

THE GRAHAM JOURNAL OF HEALTH AND LONGEVITY.

HE THAT STRIVETH FOR THE MASTERY, IS TEMPERATE IN ALL THINGS.—Paul.

VOL. III.] BOSTON AND NEW YORK SATURDAY, APRIL 13, 1839. [No. 8.

A VEGETABLE DIET FAVORABLE TO PROLONGED AND INTENSE EFFORT BOTH PHYSICAL AND INTELLECTUAL.

One of the earliest objections to the "Graham system," was that it tended to imbecility, both physical and intellectual. The first result, indeed, of a vegetable diet was to be delirium; straight jackets were in preparation for us, and we do not know but the Lunatic Hospitals in this state were enlarged for our especial accommodation. But three or four years have rolled on; the distinguished physician, who predicted so confidently this result, died himself insane and within the walls of a lunatic asylum; and yet few of us, so far as we can learn, have run mad, and none of our strictest vegetable livers languish in an insane hospital. Another bugbear must, therefore, be raised; and we are accordingly straightway told that Grahamism tends to imbecility, and the final result must be a deterioration of the species into a race of pigmies.

It is true some few facts are giving the lie to these false prophets. Some of our young Grahamites, even some of the strictest sect, without having the fear of Malthus, or even of these dismal croakers, before their eyes, have become parents, and parents too, of healthy, vigorous offspring.

But we are not prepared neither are we disposed to argue this question. It is more than idle to attempt to reason with pride and prejudice and passion. Our only object now is to introduce a sentence or two from Gibbon's sketch of the character of JUSTINIAN, the Roman Emperor, whose reign forms the most brilliant epoch in the decline of the Roman empire. "His repasts were short and frugal; on solemn fasts he contented himself with water and vegetables; and such was his strength as well as fervor, that he frequently passed two days and as many nights, without tasting any food. The measure of his sleep was not less rigorous; after the repose of a single hour, the body was awakened by the soul, and to the astonishment of his chamberlains Justinian walked or studied till the morning light."

Here is a specimen of what we claim to be the legitimate result of a vegetable diet. Of course, we do not hold up Justinian as an exclu-

sive vegetable liver; but we affirm that his powers of effort and endurance were the result—the legitimate, the necessary result of the “abstemious habits” of which Gibbon speaks just before the above extract. By practicing these habits he was able to redeem from the cares of the empire sufficient time for composing his Code, Pandects and Institutes—monuments of learning and industry, which shall transmit the fame of Justinian to the remotest ages. And it is only by practicing such habits that any great literary or scientific achievements which required prolonged research, profound thought, *continuous* study, have been accomplished. It is true, Genius may flash forth brilliant scintillations while under the stimulus of a generous diet or the social glass; but patient thought is the child of abstemiousness. We are told that one of the most popular poets of the present century composed his last work under the influence of *gin*. And what was that work? Don Juan. And though through the murky and pestiferous moral atmosphere which broods over the memory of Byron there does occasionally break a fitful gleam of intellectual splendor, and even of moral light, it serves only to render the darkness more visible and to awaken bitter regrets that such a genius was prostituted to a slavery to appetite and lust. This, we are aware, is an extreme case; but such is the tendency of animal indulgence—and just in proportion to the extent to which it is carried it will tend to this extreme. Abstemiousness, then—not starvation—but abstemiousness, a restriction of animal indulgences to the actual necessities of the system, is the secret of prolonged and successful effort whether physical or intellectual.

We close these remarks, already extended far beyond our original intention, with a hint which has occurred to us since we commenced them. It may expose us to ridicule; but we are not half sure that there may not be some truth in the suspicion,—that the superficial thinking of the present day and particularly of our Yankee land may be owing to our stimulating habits. We cannot stop to think. The whole machinery of both mind and body is goaded up to its *maximum* speed, and “go ahead” is the watchword and the curse of the age.

A GLEANER.

IS SALT BENEFICIAL TO HEALTH?

“A STUDENT” must bear in mind that it is no part of our object to recommend through the Journal any substances, either mineral or vegetable, as a remedy for disease. On our right hand and on our left, stand the Medical Faculty and the Thomsonian practitioners who are discussing the merits and must take the responsibility of the effects of medicine. We go for the prevention of disease by observing nature’s laws. The question (see page 36, Vol. 3) was not what might salt do in cases of dysentery; but is it adapted to the human body in its best condition? If “a Student” read that “distressing dysentery is often caused by salt,” it was a misprint; it should read “distressing disuria,” which is explained on page 27.

LOW SPIRITS AND FEVER AND AGUE ERADICATED.

(Originally designed for the Esculapian Tablets.)

MR GRAHAM:—SIR—From my childhood I have been rather delicate than otherwise in my health. In my youth I was much afflicted with frequent turns of colic and very subject to fever and ague.

I early acquired the very foolish habit of using tobacco, both by chewing and smoking, and was accustomed, like other young men to use brandy and other alcoholic liquors in what is called moderate quantities:—but I suspected none of these things to be the cause of any of my ailments.

About four years ago, my health began to be much more impaired; constipation of body became habitual, and I began to suffer a great deal of head ache, pain in the breast, attended with dry hacking cough, and withal my spirits were much depressed.

In this situation I became acquainted with the late Dr Vaught, and in compliance with his advice, I took a great deal of his pectoral honey of boneset. I also took an emetic as often as once in six months: but I at length, found that I was deriving no benefit from this course, and I applied to Dr Upson for his advice concerning my complaints. He told me to lay aside my medicine at once,—to quit the use of tobacco in every way,—to abandon my brandy and to eat the coarse bread and use a cold sponge bath every morning. I followed his advice in all respects excepting the use of the coarse bread; and my health improved very considerably. After this, however, I again had an attack of fever and ague. Dr. Upson gave me medicine to break my chills but they returned upon me two or three times, till he told me it was of no use to take medicine while I neglected my diet. He then gave me medicine again to break my chills, and put me on an exceedingly abstemious diet of plain, simple food. Indeed my allowance was so small that it seemed almost like fasting entirely. After adopting this regimen I had no more chills but soon began to mend. My costiveness, and headache, however, still continued to afflict me, and in other respects I was not wholly free from little ailments and inconveniences, until I heard three or four of your lectures, and was induced by them, to adopt your system of living sometime last spring. My costiveness and headache and all other unpleasant ailments, now speedily forsook me and my health every way improved exceedingly.

During the prevalence of the cholera myself and family lived very strictly on the Graham system, even to avoiding all flesh. My friend Isaac N. Judson also adopted the same diet and regimen. I was continually amongst the cholera, visiting the sick in the hospitals and elsewhere, yet none of us were in any degree troubled with that terrible disease, but on the contrary we all enjoyed remarkably fine health through the whole season.

My wife's health has been very much improved by your system of diet, although she has by no means, been so strict as myself excepting during the prevalence of the cholera. My little daughter has also been decidedly benefitted by your system of diet.

It is truly astonishing that there should be so much opposition to a system of living which must commend itself to the understanding of every one who will with any candour give his attention to it.

Be assured, that I am deeply sensible of the benefits which I have received from your instruction, and with the sincerest wishes for your success in your truly philanthropic labors, I gladly subscribe myself your very grateful friend,

EZRA F. RAYMOND.

New York, March 10, 1833.

ANOTHER VICTIM OF QUACKERY RESCUED.

[The following glowing statement is from our friend Mr. Colburn, dated Morris Flatts, Springfield Vt. March 16, 1839, whose own case, so interesting and extraordinary, the reader will find by referring to page 189, of Vol. 2, of this Journal.]

FRIEND CAMBELL:—SIR: Permit me to occupy a brief space in your Journal of Health and I will relate to your readers a simple statement of facts, to the correctness of which the person more immediately concerned is ready to attest. A young lady of my acquaintance who has for several years been troubled with an affection of the lungs attended with indigestion, &c. in the spring of 1833 became very weak and low; she had been under the care at different times of some half dozen or more of the regular faculty, had attended strictly to all their prescriptions without any permanent benefit, and becoming sensible that drugs only tended to weaken and debilitate, she abandoned this course and betook herself to a root and herb doctor, who promised her restored health and long life if she would strictly adhere to his directions. The poor creature was faithful to her promise and during the summer and autumn following took perhaps half a barrel of syrups, drops, panaceas, &c. prepared with alcohol, being assured by her advisor that good old Holland gin, and Cogniac brandy would brace her up and strengthen her amazingly. She also took some less than a peck of his vegetable pills which he said were of his own manufacture, and I have no doubt they were, for these people are generally very expert in their own line; but she received no other advantage from following out this system except now and then a partial relief, an occasional palliation of symptoms and then worse than ever. After worrying along in this way for about six months it was manifest that she was fast declining. I took an interest in her case; I warned her of the consequences; I expostulated with her friends, begged and entreated her to abandon all these noxious draughts, of the deleterious effects of which she could not but be sensible, and in their stead adopt the plain and simple dietetic rules of Graham. She was half inclined to listen to my persuasions, but her friends opposed; they declared she would starve. It was impossible in their opinion that she could survive long in her weak state on coarse bread only. She had all along been accustomed to her tea twice or three times a day, with custards, fresh meat and all the good things she could manage to get down, being urged by her friends to eat all she could in order to increase her strength, and was told by her physicians that she might eat any thing that her appetite craved. I loaned her several numbers of the Graham Journal, pointed

out to her some similar cases to her own—referred to my own case in particular, published in one of the June numbers of 1838, and told her if she would give up all medicine, abandon all animal food except milk, relinquish all drinks except cold water—that I would give her the best wheat the country afforded so long as she would confine herself to the unbolted bread, with milk as her only food. She gave me her promise that she would make the trial. I had no fears as to the result. This was in Nov. last. She was then too weak and low to leave her room and an unfavorable season of the year for lung complaints. I, however, always supposed her disease to be more of a bilious dyspepsia than a seated pulmonary complaint, though she had at times, a hard expectorating cough. She commenced on three ounces of the unbolted wheat bread with one half pint of milk at a meal; ate but three times per day at 7 1-2, 12 1-2 and 6 o'clock. In seven weeks she began to improve. She increased her allowance to four ounces at a meal and is now desirous of adding another ounce, but I have advised her not to be too hasty nor too ambitious. In the short space of four months she has changed from a poor emaciated diseased creature, to a healthy, active girl of fair countenance, and says she now enjoys better health than she has at any time before for five years. She rides, walks, and does house work with perfect ease, without becoming tired or exhausted. I ought to mention that I urged upon her the necessity of the shower or sponge bath every morning; but this her friends overruled, exclaiming that it was enough to starve her to death without freezing her at the same time. J. W. C.

“WHOSE GOD IS THEIR BELLY.”

[Extract from a recent letter of a worthy minister of the Gospel, whose case is given in full, page 129, Vol. 1st, of the Graham Journal.]

“I had hoped to have been able to obtain more subscribers; but there is a great aversion to reading or hearing much about the truth on the important subject in this place.

There are, and there always have been, “gods many and lords many,” but I know of no idol more formidable than the one named by Paul, Phil. 3 : 19. I am more convinced of the correctness of the Graham system than when I penned my communication for volume 1, having since that time been more strict in my diet and regimen. My health has been excellent, and is uniformly so. I know of nothing that pertains to this outward or material world, of more value to an individual than a knowledge of the laws of our nature, accompanied with a desire to obey. There is no one thing in nature for which I feel more grateful than the little knowledge I have on this subject. I have long been determined to do what I conceive to be right on the subject, let others do as they may. I am doubtless pitied for my superstition and self-denial; but I say in truth, I never had so little self-denial, and so much uninterrupted gratification in the reception of my food and drink in my life before—strange as it may seem to some—but there are others who can understand me without further explanation. To conclude, your work is one of benevolence—that you may be blessed therein is the desire of your friend.”

DESLANDES ON ONANISM.

[Communicated for the Graham Journal of Health and Longevity.]

I have just finished reading Deslandes on Onanism. A work which will be much read and which I could *hope* would do good. In one way it doubtless will do good ; that is by exciting attention and directing it to a fearful evil, which many good people think does not exist. But the lax morality, or rather immorality of France is developed in this book to an alarming extent. A choice between evils is here recommended as a necessary resort, when no such necessity exists. Deslandes knew not the value of temperance, of vegetable diet, and cold bathing, though he had an idea of the mischiefs caused by a contrary diet. He says, "The habitual and free use of meats, game, pork, ragouts, spices, heavy wines, liquors, coffee, &c. must be considered as an indirect cause of venereal excesses, particularly if the persons who live on this regimen do not counteract its effects by active exercise. The use of vegetables, especially those which are not very nutritious have contrary effect."

Still from the general tenor of this work we must conclude that Deslandes had little knowledge of the value of correct habits as respects diet and regimen, with the blessing of the Almighty on well directed efforts, in subduing the passions.

The enumeration of symptoms and facts contained in this work are valuable. Still it is an awful truth, that facts and symptoms may be collected in terrific abundance in our very midst. We have no need to go to France for facts respecting sensuality. Nor have we need to go to France for works on this subject. Christian works on this subject have been given us, by estimable men amongst us. I could hope works tinctured with the philosophy and immorality of France are not calculated for our meridian. I could hope our beloved land is not yet sunk so low in immorality as to relish some parts at least of this work. Still the book will be read no doubt by many and we trust there is virtue enough in our community to separate between the precious and the vile and that this work may do good.

It is cheering to the hearts of the truly virtuous to look away from works like this, and feel that we have a truly Christian and truly Physiological work, by one who dared to risk his reputation and incur the odium, the ignorant, the falsely delicate, the timid and the corrupt should throw upon him. I allude to Graham's Lecture to young men. This work does not leave those who have become the victims of sensuality to choose between evils, but faithfully explains to them the dangers of their course, physical, mental and moral, and shews them too, the way of escape. This work is not only moral and Christian, but scientific and practical. It is one of the greatest benefactions ever bestowed upon darkened, abused humanity. Is it possible that a Christian community will read and encourage French works of doubtful tendency, and set aside, or condemn Graham's Lecture to Young Men?

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THE LATE DR. HOLYOKE.

[Having copied into our last paper, (see page 118,) an extract from the report of Dr. Pierson's testimony alluded to below, we cheerfully give place to his letter of explanation. Without agreeing with the writer in everything, we think the letter discloses many interesting facts and valuable opinions. We do not believe that "morbid poisons," when received into the human system, even in "minute quantities," are altogether so harmless in their effects.]

To the Editor of the Boston Medical and Surgical Journal.

SIR:—It is a received maxim that a story loses nothing by being repeated; and as I observe, from a remark in your last Journal, that a statement contained in my answers to the questions I was obliged to reply to, before the Committee of the Legislature, is in danger of sharing the fate of the celebrated story of the three black crows, I request the favor of your columns to state a few facts which may prove interesting to your readers, and serve to dispel the misconception and misconstruction which have attached themselves to my evidence.

The late venerable Dr. Holyoke, whose case has been alluded to, was an almost miraculous instance of a temperament and constitution to which error in physical habits is more difficult than the opposite is to those of most men. The exercise of habitual prudence and the avoidance of every excess, to him a most easy task, lengthened out his days to a century and over. It was natural, therefore, for his acquaintance to inquire into his habits of eating and drinking, as illustrative of the causes of his longevity. He gave a minute account of these habits, with his usual ingenuousness; and in this account stated that he had, for 40 or 50 years, made use of a drink which he estimated to be about the strength of cider, and which contained one part in six or eight of West India rum. Of this he took a moderate portion with his dinner, and sipped moderately with his pipe in the evening, never exceeding a pint of the mixture daily—for the most part, half the quantity. This is the account given in a letter written by my venerable friend after he had reached his 100th year; and if any person deduces from it an inference unfavorable to his sobriety and strict temperance, I cannot join him, although I admit that the example would not be a safe one to follow, since few men are constituted like Dr. Holyoke in being able to preserve entire moderation in the use of such a beverage, and never to require, during half a century's use, to augment the strength of so moderate a stimulus.

Now is any man prepared to say that this practice would create a scirrhus stomach? Surely I am not, nor have I ever given occasion for such an inference. But since the diseased alterations of every organ must have a cause connected with the exercise of the function of that organ, who would declare on oath that it was not possible that there was some connection between the morbid tissues discovered after death and the peculiar diet of the individual? And when this peculiar diet is insisted upon as the cause of extraordinary longevity, is it not perfectly fair to raise the objection that a scirrhus stomach was the cause of death, and that all active stimulants tend to impair the

healthy state of that organ? For my own part, I have not subscribed my faith to Homœopathy, and the operation of infinitesimal doses, nor to the ultra temperance principle that minute quantities of morbid poisons will work mischief in the human system to an indefinite period. A man may take poison and not be poisoned; the prussic acid in a peach leaf or bitter almond may be made to flavor a custard with as little danger as rose water.

And now, if your correspondent wishes my answer to his question, I reply, that having long been acquainted with the Doctor's family, and knowing that his daily use of alcohol was even less than the trivial amount his language expresses, and that his general health and constitution were capable of resisting successfully the attacks of noxious principles beyond those of most individuals, I have no suspicion that his use of alcohol shortened his days. I believe that in the evidence which I gave at considerable length on this subject, I was clearly understood, and but for the party spirit which seems to have attached itself to legislation on temperance, and in which, as a professional man I have no desire to be involved, explanation would have been unnecessary. It is proper, also, that your readers should know, that the indelicacy of bringing Dr. Holyoke's name and his domestic habits before the public in this connection, does not rest with me or the counsel for supporting the present license law, but with the counsel for its repeal.

With regard to the opinion which I gave, and which has excited so much astonishment, that the death of my venerable friend, at 100 years and 7 months, was not from old age, but the result of disease, let it be tested by the facts, and when these are stated, your readers can form opinions for themselves. Dr. Holyoke had passed his 100th birth-day in his usual good health. His mental and physical faculties were better than those of the average of persons thirty years younger. He could walk several miles with ease, enjoyed the company and conversation of his friends, kept up his acquaintance with national politics, municipal affairs and professional knowledge; read French, Latin and English books with his usual facility, and without the aid of glasses, even for small print, and was as free from the helplessness of dotage and senility as most men of 70. He seemed a sort of evergreen, and it was a delightful privilege to pass an hour in his company. About four months before his death he was attacked with pain in the region of his stomach; this continued till he was confined to his bed. A fortnight before his death he had gangrene of one of his extremities. He retained his senses till within a few days of his death, which occurred on the 31st of March, 1829. His body was carefully examined, in presence of a number of physicians. The report of the autopsy was published in the memoir of his life, and in the 81st number of the New York Med. and Phys. Journal, for October, 1829, to which I refer for minute particulars.

The thorax was capacious and beautifully symmetrical; the whole substance of the lungs free from any morbid changes of importance; the heart was of proper size, not encumbered with fat, and of organi-

zation almost absolutely unimpaired, so as to cause the remark, amongst those who were present, that we saw no reason why it might not have lasted him another century, if his other organs had held out. The brain exhibited no changes which had any probable influence in determining his life. The stomach was contracted about the middle by a scirrhus band of considerable thickness, and including a third of its extent. The contraction was so great that the stomach was completely divided into two sacs, and the passage between them would hardly admit a finger. About the middle of the great curvature was a superficial ulcer, of an inch in extent. The rest of the alimentary canal exhibited changes of more recent date, apparently the consequences of the primary disease of the stomach. The kidneys, ureters, bladder and prostate, so commonly altered by age, were for the most part unaltered. I am persuaded that few men of fifty could have been found who would have exhibited the heart and other organs usually altered by age, in so perfect a state as the subject of these remarks.

Does not this dissection tend to justify the remark of Sir Anthony Carlisle, that most aged persons die of the actual disease in organs not worn out by the length of time they have been performing their functions? And do not the facts I have now stated sustain the correctness of my opinion, that *disease*, and not old age, terminated the life of the patriarch of our profession?

With much regard, your friend,

Salem, March 7, 1839.

A. L. PIERSON.

THE INJURIOUS EFFECTS OF TEA ON THE NERVOUS SYSTEM.

No 1.

[The following communication is from the pen of Mr. John Burdell, 69 Chambers st., a very respectable dentist, in this city, and the utmost confidence may be placed in what he asserts.—NEW YORK TRANSCRIPT.]

Much has been said, and with truth, both by physicians and others, in regard to the injurious effects of narcotics on the nervous system. It is admitted even by those who are ignorant of the laws by which the animal system is governed. Although this is the case, but few realize the importance of the fact they admit. When we call into view the headaches, vapors, faintings, loss of eye-sight, diseases of the brain, as well as general prostration of the nervous energies, toothaches, &c. we find a catalogue fearful enough one would imagine, to deter any who are not past feeling or thinking on this subject, from the use of so great an enemy to their health and comfort.

In proof of the foregoing remarks, which are not the result of a hasty or superficial investigation of the subject, but of a long course of observation and study; I present a few facts, which I think are calculated to excite the public to a consideration of the evils referred to. But before stating my own experience, it will be necessary to give a short account of tea and its properties, both medicinal and nutritive, for as reasonable beings, we should not wish to use any article of diet which will not nourish and sustain the body.

We are told by those who have had the best opportunity of investi-

gation, and by chemists, that this plant is narcotic, and owing to this principle is not used by the Chinese, until a considerable time after the leaf is gathered—it is then dispossessed as they suppose of much of this injurious or poisonous quality. Narcotics are known to act directly on the brain and medulla oblongata, from whence spring the nerves, and which is in fact the sensorium, or source of the nervous system, by producing, when taken in small quantities, an exhilaration or excitement, which is felt chiefly by the brain, causing wakefulness, &c., but when taken in larger doses, produces spasms, stupor and death.

It is a law of the animal economy, that just in proportion to the degree of unnatural excitement produced upon the system, so far it is weakened by a corresponding depression, after the effects of the stimulant have passed away; therefore this injurious result must always follow the exhilarating cup of tea, so universally used and so highly valued, as a cordial for an aching head,—such persons appearing to forget, that although tea cures their headache, they have always a headache to cure.

It has been said likewise that tea promotes and assists digestion; in reality it acts as an astringent, and is frequently prescribed by physicians in diarrhoea. In cases of dyspepsia its use is reprobated by all. So much for its medicinal properties.

As to its nutritive qualities, let any tea drinker, even the most inveterate advocate for its use, try it as a beverage or article of food alone, without the usual accompaniments of sugar and milk, for one week exclusively, and I venture to predict that before the expiration of the time, he will be glad to exchange it for some other article, better calculated to sustain life, as well as one more palatable notwithstanding all he may previously have said in favor of its nutrition.

‘Oh, but that is green tea,’ some will be ready to cry out, ‘the effects of which you have been describing;’ but I would ask you to explain to me the difference between green and black tea. If we may credit the best authorities on this subject, there is but one species which properly can be called the tea plant, and the difference of color arises from the time of gathering the leaf. If gathered before the leaf has come to maturity, it will be crude and green, and entirely unfit for use, as in the case of other plants and vegetables when picked under similar circumstances; but if left to attain its full growth, it will then present the black appearance which we are accustomed to see in black tea, the properties of the plant nevertheless continuing the same, although in a somewhat smaller degree narcotic.

During an extensive dental practice I have had an opportunity of observing the condition of those of my patrons who were in the habit of drinking strong tea, and I have found that such persons have weak, irritable and sensitive nerves. In many cases I have been obliged to discontinue my operations, owing to the extreme delicacy and irritability of the nervous system. This led me to make some experiments, which I now present.

I took a pound of young hyson tea, and after steeping it in soft wa-

ter, boiled it down to half a pint—this I applied to such nerves in the teeth as required to be destroyed, in order to prevent sensibility there, and thus enable me to operate on the tooth without pain to the patient.

The experiment was completely successful, proving clearly to my mind the poisonous qualities of tea; as, heretofore, many dentists have been in the practice of using arsenic for the same purpose, which determined me to try the effects of tea on animal life.

I then procured a rabbit, of about three months old, and kept it without food a sufficient length of time to leave the stomach empty, then gave it ten drops of the decoction, holding its head in a position to cause the fluid to enter the stomach. The animal appeared to be somewhat exhilarated for the space of three or four minutes, then laid on its side and began moaning as if in great distress, and in about ten minutes from the time of my administering the dose its struggles ended in death, the limbs being distended and very stiff.

I also tried the effects of tea on a young cat, of the same age after making another decoction similar to the first, but rather more powerful, as I boiled it down to a gill, which resulted in the same way but in a shorter time, as the animal ceased to breathe in less than three minutes, although the dose was not as large as I gave the rabbit, being but eight drops.

J. B.

In the next number our leading article will be on the effects of tea and coffee presented in a practical point of view. The above facts and experiments are calculated to make a deep impression upon every candid mind.—ED. JOURNAL.

SECOND AMERICAN HEALTH CONVENTION.

The American Physiological Society at their regular meeting in January last, voted to unite with the New York Physiological Society, in calling a second Convention of the friends of Health and Physical reform, to assemble in that city during the anniversary week, in May next. The object of the Convention is similar to that which convened in Boston last year. A full delegation is expected. Where Health Societies are already organized they will of course send delegates, and where that is not the case, it is expected the friends of the cause will associate and appoint as many of their number as can conveniently attend. More particular notice of time and place will be given hereafter.

At a regular meeting of the New York Physiological Society, held on Wednesday evening, the 13th February, 1839, the following resolution was unanimously adopted.

“Resolved, That this society cordially accept the invitation, of “The American Physiological Society,” to unite with that society in calling the second American Health Convention, to be held in the city of New York, during the anniversary week, in May next.

Extract from the minutes.

JOHN SNIFFEN.

Recording Secretary of the N. Y. Physiological Society.”

RHINOPLASTIC OPERATION.

[Dr. J. M. Warren has recently performed a second successful operation for the restoration of the nose. In this instance the patient was a female, about 27 years of age, belonging to the State of Maine. We extract the following account from the *Medical and Surgical Journal*]

Thirteen months ago, the patient was urged by an uncle to consult a medical pretender by the name of Nason, of Waterbury, since dead, in consequence of the existence of a small wart, as she denominates it, near the tip of the nose. It was considered a cancerous pimple, which should be dispersed, and the doctor, therefore, advised the application of caustic. This produced a high degree of inflammation, which was so extensive and severe that poultices were used for reducing it. These were continued, it seems, a considerable time—for on the fourteenth day after using the caustic, in the act of taking off a poultice, the entire fleshy part of the nose dropped off, close to the bones, producing a shocking and wholly unlooked for calamity. For a young lady, whose features were regular and handsome, in the prime of life, health, hope and enjoyment, nothing could have been so disastrous or painfully distressing as a facial deformity of this character. On seeking further advice from the same source, she was told, by way of encouragement, that the organ would grow on again, and eventually be perfectly restored. Having waited thirteen months, without discovering any indications of a reproduction of the nose, and having read in the newspapers an account, which was extracted from this *Journal*, of a successful *taliacotian* operation in Boston, she came to this city for surgical advice. This was in August last; but for some reason she returned home, and again arrived in Boston early in November. Every thing being in readiness, on the 7th of November, Dr. J. M. Warren commenced the operation by taking a large triangular piece of skin from the middle of the forehead, which was detached, except a small strip between the eyes. The broad flap, on being reversed, was necessarily twisted in the narrow part. The edges about the locality of the original nose, were pared, and the edges of the transposed material for the new one nicely adjusted in all directions, and secured by ligatures instead of pins. Keenly as the unfortunate patient must have suffered—for it was not the work of a moment, but a slow process, to fit one part to another—she never manifested the slightest indications of uneasiness. Such is the fortitude of females. Finally, the best part of the narration may be expressed in a few lines. Everything worked kindly; the new nose knit by the first intention, and the nostrils and wings are well turned, and promise to go on improving in appearance. We called upon the heroic patient the other day, and found her sitting in a comfortable great chair at the breakfast table, free from pain, the inflammation having subsided, and in a fair way of soon being in a condition to return to her friends. This is truly another triumph of science and art, in the restoration of that essential feature of the face, on which expression and articulation necessarily depend. The patient came here an object of disgust to herself, and exciting the deep sympathy and commiseration of all who chanced to see her; but she leaves Boston, a living monument of the boundless resources of human ingenuity, with a deep feeling of gratitude towards God and the surgeon, not to be expressed, and only to be felt, in full force, in the secret recesses of woman's heart.

CHILDREN POISONED BY DRUGGING.—Such facts as the following cannot be too carefully recorded as a standing rebuke and warning to all parents who allow of the occasional drugging of infants.

A coroner's inquest was recently held at Leicester, Pa. on the body of an infant two or three days old, which died in consequence of having taken about three quarters of a teaspoonful of Godfrey's cordial, administered to it in order to make it sleep in the night. A medical gentleman being asked by the coroner whether three quarters of a teaspoonful of Godfrey's cordial would suffice to cause the death of an infant only three days old, deposed that all such mixtures contained opium, and were dangerous, highly dangerous to infants, even in the smallest quantities. One drop of opium had been known to destroy a child a day old, and he had himself seen the death of a child ensue from a small quantity of syrup of poppies, which was the mildest preparation of opium. No opiate, in however small a quantity, could be given to an infant without danger.

SPORTS OF CHILDHOOD.—Mrs. Sigourney thus pleads for the cause of the little girls:

"I plead that she be not punished as a romp, if she keenly enjoy those active sports which city gentility proscribes. I plead that the ambition to make her accomplished, do not chain her to the piano, till the spinal column, which should consolidate the frame, starts aside like a broken reed—nor bow her over books, till the vital energy, which ought to pervade the whole frame, mounts into the brain, and kindles the death fever."

RUTA BAGA PIE.

[The following discussion upon a somewhat plain mode of making pies we cut from the Maine Farmer. Those of our readers who are more skilled in plain and healthy modes of cooking, will be glad to witness such indications of reform in the community at large.]

Mr. Editor:—Your second number, containing a communication from Harriet, has just reached me, as we have but one mail a week up to this region. 'Harriet' proposes to take my own mode of reasoning, and whether she has treated my views fairly, I will submit to your readers. The principle which I applied to ruta бага, she carries to the very articles which I say will make good pies without the addition of condiments.—Pumpkins, squashes, or pumpkin-seeds, and many other articles make good pies without the addition of "cream, buiscuit, eggs," &c. Pleasant apples make excellent pies with a little sweetening, and the tincture of roses, which every person can procure in the season of them, and preserve by stopping tight in a bottle. These are such pies as Harriet says "aged cooks" with whom she is acquainted used to make, and if "the improvement" in cookery of which she speaks, had never been known, we should have less invalids—consumption and dyspepsia would have to go begging for a habitation. Mince pies are not fit to eat cold, and of all substances that enter the stomach as an article of diet, there is not one so destructive to health as a "hot mince pie." The idea I wished to convey in my former communication was that the taste of a turnip was agreeable to most palates as a sauce for meats, &c., but when made into a pie it was necessary to put other things enough with it, to destroy the turnip taste; and while we have a plenty of other articles that make good pies without destroying their original flavor, why should we not use them in preference to turnip.

An acquaintance with 'Harriet' would be most agreeable to me, but I know not where to find her.

Hanover, Feb. 19th, 1839.

JULIA GINKS.

From an apprehension that the discussion between Harriet and the writer of the above article, might occupy more space in our paper than we can allow to it, we concluded, on receipt of the foregoing communication, to offer our services as an umpire to the parties, and accordingly selected some of our ruta бага, had them steamed and sifted and made into pies without the addition of cream or eggs. Milk, molasses, salt and caraway-seed, were the only articles used in preparing them, and to our actual disappointment they were as good, if not better, than pies made of pumpkins with the same additions. Some were afterwards made with eggs and cream added, which tasted richer, but the flavor was not more agreeable to our own palate than those made without them.

From this experiment we are led to the conclusion that the ruta бага used by Miss Ginks, in the experiment she made, had either been injured by frosts or were raised on land on which fresh or long manure from the barn or hog-yard was used, either of which will render ruta бага strong and much less pleasant to the taste.—ED. FARMER.

ANATOMICAL CURIOSITY.—By the polite attention of the Rev. Dr. Anderson, of the Foreign Missionary Service, we have been presented with a work on elementary Anatomy, published in 1838, at the Sandwich Islands, by Dr. Judd, in the native language of the Islands. It is embellished, as well as illustrated, by nineteen copper-plate engravings—fac-similes of those in the Class-book of Anatomy, prepared by ourselves, from which they were copied. They were all executed by one or more of the native members of the seminary established at Lahainaluna, on the island of Maui. The title-page runs thus—"Anatomi. He Palapala Ia E Hoike Ai I Ke Ano O Ko Ke Kanaka Kino. Ua kakauia ma ka olelo Hawaii, i mea e ao ai na haumana o ke Kula Nui, ma Lahainaluna. Oahu; mea Paipalapala A na missionari, 1838." We take it for granted that Kanaka Kino is the author's name, Sandwichee.—BOSTON MED. JOUR.

COLD WATER FOR BURNS.—The Editor of the Maine Temperance Gazette, in reply to the article of Mr. Fairbanks, (see No. 4, page 69,) says:—

"A bruise is a different affair from a scald or burn; and though warm water may answer for the former, in the case of a burn, we presume the colder the better. The Editor of the Journal, in copying our article, remarked that he could not vouch for the accuracy of our statement. One instance to which we alluded was that of a little boy, the son of an intimate friend, who resides in Bangor. The boy was amusing himself with gunpowder, and received a heavy blast directly in his face. He was immediately placed upon a bed near the pump; wet clothes were laid upon his face, moistened anew from the pump every few minutes. The process was continued for several hours. The smarting was quickly relieved, and no scar remains as a memorial of the accident."

"OLD AGE AND ACCIDENT WILL BE THE ONLY OUTLETS TO HUMAN LIFE."

This prophecy of the venerated Rush, is now denied by high medical authority, and is not considered even desirable. Dr. Eve takes it for granted, (which we deny) that if the laws of health are ever so perfectly obeyed, old age must be attended with decrepitude. If this world should ever be "crowded" in consequence of our race becoming so perfect that "the child shall die being an hundred years old," and "the inhabitants thereof shall not say I am sick," we will trust the Lord for another "outlet," and shall not complain if it is no better than that through which Enoch and Elijah passed. But to the subject.

Extract from an "Introductory Address, delivered at the opening of the Session of the Medical College of Georgia, at Augusta, November, 1838. by Joseph A. Eve, M. D., Professor of *Materia Medica* and Therapeutics."

This address contains sundry ideas which will strike the reflecting reader with surprise; for example, the Doctor says, page 8—9.

"Medicine never can attain that state of perfection and certainty predicted by our venerated, but enthusiastic Rush, when 'old age and accidents will be the only outlets to human life.'" Such a consummation of skill, contrary to the order of nature and economy of Providence, is neither to be expected nor desired. It is far better for mankind, as a species, that death should continue to number his victims from the earliest to the latest periods of existence, than that the earth should be crowded with a multitude of time-worn or decrepit beings." &c. "The all-wise Creator of man, who has ordained the science of medicine to relieve the sufferings of his creatures, has mercifully assigned its metes and bounds far short of this imaginary perfection."

* * * * *

"Medicine has always conferred a blessing on mankind, individually and collectively; and the more it is improved, the greater will be the blessing."

The Doctor cannot mean that this blessing consists in thinning out the ranks of human society "from the earliest to the latest periods of existence" in accordance with the "economy of Providence;" but if the greater the "improvement the greater the blessing," and unless the ordinance "of the all-wise Creator" comes in with a salutary check upon this "improvement," and stops it "far short of this imaginary perfection" of an "enthusiastic Rush," it will become a curse instead of a blessing according to the Professor's theory.

THOUGHTS FOR TIGHT LACERS.—Extract from a lecture by Mr. Combe, the celebrated writer on Phrenology.

"The blood, for instance, circulates through the head 4000 times in an hour, and the whole blood passes once every three minutes. Now if there be anything to impede a full circulation, of course the whole system must suffer.

Insensible perspiration goes on at the rate of 24 ounces given off from the surface of the body, every day; and some have contended that the whole system is made over anew every seven years.

The stomach is exquisitely sensitive. It sympathises with every function. If the skin is neglected in its cleanness—if the clothing is too tight over the organs of digestion—if the body be kept too warm or too cold—if an impure air be constantly breathed—it is obvious enough that the organs of life cannot go on performing their duties in a healthy manner.

Sir Humphrey Davy discovered that he respired 31 cubic inches of oxygen (or common air) every minute. How deeply important is it, therefore, that free ventilation should be attended to in our sleeping chambers, sitting rooms, and places of public worship."

WONDERS OF CHEMISTRY.—Water is composed of an inflammable substance, and a substance which has especial power in supporting combustion. Aquafortis and the air we breathe are made of the same materials. Potash, soda, lime, and probably all the earths, are but Rusts of Metals, fluid, like quicksilver, lighter than water, and which take fire when brought into contact with ice. Linen and sugar, and spirits of wine, are so similar in their composition, that an old shirt can be converted into its own weight of sugar in spirits of wine. Gum, sugar and starch, are composed of the same materials, and both gum and starch are readily converted into sugar, and in the common process of "malting" are always so converted. The supposed curative and strengthening principle of Peruvian bark, and the narcotic and poisonous principle of hellebore are formed of the same materials; and beef steak may be converted into prussic acid.

A BARREL OF CIDER POISONED BY A SNAKE!

It is related that eight persons, consisting of Mr. Wilson Hubbard, his wife, and six children, died by poison, on the 25th of Jan., at La Grange, Tennessee. Upon instituting inquiries, it was ascertained that all the individuals deceased had drank of cider which was drawn from a barrel that had been broached on the morning of the day on which they died. The contents of the barrel were examined, and a snake, partially decayed, and covered with a glutinous substance of a green hue, was discovered. The reptile is supposed to have passed into the barrel while the cider was clarifying, the window of the cellar in which it was placed having been left open during the time, and the bung hole unstopped. A female slave was arrested, on suspicion that she was aware of the cider being poisonous, but sufficient proof was not adduced to establish its correctness.

That parents may be found sottish enough to drink cider is not altogether singular, but what could induce them to feed their children with such an article, it is more difficult to conceive.

PRIZE RELATIVE TO VACCINATION.—Amongst the notices of the prizes proposed by the Academy of Sciences for the encouragement of Medicine, we find one announcing that a prize of 10,000 francs (400 pounds sterling) will be awarded in 1842, to the best memoir on the following questions:

Is the preservative power of the vaccine virus permanent, or is it only temporary?

In the latter case, determine by precise experiments and by authentic facts, the time which its preservative power continues.

Has the matter of cow-pock, taken from the cow, greater efficacy than the vaccine virus which has been transmitted through several individuals?

Supposing it to be proved that the efficacy of the vaccine virus is diminished by transmission, should it be renewed, and by what means?

What is the relation between the intensity of the local phenomena, and the preservative power of the vaccine virus?

Is re-vaccination necessary, and if so, point out at what period it should be practised?—LONDON LANCET.

TEXTS FOR MEDICAL DISCOURSES.—The following sayings of Dr. BUCHAN, whose medical "authority" will not be questioned, would do well for the foundation of practical popular discourses; and the physician of every village should be a preacher and assemble the people of his charge, at least once a week, to listen to his instructions.

"People rely too much upon medicine and doctors, and neglect that which is better than both, strict attention to diet and exercise."

"Almost half the human species die in infancy, from the ignorance, mismanagement and neglect of mothers."

ASSERTED CURE FOR HYDROPHOBIA.—It is stated, and we do not vouch for its correctness, that an infallible remedy for that horrible disorder, hydrophobia, has lately been discovered by Dr. Buisson, of Paris, who has communicated it to the Academie des Sciences in that city. He had no expectation of a recovery, and went into a vapor bath heated 43 degrees of Reumer (126 Fahrenheit) as the easiest mode of suffocation. To his astonishment, the whole symptoms vanished at once; and he has never since had the slightest recurrence of this dreadful disease. By the same means he has cured upwards of 80 patients, and intends to try its efficacy in the case of cholera, plague, yellow fever and gout.

MECHANISM AND PHILOSOPHY OF DIGESTION.—Dr. Smith, Editor of the Boston Medical Journal, delivered a lecture recently in this city upon the mechanism and philosophy of digestion, at Franklin Hall. It is a subject of great importance, and should be well understood by every individual, especially in these times, when dyspepsia has become so common, and we might add, perhaps, so very fashionable.—PROVIDENCE TEM. HERALD.

DEATH FROM NITRIC ACID.—The Editor of the New York American complains of the technical terms continued in use by the Medical Profession in this country. He calls their glossary Dog Latin. He says, "It is but a few days since we heard of a death occasioned by mistaking the aqua font of a prescription for aqua fortis—so that, instead of spring water the unhappy patient swallowed nitric acid, which corroded and destroyed his vitals."

THAT WAS NO GRAHAMITE.—The New York Daily Whig says, that a promising young man of Boston, lately committed hominy-side, by eating six full quarts of hominy; and added to the same the crime of suet-side, by taking an improper dose of suet-pudding.

VALUABLE BOOKS,

Kept constantly on hand, and for sale, at the HEALTH DEPOSITORY, 126 Fulton street, New York: *Combe on the Constitution of Man; Combe on Digestion and Dietetics; Combe's System of Physiology; Dr. Sweetser on Dietetics, its Disorders; Professor Hitchcock's Lectures on Dyspepsia; Dr. Lamb's Reports on Regimen in Chronic Diseases; The Graham Journal, Vol. 1 and 2 in neat cloth binding; A Lecture on Epidemic Diseases, by Sylvester Graham; Graham's Lectures to Young Men, on Chastity; Graham's Treatise on Brand and Breadmaking; Dr. Alcott's Young Wife, Young Husband, Young House-keeper, Young Mother, Young Man's Guide, House I Live In, Moral Reformer, in 2 vol. Library of Health, in 2 vol. and Ways of Living on Small Means; Dr. Woodward's Hints to the Young in relation to Health of Body and Mind; First and Second Annual Reports of the American Physiological Society; Proceedings of the American Health Convention, 1838; Dr. Mussey on Tobacco; Burdell on Teeth; Sargent's Temperance Tales; Dr. Bartlett's Obedience to the Laws of Health; Moral Duty; Dr. Alcott's Address before the American Physiological Society; Dr. Haskell on Physiology; Mr. Bird's Address; Tracts on Health, &c., &c.*

We hope as our friends come to the city to transact their spring business, they will avail themselves of the opportunity to lay in a stock of books, tracts, and so forth, that will prove useful to themselves, their families and their neighbours.

N. B. There are also a general assortment of Moral, Religious, School and Miscellaneous Books, kept at the office of the Health Depository, and sold at reasonable prices. We would invite our friends to call before purchasing elsewhere.

No. 5, & 8, of Vol. II. WANTED.—Several more complete copies of the second Volume might be bound, if any persons have spare copies of No. 5 and 8 which they would return to the office, No. 9 Washington street, Boston, or 126 Fulton street New York. At the above places, bound copies are sold at \$1.50, or exchanged for the unbound numbers by the payment of fifty cents.

TO OUR FRIENDS IN NEW YORK.—Subscribers to the Journal and friends of our cause in New York, can have their papers by calling at the Health Depository, No. 126 Fulton street, or, if they will subscribe and pay in advance, the papers shall be left at their houses or places of business, as they may direct. The back numbers of this Vol. will be furnished to new subscribers.

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The public are notified, that the Temperance House, 21 Beekman street, is opened for the reception of such persons from abroad, as prefer a vegetable diet, and such as wish to make the experiment. Good accommodations will be given, and the latest and best works on Physiology provided, to which all may have access gratuitously while remaining in the house. New York, August, 1838.

NEW YORK HEALTH DEPOSITORY

We have the pleasure of stating to the friends of Health Reform, and to the public generally, that the publisher of the Library of Health, in connection with a friend of Physiological improvement in New York, has opened a Depository at 126 Fulton street, where all the most popular and useful Books, Periodicals, Tracts, &c., on health, will be furnished at wholesale and retail.

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NEW YORK PHYSIOLOGICAL SOCIETY.—The regular meetings of the New York Physiological Society are held on the second Wednesday of every month.

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