

# WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XIX. NO. 2.]

NEW YORK, FEBRUARY, 1855.

[\$1.00 A YEAR.

Published by

FOWLERS AND WELLS,

No. 208 Broadway, New York.

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## Essays.

Have Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

### RESPIRATION.

#### AND THE EFFECTS OF OVERHEATED AND IMPURE AIR.

BY JOEL SHEW, M. D.

In the Hydropathic Family Physician, I have said that the trunk of the human body, which contains all its great and more important organs, except the brain, may be compared to a house two stories high. In the lower story, there are the stomach, liver, spleen, pancreas, bowels, kidneys, bladder, womb, &c.; and in the upper story, there are the lungs or *lights*, heart, and large blood vessels. The partition, or diaphragm, between these two stories—or the

external or thoracic side they are convex, and correspond with the cavity of the chest; internally they are concave, to receive the convexity of the heart. Superiorly they terminate in a tapering cone, which extends above the level of the first rib; and inferiorly they are broad and concave, and rest upon the convex surface of the diaphragm. Their posterior border is round and broad; the anterior sharp, and marked by one or two deep fissures; and the interior, which surrounds the base, is also sharp.

The color of the lungs is pinkish gray, mottled, and variously marked with black. The surface is figured with irregular polygonal outlines, which represent the lobules of the organ, and the area of each of these polygonal spaces is crossed by lighter lines.

Each lung is divided into two lobes by a long and deep fissure, which extends from the posterior surface of the upper part of the organ, downward and forward, to near the anterior angle of its base.

In the right lung, the upper lobe is subdivided by a second fissure, which extends obliquely forward from the middle of the preceding to the anterior border of the organ, and marks off a small triangular lobe.

The *right lung* is larger than the left, in consequence of the inclination of the heart to the left side. It is also shorter, from the great convexity of the liver, which presses the diaphragm upward upon the right side of the chest, considerably above the level of the left. It has three lobes.

The left lung is smaller, has but two lobes, but is longer than the right.

Each lung is retained in its place by its *roots*, which are formed by the pulmonary artery, pulmonary veins, and bronchial tubes, together with the bronchial vessels and pulmonary plexuses of nerves.

The *Bronchial Tubes* proceed from the bifurcation of the trachea to their corresponding lungs. The right takes its course nearly at right angles with the trachea, and enters the upper part of the right lung, while the left, longer and smaller than the right, passes obliquely beneath the arch of the aorta, and enters the lung at about the middle of its root. Upon entering the lungs, they divide into two branches, and each of these divides and subdivides dichotomously to

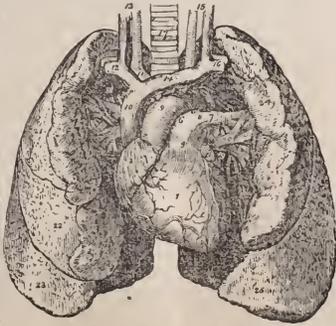


FIG. 1. HEART AND LUNGS.

floor, as we may say, of the upper story—as wo have before seen, crosses at the lower ribs.

With regard to the contents of the chest: The *lungs* are two conical organs, situated one on each side of the chest, embracing the heart, and separated from each other by a membranous partition, the mediastinum. On the

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THE WATER-CURE JOURNAL will be sent in Clubs to different post-offices when desired, as it frequently happens that subscribers wish to make a present of a volume to their friends who reside in other places.

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their ultimate termination in small dilated sacs—the bronchial or pulmonary cells.

The lungs may, then, be said to be built up in the following manner: First, there is the trachea, or windpipe—an elastic air-tube, which opens into the upper portion of the throat, and communicating with the mouth, and back or posterior part of the nostrils. It likewise passes down the neck into the chest, and divides and subdivides indefinitely, as may be seen by referring to the cuts, ending at last in what are

tained within them, they yet, in a full-grown person, at most, weigh only a few pounds.

A still more accurate idea of the structure of the lungs will be obtained by a reference to cuts Nos. 5, 6, 7 and 8.

The truly wonderful nature of the breathing apparatus in man and other mammals, and the adaptation of the means to the end generally, is strikingly shown by their contrast with the pulmonary apparatus of reptiles, in which the demand for air is less than in man, in consequence of their low temperature, torpid habits, and moderate waste of matter. The lungs of these, for the most part, consist only of simple sacks, into which the bronchial tubes open freely, and upon the walls of which the pulmonary blood-vessels are distributed. And even here we see

fully performed. The delicate frame-work of the lungs should not, on the one hand, be irritated, strained, and overworked by over-exercise, or, on the other, allowed to become weak from lack of use. The latter is, however, the more common error, especially among females, and those who are sedentary, or kept at work within doors.

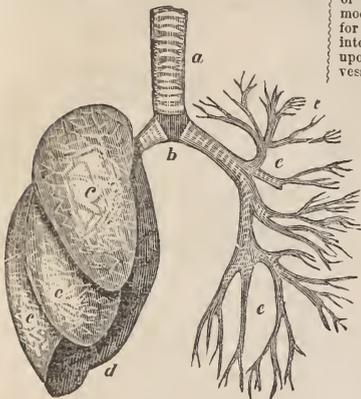


FIG. 2, BRONCHIAL TUBES.



FIG. 3, BRONCHIAL TUBE LAID OPEN.

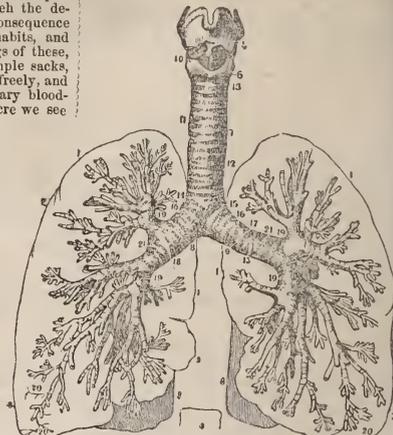


FIG. 4, LARYNX, TRACHEA AND BRONCHIE.

termed air-cells, which are about one-hundredth of an inch in diameter. Of these it has been estimated, that there are grouped around the extremity of each tube, not less than 18,000; that the total number in the lungs amounts to six hundred millions, and that the amount of surface which is thus exposed to the atmosphere within the lungs, is 20,000 square inches, or, as some have it, thirty times that of the whole surface of the body. The delicateness of the lungs will be apparent when it is remembered that, notwithstanding all this great amount of surface con-

the evidences of creative wisdom; for the structure is such as to expose the lung to the greatest amount of air of which it is capable. The accompanying cuts, taken from Dr. Carpenter's work on Physiology, will serve to give good ideas on the subject.

The practical lessons to be drawn from this part of our subject will now be considered.

First, with regard to the development of this wonderful part of our mechanism. All that has been said in the preceding article concerning the matter of securing a full, healthy, and well-developed chest, is equally important in relation to the lungs. One is, in fact, inseparable from the other. If we make sure of a healthy, well-formed, and expansive chest, we, of necessity, secure the same condition in the lungs.

And then, as to the exercise of those important parts. We cannot fail of seeing, when we consider the functions of the respiratory apparatus, the great amount of air it is necessary for us daily to respire, and the vast extent of lung surface to which this air is exposed, that the action of breathing should be judiciously and thought-

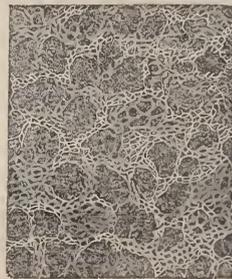


FIG. 6, AIR-CELL CAPILLARIES.

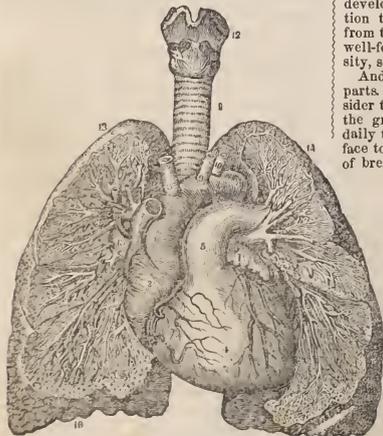


FIG. 5, BLOOD-VESSELS OF LUNGS.

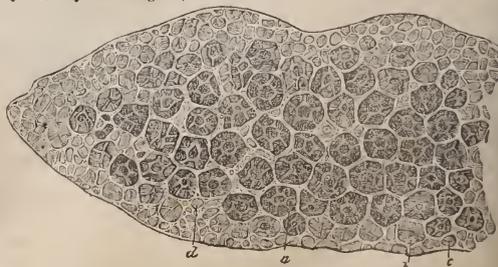


FIG. 7, MAGNIFIED SLICE OF CAT'S LUNG.

But the point to which I wish to direct more especial attention in the present article, is that relating to the temperature of the air to which the lungs and our bodies generally are to be exposed. And, if I mistake not, it is here that we are to look for one of the greatest of all hygienic errors; for disease of the lungs carries off by far a greater number of adults than any other malady.

We know, then, both from reason and exper-

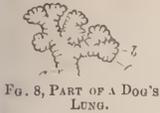
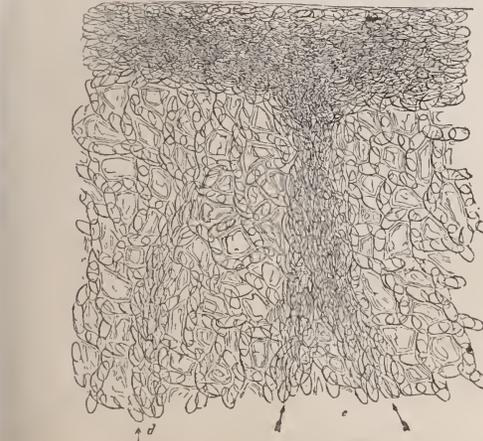


Fig. 8. PART OF A DOG'S LUNG.



Fig. 10.



FIGS. 9, 10 & 11, LUNG OF TRITOSE CRISTATUS MAGNIFIED.

ience, that great and sudden changes in atmospheric temperature, are not favorable to the well-being of these important parts of the living body. All that season of the year—the winter—in which such changes are the greatest, affections of the lungs are found to be most prevalent. Not only is consumption more fatal in cold weather, but it is also more apt to be induced. Inflammation of the lungs, likewise, in all its various phases, is much more prevalent in the winter than in the summer season, as the bills of mortality abundantly show. Nov, all this is to

be accounted for, in great part, on the principle of great and sudden atmospheric changes.

Practically, then, what are we to do with regard to temperature in a climate like our own, during the winter season? How should the body be clothed, and what should be the temperature of our rooms? These are questions of importance to all.

As to clothing, it should, in general terms, be such as is sufficient to maintain a comfortable degree of warmth. This is especially true as relates to the extremities. The feet, in particular, if we would avoid taking colds, should be well guarded.

With respect to the temperature of the air, experience, if carefully interpreted, will serve as a sufficient guide. If we look about us, we find that, as a rule, those who live the most cosily and comfortably, or, in other words, those who heat their rooms and houses most, are most subject to coughs and colds upon the lungs. Suppose, for example, that a person is subjected to a temperature of 80° F., which is not an uncommon thing in New York—or even 70°, which is very common—and then goes at once into an atmosphere at zero, do we not see that so great a transition, and upon so delicate a part as the mucous membrane of the lungs, must be liable to produce the most serious results?

If I were asked, then, what temperature *would* you advise? I should say, make the atmospheric changes to which you are subjected as small as may be, without doing violence to the system. And experience teaches that if we clothe the body properly, we will, all things considered, be more comfortable, as well as far less liable to colds upon the lungs, if we do not allow the average temperature of our rooms to exceed 60° F.

Of course near the fire or stove, it will be warmer than this, and in some parts of the room colder; but the average temperature, or that of the air we actually breathe, should be the guide. Thus we know, that a young child will do remarkably well the winter through in an atmosphere that is never allowed to go above 60°, the thermometer being upon a centre-table in a large room, the fires always being allowed to go down at night, and fresh admitted into the apartment at the same time. We know, also, equally well, that children that are kept in a much higher temperature than 60° do not thrive so well, and are especially liable to coughs, croup, and other affections of the chest.

When rooms are kept in a temperature higher than sixty degrees, too free perspiration is induced; and the sudden change from them to a cooler atmosphere checks the perspiration and closes the pores. Fevers are induced, and the whole catalogue of winter complaints will follow.

This, then, is the advice which I would, at this season of the year, wish particularly to impress upon the reader: CLOTHE THE BODY COMFORTABLY, AND AT ALL TIMES MOST STUDIOUSLY AVOID OVERHEATED ROOMS. I know of no advice more important for the winter season; and upon the purity of air, and the means of obtaining it, I shall speak hereafter.

## "BAD WEATHER."

BY MRS. R. D. GLEASON.

"Bad weather for farming," says the husbandman, shrugging his shoulders, when the spring rains are long or late, or when refreshing showers keep him away from the harvest-field. "Bad weather," says the young Miss with a sigh and a frown, when it is *too* damp for her fancy fixings to be safe abroad; and hence she cannot make the genteel calls which are due. "Bad weather," groans the student over his lesson, who long staying within-doors has made him *too dull* to master it; and still he declares the weather and ways too horrible for him to venture abroad. "Bad weather," means the invalid, saying no one can expect to get well in *such a time* as this. "No keeping the house decent such weather as this," says the thrifty, tidy, but ill-natured housekeeper, when she sees that moistened earth has dimmed somewhat the bright hues of her new carpet.

Some one has said if every one had their own way about the weather, we should have no weather at all. But as none of us can give the "early and the latter rain," or even *live* if it were withheld, it would seem that this double dependency should make us cease our grumbling, and take thankfully whatever comes.

Every "windy storm and tempest" we should welcome as messengers of mercy, bringing us air, fresh and pure, though it be keen and cold, and driving far hence noxious vapors, which beget disease and death. But on every hand we hear wind and wet denounced and dreaded; even a clouded sky is called *dismal, dubious*. Has not the last summer shown us that even sunlight may *blast* instead of *bless*, if long unshaded? Did not the *wasting, withered* life of both animal and vegetable nature tell us that the water, water, water, which we do not then admonish that bad weather was a blessing, which if long withheld, every living thing must die? More than this: that reliable informant, the "oldest inhabitant" of a place, will always tell us that the wet seasons have been more healthful than the dry; that the open winters have been more sickly than those that were cold, bringing us frost and snow. And yet, after all, we do so love bright, balmy days, that we scarce bless God for any other, or even bear them patiently.

We shut ourselves within-doors, and grow morbidly sensitive to all variations from our favorite temperature. Then, if some unwonted blast cool us, or some untimely drop "dampen" us, we have no power to resist it, and get sick, of course; just as the house-plant dies when exposed to an out-door life, in which it would have lived and thrived, if it had only been "born and brought up in it."

When the weather is wet, windy, or cold, we keep close within-doors; grumble, get the blues, and get sick; not because the weather is bad, but because we shut ourselves off from fresh air and active exercise, without which we must get the "dumps," if no worse disease.

Then bad weather is not so *bad* "to be out in," after all, if we will only face it and make thereby a familiar acquaintance. Have we not all found some of our *fast* friends among those who at first seemed forbidding? So we shall find the firmest of friends—strong muscles, a cheerful heart, and a good appetite—by a steady intercourse with all sorts of weather." Here we shall get a better tonic than any doctor can give us.

It is true some seasons of the year are more trying to invalids than others. There are atmospheric changes which particularly *oppress* or *depress* the vital functions. All feel these influences, more or less, whether in-doors or out, in sickness or health.

But the point in question is this: whether we do not suffer more from these vicissitudes in temperature by confinement within, than from exposure without. From close observation of the habits of others as they influence health, my

inference is, that more suffer from what is termed bad weather, because they do *not* get out in it, than because they *do*. That going about when it is cloudy, or even wet and windy, is not the way to get sick, but to get well; provided one is properly clad, and a little wholesome discretion used as to times, ways and means. To be sure, there are those reduced too much by disease to endure going abroad, save under the most favorable circumstances. But we are not writing to helpless, hopeless cases, but to such as want to keep well or expect to *get well*.

Those of in-door habits, who guard never so closely against exposure, have more coughs, colds, influenzas, than those whose occupation or inclination takes them much in open air, in all sorts of weather. Besides this, they are never so difficult to cure as those who keep within the hive. To inflamed throats and irritable lungs, the cool, fresh air is soothing as an evening breeze to a fevered brow.

Now that inhalations for cure of lung affections are coming into use, may we all go in for a daily dose, a full and free inhalation, fresh from nature's great laboratory.

Invalids often complain that in cold weather they cannot walk fast enough to keep warm. Well, be it so; come as near to it as you can, and you will find soon after coming within-doors that you have a more *permanent* and *pleasurable* glow of warmth than could be procured by sitting over the stove all day.

Does walking give you pain in the side, weakness in the back, lameness of the ankles? Well, never mind; *that only shows where your "weak points" are*, that need strengthening by work. Those who wish to be rich work when it is wet—work when they don't feel like it; so must we if we wish to be well.

Does it tire you to walk up hill? Take courage, for your respiratory power is thereby much more rapidly developed than by walking on a level. Is it hard to walk against the wind? Very well, console yourself that in the same space of time you are getting twice as much exercise as in a calm.

Do you fear your complexion will be injured by exposure to wind or sun? Be assured more faces are faded for want of sunlight than from it; that more grow sallow for want of fresh air than by fierce winds. While it is true that

"November's sky is chill and drear,  
November's leaf is red and scar."

still the rose on the cheek is *not blighted*, but brightened by free exposure to a fresh breeze on a frosty morning.—*Elmira Water-Cure.*

#### INFLUENCE OF CHANGES IN CLIMATES AND SEASONS.

BY G. H. TAYLOR, M. D.

We hear much said of changes of weather, seasons and climates, with reference to health. That the difference in the temperature and humidity of the atmosphere incident to the progress of the seasons, or to a change of locality, may have an influence upon the health of those exposed to them, is readily inferred; but the nature and extent of such influence is not well settled, and admits of considerable diversity of opinion.

It has long been the practice of the sagacious physician, to recommend *changes of air or climate*. But the wisdom of the advice is somewhat vitiated by the fact, that it is seldom given till the stock of skill and patience of the physician fails, if the confidence and pecuniary means of the patient has not failed before. Doubtless, there are, oftentimes, local reasons why a change of residence is essential to recovery of health. But the conditions are more equally distributed than we are accustomed to believe. Those places that yield a most prolific vegetation would not be the most favorable to human life, if what is food for the plant, if distilled from the soil under the influence of solar

heat, is obnoxious to animal life, if sufficiently concentrated. But the vicissitudes of atmospheric change in temperature and moisture, that time always brings, will generally dissipate all effluvia and miasms, and bring an antidote to their effects. In this, as everywhere, we are impressed with the wisdom of the arrangement whereby a wholesome change is brought directly to the poorest and humblest, as well as the most exalted, without pains-taking, or expense of travel.

Be often, the thermometric and gyrometric changes of the atmosphere incident to the seasons, are regarded as a source of most positive and decided evil to the human family. They are shunned as common foes, and met with a practical hostility. January comes to us freighted with colds, April with rheumatism, and August with dysentery, and each with irful intent. It is difficult to cause men to believe they were really made for this planet and not for another. They will continually heap, by implication, charges of folly upon the great Designer of sublunary arrangements. What they term such "horrid weather," is deemed an interpolation, in defiance of the behests of the All-wise.

We beg to protest against popular belief in this matter, and would be happy if we might serve to allay any groundless apprehensions, or incite men to a better knowledge. We believe the order that obtains in the sublunary arrangements to be as good as may be, and would counsel conformity, and not opposition, to them. We would advise no rebellion against nature's institutions, that there need be no punishment incurred.

The temperature of the animal body is *fixed*; that of surrounding things every moment changing. If this latter fact were not consistent with the former, then sickness would be the common order of human life, instead of the exception. This unceasing change that is impressed on all things, has life, and beauty, and enjoyment for its object.

Though there is much diversity of climate, yet in all, the temperature is below that of warm-blooded animals. This fact compels the body, under usual circumstances, to provide its necessary temperature through its own means, as a most necessary and constant function. In order to fulfil this demand, there only needs the stimulus of cold or absence of heat when, through the aid of respiration and the nutritive system, the requisite amount is readily furnished; the more rapid the demand the more ready the supply to meet it fully, and a pleasurable consciousness of increased energy attends the act.

Every part of the earth's surface is brought successively under the sun's rays, and turned away again by its diurnal motion, causing a great difference in the temperature of the objects on that surface in the twenty-four hours, in all latitudes. Still greater differences of temperature recur annually in the change of the seasons. And, as though these regular and progressive changes were not enough, those of the most sudden and unlooked-for irregularity make up the essential history of each season.

If these changes are detrimental, as they are held to be, how can we calculate the amount of damage that ought to accrue to human constitution, the world over?

Let us look at facts. In some parts of the world, sometimes deemed more favored, there are less frequent and less extensive thermometric changes, and consequently less of hygrometric, than in our own climate. Do the people of such climates enjoy a more robust physical energy, or a greater extent of mental scope and capacity than others? Can the people of Bengal or Brazil vie with the sturdy northerner in these respects? If long life and health is the rule, and sickness and premature death the exception, do they live longer or suffer less? The contrary is the generally admitted fact.

It is that the lagging blood may not always lazily creep, that nature has instituted these vicissitudes—local as well as general. There is no life, thought, or bliss, in inaction. These are

evoked by *change*, and physiology is a record of the relation of external things, of which temperature is the most constant and important, to the human body. Whoever the mind is able to detect it, there exists *cause and effect*. The capacities of men are everywhere acted on by external things, so as to enlarge their boundaries and give them scope. Each particular function acts by the alternate presence and absence of its stimulus: why should not a general one experience the whole physiological vicissitudes?

What are the physiological provisions that relate to temperature, and its limits, and its earth-wide boundaries. Man is thus rendered cosmopolitan. Under the tropical midday sun, he is cooled by evaporation from his surface, and in Arctic regions, he "burns fuel like a locomotive,"—an equable and fixed temperature being alike the result attained in either case. But a life spent in a steady continuance of either function, converts the body into a machine fit for no other purpose. Its capacities would then all be engaged in a single act, and none be left for other acts, mental or physical.

In those regions of the earth where man fulfils his destiny in the best manner, there is the greatest diversity of climate brought to him, which he cannot well, and ought not, to escape. It is intended for him, or rather he is so constituted as to be nicely adapted to it. The ends of his physical life are not well fulfilled, nor are intellectual well called out, when shut out, voluntarily or accidentally, from these stimulants, or perhaps *aliments* we might call them, of his nature.

What we have said, applies to the well; what shall we say for the sick and enfeebled? Inability is a constant and ready excuse, from every source, for not practising in accordance with knowledge. Habits of effeminacy are apologized for by the plea of ill health. It is seldom conceded that the two phrases mean the same thing. Disease is a lack of action, or a result of it. Functions can never act healthfully without their proper incitement. If the suffering organs cannot respond to their natural stimulants, they cannot secure a wholesome recuperative change. It only requires tact and judgment to secure a proper adjustment of circumstances. Rest should alternate with change; but beyond a certain point, it cannot serve to the end.

Alterations of external temperature are one cause of the motion of the fluids of the body, as both a high and a low degree bring equally into use the contents of the sanguineous system; the one inducing an increased vaporization from the surface of the body for the purpose of cooling it, the other using for calorific purposes some of its solid portions, thus causing a motion to peribelow that of the body, may then be deemed normal stimulants, inducing contractility in the walls of the canals, and increasing the movement of their contents.

There are localities in all climates, and in every season, that are unwholesome from some special cause: as where much combustion, or respiration, or decay in the soil, contaminates the air more rapidly than its currents and the subaerans can dissipate the noxious elements; but the tendency of each atmospheric change is to accomplish this object. Those obliged to reside in such places should see to it that ventilation is provided for, and that their apartments are as elevated as possible.

In regard to removing—the gross feeder and the inactive will find a remedy for their "biliousness" by going north, as the increased heating that is thereby necessitated removes these materials from the system that, remaining, would burden it. A little judicious dieting, either as preventive or as curative, would prove equally beneficial. Those suffering from weak lungs sometimes get relief by going south, as by more freedom of exposure, the skin is permitted to render valuable assistance to the function of the lungs. The same advantage is sometimes secured by going north. The benefit is not so much dependent on *locality*, as on the improved

personal habits in regard to important functional acts, all of which may be secured, if the mind be suited, at home, and the expense and trouble of removing avoided. Still, those who have means, and still more, a desire to cultivate and strengthen the mind, can find a advantageous change in a temporary residence in a locality more or less remote. But those who, from uncontrollable circumstances, are unable to do so, need not feel that their health or life is in any way compromised thereby.

## General Articles.

### THE DISCUSSION.

DR CURTIS TO DR. TRALL.

1. In my note published in the third number of the "Life Illustrated," I designed only to correct a few mistakes which I had discovered in your first, and to state my position correctly before your readers, that you and they might have a clear understanding of the subject. My articles for Dr. Trall I have published in my own Journal, pages 106-8, 113-16, and 161-4. I regret that Dr. T. has considered the notes to you an argument on the action of remedies, and directed his zeal against these, instead of the real arguments above referred to, which I believe deserve, and I hope will receive, his candid attention.

2. But, since he has given me a *bisno*, will you allow me a short explanation and reply? As the two articles are printed together on page 11, I will leave your readers to judge whether my complaints were just, or whether the Doctor has still stated my position correctly.

3. I cordially accept his third paragraph, so far as I am concerned; but am I to understand that he takes the negative of both parts of my affirmation, that "medicines act on the body, and the body acts on the medicines?" This would be to deny that the body acts on the medicines, which I do not think he intends to do.

4. He says I have shifted him from the affirmative of the question to the negative. Can I be said to do that, when I take the affirmative of both propositions, and undertake even to disprove his denial of one of them?

5. He intimates, in the last clause of his fourth paragraph, that I have been "the first to dodge the question;" but I ask, whether his passing by all the five articles I have published in my July, August and November numbers, and attacking a mere explanation and correction in your paper, does not look much more like "dodging the question first?" He will see, in the November number, that I have answered all he has said, so far, on the subject; and I think he can hardly complain of my "dodging," till he shall have "walked straight up to them." I have advanced the argument; let him refute it if he can. I have overstepped it, and disproved his negative. Let him prove his first affirmative if he can. When he has disposed of what I have advanced, and called in vain on me for more, it will be soon enough to talk of my either dodging or changing issue.

Dr. T. will find my proposition, stated in his 6th and 7th paragraphs, fully answered in my articles which he has "dodged." I did not attempt to prove, only to illustrate them in the case of my cold, which was not a "fiction," as he rather impudently intimates, but an accurate statement of actual facts in every particular. But he is quite logical in arguing that, because the medical profession have not learned the *modus operandi* of drugs, I cannot know it; and equally modest in pretending (*Cyclop.* of W. C., vol. iii., pp. 15 and 16) that he knows all about it.

In the Doctor's 4th paragraph, he states the question to be: "Medicines do act on the body," or "they do not." He affirms the latter. In his

9th, he asks, "If they do act on the body [conceding my position], how do they act? These are the points for Dr. C. to settle." Is not this "dodging the question," and giving me a new one?

his prohibition in paragraph 10th, I entirely accede to. I said none of those things. I said, consistently, that ginger tea acted on the body; and I proved it by the fact, that it induced the body to perform acts different from those which it was performing before the tea was administered. That this influence was sanative, and not poisonous, was presumable from the fact that this action tended directly to health, and not disease. He calls for the evidence, which would have been in the July and the August numbers of the *Recorder*, which I sent him, had he not "dodged" them.

In his 11th paragraph, he supposes that he "had worked hard all day," and that the nervous energy was too feeble for him to do justice to the logic of this communication. To be even with him for intimating that my truth was a fiction, I will express my belief that his pretended fiction was truth, and shall treat it as such, and see how correct was his practice. Science is deduction from, or the teaching of, observation and demonstration. These have taught men that green pippins are not good for irritated nerves, and that wet cloths across the forehead diminish still further the energy of a too feeble brain. Judging from the explanation of this practice, and that of the ginger tea, I am induced to believe that the present experiment was no exception to the rule! If the Doctor thinks me a little sharp here, he must not complain—I am acting only on the defensive.

He says (par. 12), my "story is not a supposable case, but an utter impossibility—a physiological and pathological absurdity." (I answer, *it was a real case, true in every particular.*) He explains, and gives the conditions of the system whereby we both add to, and subtract from, the powers [how many and what are these?], make an effort to deplete the body, by increasing the action of the bowels and kidneys." That nature is striving to produce disease, instead of curing it, which is absurd. The ginger tea relaxed the nervous tissues of the whole body, opened the pores of the skin, and aided nature in throwing the perspiration to the surface, and restoring the physiological state. This was the cure. Dr. T. says, "our ginger tea may have prevented nature from making a cure, instead of aiding her to do so." I answer, but it did *not* prevent her, for I was cured, and have remained so ever since. The last of the 13th paragraph looks to me like a "dodge" between the "sensibilities" of organization and those of external relation. I do not know how "any person can take into his system the most violent poison, without the sense of feeling recognizing their existence, and have never seen a person who had taken them, that did not complain of very distressing feelings almost every part of the body. So marked are these poisonous effects, that I seldom mistake when I tell a patient, not only that he has taken poison, but name the particular article to him. Opium does not produce salivation, gangrene, nor caries of the bones; nor does mercury produce delirium tremens. Let the Doctor ask any patient who has taken the poisons he names in paragraph 14th, how he "feels in his mind" [does he ever feel anywhere else?], as though he had been poisoned. I have here, now, several patients who are well convinced of that fact; two of them have been long under the Water-Cure, without benefit; one of them is about cured, and the other is improving, under the ginger tea practice; but I think he will never entirely cease to feel and to lament the effects of "drug poisons."

A man may be persuaded in his mind, by the false statements of his physician, that he is not poisoned; but he cannot be unconscious of the effects of the poisons. Dr. T. may insist that ginger tea will depress the "vital powers;" but

I have proved by its action on the body, that it did not, for that action always relieves the patient *some*, even when it cannot cure him.

The reason why I did not conclude my article in review of the Doctor's positions was, I looked to have for an answer to my three articles in the July and August numbers, and feared that, if I should give him more till he should answer them, he would be frightened at the task before him, and not only "dodge it," but "back out" altogether. But I went on again, as soon as I saw, in his October number, his promise to attend to me "in due time."

In paragraph 19, Dr. T. makes a distinction between air, food, water, &c., our "hygienic agencies;" which he says the living body acts upon, to use them and to appropriate them to the formation of its own tissue, and the performance of its natural functions; and what he calls drug-poisons act upon them to expel them from the body.

Now, all I ask of him is to place our "hygienic agencies," from lobelia and cayenne, through nerve to catnip tea, among the hygienic agencies, and then, though he will not be perfectly correct, he will be so nearly right that I will not ask more of him at present. That they really belong in the category of hygienic agencies, I have no more doubt than I have that air, food and water do; and I think I have so clearly demonstrated this position, in the five articles which the Doctor has hitherto "dodged," that he will find it something more than children's play to "refute my arguments."

I have here answered, with some sharpness as well as playfulness, the Doctor's insinuation that I had "dodged the question," "changed the issue," and related a "fiction," because I had done neither. I hope that he will not in future place me under any such necessity, but will conduct the discussion in the spirit of the first half of the 20th paragraph. But I see not why he should hope to banish a drug system any more than a water system, unless he proves it to be injurious.

Very respectfully,  
A. CURTIS.

DR. TRALL TO DR. CURTIS.

DR. CURTIS—DEAR SIR:—The above communication settles in my mind one of two things: either you have not yet perceived in your "mind's eye," very clearly, the real merits of our question, and the propositions it necessarily involves; or that, perceiving their import and bearings, you have deemed it expedient to raise a "thick mist," and under its cover, retire from the field.

I had hoped, after having stated my positions in relation to the whole subject of the *modus operandi* of medicines, and given my definition of "poisons," "remedies," "hygienic agencies," "food," and "drink," as precisely as I could employ language to express my meaning, in the December number of the WATER-CURE JOURNAL, that you would have seen the uselessness of discussing any matter without distinct points to talk to; and that you would have acknowledged the propriety of ceasing to give a precise explanation of the sense in which we respectively employed technical words and phrases, and that you would have come at once to the real merits of the question in issue between us.

For myself, I have no objection to a little preliminary skirmishing; indeed, I rather like it. But my fear is, that the public, for whose edification, and perchance enlightenment, we are justly presumed to controvert medical questions, will not feel the interest that we do in this part of our proceeding.

The question we have agreed to debate is, in my humble judgment, the question of the age, so far as medical science is concerned. In the mere literality of the statement, our question is very simple; but in its implications, it is as broad as is the sum total of all the controverted problems

in *physiology, pathology, and therapeutics*. It involves, indeed, all the distinctive doctrines of all the schools of medicine; it involves the principles on which all "regular," and all *irregular* medical practice is predicated.

"Do drug-remedies act upon the living organism?" You say, yes, sometimes; I say, no, never. "Does the living organism act on drug-remedies?" I say, yes, always; you say, sometimes, but not always. You say again, that in some cases the action is reciprocal: I say this is never the case. Surely neither of us need be at any trouble to find our respective positions, nor need either of us tell each other, nor inform our readers, whether his opponent dodges the issue; of this our readers are the best judges. It is enough for us to present the facts, the arguments, the philosophy.

It is quite immaterial what I say, or assume, as to your knowledge or my own, or that of the medical profession, in relation to the modus operandi of medicines. The profession confesses its entire ignorance of the matter. You and I profess to understand it; but we understand it differently. The question whether you or I am right, is yet to be discussed.

After quoting my language, "If medicines do act on the body, how do they act?"—these are the points for Dr. Curtis to settle." you ask the singular question, "Is not this dodging the question, and giving me a new one?"

I answer, not in the least. I boldly assert that you cannot prove that they do act on the body at all, without showing *how* they act. If you can do so, so much the easier task for you, and I shall be content. Let me, however, gently hint to you, that you will be better qualified to express an opinion on this point of practical logic after you have tried it.

Your ginger tea operation does not, that I see, help you along any. You say you prove it to be remedial, because you were sick before taking it, and well soon after. The same reasoning proves arsenic, and calomel, and opium, to be remedial in precisely the same sense; for there are thousands living who have been sick, taken a dose of one of these poisons, and soon after experienced their usual degree of health. And you prove that ginger tea acted on the system, because the system performed its functions in a different manner after taking the medicine than it did before.

Well, to adopt your style of reasoning, the *system acts* differently after calomel, arsenic, or opium have been taken into it; but the *action*, mind you, is on the part of the living, moving, acting, vital organism; not on the part of the dead, inanimate, and inorganic materials. Pray, what is action, as you understand it?

You ask me what, and how many, vital properties there are? I respectfully beg leave to say there are three, and they are properly termed *sensibility, contractility and irritability*. I shall doubtless have occasion to begethrough, provided you do not "back out," to explain this subject of vitality; for its understanding is essential to the solution of the main question.

You dispute my position, that persons may be poisoned, and not know it, and you bring your own wonderful acuteness of diagnosis in evidence. If any scientific proposition is to rest on your experience, or my experience, or the experience of any individual under the sun, I pity our readers. By such testimony any thing can be proved, even that the sun goes round the earth and "rises in the east." I have, in my days of doctoring folks allopathically, "*curd*," as the saying is, many cases of intermittent fevers with arsenic, which, you know, is one of the most reliable tonics of the popular system; but I never knew one of them to be afflicted thereafter with any sensations that they or I could refer to that poison; and yet I have no manner of doubt that the organism itself did FEEL the poisonous influence, in the same way that the stomach feels ginger, gin, or roast beef, its feeling, however, is *organic*, not mental, sensibility; if you please, *non-mental percep-*

*tivity*; and not such sensation as the brain or mind takes cognizance of.

You intimate that you can always tell when your patients have taken poisons, and what poisons they have taken. There I believe you are mistaken; you can tell, and so can I, when a patient has taken so much of a given poison as to produce some specific disease, as salivation, delirium, narcosis, &c. But in nineteen cases out of twenty, these extreme effects do not occur. Thousands of persons are sent to a premature grave, and thousands of persons are now suffering multitudinous ailments, produced mainly by drug-medication, and I defy any man living, in three-quarters of the cases, to tell the precise drug-remedies they have swallowed, without obtaining a history of their medical prescriptions.

You advertise yourself very profitably, no doubt, by informing the public that you have two patients now doing well, after having tried Water-Cure in vain. I have more than a score of patients now under treatment, who say they have tried every thing—Allopathy, Homoeopathy, Eclecticism, Medico-Physiology, Blisters, Electricity, Magnetics, &c., and even "Medium" physicians—to no purpose. But I do not regard this as any evidence in favor of my personal skill, nor of the superiority of my system over yours. The question between us is one of science, and neither your success nor mine in curing diseases has really any thing to do with it whatever.

I am entirely willing you should be as sharp as No. 6," as has been as "third preparation," or as bland as that celebrated "ginger tea and asarum," in your manner of argumentation; you will not in any way offend me, if you meet the question; nor will I permit for an instant my feelings, nor my pride, nor any dignity I may be supposed to possess or assume, to be in any way wounded or affected, provided you speak to the subject matter of this discussion. Your manner may be "playful" or "severe" as you like; and if you prove to me any truth and in ignorance of, or disposes me of any error I entertain, you shall have my gratitude and thanks, whatsoever may be the style and manner in which you find it convenient or agreeable to do it.

Allow me here to say, that I regard the prevailing theories of all the schools of drug-medication as a grand farrago of sublime nonsense. And I regard the fundamental basis, the starting-point, of all the false philosophy and fatal practice of all the prevailing systems, to be this very fundamental error and primal absurdity, that "medicines act on the body"—the very questions we have agreed to discuss. You have done the cause of humanity some service in exposing the injurious effects of Allopathic drug-medication; and your system has benefited mankind very much by substituting milder for stronger poisons. Comparatively, your system is a great benefit; relatively, it is a great good; but positively, it has no better, nor any different philosophy from the system it professes to war against. You are battling with all your might *against* the practice of the Allopathic system, and contending with all your skill for *its* theory. I believe its practice to be consistent with its theory; and I believe your practice to be consistent with your theory, whilst I claim that my practice is consistent with my theory. If we can demonstrate what theory is right, we will easily understand what practice is wrong. Your system fails in all its essentials, a modification of the Allopathic system, both theoretically and practically. My system is its exact opposite, both in theory and in practice.

In relation, then, to the modus operandi of medicines, my position is the reverse of yours. You say, for example, an emetic drug acts on the stomach, and thus induces the stomach to act in a manner to expel its contents; I say the stomach acts in a manner to expel its contents, and I am entirely passive in the matter. I place all the acting principle in the living matter; you divide it equally between the living and the dead matter; but when you undertake to tell *how*, or *why*, or

*wherefore*, the dead, inorganic material acts on the living tissue, you can only say, "It acts so as to induce the stomach to act." What is the inducement? Perhaps you will say it makes an impression on the stomach; well, this is what I say, but what is an impression? Is an impression the action of a dead thing [how can dead matter act?] on a living thing? Or is an impression the recognition, by the living thing, of the presence of a something else in contact, and of its relation to that something? There is another question for us to settle, before we can proceed intelligently to an examination of the main question.

If my position be correct, all drug-remedies, vegetable as well as mineral, are, in the absolute sense, poisons; and the doctors (of your school, as well as of all drug schools) have mistaken the efforts of the vital powers to get them out of the system, for a remedial operation—for a curative influence in relation to the disease.

Now, if you just meet this question fairly and squarely, and endeavor to prove your side of it, I will give you any amount of facts, arguments and illustrations, in maintenance of my position, which you can ask for, or will have patience to read. As I have before said or intimated, I will demonstrate it beyond all controversy.

I have already given you one fact in illustration, which, if you cannot controvert my explanation of it, settles the whole question against you—a lobelia emetic. I have told you why the lobelia did *not* act on the stomach, and *how* the stomach did act on the lobelia; and I have asked you to explain the phenomena of vomiting after taking lobelia, consistently with your own theory. This point, which is exactly the *essential* point between us, you have thus far found it wholesome to "dodge."

You would not ask me to go over the whole ground of several articles published in your *Journals*, and criticize your criticisms, if you were willing *now* directly to come to the point. The most they amount to relates to the particular sense in which words (which are used in several senses, often figuratively, and frequently in their common acceptation, rather than in their proper scientific import) were employed in the Hydro-pathic Encyclopædia, Quarterly Review, &c. Still, if it will gratify you, I am willing to reply specifically to each of your twenty or thirty paragraphs; and I assure you there is not a word or syllable which you have quoted from my writings that will not harmonize perfectly with the views I am now endeavoring to advocate.

You say you regret that I considered your explanatory note, published in the third number of "*Life Illustrated*," as an argument, and directed my logic against that, instead of the real argument, given in the articles in your *Physio-Medical Recorder*. I have now all of those articles before me, but do not find any argument in them—not even an attempt at argument, in the sense in which but criticisms on some of my forms of expression, which you seem to think favor the idea, or admit the fact, that drug-remedies do act on the body.

I do not so understand those expressions. But suppose you construe or criticize them correctly? Then what? Why, you would only make out that I have written in such a blundering or careless manner as to contradict myself, or misrepresent my own position—and that would be all; and if this be admitted, it is of no sort of consequence to us or to the public. I trust we have a higher purpose, and that we both have a more noble ambition than to show our smartness in mere cavilling about words, and in mere criticisms of expression. You may state or revise the main question in any manner you please, and I will meet it, either negatively or affirmatively. Tell me what you mean, and I will reply to your meaning. If I mistake your idea, explain yourself at any time, and I will accept the explanation. I have told you, as plainly as I can, what I mean, and what I am willing to prove, and what to disprove. I have already disputed

your definitions and explanations of "aliments," "drink," "poisons," "remedies," "hygienic agencies," and given you my definitions, and assented the reasons why yours were neither distinctive nor philosophical; and I have given you several facts in proof of my side of the question we have agreed to discuss. As soon as you will dispute these facts, and controvert my explanations, I will bring forward a "few more of the same sort." In conclusion, I beg Dr. Curtis to understand, that whenever I call his physiology or his pathology absurd, I do not intend to dispute his apparent facts, but his explanation of them.

Yours truly,

R. T. TRALL, M. D.

## QUACKERY.

ITS SUPPRESSION.

BY DR. WM. S. BUSH.

For several years, the old school practitioners have kept their wits at work to devise some way by which to suppress quackery. So far, their various attempts to accomplish this have failed. For, what they pleased to style quack systems of medicine, in many cases, have proved more successful than their own. Eclectic, Homoeopathic, and Hydropathic statistics, show a far larger percentage of cures in both acute and chronic cases, than have resulted from their own mode of treatment.

Of late, they have opened their batteries upon the nostrums and patent medicines which flood the country, but with no success, as they do not strike at the root of the evil. So long as they admit the potency of drugs, and encourage their use, they will never banish quack medicines by harping upon the secrecy of their composition, or the unprofessional manner in which they are brought before the public. In the absence of scientific knowledge, the people judge of the two systems of drugging by their apparent results, which favor the irregular drug practice quite as much as the regular. The doctor gives drugs in a given case, not because there is any scientific relation between the drug and the disease, but because others have given it before him, with or without a show of success. The people take drugs because they have been given in similar cases, thus bowing blindly and foolishly to the omnipotence of precedent. Death, after death, may be caused by the use of drugs, and the living cursed with loathsome diseases as their sequel, yet the blind faith of the people does not filter. If one drug fails, another is seized upon; and when the regular physician has exhausted his resources, they run the gauntlet of patent medicines.

To destroy this blind reverence, it will not suffice to pass laws requiring the nostrum-vender to publish the composition of his remedies. If it is the duty of the manufacturer of patent medicines to give to the public the results of his investigations and skill, it is no less the duty of the regular physician to do the same. If the welfare of the people requires this publicity as to what drugs they take, it also requires that they should be told why drugs are given. The physician who administers arsenic or belladonna, ought to inform his patient why the particular state of his organism requires that particular medicine, and what chemo-vital changes it will produce in the organism.

If drugs must be given, let them be administered upon some scientific rule, instead of the reckless, hap-hazard manner at present in vogue. He who gives them otherwise is a quack, no matter what the respectability and length of his medical pedigree may be. To give drugs because the people think they cannot outlive the disease without them, or because the physician does not know what to do, and must seem to be doing something, is to cater to a false public taste, and

to encourage one of the most pernicious and widely-extended species of quackery which ever cast its blighting influence on the human race.

This is the point for the Allopathic fraternity of this country to grapple with, if their efforts are honest. The abuse needing reform has its stronghold in their ranks, being daily practised by thousands of regularly-accredited M. D.'s. Will the drug doctors be content with their efforts to suppress quackery, and commence the work by cleansing out their own Augean stable of practice?

They claim that they have a temple of Medical Science, which has been building for thousands of years by the best and bravest spirits who have ever blessed the world, and ask if they shall forsake that? By no means, if it is built according to the laws of nature. Only what is false and frail in its structure will perish. That it is perfect in its chemical, physiological, or pathological parts, no one pretends. Its practical part—the most important in the curing of disease—is sadly out of repair, and needs rebuilding in accordance with the principles of medical science. When they have evoked new methods of practice, and treat disease according to the exact rules of science, they will be fitted to war upon quackery everywhere, and accomplish its overthrow.

Bearing directly on this subject are the following quotations from Simon's Pathology, an Allopathic text-book of high repute:—"It is quite indispensable for the progress of medicine—I might say indispensable for its existence as a science—that our *Materia Medica* should be made subject to a true pharmacology; that its province should cease to be a mere emporium of recipes; that we should have a knowledge of its various elements in their true relations to the living body; that we should give drugs only with a clear perception of their causativeness, and with a definite object before us; understanding the medicine as well as the malady, and taking one good aim at the substance of the disease, instead of discharging a volley at its shadows."

You will remember the emmenagogues, the diuretics, the sudorifics, the cathartics, the sialagogues, the emetics, the expectorants, of the dispensary, and you will feel assured that, with these resources, you must be omnipotent against humoral diseases; that with a pharmacopoeia so plentiful and so nicely arranged, you only difficulty can be that of selection—the merest embarrassment of richness.

"It will surprise you, perhaps, to be told, unless you have ascertained it in practice before coming to learn it from pathology, how very much decision lies under cover of these fine names, and how singularly little real or useful power we possess over the organs of excretion."

"Perhaps I have dispelled for you some pleasing illusions as to the omnipotence of drugs; but, believe me, it is infinitely to be desired that we should recognize the insufficiencies of our knowledge, and grapple with the difficulties of its increase, rather than voluntarily acquiesce in a system of sham therapeutics, and prolong the reign of a blind empiricism, hostile to every interest of science and humanity."

## NURTURE OF CHILDREN.

"THERE are more children die of gaiter-boots," said a physician, lately, "than of wet feet." If we understand the remark, he meant that more children fell a sacrifice to the want of physical education, than to the exposures that sometimes are inevitable from it. He intended evidently to convey the idea that, in great cities, children did not get sufficient exercise, and were stunted of fresh air, and that consequently the daintily-dressed little girl, with her spotless clean frock, and gaiters with neat-least the crimps, had smaller chance for life and health than the sun-baked farmer's child, who was washed but once a day,

and who spent her hours, perhaps, making sand ovens in the road. Regarded in this light, there was much truth in what he said. No one can doubt that fresh air and free exercise are better for a growing child than all the medicine in the world. No one can hesitate to admit, if once the subject is seriously considered, that the tight dresses, the conventional behavior, the heated rooms, and the long school hours, &c., is the fashionable custom to inflict on children, especially on little girls, is a fertile source of the great proportion of deaths, and a more fertile cause that so many grow up weak, nervous, blighted, and destined to premature decay.

Civilization, though, on the whole, it ameliorates society, does not invariably improve every thing. Or, to state the case more accurately, that which is called advancement is not always such. The education of children is a case in point. We doubt very much whether society, in this respect, has not retrograded, instead of progressed. We think this is especially true with regard to the education of girls. We do not now allude to their intellectual education—though, in this matter, great departures have been made from the true standard, causing solid improvement to give way to superficial accomplishment—but to their physical culture. Girls are almost systematically denied proper exercise, and made, even from infancy, the slaves of absurd conventional forms. If a little girl ventures to romp, she is ridiculed as a "tom-boy;" if she runs races with her brothers, it is called "unlady-like;" and if she joins them in turning chairs into horses, and in racking about the rooms, she is threatened to be put in trousers as a fit penalty for her unsexly behavior. We do not exaggerate when we say this. We have seen such things often, and have heard of them more frequently still. If to stint the physical growth, if to plaut the seeds of debility, if to destroy even life sometimes, is a proper education for girls, then they generally obtain it; but if the reverse is what is desirable, nine tenths of them, born in cities, and in what is called respectable society, are utterly debilitated from it.

The full magnitude of this evil is unknown to many parents, even among those whom education should have taught better. Ill health in a woman, the result of a bad education, entails a defective constitution on her children; and thus the wrong done to a daughter in this generation is perpetuated on her daughter in the next. Already can be seen around us, in but too many families, the working of this great law, the vengeance, as it were, demanded and enforced by Nature for her violated rules. How else can we account for the difference, in health, between mothers and grown up daughters, who have themselves become wives and mothers—a difference not exceptional, but almost universal! Who cannot point out women at fifty stronger and healthier than their daughters at twenty-five or thirty? Who, to carry out the investigation, cannot recall children who have died immaturely, of defective constitutions, because their mothers had been brought up to bad health, and have thus entailed death on their offspring! We ask parents to ponder on these facts, and to observe for themselves if experience does not bear us out. That young women, in the respectable classes, are less robust than the same class was five-and-twenty years ago, is a sad fact. What is it? And if the reason is that given by us, what will their daughters be, when five-and-twenty? It is not too late to retrace false steps; and we hope that good sense and affection for offspring will prevail over fashion.

CAPACITY OF THE GREAT EUROPEAN EDIFICES.—St. Peter's, at Rome, will hold 5,400 persons; the Cathedral at Milan, 37,000; St. Isaac's, at Venice, 32,000; St. Paul's, at London, 25,000; St. Petron, at Bologna, 24,000; St. Sophia, Constantinople, 23,000; Cathedral at Florence, 24,000; Cathedral at Antwerp, 23,000; St. John Lateran, 22,000; Notre-Dame, Paris, 21,000; Cathedral at Pisa, 18,500; Stephen's, Vienna, 12,000; Cathedral at Vienna, 11,000; St. Peter's, Bologna, 11,400; St. Dominic's, Bologna, 11,000; St. Mark's, Venice, 7,000.

## Dietetics.

### THE MORALS OF FISHING.

Under this head, Rev. Henry Ward Beecher defends or apologizes for the use of the rod, in reply to a querying note of a friend. His article, on the whole, is a piece of special pleading—the argument being, in fact, that he does not fish much, and that seeking the trout is an excuse for something better. But the extracts we give are beautiful, irrespective of their connection.—*Chr. Register.*

"Nothing is more clearly received as common law among gentlemen, than that the suffering of the victim is *not* to be allowed to give pleasure. It is to be abridged in every way. And prolonged suffering or needless suffering, is a fundamental violation of good rules.

"The true source of enjoyment in field-sports is to be found in the exertion of one's own faculties, and especially in such a carriage of one's self as to be superior in sagacity and caution to the most wary and sharp-sighted of creatures. It is a contest between instinct and reason. And reason has, often, little to be proud of in the result.

"But, aside from the pleasure which arises in connection with seeking or taking one's prey, we suspect that the collateral enjoyments amount, often, to a greater sum than all the rest. The early rising, the freshness of those morning hours preceding the sun, which few anti-piscatory critics know any thing about; that wondrous early-morning singing of birds, compared to which all after-day songs are mere ejaculations; for such is the tumult and superabundance of sweet noise soon after four o'clock, in summer, that one would think that if every dew-drop were a musical note, and the birds had drunk them all, they could not have been more multitudinous or delicious. Then, there is that incomprehensible sense of freedom which one has in remote fields, in forests, and along the streams. His heart, trained in life to play with jets, like an artificial fountain, seems, as he wanders along the streams, to resume its own liberty, and like a meadow-brook, to wind and turn, amid flowers and fringing shrubs, at its own unmolested pleasure."

It might seem presumption in us to make any strictures on the doings or sayings of so good a moral and religious teacher as Henry Ward Beecher. But as he preëminently is the teacher of young men, and has acquired an influence which no other man, probably, possesses, we may be excused for saying that we regret that his example should be in any way thrown on to the side of cruelty or wrong. We, too, enjoy the early singing of birds, and we require no powder and shot to give any zest to our pleasure. How Henry Ward Beecher can reconcile the enjoyment of hearing "the tumult and superabundance of sweet noise soon after four o'clock," with the deed of blood by which the sweet voice of music is turned into the screech of suffering, and the happy gambols of the birds turned into the flutter of death-agonies, we are at a loss to discover.

We, too, have our piscatory pleasures. We were bathing on the beach at Staten Island not long since, and we saw fish struggling in a net which had been placed there for the purpose of deceiving the harmless creatures. We released the little struggling prisoners, and to see the glee with which they sprang into the water, the grace of their movements, and the joy which seemed to shine through every one of their silvery scales,

gave us a pleasure which we shall never wholly forget. Whether Henry Ward Beecher feels a higher pleasure in his brave exploits in deceiving these unsuspecting creatures, we leave him to judge. It is time that men should learn to enjoy nature without practising cruelty, and without depriving of their rights to "life, liberty, and the pursuit of happiness" any of God's children, whether they be inferior or superior to ourselves. It is only when the animal creation can look with confidence on us as their protectors, that we can learn truly to enjoy their society. But this gentleman finds his excuse in the following logic:

"Far off their coming shines. For before it had even touched the water, that bold trout sprung sparkling from the surface and sunk as soon, leaving only a few bubbles to float down. There! if the trout has a right to his grasshopper, have I not a right to the trout? 'I'll have him!' After several throws, I find that it takes two to make a bargain."

It is true this is similar to the plea of Franklin, when he saw the small fish in the large one. But he added, "what will not weak human nature find as an excuse for gratifying its appetite?" or words to that effect. We have no wish to dispute the freedom of man in this case to follow his inclinations, but don't let it be lauded and defended as a *manly* action to follow the example of *carnivorous* creatures. Let it be called by its right name—a weakness—a selfish and cruel sport, and not smothered over with poetry, making it look enticing and virtuous to young men who need no such inducements.

### WHAT SHALL WE EAT?

The *Tribune* has some excellent remarks in answer to this question; and though the facts and suggestions advanced were designed more particularly to meet the wants of the poor in cities, and to apply to this season of general pecuniary pressure, yet some of them are of general and permanent value. We make a few extracts:

#### BREAD.

Do not buy your bread ready baked. It is sixpence a pound. Dry flour is the same. Home-made bread is far more nutritious. Make use of corn-meal, oat-meal, Graham-flour, hominy, and cracked wheat for bread, in preference to fine wheat-flour, both for health and economy. Here are the relative retail prices per pound of these articles: Wheat-flour, 6c.; Graham-flour, 6c.; cracked wheat, 6c.; corn-meal, 2½c.; hominy, 3c.; oat-meal, 4½c. The latter is the most nutritious breakfast known. Look at the Scotch with their oat-meal porridge—as robust a set of men as ever lived.

#### HOMINY, ETC.

Hominy we have before given our opinion upon. It is an article that no family desirous of practising economy can do without. It is a very cheap, healthy, nutritious food. It costs only half the price per pound of flour, and contains no moisture, while the best of flour holds from twelve to sixteen pounds of water in a barrel. Cracked wheat is excellent for sedentary persons. That and Graham-flour should be used in preference, at the same price per pound, to white flour, because more healthy and more nutritious. One hundred pounds of Graham flour is worth as much in a family as one hundred and thirty-three pounds of superfine white flour. Corn-meal costs less than half the price of flour. It is worth twice as much. It is not so economical in summer, because it takes so much fire to cook it. The first

great error in corn-meal is in grinding it too much, and next in not cooking it enough. Corn-meal mush should boil two hours; it is better if boiled four, and not fit to eat if boiled less than one hour.

#### BEANS.

The cheapest of food is white beans. They are worth from \$1.50 to \$2 a bushel, and retail for 8c. a quart. Prof. Liebig has stated, that pork and beans form a compound of substances peculiarly adapted to furnish all that is necessary to support life, and give bone, muscle and fat, in proper proportions, to a man. This food will enable one to perform more labor, at less cost, than any other substance. A quart of beans, 8 cents, half a pound of pork, 6 cents, will feed a large family for a day, with good, strengthening food. And who that can raise a reminiscence of good old times in New England, but will remember that glorious old-fashioned dish called "bean porridge?" We should call it bean soup now. Four quarts of beans and two pounds of corned beef would give a good meal to fifty men—one cent a meal.

[We object to the pork, *in toto*. The beans are far better without it.]

#### PEAS.

Another very excellent, nutritious, economical article of food is dried peas. They are generally a little more costly than beans, but some think they will go farther. At any rate, they are good for a change.

### CANADA WOOD-CHOPPERS.

BY WILLIAM A. ALCOCK, M. D.

The following anecdote was received from Rev. Robert Crawford, of the Congregational Church in South Adams, Mass., who was one of the individuals concerned—

He states that he was one of a large number of persons who, some twenty or thirty years ago, came over from Faversley, in Scotland, and settled in Canada, where they resided many years; and where, as I believe, most of them reside still.

They were poor, and when their scanty means of subsistence which they brought with them from Scotland were exhausted, they were compelled for a time to live on the products of the soil. There was a period, as he says, of about three months, when, though they were engaged very closely in wood-chopping and other hard manual labor, they were, of necessity, vegetarians. Yet, he says, he heard no complaint of any want of strength. Indeed, for his own part, he never thought of any such thing.

He further states that, for about four years, they used very little animal food, their circumstances requiring them to dispose of their fattened animals to pay their way. Yet, he says, the colony was never more healthy at any subsequent period, after they returned to the use of flesh, than during their years of Vegetarianism.

EFFECTS OF CLEANLINESS.—Count Rumford, the celebrated and practical philosopher, whose writings have been of greater value to mankind than the abstruse speculations of a host of metaphysicians, thus describes the advantages of cleanliness: "With what care and attention do the feathered race wash themselves and put their plumage in order, and how perfectly neat, clean, and elegant do they appear. Among the best of the field, we find that those which are the most cleanly are generally the most gay and cheerful, or are distinguished by a certain air of tranquillity and contentment; and singing-birds are always remarkable for their neatness. So, great is the effect of cleanliness upon man, that it extends even to his moral character. Virtue never dwelt long with filth; nor do I believe there ever was a person scrupulously attentive to cleanliness who was a consummate villain."

## VEGETARIAN WORKS.

**INQUIRERS** on this subject ask for authorities. They want to *know* what is known. Private letters, asking the names of authors, the titles of their writings, etc., reach us daily, showing the growing interest which is felt, as to **WHAT SHALL WE EAT?** To answer these questions, we give below the titles and prices of the principal works, by American and European vegetarian authors. As the most elaborate, we may name, first,

**THE SCIENCE OF HUMAN LIFE.** By SYLVESTER GRAHAM. With upwards of fifty engravings, and a copious Index. Second London edition. One vol., 650 pages. [Price, prepaid, by mail, \$3 00.]

**THE PHILOSOPHY OF SACRED HISTORY,** considered in relation to Human Aliment and the Wines of Scripture. By SYLVESTER GRAHAM. Now first published, complete, in one large volume of 580 pages, with a new preface and index. [Price, prepaid, by mail, \$2 00.]

**FRUITS AND FARNACEA—THE PROPER FOOD OF MAN:** with proofs from History, Anatomy, Physiology, and Chemistry, that the Original, Natural, and Best Diet of Man is derived from the vegetable kingdom. By JOHN SMITH. With Notes and Illustrations by R. T. TRALL, M. D. From the second London edition. One handsome 2mo. vol., 314 pages, 80 engravings, and a beautiful colored plate of fruits, as a frontispiece. [Price, prepaid, by mail, \$1 20.]

**PHYSIOLOGY, ANIMAL AND MENTAL.** Applied to the Preservation and Restoration of Health of Body and Power of Mind. By O. S. FOWLER. Illustrated with Engravings. [Price, prepaid, by mail, 87 cents.]

**WATER AND VEGETABLE DIET IN CONSUMPTION, SCURFIA, CANCER, ASTHMA, AND OTHER CHRONIC DISEASES.** In which the Advantages of Pure Water are particularly considered. By WILLIAM LAMBE, M. D. With notes and Additions by JOEL SHEW, M. D. [Price, prepaid, by mail, 87 cents.]

**LECTURES ON LIFE AND HEALTH; OR, THE LAWS AND MEANS OF PHYSICAL CULTURE.** By WM. A. ALCOCK, M. D. With Illustrations. [Price, \$1 50.]

**ORGANIC LAWS; OR, THE LAWS WHICH GOVERN THE HUMAN ORGANISM.** By J. BRAFORD SAX. In this work the author tells us of the physical laws which govern us, what and when we should eat and drink, and how to live, and obey those laws, that health may be enjoyed. [Price, prepaid, by mail, 87 cents.]

**THE NEW HYDROPATHIC COOK-BOOK; WITH RECIPES FOR COOKING ON HYGIENIC PRINCIPLES;** containing also a Philosophical Exposition of the Relations of Food to Health; the Chemical Elements and Proximate Constitution of Alimentary Principles; the Nutritive Properties of all kinds of Aliments; the Relative Value of Vegetable and Animal Substances; the Selection and Preservation of Dietetic Materials, etc., etc. By R. T. TRALL, M. D. With numerous illustrative Engravings. [Price, handsomely bound, prepaid, by mail, 87 cents. Extra gift, \$1 00.]

**SOBER AND TEMPERATE LIFE; THE DISCOURSES AND LETTERS OF LOTUS CORNARO.** With a Biography of the Author. With Notes and an Appendix. [Price, prepaid, 80 cents.]

These works may all be had at the office of the WATER-CURE JOURNAL, or sent, by return of the first mail, to any post-office in the United States, at the prices annexed. Letters containing remittances should be prepaid, and addressed as follows:

FOWLERS AND WELLS,  
308 BROADWAY, NEW YORK.

## Dress Reform.

## FASHION.

EXTRACT FROM A LECTURE ON THE CAUSES OF DISEASE AND PRESERVATION OF HEALTH.

BY O. W. MAY, M. D.

WERE I a painter, and wishing to make a picture which should be allegorical, descriptive, and at the same time truthful, I would paint the "COURT OF FASHION."

In the centre of the piece I would represent the god of Fashion, enthroned on a shrine of human boasts and pretensions, where he could recognize, with a graceful and attractive nod, all who approach in either direction. He should be dressed in habiliments of changeable hue and varying pattern, effected by dissolving views, so as to appear to each admiring worshipper in precisely the color and form of their latest beau ideal of the attractive and desirable, and capable of changing the appearance at will, to gratify the whim or capricious dispositions of admiring votaries. Ever and anon his garments assume such shapes and styles as the worshippers had before derided as "uncomfortable," "unbecoming," "outrageous bad taste;" when they would adopt, applaud, and praise as the height of the "beautiful," "graceful," "comfortable."

The ministers of his court, Pride, Ambition, Vaunt, and The World's Applause, are always in attendance, ready at all times to do his bidding, and hold out their peculiar attractions and allurements to his followers and willing worshippers, who appear ever willing to sacrifice ease, comfort, health, peace of mind, and even life itself, to win an approving smile from the Tyrant God. Among the most active of the ministers is faintly seen a *shadowy form*, like some half-formed fearful thought, stealthily moving about among the worshippers, ready to close the last scene of existence of such as have exhausted life's energies in the service of this inexorable deity. He endeavors to enshroud himself in such misty envelopments as to avoid being recognized, as with sinewy, icy fingers, he stealthily feels for the heartstrings of those most interested in the worship; seemingly ubiquitous, as he is ever ready at a point where there is a victim to be extinguished.

In every direction around the shrine, are winding, undulating paths, bordered by flowery, thorny shrubbery, beautiful to behold, but in some parts rugged and vexatious, although apparently attractive. Around the throne, and throughout the paths, are pitfalls, through which one after another of the worshippers disappear; the great mass not knowing or caring why, so long as they can enjoy the satisfaction of continuing the worship with the gay throng, in the giddy whirl of dissipation; but the discerning cannot fail to observe, that the *shadowy minister* of the last rites, as he discovers they have worn out the powers of the physical system, by their unhalloved manner of worship, snaps their last remaining heartstring, and opens a pitfall at the same time, when he puts them from sight.

Throughout all these scenes, the deity is well pleased with the sacrifices, and signifies his satisfaction to others, who eagerly crowd his courts, where, apparently, their only satisfaction is found; and so craving is he for worship, that nothing satisfies his thirst but a sacrifice of all they should hold dear and sacred—health, life, comfort, affection, and even the love of God himself. And when their lives are so far worn out in this service that they are no longer fit or able to continue the worship, we see how they are shovled out of sight by the *shadowy minister*, when they are soon forgotten, or only remembered by some stricken friend, who can only regret and mourn the infatuation which should

lead to a course of life which inevitably destroys life.

On the right, in the foreground of the picture, are seen groups of young people, mostly girls, who are making fantastic and extravagant displays of dresses; and although they do not observe him, the *shadowy form* is among them, peering out one after another—always selecting such as have served his master most blindly. Here is a group with tight waists, overlapped skirts, compressed, itching hearts, indurated, congested lungs, depraved blood, and giddy brain. There, a group sweeping the ground with their lengthy costumes, ready, with all their wet and filth, to be swabbed around unprotected ankles, during church ceremonies, a lecture, or a fashionable call. Here, a multitude with feet and ankles so scantily protected as scarcely to exceed that provided by nature, with wincing, hobbling gait, hectic cheeks, and consumptive lungs; and there, a group who think that with weighty skirts and tournours, they are making a gloriously attractive appearance with these artificial deformities; and, in fact, the god seems well pleased to see health, comfort and life sacrificed in this way, during his pleasure.

On the left of the foreground are clusters of mothers, who no longer able to make a display of their devotion in their own persons, are offering up their children at the shrine. These little victims are laddaged and compressed to make them look trim, pretty and puny—stuffed to make them appear plump and serofulous—excluded from the air, that they may be pale and interesting, as each vain mother imagines most acceptable to the god, and best prepared to pass easily into the hands of the *shadowy minister*, when they disappear and are seen no more. Did we not know these facts, it might seem strange that one half of all the children born into the world are slipped out of sight before they are five years old. Mothers appear unsatisfied with sacrificing themselves in the worship, but after becoming too feeble to continue the display, they exert their last energies in trying to attract attention to the children they have brought into the world, and adorned with a costly and gaudy attire, before they have endured life five years, the sacrifice is complete.

Here and there among these groups may be seen those innocents whose mothers are too feeble, or too much engaged in the worship, to attend to them, presented to the god by hiring nurses; and the doting mother prides herself that she is able to present the sacrifice in the latest fashion of baby costume.

Centrally, in the foreground of the picture, may be seen a jolly group, sipping decoctions of stimulating grains and herbs, which promote a gossipping hilarity, while it gradually undermines the constitutions, and prepares them for a visit from the *shadowy minister*, or to visit or be visited by a mediciner, to finish up the preparation. This is one of the favorite modes of worship; and the god is all the better pleased that the sacrifice is so industriously and gradually accomplished that the votaries do not see, or will not believe, such causes produce such results. Their shattered nerves, senseless or restless nights, days of headaches and impaired digestion, secure the complacent regard of the god, that more ostentatious displays often fail to obtain.

In the background, on the right, is seen a group engaged in gluttonous bacchanal revels—winds bounding, wine flowing freely, "eating, drinking and making merry." They have no thought of the *shadowy minister* stealthily moving among them, testing by an icy touch which have prepared themselves, by excess in eating, drinking, or the use of poisons, to be easily extinguished, and shoves them out of sight; one touch is sufficient, and they disappear through a pitfall, to be seen no more; and the god is well pleased with the oblation.

Mingling with these, and farther to the left, are those engaged with all their might in chewing, snuffing, or smoking, a filthy, noxious, nar-

cotic, poisonous weed, by which their blood is poisoned, nervous energy impaired, and the tone of the stomach destroyed.

The young and new beginners esteeming it an attribute of manhood, "a kind of knight-hood that elevates them to men, by its use become pale and faint, nervous and trembling, have cold sweats and vomiting, from its poisonous, narcotic effect upon untaught nerves; but the old *habitués* laud it, as a precious boon, and would sooner part with things held most dear, than abandon its use, even after they cease to follow it as a fashion, to please the god, or to make them men. Their paths are marked by filthy, slimy pools, ashes, stumps, and quids, which accumulate by their industrious habits in this vocation, notwithstanding the efforts of stately dames, sleek misses, and proud matrons, to sweep and carry away these nuisances with their trailing costumes, which they deposit in their chambers and wardrobes, as a "sweet-smelling savor" to the god of their idolatry. The *shadowy minister* does not neglect these "votaries of the weed," but is busy in selecting such as are poisoned and impure past redemption, and water cannot save.

Far to the left, in the background, are those of all classes who have injured themselves in the worship, and feel or fear they soon must die—that the *shadowy form* approaches them too closely. They now cluster around the dispensers of drugs and charms, in the hope of procuring the means of warding off the consequences of their previous improprieties of life. Here, too, the *shadowy form* is among them, more active than ever, as though at home, finding it easy to extinguish those whose shattered nerves and worn-out muscles are still further palsied by drug medication. At his slightest touch they expire, and a pitfall receives them—they are past redemption—even water cannot save them.

Dotting the picture, at various points, are rich, ostentatiously-decorated temples, ostensibly dedicated to "the only living and true God," but often dedicated to strange, wild schemes, mammon's uses, and secular ends. The richly-carpeted slips and cushioned seats accommodate the worshippers of Fashion's god, to the exclusion of many true worshippers, who are thrown into the shade by the more pretentious displays of those who know no other religion but custom, fashion, popularity, and formalism, and think, perhaps, they are moving heavenward, while their unallowed worship would lead a Pollock to exclaim, that they had, "sooner than devils hoped, arrived in hell."

Skirting the sides of the picture, and attempting to enter the paths, may be seen a few in rational costumes, combining ease, comfort and health—arc graceful and becoming—but they win not the favorable notice of the god; especially after the manufacturers of dress-goods take the alarm, and incite the boys and rowdies, and brainless dandies, to boot and point the finger at them, when the whole host of worshippers join in shouts of ridicule and sneering remarks, which few are able to withstand; and they retire, leaving the paths free to more favored, but insane, worshippers. In sorrow they retire, looking back with pitying glances at those among whom the *shadowy form* is trying the heartstrings, to see who have worn out their energies, and are ready to be extinguished.

And many among the worshippers themselves appear to look regretfully upon the infatuation which leads the votaries through the fantastic follies, murderous customs, suicidal habits, and insane displays, to gratify appetites, and the vanity of standing in the ranks of the worshippers of a god so tyrannical, and so exacting of sacrifices, as to require such votaries as wish to win his smiles, to lay their lives upon his altar.

It appears that all the ceremonies of this cult are calculated to impair the constitutions of the votaries, induce disease in various forms, and finally, obliteration by the *shadowy form*—DEATH.—*Highland Home Water-Cure, Fishkill Landing, N. Y.*

## A VOICE FROM A BLOOMER.

SPRING PLACE, MURRAY CO., GA., 1854.

Dr. TRALL:—Will you please to get some of the "Bloomers" to tell us, through the WATER-CURE JOURNAL, what fabrics are most suitable for the Bloomer costume, how many garments are worn by a regular Bloomer, &c.

The water-treatment for diseases progresses slowly, but I think surely in this region. An experienced physician, of Allopathic celebrity, was recently heard to say if a child under his care did not soon recover of dysentery, he would try the bath.

A gentleman who has been afflicted with liver disease, etc., for many years, says he took leave of medicines twenty years ago, and ascribes his present degree of health to a free use of cold water. "I would be content had so strictly to his diet as he goes to bathing, he might soon be rid of his ailments; but he indulges his appetite in whatever he fancies, and avers that nothing pleases him more than to partake of the rich viands usually found at our wedding-feasts. There is not, I presume, more than one copy of the WATER-CURE JOURNAL taken in this county, but a friend of mine has a number of old ones that I intend mailing off to the Allopathic fraternity here, for it is time our doctors here as well as elsewhere had their eyes opened to the mischief of their drugs. Having once made a good Water-Cure physician out of an old Allopath, though I did not know it for a long time afterward, I am encouraged to "try again."

You will excuse a stranger for thus trespassing on your time, and will not forget about the "Bloomer." Most respectfully,  
FANNIE.

### Remarks.

Fannie, you have accomplished a miracle. We have labored ten years in the same way, and we have performed, as far as we know, just one similar miracle—that is to say, we have converted the regularly educated and legally graduated physician to Water-Cure. We do not much expect to live long enough to do the feat again. But we have done better things, and are determined to survive long enough to convert some thousands of the rising generation. We consider the great mass of drug-doctors as *lost*; given over to hardness of prejudice and blindness of education. They are joined by interest, pride, pomp and circumstance to their idol drug-poisons; "let them go." But, Fannie, we can teach the people; we can instruct the youth. We will educate the nation. Then drug-doctors will "go to their own place"—which we suppose to be *farming*.

## A DIALOGUE.

MISS E. Miss S., I am making up a club of subscribers for the WATER-CURE JOURNAL. Will you join it?

MISS S. I have an objection to the WATER-CURE JOURNAL. It advocates a reform in dress.

MISS E. Yes; it advocates every thing that is necessary to perfect health.

MISS S. But I do not like eccentricity, and am not willing to subscribe for a publication that would probably influence some of my friends to shorten their dresses, and thus become eccentric.

MISS E. When customs are wrong, those who first make a change must necessarily be eccentric.

MISS S. But I believe universal custom is right; and consequently, as Bloomerism is a deviation from universal custom, it is wrong.

MISS E. Then we disagree upon the premises. Custom and right have never yet been associated in my mind as synonymous terms. I believe that universal custom is not necessarily right; and that it has sometimes been proved to be wrong. By universal custom in dress, I suppose we mean the custom of our own nation. At least, we cannot apply the term to the whole world, for all nations do not dress as we do. Other reforms advocated by this JOURNAL, are reforms from customs that have been as nearly universal as the fashion of wearing tight waists and long skirts.

The reform, or rather, revolution, in medicine, termed Hydropathy, is a deviation from a custom recently universal in all civilized countries.

MISS S. Well, if eccentricity is not necessarily wrong, and if those who deviate from the beaten track do sometimes accomplish good for themselves and for the world, yet reforms are carried to such extremes, and so intermingled with the fanaticism of monomanias and the pernicious projects of the unprincipled, that I am afraid those who make and advocate them from right motives, and who seek only to promote the glory of God and the good of men, will not be able to make their position plain to an indiscriminating public. I have heard gentlemen say they would distrust any woman who should wear a Bloomer dress. Now, if to make a reform that would improve my health and lengthen my days requires the risk of reputation—health, and even life itself, must be sacrificed.

MISS E. Will you please pause and tell me what reason any one has for distrusting a Bloomer?

MISS S. Perhaps it is because some persons of impeccable character have dressed in Bloomer. But whatever it is, the reason does not obviate the fact.

MISS E. No, it has nothing to do with the fact, but it has a great deal to do with the influence the fact ought to have upon us. If the gentleman (?) you mention have any good reason to give why a woman should not wear her dress loose enough to breathe freely and naturally, and short enough to ascend stairs and walk through muddy streets without being compelled to gather up her skirts in her hands—the most palpable, but not the only reasons for adopting the Bloomer costume—let them give them. Let them—let any one—give me a better reason for conforming to a fashion that will injure my health, than I have for adopting a reform that I find necessary to both health and convenience, and then, and not till then, will I return to a despised thraldom.

MISS S. My friend, I approve your principles, but my nature is not rugged to adopt them. Reproach and ridicule would make me unhappy, and I am afraid the consciousness of doing right would not be a sufficient compensation.

MISS E. That is not the spirit of some of whom you have read, and whose memory you reverence—some of whom "the world was not worthy," who risked both reputation and life and lost them for conscience' sake. And it is not the spirit of the true reformer of this day. He is one who has independence and purity enough to be guided by his judgment and conscience; who has respect for the prejudices of those narrow minds whom fashion sways; who is willing to "seize upon truth where'er 'tis found;" who is willing to do right because it is right; summarily, he is one who has *mind* enough to know his duty, and *goodness* enough to do it. — LINA.

CHINESE FASHIONS.—The Chinese are spared all trouble as to fashion in dress. Not that foppery is any more rare than in other quarters of the globe, or that the toilet and the proper arrangement of ornaments are by any means neglected, but all matters of dress come under two categories. The summer and winter arrangements constitute the only changes which the Chinese, from the Emperor down to the meanest peasant, ever adopt. And this, too, does not depend on individual caprice. The Board of Rites, which regulates customs, costumes, religious observances, and etiquette, has the entire superintendence of the affair. At a proper time they notify the Viceroy of each province that spring or winter, as the case may be, has come, and he accordingly assumes the summer or winter cap, without any regard to the state of the weather, and the people follow suit.

[What miserable slaves the poor Celestials are! We, free Americans, would not submit to any such dictation by a Board of Rites! Of course not! See Paris, London, and New York "Fashions," in all our magazines, for a commentary on our independence in matters of dress.]



Whilst we cheerfully gratify those who think they cannot live on two meals with the third, it is now more than two years since we adopted the two-meals-a-day plan. During this period, in which we have had over 800 patients, at least 90 per cent. have without difficulty followed it, and awarded to high praise. From it I have experienced great benefits myself, having followed it four years; and I have seen such excellent effects from its adoption, and so have my guests, that large numbers have arranged their meals in their families after this sort. To the dyspeptic, or the patient of weak digestion, it is of inestimable value, giving ample time for the stomach to perform its tasks, and recover from its fatigues before a meal follows the one eaten, as well as to give the stomach time to dispose of food before the patient seeks sleep. I am of the opinion that digestion is unfavorable to sleep, especially where the organic nerves, and the mucous coat of the stomach, are in a state of irritation.

But the advantages of eating but twice a day are not confined to the sick. People in health eat too often. Two meals is ample for laboring men and women, as numbers of our people at work for us have proved. Especially is the practice of eating thrice a day bad for truckmen. But I will say no more, as I intend to devote an article to this point by-and-by.

Dress.—It will be seen that nine-tenths of all the females—counting nearly 700—who have visited us, have cheerfully put on the American costume whilst with us, and it gives me great pleasure to state, that large numbers of them have been so delighted with it as to wear it after leaving; choosing to put up with the annoyances arising from incorrect public taste, than those other and worse annoyances inseparable from the long-skirted dress in fashion. As an auxiliary in the cure of such diseases as are special to woman, it can hardly be over-rated, and its use in developing rightly the female body is scarcely less. I understand one Miss Austin is preparing an article for the JOURNAL on this point, and so forbear extended comment myself.

From the statistics I deduce the following conclusions:—  
1. Medicines never act curatively, but in most cases destructively. 2. Persons troubled with drug-diseases are the most difficult to cure. 3. Vegetarianism is greatly superior to flesh-eating, as a diet, and for the following reasons:—  
1. Those who eat flesh find it difficult to increase their weight, or keep their nervous systems quiet, or make them react well after baths, or secure to them sweet and quiet sleep, or make them pass through those self-denials which are so needful to the sick.

2. I find flesh-eaters much more tenacious of bad physical habits, their organizations refusing to yield to change whilst they use flesh. Tobacco-users who eat meat after treatment has begun on them, find it much more difficult to abandon its use, than those who do who abandon meat.

3. Flesh-eaters are more uniformly addicted to bad moral habits, than those who do not use it,—more so while using it, than themselves are after ceasing to use it. A man with an oath in his mouth drops the oath when he drops meat, tobacco, tea, coffee, and alcohol, as food, condiment, and beverage.

But I must close; other thoughts crowd on me; but I shall get a cessation for the length of this letter, even now, I am afraid. So, success to the Water-Cure Journal and its publishers! Success to the Hydropathic College, and its professors all, and its students! Success to every Water-Cure in the land! and to every man and woman, whether clerical or laical, who has strength to break through the prejudice of ages, and see that the Divine dwells in the sphere of common sense as truly in the matter of *salvation from disease*, as in the matter of *salvation from sin*! May the 1st January, 1856, find us all above ground, with broader and richer faith, more horism, and world-wide charity; whilst, believe me, I most earnestly wish you and yours a "happy New Year," and am truly your friend,  
J. C. JACKSON.

#### LOCATION FOR HYDROPATHIC ESTABLISHMENT.—

A friend, when sending subscriptions for the JOURNALS and LITTS, writes:

"There is one of the finest locations as regards world romantic scenery and pure soft water, in the township of Hinckley, Medina Co., Ohio. It is about the dividing line of the water to the Ohio River and Lake, 90 miles south from Cleveland. There is a large building on the premises, which can be bought between twenty and thirty dollars per acre." Here is a good opening for some active, energetic physician.

AN OPENING FOR A WATER-CURE ESTABLISHMENT.—We are informed that Mr. N. GRIDLEY, of Wassaic, Dutchess co., N. Y., has such a place. Our informant says: "Wassaic is situated on the New York and Harlem Railroad, 84 miles from the city, and, in my opinion, is a desirable location for an establishment. There is on the premises a new, large, well-built house, furnished for a hotel, which can be bought at a low price. Lands adjacent, for building sites, can also be had, if desired.

WATER-CURE IN THE WEST.—We observe by the Wisconsin Patriot, that Dr. J. E. GROSS, son-in-law of Rev. MANLY TOOPER, formerly of Elmira, N. Y., has opened a Water-Cure at Madison, near Menomonee Lake, and just opposite the State Capital. The situation is described as exceedingly beautiful and healthful—just the place for a summer resort. The buildings and their surroundings are of the first class, no expense being spared to make the establishment adequate to the wants of the West. Success to temperance, common sense, and COLD WATER!

This is, we believe, the second establishment opened in the Buckle State. The liberal and progressive spirit of the people, and the special interest they manifest in Hydropathy will insure this "capital" cure, ample patronage.

DR. P. H. HAYES, of the Wyoming, N. Y., Water-Cure, is enlarging and improving his comparatively new establishment, to be re-opened in the spring.

A WATER-CURE BURNED!—One would suppose a well-supplied establishment, with a remedy so potent, would extinguish either a raging fire or a raging fever; and so it would if promptly and judiciously applied. But, in the present case, the fiery element got the start of the liquid, and so laid the victim—the large establishment of Dr. CHARLES PARKER, of Forestville, Chautauque Co., New York. A correspondent says:

It took fire on the morning of the 8th ult., about five o'clock, from the fire built in the ladies' bath-room. The building was new, and though built of wood, every precaution had been used to guard against the calamity which has overtaken us. We were insured in good companies for about half the amount lost. A successful Water-Cure business for more than three years has been done here. The citizens are determined to make ample arrangements for a new cure. They offer donations and benefits to a considerable amount, to Dr. PARKER. Should he accept of an offer made him, an enlargement of facilities and patronage will follow.

WATER-CURE IN RHODE ISLAND.—There is perhaps no better location for a Water-Cure Establishment in New England than in Greenwich. The facility for obtaining water, and leading it to any desirable height—its easy access from all points of the compass—the salubrity of climate—the fine views and scenery surrounding the village, of both land and water—the pleasant drives for health or pleasure—the beautiful bay for fishing and sailing in summer—its proximity to the city, all combine to make Greenwich a very desirable location for a Water-Cure.—*Weekly Tentacles.*

East Greenwich has a population of about 9000 inhabitants, is the county seat of Kent Co., R. I., pleasantly situated on the west side of Narragansett Bay, on the Providence and Stonington Railway; fourteen miles from Providence. A good establishment at this place would be liberally patronized. THE WATER-CURE JOURNAL circulates widely in Rhode Island.

WATER-CURE IN MINNESOTA.—We are informed by Mr. I. F. G., of Saint Anthony's Falls, that Mrs. COLBURN has been lecturing to their citizens upon WATER-CURE, with good success, and that large clubs of subscribers have been made up by her, for the WATER-CURE JOURNAL, for 1855. Minnesota is to be a Hydropathic State.

WATER-CURE IN JAMAICA.—A correspondent in Kingston, Jamaica, to whom we have had the pleasure of sending several invoices of books, says, "We are about to get up a meeting of those we know favorable to Water-Cure Reform, and I hope soon to report a combined and actively working Society, for the more effectual spreading of knowledge on these subjects."

This would be a fine field for some enterprising and competent Hydropathic Physician. The seeds of Reform have been sown, and are springing up to a fruitful harvest. We shall be happy to furnish any information in our possession relative to place and prospects.

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FOR ONE HUNDRED DOLLARS, two hundred copies of either the PNEUMOLOGICAL or WATER-CURE JOURNALS will be sent, one year, to one or as many different post-offices as there are subscribers, and a premium of TEN DOLLARS, in any books published at this office.

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REQUEST TO POSTMASTERS.—Postmasters will confer a special favor on their customers, on us, and all other publishers, if they will stamp the name of their post-office PLAINLY on all letters, so that when correspondents fail, as they often do, to insert in their letters the name of the town and State, we may find out where they come from by the stamp of the postmaster. The present mode of stamping letters, and the carelessness of many writers, often leaves us in the dark.

WHEN BOOKS are wanted to go by mail, the order should be written on a slip of paper, separate from that containing the names of subscribers.

FRIENDS, What say you? Shall we have the pleasure of enrolling you among the hopeful band of co-workers for 1855? If so, give us your name, your influence, and aid. See PROSPECTUS, on the last page.

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The New Volume commences with January, 1855. Subscriptions may be sent in at once. Now is the time to begin.

THE  
Water-Cure Journal

NEW YORK, FEBRUARY, 1855.

By no other way can man approach nearer to the gods, than by conferring health on men.—CICERO.

FEBRUARY TOPICS.

BY R. T. TRALL, M.D.

FASHION and FAMINE.—Just now our city, and some portion of our country, present a spectacle, not unusual in nearly all countries, of extreme want and destitution in the midst of great plenty and unbounded resources. The politicians talk of speculation, over-trading, excessive importation, foreign war, bank expansions, general extravagance, &c., as among the causes—and no doubt all of them have something to do in the premises; whilst the benevolently disposed solicit contributions, get up fairs, attend balls, go to theatres, establish soup-houses, and give away cold victuals to remedy the evil.

We have no fault to find in the philosophy or practice of the matter so far as it goes; but it does not go far enough. It does not reach the root of the difficulty. Whilst we commend all the expedients proposed to mitigate the sufferings of those who are unexpectedly, and from no fault of their own, thrown out of employment by the general decline of business operations, we would take the occasion to indicate a plan which would, if carried out, not only afford more temporary relief than all the other plans yet proposed, but also would do more than all of them together to abbreviate the duration of the present dependency of the laboring classes, as well as to secure them against a repetition of the same circumstances in future.

Few persons are aware how cheaply they can live, and live well. The great majority of the working people expend more money for injurious luxuries or condiments, than they do for useful and necessary food and drink. More money is paid in this city for tobacco than for bread; more is expended for alcoholic beverages than for beef; and much more for tea, coffee, salt, spices, animal oils and sugar, than would suffice to provide an ample, substantial, and far more wholesome dietary.

Those of our poorer classes who buy baker's bread, or who use fine flour of any kind, or who patronize the butchers much, are little aware how much of their hard earnings goes for the "profits of trade," instead of purchasing them nourishment.

Our newspapers have dwelt, in considerable detail, on the comparative cheapness of the various articles of food to be found in our market. Without going into the general merits of the vegetarian or omnivorous theories of human diet, and without advising any persons directly what particular superfluities they should dispense with, or may hold on to, we propose to tell all "whom it may concern," what is the very cheapest food that can be obtained, which will, at the same time, afford complete nutrition and be consistent with perfect health and strength, in all persons, and of all constitutions.

Firstly, *bread* is emphatically "the staff of life." It is, too, the cheapest food in this country. Good bread, with a very small proportion of any edible fruit or vegetable, will sustain life and health for any length of time. But it must be *really* good. Few persons know how to make good bread, nor can they judge of the dietetic quality of any article of bread when they find it; and very few persons can make a good or even a tolerable article by the use of any kind of raisings, or of yeast.

But any person can make a *perfect* article in this way: Wet up wheat-meal, rye-meal, or Indian-meal (whichever grain is preferred) with *warm* water—neither cold nor scalding hot. Knead the meal and water well together, so as to incorporate as much atmospheric air as possible. The air which is worked into the dough makes the bread light and dry; hence the cook has the power to make it as light as she pleases almost, by kneading. An article light enough for all ordinary teeth can be kneaded in a very few minutes.

The dough is then to be rolled out somewhat less than half an inch in thickness, cut into small cakes (diamond shaped, and about two inches long is a fancy pattern with us), and baked in a range, stove, oven, or before the fire. They will "cook" in fifteen or twenty minutes.

The flavor of this bread, if well managed, is truly delicious to all healthy appetites, and as pure as bread can be: for it contains neither *rotting* yeast nor *poisoning* acids and alkalies; it contains nothing but flour, water and air. It contains all the qualities of the grain unchanged, without the destruction of any element, or the addition of any thing injurious.

Another advantage of this bread would be, the saving of apothecaries' bills. It keeps the stomach and bowels in good condition, and hence pills, cordials, magnesia, and anti-dyspeptics are not necessary. Nor would it be necessary to fee the doctor for prescribing drugs and alcohol to "correct the secretions" when the stomach is befouled with improper food; nor will the children be suddenly sent out of the world in convulsions.

But as variety is the spice of life, and more or less desired by all, an almost unlimited variety of bread-food can be made on this plan of convenience, economy and health. Hominy and Indian and wheaten grit mushes, boiled rice, boiled corn, and boiled wheat, are excellent changes; and good crackers can be made as above, by kneading a little less water into the flour or meal.

Those who cannot become vegetarians at once, and those who deem it "fanaticism" or "infidelity" to live without eating the flesh of animals, may, if they will, eat a little meat (always buy *lean* meat when you consult health and economy), and still find this plan of procuring bread a great advantage.

Presuming, then, the bread part of the diet to be all right, the remaining part of our subject is easily disposed of. Boiled cabbage, beans, peas, parsnips, potatoes, apples, or any other good fruit, answers all purposes, as far as *necessary* variety is concerned. Either may be employed to suit taste or convenience.

An idea of the economy that *might* be practised in eating may be inferred from the single fact, that more than \$20,000,000 are annually expended in this city for articles of the table, which could be entirely dispensed with without any suffering for want of nutriment. How much good could be done, how much health possessed, and how much happiness enjoyed, if all people, rich and poor, could understand the philosophy of "eating to live!"

DEATH ON THE RAILROAD.—Notwithstanding the great number of deaths from the casualties of railroad travelling—collisions, capsizings, running off the track, running *under* draw-bridges, &c.—we believe many more deaths result from being confined in the cars than from being tumbled out of them. In cold it seems to be a choice of evils—death from wounds and bruises without, or death from infection within.

Not long since, in a trip to and from Philadelphia, we examined three or four crowded cars, without finding a breath of fresh air. Every window was closed; and the red-hot stove, the effluvia from human bodies—not always of the cleanest—the smell of liquor, the scent of tobacco, and the smoke of two oil-lamps, commingling in one deep, thick, dank, suffocating stench, reminded me more of the valley of Gehenna than of accommodations for travellers.

We watched our opportunity, and the first vacancy on the window side of a seat came into our possession, and, presto, *up* went one window—a *very little*, however, so as not to excite alarm and provoke a controversy. Soon a large, portly, red-faced, gouty-looking individual took the other end of our pew. He was well bundled in coats and overcoats, his neck and face wrapped up in fur to his eyes; and of course he was very sensitive to the weather, and, moreover, troubled with a "hacking cough." He was hardly fairly squared in his seat before he espied the raised window, or felt the "chilling blast" along the projecting peak of his florid proboscis. "Please to close that window—that window, sir; have the goodness to *shut the window*," were the hurried salutations he uttered half-entreatingly, and rather more than half-commandingly. "Can't do it, sir; can't live so; do not like to breathe this air that has been breathed so many times already," was our hasty defence. We did, however, lest worse might come to worst, drop the window to within half an inch of the bottom, and so, by applying our inhaling apparatus close to the crevice, managed to maintain a communication with the surrounding atmosphere for the remaining fifty miles. But our friend did not have to sustain his dangerous proximity to fresh air long; for at the next depot a seat was vacated, which he readily seized, and where he seemed to have found a people of "one smell and one mind" on the subject of ventilation.

Such has ever been our experience on the railroads. Not one person in a hundred appears to know or care any thing about this subject. The editor of the *Tribune*, having recently *enjoyed* a trip to the West *à la* railroad, gives *vent* to his sensations on the subject in the following strain. We commend his remarks as well as our own to the attention of the conductors everywhere:

I went West over the Erie, and returned over

the Pennsylvania Central—both excellent roads—the Erie I think the best managed and run of any long road in the country. In regularity, punctuality, and freedom from accident, it can hardly be exceeded. The Pennsylvania is not run so fast, especially toward this end, but is run regularly, safely, and is doing a large business. But the horrible recklessness of human health and life evinced in the want of ventilation on these as on most other roads, deserves the severest reprehension. Why do not Grand Juries take action on this wholesale slaughter? Every night sees hundreds of trains running this way and that, with thirty to fifty passengers in each car, so shut in that there is not so much pure air entering any one as three men need to breathe. Thus, in five minutes after the door has been closed, the whole atmosphere of the car is putrid, and every inmate is thence inhaling rank poison until the doors are opened again. Enter one of these cars as the train stops at a station, and the effluvia is enough to knock down a horse, though those who have depraved their perceptions by gradual acclimation to it may not mind it. The emigrant or second-class cars, being more densely crowded and less frequently opened, are especially noxious, and are doubtless causing thousands of typhus fevers and kindred diseases, of which the source is unsuspected by the sufferers. Messrs. Presidents, Directors and Superintendents! do you know that you are poisoning your customers by wholesale? If you don't, ask any tolerably educated physician to ride one night in your cars, and tell you what he thinks of their atmosphere. If you do know the fact, why do you persist in murdering people by thousands? Don't talk about patent ventilators, but bore five hundred auger-holes in the floor and roof of each passenger car at once, and see that these are kept open until you can determine what to do next. Do something, and do it at once.

## To Correspondents.

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

## Professional Matters.

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

**TYPHOID FEVER.**—Reformer. "We have learned, through the WATER-CURE JOURNAL, that, in the opinion of one writer, the seat of the disease, typhoid fever, is in Peyer's Glands. Where are these glands, and what is their office? We shall be happy to have more light on the subject." Peyer's Glands are small bodies or follicles, found in clusters beneath the mucous coat of the intestines. They are most numerous in the lower portion of the small intestines. Physiologists do not agree as to their use. Probably they secrete a lubricating fluid, and, possibly, a digestive liquid also. These glands are often found in a state of inflammation after death from typhoid fever; but this is probably an effect of the disease, or of a gross state of the alimentary canal, which is sometimes one of the predisposing causes of all fevers. Their morbid condition is not the sole cause of typhoid fever, and not essentially connected with its nature. It is an accidental complication, for it does not uniformly exist, and, in some cases, the glands are inflamed, or even ulcerated, without the coexistence of typhoid fever.

**WEAKNESS IN THE BACK AND LOINS.**—C. W. S., Manchester, Ill. "What is the best home-remedy for weakness in the small of the back and loins?" Tell us the particulars of your case: what diseases you have had, or now have; what drugs you have taken; what your present personal habits are; and we can advise you judiciously. No doubt sitz-baths of a moderate, cool temperature, with the wet-giraffe occasionally, with strict attention to a physiological diet, would benefit you.

## CHRONIC RHEUMATISM.—A. S., Ogden, Ind.

"The patient has been afflicted with chronic rheumatism ten years; age, thirty-nine; joints not stiff; general health good. The disease affects the knees, arms, and hands. The knees are contracted so that it is impossible to straighten them; and the hands and fingers are drawn all out of shape. She has tried drug-doctoring in vain." Such cases are too desperate for home treatment. Similar cases are generally relieved, and often cured, at the establishments. The general plan of treatment is alternate hot and cold bathing, varied, of course, according to the temperature and strength of the patient, with a strict and very plain vegetable diet.

**USEFUL EXPERIENCE.**—S. L., writing from Vicksburg, Miss., says: "I have been an attentive reader of your WATER-CURE JOURNAL for the last two years, and a constant user of cold water for thirteen years. Previous to my adoption of the Hydropathic system, I was frequently unwell, and yearly had one, two, or three severe attacks of sickness. Since then, I've not known what it was to complain. My health is perfectly good, and I feel as though I were a boy again; therefore, I am compelled to believe *water* to be a solvent, safe, and perfect remedy for any and every disease man is heir to. I was born in the South; have lived in the State of Mississippi all my life (this February I will be fifty-nine years old); have had a family, consisting of myself, wife, three children, and from one hundred to two hundred servants. For some time, I have been trying to quit the use of medicine, as far as practicable, and adopt the use of water, but find great difficulties to surmount. My practice has been to sponge off at night, with warm water, sometimes mixed with ashes; to take warm teas; in the morning, sponge with cold water, commencing with hands and face, and then the entire body. This I find, will cure nine out of ten cases, if not all. My mode with regard to myself has been, every morning to take a common wash-bowl, with usual quantity of water, to wash the face. I first put my face into the water; then, with my hands, wet my arms, breast, and whole body. After this, I take a wet towel and apply it to my back, wipe off quickly, dress, and take a walk without going to the fire beforehand. I have never worn a vest or neckkerchief since I adopted *this* mode of keeping well, nor have I suffered from cold. I have a little negro boy, ten years old, who has had fits for three years. His health seems perfectly good in all other respects. What is the best way of growing? Please tell us in what direction you advise in his case? Please answer in your WATER-CURE JOURNAL. I think many of our citizens would hail with joy the coming of a long-experienced Hydropathic physician. Nothing could give me more pleasure than to see such a one at the head of a well-regulated Water-Cure Establishment." Probably, in the case of fits, there is some error in his diet, or he has some exhausting or debilitating habit. Ascertain the cause, and then remove or correct it.

## DRAWING THE RAZOR.—W. C. J., Rowley, Mass.

"I, in shaving the beard, does it make any difference which way the razor is drawn, as to the direction of the hairs will take in growing? Please tell us in what direction the razor should be drawn—whether from the front of the cheek backwards, or the contrary, in order that the hairs of the beard take the direction nature would have them take?" As the primary form of all matter is angular, progressing spirally to the radiation of the circumference, we adjudicate that those who will persist in the unphysiological habit of seraping their faces, ought to begin peripherically, and carry the razor round and round till it terminates in the inmost central. This will bring everything to a focus.

**HEMATRINA.**—D. S. Rupert, Vt. "Have you any experience in the disease called bloody flux on the kidneys; and, if so, how do you manage it? Our doctors say they never knew a case to be cured." We have cured several cases hydropathically. The treatment is, packing so as to restore action to the skin—either the wet sheet or dry blanket may be employed, according to the temperature of the patient; the vegetable, copious ingesta, to keep the bowels entirely free; and a strictly vegetable, and very abstemious dietary.

## FROST-BITTEN FEET.—J. P. H., Bucks Co., Pa.

"I am troubled with itching feet or frost-bite, and have examined the 'Hydropathic Encyclopedia' without finding

any thing about it. What does this mean, Dr. Trall?" It means that you did not "examine" in the right place. If you trouble the feet, or any thing similar, you will find "about it" in the chapter on "Diseases of the Skin." If it be frost-bite, you will find it under the head of "Chilblain," to find about which see Index. Bathe the feet in cool water morning and evening, and keep them in a moderate and uniform temperature.

## VEGETARIANS FOR KANSAS.—J. P. H.

"How soon will that land in Kansas be taken up for the purpose of forming a colony of vegetarians, and how soon will the company emigrate?" Don't know. The company must first be organized; and there must be some bodies found to get together and organize it. All the rest will follow from "natural necessity."

**WEAR BACK, &c.**—J. P. S., Wheatland, being afflicted with indigestion, sore throat, torpid liver, weak back, and the effects of mercury, asks the following questions: "1. What is the cause of the severe lameness in my back? 2. How can I get mercury out of the spine of the back? 3. Can weakness of the back, from whatever natural cause, be entirely cured by proper course of Hydropathic treatment? 4. Is it beneficial to wash the whole of the body in ice-cold water, immediately after getting out of bed?" 1. The cause is the debilitating influences and habits you have been addicted or subjected to. 2. By packing, so managed as to promote moderate sweating; or by hot and cold baths. 3. No; some cases are, of course, incurable by any means. 4. This depends on who the patient is, and his state on coming out of bed. The rule in all cases is, use the water as cold as consistent with comfortable reaction.

**SALT.**—C. S., South Hadley, Mass. "I am a full believer that the exclusively-vegetable-diet system is destined ultimately to prevail; but I would like to know what use the salt, which is universally distributed over the globe, can be put to, when it is no longer needed to preserve dead flesh?" It can be "let alone severely." Your other question we could not make out.

**INDIGESTION.**—M. F. S., Chenango, N. Y. "I am troubled with pain, faintness, and an 'all-gone' feeling in the stomach; also, pain in the back, bowels, with constipation, flatulence, suppressed menstruation; also, at times, palpitation of the heart, and severe pain across the eyes."

Take a sponge-bath each morning, a sitz one or twice a day, at seventy-five degrees and six minutes, and eat plain, vegetable food, and fruits. Your farinaceous articles should all be coarse, as hominy, wheaton grit, brown bread, &c. You will do well, also, to exercise the abdominal muscles by rubbing, kneading, thumping, pounding, &c.

## INTERMITTENT FEVER.—R. H. R., Big Rock,

Iowa. In this case the patient had intermittent fever; was "cooled off" with wet cloths; "congestion" then came on, which was "combated" with heat and friction; some sweating then followed. In twenty-four hours the fever returned with increased violence; was "cooled off" as before; but, as "reaction" did not come on, the operator became alarmed, and sent for a regular M. D., who cured the patient with washes of capsicum and brandy, doses of quinine and brandy, "acid" to prevent sweating, &c. We are asked to explain why this patient was not cured hydropathically, &c. Our opinion is, because he was not detoxified hydropathically. Merely applying cold wet cloths, when a person is hot, until he falls into congestion, is not only a one-sided way of doctoring, but a very small idea at that. We do not, from the description, pretend to know what should have been done in the case. But, *probably*, nothing was done to balance the circulation and remove obstructions. Perhaps the feet should have been warmed, the head cooled, and the bodily temperature regulated; the bowels moved, &c., and the sweating checked by cool spongings. Probably too the wet cloths were kept on too long; and, probably and finally, the doctor in this case did not pay sufficient attention to the general rules in regard to the treatment of fever.

**MIS-MENSTRUATION.**—H. L. H., Troy, Usually, we do not give very cold baths during the menstrual period. Either omit them or use them of a very mild temperature. In a healthy and vigorous female, this precaution would be

unnecessary. Excessive menstruation is treated by cold, but not very cold, Sitz-baths, and strict attention to the general health.

**SKIN DISEASE.**—J. B. C., Dry Hill, Tenn. This patient is dyspeptic, with a torpid liver and a troublesome affection of the skin. His diet consists of common bread, sweet potatoes, "hog muck," cow's milk, with a free use of butter and molasses. We advise to him to leave off the hog, butter, milk, and molasses part of his dietary, and take a daily abluion. The "Cook-Book" will tell you how to prepare healthful food.

**BUCKWHEAT CAKES.**—N. T., Nova Scotia. "Are buckwheat cakes-cakes, raised with yeast, less injurious than newly-fermented bread?" So far as fermentation alone is concerned, they are, because the manner of cooking dissipates the chemical products of fermentation.

**MILK.**—G. J. J., Newton. "Will the constant and daily use of milk, as an article of food, prove injurious in the long run? Will it have a tendency to produce ossification of the heart or other part of the body?" It has no especial tendency to induce ossification, and proves injurious mainly in the negative sense. It is not the best diet after the period of infancy. Nature most indubitably never intended bipeds or quadrupeds to be *calves*, and dependent on their mother's breasts after their teeth were sufficiently developed to do their own masticating. We should recollect, that nature is not half as liable to make a mistake as we are to misunderstand her.

**SPRAINED SHOULDER.**—A. C., Marcellus. In this case, where the lameness and weakness of the muscles of the shoulder were induced by over-exercion, the hot and cold douche, alternately, with much rubbing and friction, are the best local measures.

**WET CLOTHS TO THE HEAD.**—G. W. L., Bristol, Pa. "Please inform me, if cold compresses be constantly applied to the head for a long time, or as long as they feel grateful, what the effect will be upon the brain? Will the result be to make it too active, or otherwise?" It depends entirely upon the condition of the patient. If the head be hot and the feet cold, the application of wet cloths to the head as above, with no attention to the feet, might make a bad matter worse. In making local applications, never forget general rules. *Always* aim to equalize circulation and temperature.

**FITS.**—S. R. W., Livermore Falls, Me. "Nearly a year ago, my child, now about four years old, left off talking, became pale, feeble and emaciated; eyes dull, appetite and bowels irregular; he frequently puts his hands to his head, striking it and pulling his hair; his gestures are also very singular, such as reaching forward his arms, throwing his head back, falling over and beating his head on the floor. When spoken to, he appears like one bewildered." Several causes may have induced this condition, such as repelled eruption, vaccination with bad matter, or some organic affection of the brain. Falls or blows on the head in some cases produce similar affections, but we would not determine the cause in this case without a personal, and perhaps repeated examination. The treatment should be a daily tepid bath, with a proper diet.

**SWELLED KNEE.**—M. P., Portland, Oregon. The case you describe is probably either *synovitis* or white swelling. Use the leg-bath two or three times a day, as cold as may be without causing increased pain; use a tepid wash every day, and live on the simplest farinaceous and fruit diet.

**FRECKLES.**—An afflicted fellow-creature writes us a dreadful account of his suffering sensibility, on account of a freckled skin. He (or she) says: "Do inform me of a remedy for curing the worst external disease as it seems to me: that man was ever afflicted with, viz., freckles on the skin. I have resorted to many wanted remedies, but all to no effect." We do not regard a moderate crop of freckles as so very awful; but if F. S. does, be (or she) can improve his (or her) personal appearance all the case admits of, by keeping the blood pure, the liver free, and the skin clean;

and this implies a strict and plain vegetable diet, and daily bath, and abundant exercise.

**DISEASED LIVER.**—A. L. Y., Winchester, Va. Your complaint is undoubtedly that form of dyspepsia attended with torpid liver and weak abdominal muscles. Use a plain, coarse diet, manipulate the bowels frequently, and take a daily bath as cold as can be comfortably borne. See Encyclopedia, article "Liver Complaint."

**NERVOUS DEBILITY.**—L. S. B., Westfield, Ill. In this case the patient has taken "great quantities of strong medicines," and is now inclined to "sink down unless kept up by some of the powerful tonics," &c. Take away all the tonics and dispense with all druggery at once. She will not sink half so much without the tonics as she does with, though she may possibly feel worse for a time, after leaving them off. Keep quiet, adopt a plain, simple diet, take a tepid towel wash every day, and trust to Providence and good works.

**DECAY OF THE HAIR.**—"A Friend at my Elbow," of Raquette River, "wishes Dr. Trail to give some reasons why, and a preventive for, the premature decay of the hair." Hoping our above friend will ask the next question grammatically, we proceed to answer the present one. The reason why the hair prematurely decays, is because people do not live healthfully. Among the causes of decaying hair, as well as of decaying eyes, ears, teeth, flesh, blood, bones, nerves, brain, and tegumentary tissue, may be enumerated tea, coffee, alcohol, tobacco, salt, pork, sausages, grease, gray, stuffed turkeys, roast pigs, mince pies, poached eggs, candies, lozenges, drug-medicines, consipating food of all kinds, sedentary habits, too much novel-reading, "late to bed and later to rise," sensuality and dissipation of all kinds &c., &c. The "*proserotives*," may be found in eating, drinking, exercising, &c., according to the laws of life and health.

**FROZEN THUMB.—POSTAGE TO SCOTLAND.**—J. H., Maquon, Ill. "1. Please answer, through the WATER-CURE JOURNAL, what the postage on the WATER-CURE JOURNAL is to Scotland? 2. What shall I do for my thumb? I got it frozen two years ago, and it will get stinging cold on the least exposure." 1. The postage is twenty-four cents a year, in advance. 2. Hold it in warm water once or twice a day, for several minutes; then dip it in moment in cold water. At bed-time it may be soaked fifteen or twenty minutes.

**SCIPIONVILLE.**—We have received a letter, containing names and ordering books, which has neither date, post-office, country, state, or signature. The post-mark is Sciptionville (no State), Dec. 23d. We would like to know more about it.

**S. A.—St. Vincent, C. W.** You require the Hydropathic Encyclopedia, The Family Physician, Hydropathic Cook-Book, Fruits and Farinacea, and Philosophy of Sacred History. These will serve to give you a thorough insight into Hydropathy and Vegetarianism.

**SUMMIT Co., Ohio.**—You can find the works you wish at Dr. Seely's Water-Cure Establishment, in Cleveland.

**J. G. L.**—You will find several varieties of filters for the cylinders described at length in the "Hydropathic Cook-Book;" price, prepaid, by mail, 37 cents.

**W. B. P., Knowlesville, N. Y.**—Parker's Aids to English Composition (price, prepaid, \$1 00) will be a capital book for you.

**BRASS AND COPPER KETTLES.**—H. C. F., Marietta, O. "Is not the use of brass and copper kettles for stewing fruit poisonous under all circumstances? I think they are, however carefully used. In travelling, it is difficult to get any other stewed fruit, and its effect on me is invariably injurious, causing irritation, sleepiness, and in one instance, an eruption upon the head." They are surely very dangerous, unless very carefully used; and it is possible that some degree of oxidation may take place, under what is usually regarded as careful management. We do not trust the most careful cooks we can get with such utensils.

## EXPERIENCE.

[TO OUR CONTRIBUTORS AND CORRESPONDENTS, we acknowledge our obligations for the prompt and hearty responses to our call for PERSONAL EXPERIENCE.

We shall gladly receive and publish such brief and concise statements as may be furnished us by our readers, in the hope and confident expectation that others, seeing the efficacy of the Water-treatment, may be induced to go and do likewise.

Many bleeding hearts have given utterance to the agonies experienced, while prostrate with disease, and made worse by poison drugs. But we shall place them on record in these pages, as signals of danger, that the wayfarer may avoid the rocks, on which too many have been stranded.

Reason lights of hope, pointing to the path of life and health, will also be hung out, in full view, in contrast with the dark and dismal way.

Friends, one and all, contribute "your rays of light," which will help to ILLUMINATE THE WORLD.]

**RESPONSIVE.**—A LADY SUBSCRIBER in *Greenwich, Ohio*, says:—"While reading your January number I was attracted by the request 'TALK US WHAT YOU KNOW.' I determined to pen a few items of experience, which often occur to my mind when reading the WATER-CURE JOURNAL.

Years ago, I had a little brother, a plump, rosy-faced, light-hearted, beautiful child, of three summers. He retired to rest, unusually merry, and full of childish glee; at one o'clock, he called 'Pa, I'm so sick.' I was immediately raised up, commenced vomiting and purging. The village doctor was called in (a lobelia pepper doctor), he pronounced the disease inflammation of the bowels; administered his medicine, which showed no other signs of efficacy than agitating the child to fits. In these fits he continued until death released him; which was at nine o'clock, P. M., of the same day in which he was taken ill. At intervals he called for 'Water, Water! O! do give me a drink of water!' but the doctor shook his head, said the medicine would not operate if he drank water. (I was a child, my heart was breaking at his pleading for water, and would have given it stealthily, but was watched by the doctor, and those who thought they must follow his orders.) And thus he continued calling for water until his last moments came, when he said, 'Give me a basin to get me a drink,' and expired.

Since the dawning of the bright and glorious system of Hydropathy upon our minds, I have involuntarily looked upon that doctor and the system which he practised, as the downright murderers of that dear little brother. Water, if properly administered, might have saved him; but even a drink was denied, when his his body was all a-blaze with fever, it being also the hottest day in summer.

In after years, I was exposed, and took the measles; cold water was withheld, and warm tea administered; all thought cold water would kill, in such a case. I was suffering and suffocating; the spots did not appear. O how I longed for a cooling draught of water! In fact I prevailed on some one to give me a drink; I *delivered the cup, and drank eagerly and freely of the cooling and reviving beverage.* Immediately, as if by magic, the measles appeared on the surface. I continued the free use of water, as a drink, refusing all warm teas, &c., and was soon convalescent.

At another time I was severely attacked with a disease the physicians called spotted fever. It was fatal to nearly all who took it in the place where I resided. The doctor, of course, was called. I was dosed, and powdered, and sweat. Whilst sweating I took a fit of suffocation, which lasted some ten minutes; all thought I was dying. I thought a drink of water would save me. I gasped u-a-r-r, u-a-d-e-r. Some said "it will give her death of cold, to let her drink cold water whilst sweating." But, at last, I summoned all the strength I had, and said, 'Brother died from want of water, and I am now dying.' They then they gave me water. Instantly the deadly sickness left my vitals, the purple spots appeared on the surface of my body, and were kept there by drinking cold water, until I recovered from my disease.

[We have but a word to add to the above, and that is this: She has happily related her own experience, and at the same time that of *thousands* of others. Alas! how many thousands of innocent babes, children, youths, men and women, have gone down to the grave gasping, heaving, and praying for WATER, while the stupid wooden-headed doctors refused them a drop to cool their burning tongues, or to quench a raging fever. But we shall fix all that, for the future.]

## Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed to FOWLEES AND WELLS, 308 Broadway, New York.

**THE WAYS OF LIFE.** Showing the Right Way and Wrong Way; contrasting the High Way and the Low Way; the True Way and the False Way; the Upward Way and the Downward Way; the Way of Honor and the Way of Dishonor. By Rev. G. S. WEAVER, author of "Hopes and Helps," "Mental Science," &c. NEW YORK: FOWLEES AND WELLS. Price—muslin, prepaid, by mail, 62 cents.

We have guide-books and "path-finders" from which to learn the ways of travel by railroad and steamer, through the various states and countries of the habitable globe, and we find them very useful—almost indispensable, in fact; but we are too often content to pursue the "Journey of Life" without such aid. Is there not even more danger here that we shall take the wrong road? Do we not need a moral Pathfinder? The young particularly, should study well the "Ways of Life" ere they get involved in the labyrinths of evil, and find return to their starting-point impossible; and here Mr. Weaver has given them just the book they need. He describes the various "Ways" so plainly, that no one can mistake the wrong for the right. The "Ways of Life" should go with "Hopes and Helps," wherever there are men and women, and especially young men and women, who need sound and wholesome moral instruction, earnest counsel, and cheerful encouragement. We hope to see it widely circulated.

**WOMAN'S RIGHTS TRACTS.**—Some of the friends of the Woman's Rights movement have collected a number of the best Speeches, Addresses, &c., on the subject, which have been published in a neat 12mo. volume, of 126 pages. Price, prepaid, by mail, 15 cents. It contains the speech of Wendell Phillips, at Worcester; the Call for the first Woman's Rights Convention; Theodore Parker's Sermon on the Public Functions of Woman; The Emancipation of Woman, from the *Westminster Review*; and Woman and her Wishes, by Rev. J. W. Higginson; The Responsibilities of Woman, by Mrs. C. L. H. Nichols, editor *Windham County (Vt.) Democrat*, &c. The book may be ordered singly, or by the quantity, from FOWLEES AND WELLS, 308 Broadway, N. Y.

**HUMANITY IN THE CITY;** being a series of Discourses recently delivered in New York. By the Rev. EDWIN H. CHAPIN. With an elegant steel Portrait. For sale by FOWLEES AND WELLS. 1 vol. 12mo. cloth. [Price \$1, postage prepaid.]

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**LEAVES FROM THE TREE IDRASSAL.** By MARTHA RUSSELL. JOHN P. JEWETT, & Co., 1354. [Price, prepaid, by mail, \$1.25.]

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**THE CRAYON;** a weekly journal, devoted to the Graphic Arts and the Literature related to them. Published at \$3 00 a year, by STELLMAN and DURANT, Editors and Proprietors, 237 Broadway, New York. The editors say—

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## THE FOUNTAIN.

BY W. S. RYLANDER.

By that bank a fountain springing  
Cold and clear,  
Through a pebbly bed goes singing  
Songs of cheer,  
There it gurgles all the summer,  
'Midst the lode of longest days,  
And each thirsty, weary comer  
Says, in words of earnest praise—  
"Blessed waters! how they murmur  
Cold and clear."

Winding through the fields outspreading  
Brown and bare;  
Thousand paths to it are leading,  
Everywhere,  
Where-so'er its way it chooses,  
Pleasant herbs spring up apace;  
And its channel oft it loses  
In some sedgy, rush-grown place;  
And the fields grow, where it passes,  
Green and fair.

Through the hilly land it goeth  
Swift and mad,—  
Through the valley wide it floweth  
Tranquil, glad,  
Rock and tree gaze on its foaming;  
Snowy mountains see it glide;  
Ocean stays its restless roaming—  
Heaving billows drink its tide—  
And 'tis lost amid its foaming,  
Sullen, sad.

## BOOKS RECENTLY PUBLISHED.

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**OUR PUBLICATIONS** in Worcester, Mass., may be had at New York prices, of our friend, Z. BAKER, who has opened a bookstore in that city, and will supply all works published in the United States. Give him a call.

**ADDENDA.**—The name of D. W. Ranney, M. D., Einghamton, N. Y., was accidentally omitted in our list of Hydropathic Physicians. There may be others omitted, as we could make the list only from memory. We shall publish another in a few months, and shall be happy to have corrections suggested by any of our friends.

**OUR ANSWERS TO CORRESPONDENTS.**—This department of our JOURNAL is becoming more and more important—a chapter of questions and answers, covering all the "complaints" known in the calendar. Readers should not fail to look into this rich department. They will be both amused and instructed.

**OUR BOOKS IN ORGANO.**—Friends of Progress and Reform in Oregon will be pleased to learn we have recently shipped a full assortment of our books and tracts, to Messrs. LATOURETTE and HOLLAN, at Oregon City. Water-Cure and Pneumological principles are received with much favor by the pioneers in the West.









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We have been in the receipt of this Magazine for the past year, and like it the best of any that appears upon our table.—Owensick [Ill.] Times. The fashion-plates are ahead of anything we have before seen.—Whitehall Democrat. It is edited by Charles J. Peterson and Mrs. Ann S. Stephens, two of the brightest literary stars of America.—Western [O.] Enquirer.

The best and cheapest Ladies' Magazine in the world.—Woodstock [Va.] Democrat. There is no Magazine published equal to it, in our estimation.—Weekly Review. We find it equal in every respect to the three-dollar periodical.—Portsmouth Trans. The publisher always goes ahead of what he says he will do.—Shippensbury [Pa.] News Feb 1st.

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