Judges, at the Annual Fair at Saratoga, last autumn, as follows:

It is cast iron, and will raise with ease 97 gallons per minute, at the ordinary rate of ordinary pumping; in cases of emergency, with rapid action, it could be made to raise double that amount. It has a large air-chamber, carries a steady continuous stream, is durable, and unaffected by frost.

Where a farmer desires to have a pump in his well, which, besides supplying his family and stock with water, will answer for a fire engine, when connected with a hose and pipe, he cannot have a pump better suited to his purposes than this one.

A Diploma and Silver Medal were awarded for it. The *New England Farmer* thus speaks of it:

We have used this pump on our own premises, and can therefore speak of it with personal knowledge of its value. With two persons at the handle, it threw water ninety feet, through twenty feet of hose, with a 3/8-in. nozzle. A child, of six or seven years of age, would keep a continuous stream running with ease. Water may be thrown over any ordinary building with it.

Manufactured by A. W. Gay & Co., of 118 Malden Lane, New York.

THE NEW POCKET INJECTING INSTRUMENT, for private and professional use, is by far superior to any other syringe yet introduced. It is thus described:

This instrument has been manufactured to order, to meet the wants of Hydropathic physicians, patients, and families. It is more convenient and portable than any apparatus of the kind in use, occupying, with its case, but little more space than a common pocket-book, while its durable material will last a life-time. It is ready for use at any moment, without the trouble of adjusting a single screw, and is not liable to get out of order. It enables the individual to inject any desirable quantity of water without interruption, and is precipitously superior as a "SELF-STRINGER," inasmuch as it may be worked with one hand, thereby leaving the other hand free to direct the terminal tube. It may be used for injecting the bowels of an infant or an adult, or for any of the purposes of a "Female Syringe." With each Syringe, the publishers will send a copy of **DR. TRAIL'S ILLUSTRATED MANUAL OF DIRECTIONS**, in which are full particulars as to how, when, and where to use it. The Manual (sold only with the Syringe) contains articles on **The Digestive System, The Pelvis or Basin, Abdominal Regions, The Alimentary Canal, The Stomach, The Intestines, Physiology of Digestion, Chymification, Chylification, Defecation, Fecal Accumulations, Flatulence, Origin of the Gases, Indications for Injections, Water Boiler, Quantities of Injections, Temperature of Injectors, Position for Injections, Introduction of the Tube, Injection of the Fluid, Cleansing the Syringe, Particular Diseases, Vaginal Injections, The Uterine System.** The price of **THE NEW POCKET STRINGER**, including the **MANUAL OF DIRECTIONS**, is only Three Dollars and a Half, and may be sent by Express to any place desired. All orders should be prepaid, and directed to **FOWLER AND WELLS, 838 Broadway, New York.**

PUMPS.

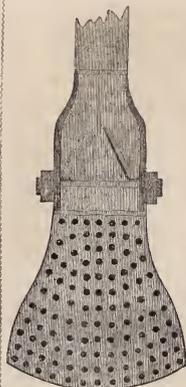
In presenting to our readers an illustrated description of *Gwynne's Centrifugal Pump*, we can do no less than say, that no other has received so many flattering testimonials from individuals and companies who have become acquainted with its merits by practical tests. To boast of what a machine can do, and to tell what it has done and is doing, is different; and from what we can learn by observation and the accounts given by others, we are forced to believe that for manufactories, mines, draining quarries and other places where great quantities of water are used, it is infinitely superior to any other ever offered to the public.

The principle upon which these pumps operate, is that of centrifugal force. The water is let in at the centre of a disc or piston, somewhat resembling in form two plates with their edges placed in contact. The rapid revolution of this disc throws off the water through openings upon its periphery. In simplicity of construction, durability and economy, they stand unrivalled. Working without valves, they are exempt from the constant liability to derangement to which all other pumps are subject. Having but the merest trifle of contact surface, they work with the greatest possible economy of power. Their peculiar construction admits the free passage of impurities and obstructions, without injury. In short, they are the only pumps that seem capable of fulfilling the purposes for which pumps are constructed, without subjecting their possessors to the most annoying and vexatious interruptions, and correspondingly costly expenditures of time and capital, for further experiments and constant repairs.

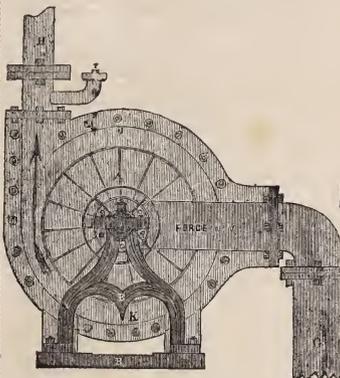
For a clear understanding of the construction of this pump, reference is made to the following engravings, numbered 1, 2, 3, 4. The same letters upon the different engravings refer to corresponding parts.

DESCRIPTION.

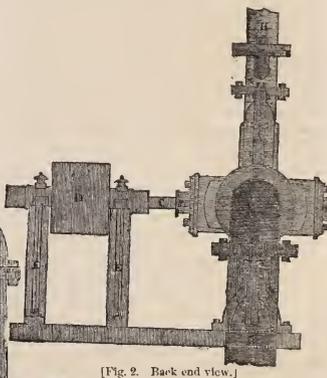
A, the stationary water-case or chamber, bolted fast to the foundation plate (B) in which the piston or disc rotates, motion being given to it by the shaft C, on which is keyed fast the pulley or hand wheel D, and supported on its outer end by the standards or pedestals and boxes E. This shaft, where it enters the water-case, has a stuffing-box or gland, F. G is the suction or entrance pipe; H the forcing or discharge pipe; and I a branch pipe, fitted with a screw cap, for the purpose of charging the pump previous to starting it. J is a small plug or vent-hole, and K a cock to let out the water when the pump is exposed to frost.



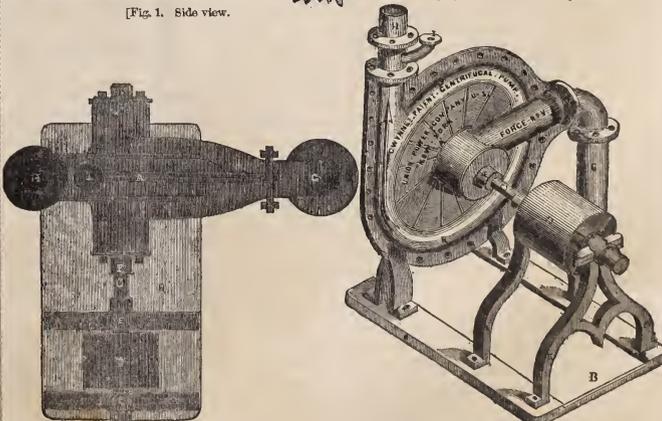
[Foot of Suction Pipe, with valve and strainer.]



[Fig. 1. Side view.]



[Fig. 2. Back end view.]



[Fig. 3. Top view.]

[Fig. 4. Perspective view.]

Miscellany.

LIVING ON AIR.—The *Sunday Times*, in reply to a correspondent, collates the following data:

PISCATOR.—"Can you inform me how it is that gold-fish will survive in a glass globe filled with water, where they receive nothing whatever for food?"—Incapable as water may seem to be of affording any thing like solid nutriment, yet there are some tribes of animals that appear capable not only of subsisting upon this, but upon even the still less substantial diet, air. Leeches and tadpoles, besides various kinds of fishes, (among which is the gold-fish,) will live upon water alone. Numerous experiments have been made by philosophers to test the truth of this matter beyond peradventure. Rondelet kept a silver-fish in pure water alone for three years, and at the end of that period it had grown as large as the glass globe that contained it. Several species of the carp kind, it is said, have a similar power; and even the pike, one of the most voracious of the finny tribes, will thrive upon water in a marble basin. All kinds of amphibious animals are particularly tenacious of life; and not only frogs and toads, but tortoises, lizards and serpents, are well known to have existed for months, and even years, without other food than water, and in some cases, only air. It is stated on good authority that a person once kept two horned snakes in a glass jar for two years, without giving them any thing: it was not observed that they slept in the winter season, and they cast their skins as usual, about the first of April. Lizards have been found imbedded in chalk-rocks, and toads have been discovered in wood, blocks of marble, and other situations where, to all appearance, they must have been entombed for many years. Snails and chameleons, it has been repeatedly asserted, will live upon air alone. It is also said that spiders will live on the same light diet, and that, though they will devour other food, they really do not need it to support life. Latreille confirms this statement by an experiment which he made with a spider, by sticking it to a cork, and precluding it from communication with any thing else for four successive months; and at the end of that time it was as lively as ever. A writer in the *Philosophical Transactions* states that he kept a beetle in a glass confinement for two years, without food. The kind of ants are not only supported on air, but actually grow in bulk. It would appear, however, from experiments made by M. Goldberry, in 1786, that the usually received opinion that the chameleon feeds on air is a vulgar error. He subjected seven of them to this ordeal, and they all died, save one, in three months and twenty days. So it would appear that they could survive, like many other animals, for a time upon the oxygen the atmosphere affords, but could not subsist upon it continuously. The instances we have cited, however, prove that some animals require very little, and in some cases not any, of what we usually denominate food, to support existence. Numerous instances might be cited where persons have survived for many days without nutriment. A woman condemned to death, in the reign of Richard III., lived forty days without food or drink. A young lady, sixteen years of age, is mentioned in the "Edinburgh Medical Essays," for 1720, who was thrown into such a violent tetanus, or rigidity of the muscles, by the death of her father, that she was unable to swallow for fifty-four days; and when she came into the natural state again, she declared she had no sense of hunger or thirst. A still more extraordinary account is related of a man who, upon recovering from fever, had such a dislike to food of all kinds, that for eighteen years he never tasted any thing but water. All will recollect the case of the sleeping man from Rochester, who was exhibited in this city last summer, and who had not partaken of food for a long time. Cats have been known to live over two years without drinking. From all the statements we have made, "Piscator" will, we think, be ready to believe that fishes may not only survive, but actually grow, upon water alone.

SOME SENSIBLE HOGS.—Some years ago I made a visit to the Bay of Fundy, and finding a cozy place there, suitable to my mind, I spent a week or more in that vicinity. While there I had occasion to notice the movements of certain hogs, who came down to the beach at low tide to feed upon the clams which abound in the sand. You are aware that the tide rises thirty or forty feet in that part of the country. The consequence is, that it must come and recede very rapidly; so swift, indeed, does it rise, that cattle

unacquainted with this state of things, not unfrequently get overtaken by the water and drowned. The old hogs in those parts, however, get accustomed to the tide. They find out not only that it "waits for no man," but that it waits for no hog. One day while I was on the beach, I saw a regiment of hogs as busy as they could be, rooting for clams and feasting on them. Watching them very carefully, I could not help noticing that several of their number ever and anon placed one ear in an attitude of listening. They would remain a moment or two, and then go on digging clams. Finally, one cunning old fellow, after listening an instant, uttered that well-known note of alarm, and off he and the whole regiment ran at the top of their speed out of the reach of the tide. When I placed my ear as near the ground as did the hogs, I immediately discovered what they discovered, and what I did not know before, the roar of the incoming tide; and I found it necessary to retreat as speedily as they had done. What do you think of that, reader? Is not a hog, as well as a man, a reasoning animal?

WASHING A LITTLE SWearer's MOUTH.—The *California Christian Advocate* says: An intelligent lady of our acquaintance, whose little boy was beginning this strange talk, anxious to express to her child her horror of profanity, bit upon the novel process of washing out his mouth with soap-suds whenever he swore. It was an effectual cure. The boy understood his mother's sense of the corruption of an oath, and the taste of suds, which together produced the desired result.

We can heartily commend the ingenuity of the mother. She is about as famous for inventions in our eyes as those steam-gods, Watt and Fulton.

Certainly two of the most singular histories on record are of the grandmothers of Louis Napoleon and the present Sultan of Turkey, Abdul Medjid. These two worthies, the Emperor and the Sultan, are grandsons of American Creole girls! As this seems incredible, their history will not prove uninteresting. We give it on the authority of the *Pittsburg Post*. These two Creole girls, were Made-moiselle Josephine de Tascher and a Miss S— who were born and raised in the lovely West India Isle of Martinique. They were of French origin—their fathers being planters and neat neighbors. At the death of her father, Josephine went to France, and was married to M. de Beauharnais, by whom she had one son, Eugene, and a daughter, Hortense. Some time after the death of Beauharnais, Josephine was married to Napoleon Bonaparte, and became Empress of France. Her daughter, Hortense, was married to Joseph Bonaparte, then King of Holland; and the present Emperor of France is her son by that marriage. The history of Miss S. is more wildly romantic and singular. This lady quitted the island of Martinique some time before her friend. The vessel carrying her to France was attacked and taken by the Algerine corsairs, and the crew and passengers made prisoners. But this corsair ship was in turn attacked and pillaged by Tunis pirates, and Miss S. was carried by them to Constantinople, and offered for sale as a slave. Her extraordinary beauty and accomplishments found her a purchaser in the Sultan himself; and she soon became the chief lady of the Seraglio, and Sultana of Turkey. Mahmoud II. was her son; and the present Sultan, Abdul Medjid, is the son of Mahmoud. What a history! Can its parallel be found in any true record? The Sultana died in 1811; the Empress Josephine in 1814. Their grandsons now rule over two wide and powerful empires, and are entering, as friends and allies, upon one of the most momentous and singular struggles in which Europe was ever involved. How little could it be guessed by those two lovely Creole girls that their early friendships were to result thus!

It is said that many of the relatives of this Sultana left the island of Martinique, and settled at Constantinople, where their descendants still reside, and enjoy the favor of the Sultan. Those whom Josephine elevated to power are almost numberless, and to this day their influence almost guides the destiny of France.

WATER vs. SUN-STROKE, *alias* RUM-STROKE.—The *New York Sun* (Washington, Jefferson Co.) states that 60 to 90 workmen on the water-works of that place have suffered less and lost less time than almost any others, while they have accomplished more work than any other set of hands ever employed in that village. The reasons are briefly these: 1. They work with a will ten hours each per day, and no more. 2. They drink no ardent spirits, whether

at work or at leisure. 3. When the heat is oppressive, a boy is constantly circulating among them pitcher after pitcher of cool, fresh water. 4. They are paid full wages in cash every Saturday night. 5. They are always treated as men, not dogs, by their employer, Mr. J. Ball, and all his subordinates in the direction of their labor. No profane or petulant language is allowed. If a man proves incapable or inefficient, he is simply paid off and discharged. They have been at work through the late extraordinary heat in the public square, where the rays of the sun were concentrated on their heads by the reflection from the surrounding fronts and roofs, yet nothing like a sun-stroke has been known among them; and while they have drank cold water in abundance, none of them has suffered therefrom.

Those facts (and there are thousands more to corroborate them) are worth considering. "Died from drinking cold water" is uniformly a lie with circumstances. We doubt whether a dozen persons in all were ever killed by cold water, unless they had previously at least half killed themselves with hot liquor. Sun-stroke is very often rum-stroke; that is, liquor catches out the victim's life, and leaves the sun or the pitcher to take away his breath. Oh that things could but be called by their rightnames!—*N. Y. Tribune*.

SINGING CONDUCTIVE TO HEALTH.—It was the opinion of Dr. Rush that singing by young ladies, whom the customs of society debar from many other kinds of healthy exercise, should be cultivated, not only as an accomplishment, but as a means of preserving health. He particularly insists that vocal music should never be neglected in the education of a young lady; and states, that besides its salutary operation in soothing the cares of domestic life, it has a still more direct and important effect. "I here introduce a fact," says Dr. Rush, "which has often enquired to me by my profession; that is, the exercise of the organs of the breast by singing, contributes to defend them very much from those diseases to which the climate and other causes expose them. The Germans are seldom afflicted with consumption, nor have I ever known more than one case of spitting blood amongst them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them frequently in vocal music, which constitutes an essential branch of their education." "The music master of an academy," says Mr. Gardner, "has furnished me with an observation still more in favor of this opinion. He informs me that he has known several instances of persons strongly disposed to consumption, restored to health by exercising their lungs in singing. In the new establishment of infant schools for children of three or four years of age, every thing is taught by the aid of song. Their little lessons, their recitations, their arithmetical countings, are all chanted; and as they feel the importance of their own voices when joined together, they emulate each other in the power of vocalizing. This exercise is found to be very beneficial to their health. Many instances have occurred of weakly children, of two or three years of age, who could scarcely support themselves, having become robust and healthy by this constant exercise of the lungs. These results are perfectly philosophical. Singing tends to expand the chest, and thus increases the activity and powers of the vital organs."

THE NEW YORK SCHOOL OF DESIGN FOR WOMEN.—We are happy to be able to inform our readers of the complete success of this school, instituted for the purpose of instructing women in the arts of designing, drafting, wood engraving, and lithography.

These are all branches of manual labor which are unquestionably as well adapted and as appropriate for the sphere of woman as man. The work is light, pleasing, and remunerative. To succeed in either of the branches requires, of course, not only application and study, but a mental organization adapted to the business. This adaptation is not less frequently met with in female than in male heads; and we have now among us many ladies in whom the artistic talent is sufficiently developed to enable them to rank with the first painters in the land.

We hope in a future number to be able to give an account of the establishment and progress of this school, not only as a matter of general information, but as an inducement for friends of reform in other cities to go and do likewise. Nor need it be confined to cities. Wherever there is work of this kind to be done, let girls learn to do it.

The lady managers of the New York school have given notice that they are ready to receive orders for wood engraving.

ings, and to furnish original designs for calico and delaine prints, paper hangings, &c. As soon as it can be obtained, we shall use some of their work to illustrate our Journal.

BELL BEECHLEAF.—(A New Correspondent.)—

NEWTON, MASS.—MISSERS FOWLETS AND WELLS.—"Bell Beechleaf," the writer of the accompanying epistle, is my daughter, a little Hoosier of ten years, who is so rapturously here for a while, before returning to the Water-Cure at Eleazar, whither we went from Hoosierdom to "wash out" chills and fever. She wrote it without hint or help from any but her own active brain, and if you think it worth a corner of the Journal, so be it. Though so young, she has read your Journal for several years, and with much interest, and is water-cure to the bone.—Respectfully, E. M. D.

"DEAR JOURNAL.—It is a hot summer's day, and I am nearly melted. Whether it will rain, I cannot tell. Those clouds look like it. But every thing wants water—only water—to-day. It seems to me the summers are intolerable in Massachusetts, only when the wind is east, at least to me they are, for a downright Hoosier. Scarcely a breath of wind is here to cool us. How in the world folks can ever pass the summer without bathing is a wonder to me. How can they exist? They positively can't. Oh, the idea of living with all the filth and refuse of the body clinging to the skin, day after day, is sickening and disgusting.

"The white water-hily I love, for its cleanliness as well as beauty—bathing its pure form for ever in the water, and resting its broad leaves on the surface. So, belles that would preserve your fair complexions, spare not water; it was Eve's only cosmetic, and it will send the glow of health to your skin, and cause the faded lip and cheek to be the color of the rose or the ripe strawberry. It will sweeten your temper, too; and when a woman studies and enforces the laws of health, it is her own fault if she be an ugly wiven.

"The cherries and strawberries are now ripe, and glad am I of it. I believe that the most celebrated cook in the world could not, with all his skill, make any dish taste better to an unperverted appetite than good brown bread, strawberries, wheat and cream. The tempting fruit dissolves in your mouth as you eat it.

"I have a volume of 'Fern Leaves, No. 2,' near me, and Fanny says 'men are wanted.' Truly they are. Those miserable pieces of infamy at Washington are a disgrace to the sex, and to America also. What with their eight dollars a day, champagne, a little plotting, &c., the senators have a pretty easy time of it, all but the gallant few there who will defend Liberty to the last. A while ago I saw the counterfeiter now current. His hat was of glossy black felt, not a mussed place in it; his shirt and standing collar were most immaculately stiff; his cheeks and chin seemed innocent of any thing like whiskers as an infant; his cheeks were of an exquisite rose color; in short, he had a perfect baby face. His cravat was of green satin, and tied in a very large bow, that was wider than a silver dollar, and not a wrinkle a bit. His coat and pants of black broadcloth, and his vest blue satin, with very large flowers. His hair was curled, and he flourished a white cambric handkerchief. Once in a while he would look, as though to say, 'I'm somebody. But my sheet is out. Good bye.

"BELL BEECHLEAF."

"[Verily a child of promise, a genius of the "first water." We think it safe to predict astonishing revelations and results from this inspired writer. She surpasses in descriptive power any thing of her age. If she lives long enough she will "make a noise in the world," and set some folks to thinking. But we must warn Bell Beechleaf not to live too fast. Winter apples keep longer than those which ripen in August. Early ripe early decay. But, with the WATER-CURE JOURNAL before her, she will live in accordance with the laws of life. We hope to hear from her often.]

"PREACHING THE GOSPEL AND HEALING THE SICK.—A New England clergyman sends us the following encouraging epistle:

"Notions that belong to the school of Water-Cure are spreading in the eastern part of Massachusetts, and down on to Cape Cod. This is not strange, for they are rapidly spreading over all the civilized world! Multitudes who are not prepared to adopt them in full, are trying them in part, both to preserve and to recover health.

"I have been a pretty close reader of the WATER-CURE JOURNAL, and gain a student of water-cure literature. As a consequence, I have received information that I esteem of priceless value to me, as an individual, and as a husband and

father. Not unfrequently, when visiting relatives and friends, or the people of my parish, I have been able from such reading, and some reflection of my own, to give advice and directions that led to the recovery of the sick, and the dying even. What thrilling joy thus accrued to others and to myself!

"Frequently I find individuals disposed to doubt whether such great cures as are reported in Water-Cure books have taken place, did or could occur. But my experience demonstrates to me their credibility. In every difficult case where I have seen water-cure remedies applied, the happy results have produced absolute astonishment. Oh, how blessed it is to labor for one fundamental reform, and see pain, helplessness, despair, and transgression depart, like night for the coming day of strength, freedom, hope, joy, and obedience.

Sippican, Massachusetts.

[The writer has our thanks for his good efforts in behalf of our Journal and of humanity. He has set an example to modern preachers, which we hope will be followed by others, viz., "Healing the sick," as well as preaching.]

RESISTING A DISPOSITION TO COUGH.—We copy the following, which we cannot trace to its source, partly for its own sake, and partly as corroborating that general principle of curing disease by mental resistance to it, brought forward in our article on Vitality.

CONQUERING HIS CONSUMPTION.—The Herald of July 10th, states that during the week preceding, fifty persons died of consumption in New York city. *Per contra*, a gentleman called upon us yesterday, who actually escaped from the fangs of this disease some years ago, and we are induced to present the circumstance.

"You speak of coughing considerably. Let me suggest to you the query, whether this is not unnecessary and injurious. I have long been satisfied, from experience and observation, that much of the coughing which precedes and attends consumption is voluntary. Several years ago I boarded with a man who was in the incipient stages of consumption. I slept in a chamber over his bed-room, and was obliged to hear him cough continually and distressfully. I endured the annoyance night after night, till it led me to reflect whether something could be done to stop it. I watched the sound which the man made, and observed that he evidently made a voluntary effort to cough. After this I made experiments upon myself, from coughing, sneezing, yawning, &c., in case of the strongest propensity to these acts by a strenuous effort of the will. Then I reflected that coughing must be injurious and irritating to the delicate organs that are concerned in it, especially when they are in a diseased state. What can be worse for irritated bronchia, or lungs, than violent wrenchings of a cough? A sore on any part of the body, if it is continually kept open by violent usage, or made raw again by contusion just when it is healing, (and of course begins to itch), will grow worse and worse, and end in death. Certainly, then, a sore on the lungs may be expected to terminate fatally, if it is constantly irritated, and never suffered to heal; and this, it seems to me, is just what coughing does for it. On the strength of such considerations as these, I made bold to ask the man if he could not stop coughing. He answered no. I told him what I thought about it as above. He agreed to make a trial; and on doing so, he found to his surprise that he could suppress his cough almost entirely. The power of *bi* will over it increased as he exercised it, and in a few days he was mostly rid of the disposition to cough. His cough, at the same time, evidently improved; and when we last saw him, he was in strong hopes of getting out of death's hands.

"This occurred eighteen years ago, and the man comes round now, an active business man, averring that he has not had a sick day since."

SEA-SICKNESS.—A writer in the London Times says: "Having noticed in the public journals a recent instance of death from sea-sickness, under very painful circumstances, I am induced to hope that the mention of a remedy which was entirely successful in a case which came under my own observation, may be useful to other sufferers from this distressing malady. A lady of my acquaintance was landed at the Cape of Good Hope, on her voyage home from India, in such a deplorable state of debility and exhaustion from sea-sickness, that she was obliged to be carried into the house by men, and would certainly have died if the ship had been a week longer at sea. The danger of renew-

ing the voyage under such circumstances was very great! But a simple contrivance enabled her to continue it, and to reach England in perfect health. A swing cot was constructed, with a top or frame over it, fitted with curtains, so as effectually to screen the deck overhead, and other parts of the vessel, from the view of the recumbent invalid. The motion of the ship was thus rendered imperceptible, and the invalid being relieved from the dizzying effect of the vessel appearing to roll one way, and the cot the other, no longer felt any nausea or inconvenience. She soon gained sufficient strength to leave her cot for short periods, except in bad weather; and the confinement, such as it was, was a trifle compared to that which persons who have lost, or dislocated limbs, are compelled to endure in pain for months. At all events, life was saved and health restored by this simple means."

"[We have no doubt of the efficacy of the method above proposed; but we are also satisfied, from much observation, that all dangerous, and nearly all distressing sea-sickness, can be obviated by a proper attention to regimen during the first part, and for a short time before commencing the voyage. An abstemious and coarse vegetable and fruit diet, with a daily bath, will very soon fit almost any person to buffet the turbulent waves, with very little suffering from sea-sickness.

TOOTH-WASHES.—On this subject the *American Agriculturist* gives the following cautionary chapter of history:

Several years since, while at work at the chemical laboratory, a man brought us a little vial holding a half ounce, and bearing the following or a similar label:

"Tooth-Wash—warranted to remove all dark color, &c., &c., from the teeth immediately, and give them a pearly whiteness. It preserves the teeth from decay, renders the breath sweet, prevents tartar from forming upon them, and being carried into the stomach, thus improves the general health of the system. A single vial will last for years. Price only 25 cents."

"We examined this VALUABLE AFFAIR, and found it to consist only of water, with a little common muriatic acid, (hydro-chloric acid.) Its only action upon the teeth was to dissolve off a portion of their surface, which of course removed the dark coating. The continued use of this wash would soon entirely eat away the teeth and destroy them. We estimated the cost of a barrel-full of this wash to be about 75 cents, and that this would fill about 7,500 of the 25 cent vials, at a cost of about one cent for one hundred vials full. The cost of the vials, including the labels and filling, was about one and a quarter cents each. This "Tooth-wash pedler" offered us a shining gold eagle to tell him how to make it, (which of course we declined doing.) "for," said he, "I pay \$15 a hundred for these vials, and I sell thousands of them, and am now going to the New York State Fair, and can sell them like hot cakes to the green country chaps. Last year I made over \$100 selling this same wash at one far, and I want to make it myself." We told him how injurious it was to the teeth, and he left us. We heard no more of him, till a few days since we met him at one of our Southern State Fairs, driving a brisk business. He had a box on a stool before him, and was performing his dental operations (anti-dental, rather) upon a dark-colored set of teeth, and showing to a wondering crowd "his black tooth by the side of that white one, made so by his incomparable tooth-wash." A dozen or more of the ambitious crowd immediately walked up and paid their quarters, and carried home the prize. We stepped up to the pedlar and reminded him of our former remonstrances; but he replied, "It pays too well to give up the business; I make \$1,500 a year clear, and pay \$50 a year to the State for the privilege of selling. A hundred others are selling it all over the country. I got it for \$10 a hundred after telling the manufacturer how cheaply you said it could be made, and he was performing his dental operations generally, that, whether dry or liquid, they usually contain some acid which destroys the teeth." It is safer to avoid them all. A good tooth-brush and water, or some pleasant kind of soap, is the best and safest tooth-cleaner we know of. The teeth should be brushed before going to bed. Food remaining upon and between them during the night is apt to turn to acid, which eats away the surface.

"We have little hope of putting an end to the sale and use of these not merely useless, but positively injurious articles; but we shall continue to do our best to expose them. We have several more to bring forward as we have opportunity.

"An estimate relative used one of these dry powders, and at twenty-five years of age was obliged to get a new set of teeth."

The Month.

NEW YORK, SEPTEMBER, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
DR. TRALL.
By no other way can men approach nearer to the gods, than by suffering health on men.—CICERO.

SEPTEMBER NOTES.

BY R. T. TRALL, M. D.

FEMALE PHYSICIANS.—One of our city papers, a few years ago, expressed the opinion that, if there were five hundred competent and well-educated female physicians, they could all find profitable employment professionally in this city alone. This statement was evidently predicated on the supposition that we have no great surplus of male doctors, and that female physicians of equal competency would—as the majority of all medical practice is in diseases of women and children—be preferred by the suffering sick in a majority of cases.

We do not believe so many doctors, either male or female, would be to the benefit of community. But we do believe one hundred female physicians are really demanded in this city, and could, on acquiring a proper education, find ample employment.

There are about one thousand male doctors of all sorts and pretensions, who agree in the general plan of treating disease by drug-poisons, in New York and its suburbs. We believe, most conscientiously, that, taking all together, they are a curse and pest to society. One hundred male physicians, of *proper* attainments in the healing art, should be amply capable of supplying all the needs of our people and our public institutions, leaving twenty-five of the number for the speciality of operative surgery. And this principle of calculation applies to the country and to the world, as well as to this city.

The facts that diseases of women and children are the main sources of professional business and revenue, and that female physicians in these cases have more natural tact and adaptiveness in ascertaining, understanding and managing them, are conclusive that society needs a greater number of female than of male physicians. And when the people generally become a little better educated in physiological science—in the laws of life and health—diseases will be comparatively few; most of the practice of the healing art will be where it should, in the hands of educated female physicians, and nearly all that men have to do with sick folks will be surgically.

These remarks are intended partly in answer to several correspondents who, contemplating attending our Hydropathic School next fall and winter, have inquired "how it works" to educate males and females as one class in all the departments of medical science? It "works" well. It insures a class to be more circumspect in deport-

ment, more attentive to study, more emulous of real improvement, and in many ways better informed. Of either class of our first and second term, we can select the names of half a dozen females whose aptitude to understand and progress in every department of a professional education, was not equalled by the six best male students.

Another fact is significant. One of our city papers, notoriously and rancorously opposed to every thing in the shape of a new notion, so far as "woman's sphere" is concerned, made an editorial statement a few days ago, that every female in this country who had been professionally educated and gone into practice, was doing a business worth over *one thousand dollars a year!* This fact, and fact it is, speaks a volume. It shows that the demand is ample, but the supply deficient; that the women of our country are not so ignorant as to prefer male physicians, when equally-qualified females can be had. It only requires a competency in numbers as well as in capacity of female physicians, to drive nine-tenths of our drug-doctors, alias poison-vendors, into some more useful calling, and sweep all the expensive and worse than useless array of nostrum depositories and apothecary-shops away from the face of the earth.

NEW ARRANGEMENTS.—A NEW PAPER.—THE QUARTERLY REVIEW.—Our readers have already been apprised that the publishers of this Journal propose soon to commence the issue of a weekly family newspaper, to be called "Life Illustrated," and this scheme has presented the opportunity for making new and better arrangements for carrying out our grand project, *the education of the people*. By transferring the more popular and miscellaneous matter of the WATER-CURE JOURNAL to the weekly, and the more elaborate and professional articles of the Review to the Journal, we can be in more frequent communication with our subscribers, give a greater amount and variety of matter, and still preserve all the best features of the present periodicals. Annuals, semi-annuals, and even quarterlies are of necessity dull teachers. Their visitations are too seldom to awaken and sustain the interest of monthlies, weeklies, and dailies; nor can they so well reflect the "spirit of the age," by mingling with, and to some extent shaping and controlling the course of current events. For these reasons it has been concluded to discontinue the Quarterly after the publication of the next number, which will complete the first volume. The plan, however, contemplated when the Quarterly Review was commenced, will be carried out in the manner already intimated.

Life Illustrated! For many years, Boston, New York, and especially Philadelphia, have supplied our country with immense editions of heavy, massy family weeklies. They were nearly all good papers, some very good; but none of them were such as would suit our idea of a "model." They were filled with prettily-written

stories, copious extracts from the circulating libraries, news, summaries, riddles and rebuses for the juveniles, &c., &c. But none of them, to our mind, represent, much less illustrate *life*.

We want, or rather the people want a paper—every family on the broad area of civilization ought to have a paper—that will not only represent and illustrate life, but *teach* it. "The science of life"—and this implies the laws of health as well as politics, legislation, agriculture, the mechanic arts, new discoveries, &c., &c.—should be a prominent department in a "people's paper," but, unfortunately, the majority of our newspapers teach the people more ignorance than wisdom in this respect.

A correct mental philosophy, a knowledge of the bodily constitution, their reciprocal relations and dependencies, a true system of hygiene, the relations of the human being to those elements of external nature which for ever and incessantly act upon it, and are in turn acted on by it, are the essentials of a really useful and progressive education; and should be not only prominent topics of a family newspaper, but have a prominent place in every system of common-school education. With these observations we commend "Life Illustrated" to all who, with us, see the need of a newspaper which shall not be content to follow and echo public opinion, but assume to guide, instruct, and direct it.

CHOLERA MATTERS.—Those who have carefully watched the progress and phenomena of the cholera, throughout the country, during the present season, can hardly fail, we think, to come to the conclusion that, though cholera is a very bad malady, drug-medication is a much worse one. It is strange how many times a "new theory" or an "improved practice" must be tested and exploded before it will stay exploded. And it is passing strange, that, with all the experience our physicians have had with the cholera, they still insist on salt pork, hot mustard, warm flannel, "more animal food," and a little "schnapps" or brandy as preventives, and some sort or combinations of drug-poisons as curatives.

At the Franklin Street Hospital, large doses of calomel—thirty to forty grains—are the leading measure of treatment; and we are told the result is *highly satisfactory to the attending physician*. At the Mott Street Hospital this practice is repudiated, and very small doses of calomel are given—one or two grains; and the result, we are told, is very satisfactory to the attending physician there. In both places one-half the cases die; and where the satisfaction comes from, we are not able to perceive. But this is of no consequence. If the doctors are "satisfied" with their own dosing, no matter what becomes of the patients.

In a case to which we were called up town, of supposed cholera, the doctor in attendance (Allopathic), had given a dose of salt and vinegar. During the interview we referred him to the practice of the physicians at the two hospitals, but he didn't believe in *either way of treating*. So it is

all over. Some give opium; others condemn it: some give calomel; others of the same school denounce it: some declare the stimulating practice essential to the patient's safety; others declare it always injurious. Now as ever, they can agree upon no single point in its pathology or treatment.

The Medical Academy has again discussed the contagiousness of the cholera; but, as ever heretofore, they can't agree whether it is contagious or isn't.

Our "up-town" doctor above alluded to thought that some kind of poison, "we couldn't tell what," floated about in the atmosphere, and struck people down—"we can't tell how." We replied, "Doctor, how is it that the cholera ever happens to hit us Water-Cure folks, or Vegetarians?" The doctor marvelled, but answered nothing. We asked again, "Doctor, how is it that when people are struck down with this poison, you can remove it or its effects by another poison—calomel, opium, salt, brandy, vinegar?" The doctor mumbled, but made no answer. We asked thirdly, "Doctor, how is it that you cannot so live yourself, nor can so advise your patrons to live as to be exempt from all liability to the cholera, whilst we Hydropaths and Vegetarians can and do so live ourselves, and instruct our followers so that they won't have the cholera and can't get it?" The doctor mildly answered, that no one ought to pretend to know so much about these things.

Some one of the persons present then asked if we never ate any flesh-meat. We replied, no, and that we eat freely and promiscuously cabbage, cucumbers, green corn, and very much other green trash, without either salt, pepper, or vinegar, or seasoning of any sort.

Then it was that the doctor spoke out from the very depths of his—stomach. Said he, "I would rather have the cholera than to live so." The doctor spoke honestly. He spoke the sentiments of the majority. He has no conception, no thought of eating, save to gratify an existing appetite, be that appetite natural or depraved. The people are generally like unto him. They would rather be sick and infirm, they would rather rot alive or be struck down by death, than to eat and drink healthful nutriment; and die they and their doctors do.

One of our city clergymen has taken up the prevailing theme, and delivered a sermon on the history, predisposing causes and treatment of cholera. The theological professor made almost as bad work in handling the subject as our medical professors do. He gave very good but very commonplace maxims on the prophylaxis, such as casting off fear, temperance in all things, regulation of diet. But on the subject of remedies he was as befogged as the Esculapians. He advised employing a *competent* physician, but didn't tell us where to find one. He was "death" on nostrums, but advised, in case one was going to travel away from the physician in whom one had confidence, to take along the *best nostrum*

he could get; but he forgot to tell us what that *best nostrum* was, or where to be found. He was particularly severe on acid fruits, and anathematized cucumbers with particular emphasis, as though cholera and cucumber were synonymous terms.

We made a practical application of this part of the reverend gentleman's exposition. The next day it so happened that we took a trip to a beautiful little village in Connecticut, where farms are thrifflily cultivated, and where gardens yield "green trash" in tempting abundance and variety. For three days we luxuriated on peas, beans, cabbage, parsley, apples, pears, beets, potatoes, huckleberry pies, blackberries, etc., etc. Green corn we enjoyed twice every day, and cucumbers three times. Yes, we fairly feasted, morning, noon, and night, on as fresh, sweet, luscious cucumbers as ever grew above ground. Isn't it a miracle, Parson W., that we are alive?

A GOOD SUGGESTION.—One of the practical difficulties in the way of Vegetarianism is, the little attention paid to the proper cultivation and preparation of vegetables and fruits. A correspondent, writing from Cohasset, represents, we doubt not, the sentiments of many who, in case a fair beginning could be made, would enter into the proposed project with alacrity:

Last year I noticed in your valuable WATER-CURE JOURNAL, several communications from your correspondents in regard to forming a company to settle by themselves, and live on vegetarian principles, in which project I took a great interest, hoped an association of that kind would be formed, and had some idea of joining it if I could obtain admittance into that chosen band. But the enterprise seems to have been abandoned; at least, I have heard nothing of its being carried into effect.

Now, living as I do, in a community where human improvement is little thought of, where the principal conversation of neighbors and friends is about the weather or everyday business, and village gossip in general; where the people live as their appetites suggest, if their means will allow it, without much regard to its effect on their constitutions, I long for the society of those who take an interest in the progress of mankind; not only in the means of acquiring riches, but in the improvement of body and mind, in the advancement of family comforts, and in raising the standard of social intercourse; and if an association were formed upon the principles of Phrenology, Physiology, Hydropathy, and Vegetarianism, I should be willing (if my circumstances would admit) to settle with them in almost any mild climate; there we might live in the enjoyment of the society of congenial spirits, and adopt such reforms in food, dress, and modes of living, as we thought best adapted to our happiness and comfort.

But for my part I know not how to get up such a company; but if, through your Journal or otherwise, the project could be fairly started, I doubt not a small band might be collected for the enterprise; but I leave it for others to begin, being willing to follow, but not capable of leading.

TERRITORIAL EXTENT OF THE UNITED STATES.—The final report of the seventh census of the United States, is now through the press. It consists of a single quarto volume of twelve hundred pages. This volume is filled with valuable statistics, not the least interesting of which are those in reference to the Territories of the United States. Even Young America may pause in its insatiable enthusiasm to admire the expansiveness of the republic, the total area of which, including the Territories, is set down at 2,781,129 square miles. The territorial extent of the Republic is nearly ten times as large as France, Great Britain, Prussia, Austria, Spain, Portugal, Belgium, Holland, and Denmark put together; one and a half times as large as the Russian Empire in Europe; only one-sixth less than the area covered by the fifty or sixty empires, states, and republics of Europe; of equal extent with the Roman Empire, or that of Alexander, neither of which is said to have exceeded 8,000,000 square miles. The total area of North America is 8,873,648 square miles.

Verily, this is "a great country."

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRAIL.

DICTIONARY OF TECHNICAL TERMS.—J. B. L., Mt. Carmel, Ind. The work you suggest has already occupied a portion of our thoughts for some time. Probably it will be published before long.

GHEASING AND WETTING THE HAIR.—A. S., Richfield Springs. "Please inform a subscriber, through the columns of the Journal, if the frequent use of oil injures the hair, when the scalp is kept clean? Also if it is a good plan to wet the hair and head daily with cold water?" To the first question, we say Yes. The second we answer affirmatively as a general rule. The exceptions, however, are few.

SCROFULA.—M. H. A., Boundbrook. "What is the proper treatment of scrofula in a babe four months old, very small and weakly? There are large swellings under each ear, and small lumps can be felt in various parts of the body; also, offensive discharges from her ears, and boils on various parts of the body." A wash in tepid water—about 75°—morning and evening, with a wet gridle to the abdomen for an hour or two daily, whenever she has diarrhoea, will be all the bathing such a susceptible infant can require.

WEAK EYES.—J. N., Omar. You state that your wife is troubled with "nervous debility," with weak stomach, lame back, disordered vision, &c., and ask us "how to use water in her case?" You must attend to the general regimen, or water will be of little service. She must adopt a hydropathic method of eating, drinking, exercise, &c., with such bathing as recommended in all our books, for the renovation of the general health. Recollect, this place is devoted to answering questions, not writing dissertations.

OBESITY.—C. C., Lancaster, Pa. "I am troubled with fulness, ringing in the ears, dimness of sight, double vision, neuralgic pains in the head, full and hard veins, cold extremities, drowsiness, &c.—weigh over two hundred pounds—age sixty." There is too much of you, or rather about you. Eat less, and use plainer food; exercise moderately; avoid greasy, seasonings, and stimulants; bathe daily in tepid water; and before you die, set an example of "eating to live," that your children or grandchildren (if you have any) may profitably imitate.

TAPE WORM.—J. W., Wellersburg, Pa. The best plan of treating the tape-worm is, to confine the patient for several weeks to a very plain and coarse, as well as abstemious diet, and then employ copious injections.

SITTING IN A DRAUGHT.—W. H. O., Canada West. "Is it injurious, as some suppose, to sit or sleep in a draught of air?" Not for healthy persons. Very susceptible individuals may be injured in this way.

PAIN IN THE SIDE.—W. H. O., Downmansville, C. W. "Is pain in the side, while running, a sign of ill-health, and if so, in what respect?" The answer must depend on the primary question, how fast the individual runs.

AN OVERWORKED BRAIN.—B. S. C., Avon. "My case is simply this: I am a student, and have destroyed my health by study. My head is in the condition we may suppose Jupiter's was before the advent of Minerva, with a bad stomach and an entire prostration of strength." A head stuffed to a plethora, which the *stufo* can make no use of for want of bodily health, is no uncommon condition with college-bred and college-killed individuals. Of course, brain rest and bodily exercise are the leading features of a remedial plan.

CRUSTS OF BREAD.—W. H. O. "Are crusts of bread more wholesome than the soft part?" This depends on how crusty the crusts are. If burned or overdone, they are less wholesome than the soft part, provided the soft part is baked and fermented just right. If the crust is cooked exactly right, and the soft part also, each will be equally wholesome.

A TRIAL.—M. T. H., Canada West. Question 1st. Is it necessary to use mechanical means, or shape and press the infantile head to prevent the improper or too sudden closing of the sinuses? 2d. Is it not a relic of tradition founded upon error, and conflicting with mother Nature, who is quite capable of forming the sinuses properly if the child's food and other requirements are legitimately supplied? 3d. In case of scabies or itch being medicated with mercurial ointments, will the disease make its appearance together with the poison used, "upon water treatment"? 1st. Question—No. 2d.—Yes. 3d.—It will in a majority of cases.

SPRING WATER.—J. J., Berlin, N. C. "Is water just as it comes out of a spring, the right kind for water-cure purposes? and if so, is it best to use it as cold as it comes from the spring?" The water should be soft and pure, no matter where it comes from. Some spring water is very good; and the water from other springs may be very bad. The temperature must depend on the condition of the patient who uses it. See Hydropathic books.

GRAHAM BREAD.—C. E. D., Noblesville, Ind. "Is the genuine Graham bread sweeter? Is sweetening injurious?" No, a very little sugar would not harm fermented Graham bread—provided it is well made in all other respects. Unfermented bread is better without it.

PARALYSIS.—J. H., Suffield, Conn. "What would be the prospect of a cure, at a Hydropathic Establishment, of a case of paralysis of the lower extremities of fifteen years' standing? It is supposed to have been caused by over-exertion. The patient has been bled, leeches, blistered, drugged, took nuxvomica a long time, &c. The limbs have perished, the muscles are somewhat contracted, and the general health has been poor for the last eight months." The chance of recovery is very slight.

FLESH STRENGTH.—A. D. "Dr. Trall; You say that animal food is not proper for man to eat. If so, why do those persons who train themselves for any feat requiring great physical strength, always eat beefsteak, mutton, &c., and drink Scotch ale or porter? Capt. Barclay, in his feat of walking 1000 miles in 1000 hours, Tom Hyer's encounter with Sullivan, &c., are proofs of the state a man can be brought to by the proper use of animal food."

Can't see the force of your reasoning. We never said that "animal food was not proper to eat." We have said and do say that vegetable food is man's natural food and his best food. We agree that training on raw flesh and grog develops the fighting propensity, but we deny that it affords superior and muscular strength. The cases of Barclay, Hyer, Sullivan, and other pugnicators creatives, prove nothing one way or the other as to the relative merits of animal and vegetable food. They only show what was done by one kind of training, not what could be done by a different system of diet.

CONTRACTED MUSCLES.—J. C. B. "What is the best treatment for a person whose legs have been contracted four years from rheumatism?" Warm and cold douches, friction, with occasional packs, and a vegetable diet.

COD LIVERS, &c.—S. P. "Do not animals (brutes) in their natural state live in accordance with the laws of their being? Why then are they ever diseased, as you say cod's livers are?" Those animals whose natural state is "to worry and devour each other," as seems to be the case with the carnivorous brutes, may both live according to the law of flesh-eating, and have diseased livers. Fishes also are liable to injuries and accidents, inducing wounds and bruises, and consequent fevers and inflammation, with diseased livers. Carnivorous animals also often eat other animals in a state of active putrescence, which diseases them all through.

SORE EYES.—C. B. M., Indiana. "Is the practice of opening and shutting the eyes repeatedly under water, proper or improper?" Proper, if so managed as not to cause pain. "Shall I recommend the practice?" Yes. "Should I sleep with wet cloths on them?" Only when they are painful and the cloths are soothing.

EPILEPSY.—A. H. B., Burds, N. Y. "Please say, from this description of my case, whether the fits are caused by organic disease of the heart, or the heart difficulty caused by the fits." Probably neither; but both may be occasioned by disease or obstruction of the digestive organs. Hydropathy offers you the best, and probably the only chance of recovery.

COTTON BREADPLATES.—A Reformer. "Mr. Editor, can you suggest to your fair readers any benefit that can be derived from wearing a 'breadplate' of cotton (weighing perhaps one-fourth of a pound) during this warm weather, and in 'this time of peace?' Certainly we can. A preparation to resist hostilities is the surest way to prevent an attack. We know some females so impregably imbedded in padding, that Cupid's arrows could never penetrate the surface, much less reach the heart; hence, in view of such a formidable impediment, the said arrows would all be sent off in other directions.

HEMORRHOIDS.—W. L. H., Lairdsville. "I have been disabled three years with inflammation of the bowels, protrusion of the fundulus, with thirty or forty motions daily," &c. You have a bad case of pile tumors, probably requiring the ligature or other surgical treatment. You had better go to an Establishment.

PURIFICATION.—M. S. C., Trumansburg. "Can any one hope to purify his blood using the oil of tobacco, salt fat pork, and all kinds of stimulants used in eatables? Will sweet-fern or any or all the roots and herbs in creation purify the blood quicker or better than water? In regard to coffee, I have noticed in myself and others it seems to cause action of the bowels immediately after eating, at least if used only once a day. Is it not beneficial? It seems to relieve piles." To these questions we say No, No, No. Every thing that one is accustomed to "seems" to relieve for the time, for the reason that its effect has become the habit of the bodily functions. This is as true of alcohol and tobacco as of coffee.

COLIC.—W. H. B., Racine, Wis. "Would you consider an unnatural soreness and apparent hemming, which alternate with colic pains, indicative of inflammation? and if so, what is the Hydropathic treatment?" They usually indicate an inflammatory state of some part of the mucous membrane—frequently duodenitis. Treat it as a diseased liver, from which it arises; spare diet, packs, wet girdle, half-baths, &c.

DOUBTFUL.—W. E. N., St. Anthony's Falls, Minnesota. "Inform me through the columns of the Journal the cause and remedy for the following symptoms of disease: An uneasiness or heaviness, sometimes amounting to a dull pain in the left side, near the region of the heart or lungs; that is, on rising in the morning, am stuck or gummy, or over with a blood substance, and generally spitting blood for a few minutes after rising, although it does not appear to rise from the stomach at the time. If you could judge any better of the nature of the disease, I might give the dimensions of my form, which is rather slim, about five feet ten inches in height, light hair and skin, rather dark eyes, small vital organs, &c.; in fact, a complete predominance of the mental temperament; age twenty years." We can't tell any thing about your case from the size or shape of your body, the size of your eyes, or the color of your hair. But tell us how you live, what you eat and drink, how you act, what you do, your occupation, your passions, relations, &c., and then we will undertake to say what ails you, and what you must do or cease from doing, in order to recover health.

RUNNING AT THE EARS, WITH PARTIAL DEAFNESS.—M. D., Greenfield. "In this case partial deafness followed scarlet fever, and is occasionally attended with discharges from the ears, &c." Attend strictly to the general health until the running subsides, then syringe occasionally with warm water.

HOT WEATHER, SALT WATER AND BAD AIR.—An Inquirer. "During this hot weather we frequently return from our shop wearied and hot and uncomfortable; may we just before going to bed take a dip in cold water safely?" Yes. "Or if, excited to a state of temporary fever, we are unable to sleep, may we still jump out of bed into our bathing-tubs?" Yes. "You never tell us any thing about salt-water: do you call the salt it contains an impurity?" Yes. "And on your reasoning, that the water is absorbed by the skin, does the salt also enter the system?" Very little. "We have been taught to believe that there was peculiar virtue in salt-water, is it not so?" No. "We find our tubs of rain-water get bad very quickly this weather; the water gets a slippery feel about it and a bad smell; can this be prevented?" Yes. "And is it better to bathe in had water than not to bathe at all?" Yes. "If not seawater bad, 'One more question and I have done. I am bound to a shop which might be well ventilated were it not that the yard at the back has an incurable stench; now I want to know whether no air is better than bad air?' Certainly not. Bad air induces disease; no air produces death. Choose you between the two evils.

CATARH.—J. W. H., Brockville. "I am troubled with running in my nostrils, severe pains in my eyes, pains in my shoulders, am very weak, &c." You have chronic catarrh, originating from a diseased liver. Wash all over every day; wear the wet-girdle; snuff tepid water carefully up the nostrils, and adopt a strictly vegetable and very abstemious diet—provided you are anxious to get well.

ICE IN TYPHUS FEVERS.—J. T., Charlottesville, Va., informs us that physicians in his vicinity apply ice constantly to the head in fevers until the pulse and fever are reduced, and asks the opinion of the practice. We consider it incomparably better than the common drug routine, but much less valuable than the application of water to the whole surface—in other words, general treatment.

Business.

THE WATER-CURE JOURNAL will in future contain the professional articles, while the miscellaneous matter may be transferred to the paper. The Quarterly will, therefore, be discontinued, and a new Family Paper started. For particulars, see Prospectus of LIFE ILLUSTRATED.

COMPLETED.—One number more will complete the *Hydropathic Quarterly Review*, making a volume of about eight hundred octavo pages.

The last number (IV) will be sent to subscribers as soon as it comes from the press: when it may be bound, and placed at once in the library. Though not popular, the Review will always be regarded as a most profound and valuable work. But the publishers yield to the demand for a "medium" of communication more frequent than hitherto. They announce elsewhere, in Prospectus, A NEW FIRST-CLASS WEEKLY NEWSPAPER, devoted to Literature, Science, and the Arts, to Entertainment, Improvement, and Progress: to be commenced on the first of October, 1854, at \$2 00 a year.

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