

WATER-CURE JOURNAL,

DEVOTED TO THE EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF
HYDROPATHY, OR THE WATER-CURE.

JOEL SHEW, M. D., EDITOR.

"Wash and be Healed."

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EXPERIENCE OF

HOWARD THE PHILANTHROPIST.

(FROM PRATT'S GLEANINGS, 1796.)

He was a singular being in many of the common habits of life; he bathed daily in cold water; and both on rising and going to bed swathed himself in coarse towels, wet with the coldest water; in that state he remained half an hour or more, and then threw them off, freshened and invigorated, as he said, beyond measure. He never put on a greatcoat in the coldest countries; nor was ever a minute under or over the time of an appointment for 26 years. He never continued at a place, or with a person, a single day beyond the period prefixed for going, in his life; and he had not, for the last 10 years of his existence, ate any fish, flesh, or fowl; nor sat down to his simple fare of tea, milk, and rusks, all that time. His journeys were continued from prison to prison, from one group of wretched beings, to another, night and day; and when he could not go in a carriage he would walk. Such a thing as an obstruction was out of the question.

Some days after his first return from an attempt to mitigate the plague at Constantinople, he favored me with a morning visit to London. The weather was so very terrific, that I had forgot his inveterate exactness, and had yielded up the hope

of expecting him: Twelve at noon was the hour; and exactly as the clock struck, he entered my room; the wet—for it rained in torrents—dripping from every part of his dress, like water from a sheep just landed from its washing. He would not have attended to his situation, having sat himself down with the utmost composure, and begun conversation, had I not made an offer of dry clothes. "Yes," said he smiling, "I had my fears, as I knocked at your door, that we should ge over the old business of apprehension about a little rain water, which, though it does not run off my back as it does from that of a duck, does me as little injury, and after a long drought is scarcely less refreshing. The coat that I have on has been as often wetted through as any duck's in the world, and indeed gets no other cleaning. I assure you, a good soaking shower is the best brush for broad-cloth. You, like the rest of my friends, throw away your pity upon my supposed hardships with just as much reason as you commiserate the common beggars, who being familiar with storms, necessity and nakedness, are a thousand times (so forcible is habit) less to be compassionated than the sons and daughters of ease and luxury, who, accustomed to all the enfeebling refinements of feathers by night and fires by day, are taught to shiver at a breeze. All this is the work of art, my

good friend ; nature is intrepid, hardy, and adventurous ; but it is a practice to spoil her with indulgences from the moment we come into the world. A soft dress and soft cradle begin our education in luxury, and we do not grow more manly the more we are gratified ; on the contrary, our feet must be wrapt in wool or silk, we must tread upon carpets, breathe, as it were, in fire, and fear the least change in the weather. You smile," said Mr. Howard, after a pause, "but I am a living instance of the truths I insist on. A more puny youngster than myself was never seen. If I wet my feet I was sure to take cold. I could not put on my shirt without its being aired. To be serious, I am convinced that what emasculates the body debilitates the mind, and renders both unfit for those exertions which are of such use to us as social beings. I therefore entered upon a reform of my constitution, and have succeeded in such a degree that I have neither had a cough, cold, the vapors, nor any more alarming disorder, since I surmounted the seasoning. Formerly, mulled wines, and spirits, and great fires, were to comfort me, and to keep out the cold, as it is called ; the perils of the day were to be baffled by something taken hot on going to bed ; and before I pursued my journey the next morning, a dram was to be swallowed to fortify the stomach ! Believe me," said Mr. Howard, "we are too apt to invert the remedies which we ought to prescribe for ourselves. Thus we are for ever giving hot things when we should administer cold. We bathe in hot instead of cold water, we use a dry bandage when we should use a wet one, and we increase our food and clothing when we should, by degrees, diminish both.

"If we would trust more to Nature, and suffer her to apply her own remedies to cure her own diseases, the formidable catalogue of maladies would be reduced to one half, at least, of their present number."

To the above we add a selection from Graham's Science of Human Life,—the best work on the subject extant.

Howard, the celebrated philanthropist, was probably more exposed to the influence of pestilential causes than any other

human being that ever lived. "In the period of sixteen or seventeen years," says his biographer, "he travelled between fifty and sixty thousand miles, for the sole purpose of relieving the distresses of the most wretched of the human race. The fatigues, the dangers, the privations he underwent or encountered for the good of others, were such as no one else was ever exposed to, in such a cause ; and such as few could have endured. He often travelled several nights and days in succession, without stopping,—over roads almost impassable, in weather the most inclement, with accommodations the meanest and most wretched. Summer and winter, heat and cold, rain and snow, in all their extremes, failed, alike, to stay him for a moment, in his course ; whilst plague and pestilence and famine, instead of being evils that he shunned, were those with which he was most familiar ; and to many of whose horrors he voluntarily exposed himself ; visiting the foulest dungeons, filled with malignant infection,—spending forty days in a filthy and infected lazaretto,—plunging into military encampments where the plague was committing its most horrid ravages ; and visiting where none of his conductors dared to accompany him ;" and through all this, he subsisted entirely on a most rigidly abstemious vegetable diet, carefully avoiding the use of wine and all other alcoholic drinks :—and such was the result of this man's extensive experience and observation, that he earnestly advised others who were exposed to the plague, to abstain entirely from the use of animal food ; and this, it cannot be supposed, he would have done, had he not been fully confident of the correctness of such advice, both from what he had experienced in himself, and from what he had seen in others. And it must be remembered that Howard's opportunity to test the correctness of this opinion, was neither brief nor limited, but the most extensive, varied and long-during ever experienced by any one man ; and such were the accuracy of his observations and the soundness of his judgment, that although not himself a physician, yet he was more successful in treating the plague than any of the physicians where he went. Howard's opinion, there-

fore, on such a subject is of the highest value. "The abstemious diet which, at an early period of his life, he adopted from a regard to his health," says his biographer, "he afterwards continued, and increased in its rigor from principle, and from choice, as well as from a conviction of the great advantages which he derived from it." And after all his experience, near the close of his life, he made the following record in his diary. "I am firmly persuaded, as to the health of our bodies, that herbs and fruits will sustain nature, in every respect far beyond the best flesh." Yet with all the practical good sense and wisdom of this philanthropic man, there is every reason to believe that he fell a victim to his free use of tea. Substituting its deleterious stimulation for the sustaining nourishment of food, he rushed with the utmost temerity into the presence of the greatest danger, when his body, by fatigue, cold, wet, and exhaustion from severe fatigue, was wholly unprepared to resist the virulent action of malignantly noxious agents, and then neglected the early symptoms of disease in his system, and perseveringly refrained from any efficient means of restoration.

EXTRACTS FROM THE DIARY OF PROFESSIONAL GENTLEMEN, DESIGNED, AMONG OTHER THINGS, TO ILLUSTRATE THE PRINCIPLES OF THE WATER-CURE.

June 15th, 1840.

My skin is, as usual, dry, feet and hands covered with a cold sweat, throat sore, body weak, and spirits much depressed. In connection with these symptoms, I instinctively shrink from voluntary effort of every kind. The simple act of rising from my seat frequently becomes a matter of deliberate consideration with me, as if it were an important transaction, and is finally performed, if performed at all, after repeated ineffectual resolves, and by a direct forth-putting of the voluntary power, much after the manner in which a person of a nervous temperament, and withal, rather fond of his ease, rises from a warm bed of a cold winter's morning. A state of being in which I could exist in perfect silence and without moving muscle or limb, and at the same

time leaving the mind full scope to act without constraint, would be quite congenial with my present mood. My mind in the mean time is uncommonly active, but its activity is without definite end or object. It works, but it works spontaneously and unconstrained by the personal power. Philosophy and metaphysics, and history, poetry and religion, studied and contemplated in the light of those principles which philosophy and metaphysics reveal to the mind, furnish me both with subjects for thought and materials for dreams. Stand off, ye vain world, ye practical men, ye self-styled men of sense, disturb not my meditations.* Talk not to me of the state of the market or of the price of stocks, the changes in cabinets or the appliances of steam. Let the dead bury their dead. Man's true life is not to be found in a world of sense. He alone *lives* who thinks and meditates, who admires the beautiful, loves the good and adores the infinite. Let me be filed among the living.

June 18.—It is a mistake to suppose that beds are designed for relaxation and repose. I go to bed to strike out fresh thoughts and to concoct essays, to make metaphysical distinctions, and to arrange and classify mental phenomena, to call up slumbering experiences from the melancholy past and to question the dark and dreaded future, to weep over sins never committed, and to anticipate evils never to come.

June 20.—A heavy rain fell last night. Soon after dark, I undressed and went into the yard back of the house, where I enjoyed a fine shower bath for the space of half an hour. About one third of this time, and at short intervals, I stood under the water-spout at the corner of the house. On going to my room I found myself in a very joyous mood, and much improved in both bodily and mental estate. I immediately wiped perfectly dry with a coarse towel, and put on dry clothes. I retired at ten, and slept finely until morning, in spite of hobgoblins, metaphysics, etc. My blood,

* At this time the professional gentleman had not entered upon the duties of practical life.—[Ed. Jour.]

which is subject to frequent inundations,* flowed on peaceably within its banks, bearing on its current innumerable globules richly freighted with nutrient abundantly supplied from a well digested supper. My nerves also were perfectly quiet,† and my bed was found to be suitably located and abundantly capacious, for all the purposes of sleeping without endangering my safety. On waking this morning I felt that I had rested, and was prepared to get up. I have been much better than usual to-day, and should flatter myself with the hope of regaining my health, had not such hope too often proved illusory.

June 23.—Urine yellow and turbid, and discharges difficult and painful, fæces in small hard lumps and covered with a whitish glutinous substance, stomach sour, throat sore, head dizzy, sight blurred, extremities cold, pulse scarcely perceptible, and whole system weak and languid.

I instinctively shrink from the society of men, and in silent and solitary places seek that retirement which is in harmony with my feelings. Now wrapped in the contemplation of my own wretchedness, I wander far away through field and wood in quest of relief to my oppressed spirits, but no object of beauty or grandeur meets the eye, the music of nature has ceased, and mother earth, clad, as it were, in the habiliments of mourning, seems but the reflection of that desolation of heart which resigns within. Again I return to my books, confident that in them I shall find a timely aid and a substantial good; but divine Spencer no longer sings, Romeo and Juliet is a vapid fancy sketch, and as to you, O German Philosophers! ye are idle dreamers all. The Heaven descend-

* The writer was frequently waked in the night by blood gushing from his nostrils.—[ED. JOUR.]
 † It should perhaps be observed here, that, at the time this was written, it was seldom that the writer enjoyed a good night's rest. He frequently lay awake several nights in succession; at other times he went to sleep only to dream, and to suffer the most excruciating nervous pains throughout his whole system. On these occasions he frequently lay for hours struggling to keep himself in bed, under the apprehension that he was about to fall to the floor, or to be precipitated to the bottom of a frightful precipice.—[ED. JOUR.]

ed word even, is become as a story thrice told, and without thought, without emotion, I peruse its sacred pages.

Prayers, too, are said, but they are the disturbed and anxious utterances of expiring hope. Death and desolation have come over my spirits, the heavens are clad in blackness, earth is a dark and dreary prison-house, and here solitary and alone, profoundly meditative and profoundly miserable, I sit in melancholy silence.

“Oh misery! Oh misery!

Oh wo is me! Oh misery!”

Thus circumstanced, what should a philosopher do but take his pen and write? Yea, boil, thou heaven-sent dyspepsia, though hitherto my deadly enemy, yet henceforth thou shalt, in a manner, administer comfort to thy unfortunate victim; yea, and in spite of thy malice pre-pense against our species, shalt make liberal contributions of wisdom and knowledge to a suffering world.

And now may it please thee, thou grim destroyer, go on with thy work of death until thou shalt have laid this poor creature, now the object of thy scorn and now the sport of thy caprice, low in the grave, but remember, I charge thee, remember, THAT FOR ALL THESE THINGS THOU SHALT BE BROUGHT INTO JUDGMENT. Thy freaks and foibles, thy self-contradiction, thy manifold causes, thy innumerable guises, thy insidious attacks and thy feigned retreats, shall be exposed, and thy foul deeds of darkness, (when I am dead and buried,) shall be brought to light, to thine own eternal infamy, to the terror and astonishment of the world, and to the everlasting shame and confusion of the doctors.

HOW TO PROLONG LIFE.—The following, says the Phrenological Journal, translated from the German, bears on the above point, and should be carefully perused, especially by the young:

“Are there any among you, my young friends, who desire to preserve your health and cheerfulness through life, and at length to reach a good old age? If so, listen to what I am about to tell you.

A considerable time ago I read in one of the newspapers of the day, that a man

had died near London, at the advanced age of 110 years; that he had never been ill, and that he maintained through life a cheerful, happy temperament. I wrote immediately to London, to know if, in the man's treatment of himself, there had been any peculiarity which had rendered his life lengthened and so happy, and the answer I received was as follows:

'He was unusually kind and obliging to every body; he quarreled with no one; he ate and drank merely that he might not suffer from hunger or thirst, and never beyond what necessity required. From his earliest youth he never allowed himself to be unemployed. These were the only means he used.'

I took a note of this in a little book where I generally write all that I am anxious to remember, and very soon afterward I observed in another paper that a woman had died near Stockholm at 115 years of age; that she never was ill, and was always of a contented disposition. I immediately wrote to Stockholm, to learn what means the old woman had used for preserving her health, and now read the answer:

'She always had a great love of cleanliness, and in the daily habit of washing her face, feet and hands in cold water, and as often as opportunity offered, she bathed in the same; she never ate or drank any delicacies or sweetmeats; seldom coffee, seldom tea, and never wine.'

Of these likewise I took a note in my little book.

Some time after this, I read that near St. Petersburg a man died who had enjoyed good health until he was 120 years old. Again I took my pen and wrote to St. Petersburg, and here is the answer:

'He was an early riser, and never slept beyond seven hours at a time; he never was idle; he worked and employed himself chiefly in the open air, and particularly in his garden. Whether he walked or sat in his chair, he never permitted himself to sit awry, or in a bent posture, but was always perfectly straight. The luxurious and effeminate habits of citizens he held in great contempt.'

After having read all this from my little book, I said to myself, 'You will be a foolish man indeed not to profit by the ex-

ample and experience of these old people.'

I then wrote out all that I had been able to discover about these happy old people upon a card, which I suspended over my writing desk so that I might always have it before my eyes, to remind me what to do, and from what I should refrain. Every morning and evening I read over the contents of my card, and obliged myself to conform to its rules.

And now, my dear young readers, I can assure you, on the word of an honest man, that I am much happier, and in better health than I used to be. Formerly I had the headache every day, and now I suffer scarcely once in three or four months. Before I began these rules, I hardly dared to venture out in rain or snow without catching cold. In former times, a walk of half an hour's length fatigued and exhausted me; now I walk miles without weariness.

Imagine, then, the happiness I experience, for there are few feelings so cheering to the spirits as those of constant good health and vigor. But, alas! there is something in which I cannot imitate these happy old people—and that is, I have not been accustomed to all this from my youth.

Oh that I were young again, that I might imitate them in all things, that I might be happy and long-lived as they were!

Little children who read this, you are the fortunate ones who are able to adopt in perfection this kind of life! What then prevents your living henceforward as healthy and happily as the old woman of Stockholm, or as long and usefully as the old men of London and St. Petersburg?"

SMALL-POX.

The following article by Dr. Sylvester Graham, with whom many of our readers are acquainted, was, we believe, published in one of the Northampton (Mass.) papers. The advice it contains is invaluable.—[ED. JOUR.]

Mr. Editor:—I perceive, by the papers generally, that the small-pox is unusually prevalent in the country at this time: and it is still spoken of as "that dangerous, alarming, and fatal disease;" and the neg-

ligence of the people in not having had their children vaccinated, as a preventive measure, is seriously reprehended. All this is well enough, so far as it goes. But there is something better; and that which a Benevolent Providence intended should be effected by the advent of the evil itself. It is that mankind may, by thoroughly correct habits, well nigh, if not entirely, put themselves beyond the reach of that foul offspring of a foul source. But leaving that point, to attend to the present emergency, I say with that full confidence which rests on perfect knowledge of the thing of which I speak, that there is no more necessary danger from the Small Pox than from common itch; and except in cases of extremely putrid diathesis resulting from excessively bad habits, no person would die from Small Pox if properly treated. And very rarely indeed need a person be laid up with that disease, or confined to the house a single day.

Let any one who has been exposed to the Small Pox or Varioloid, or any one who has the premonitory symptoms of that disease; or who has the full evidence of the disease, upon him, at once commence bathing his body all over in cold water, applying the water with coarse towels and with as brisk and hard rubbing as he can endure. When thus thoroughly bathed, follow the operation by dry rubbing equally brisk and vigorous. Let this be repeated two or three times a day as the feverish stage of the disease advances and continues; and more frequently, if necessary to keep the skin down at the cool temperature of health. During the more feverish stage of the disease, let no food be taken of any kind, solid or fluid, and from the first to the last of the morbid symptoms, let the food be simple and taken sparingly, at regular periods, full six hours apart; consisting of mild farinaceous substances and cooling fruits; and always taken cold or cool. Through the whole sickness and indisposition, let the patient drink nothing but pure cold water; and let him drink that freely, and particularly on an empty stomach; increasing the quantity as the febrile symptoms increase.—At least once in the twenty-four hours let a free injec-

tion of cool soft water be given, and if the disease should be at all violent, let this be repeated twice and even three times in the twenty-four hours, according to the intensity of the morbid symptoms.—Let the patient take with his food or any other way, no kind of stimulating or heating substance; such as spices, condiments, cordials, &c. &c.—Nothing fluid but pure cold water—nothing solid but simple, plain food as above prescribed.—Let the patient be abroad as much as he comfortably can, and when within doors, let him keep off from the bed as much as possible, and avoid a hot room and confined air; and industriously cultivate cheerfulness.

Should the case, from extremely bad previous habits, become very malignant, it would be necessary to immerse the body in moderately cold water for several minutes two or three times in the twenty-four hours; and while in the water to rub it very freely; and when not in the bath, to keep the body much of the time enveloped in a wet sheet surrounded by dry blankets. Encouraging the patient mean time to take small potations of cold water as often as every fifteen or twenty minutes.

By intelligently and understandingly following these directions with such modifications as particular circumstances might require, no one need, and scarce any one would die with small-pox, varioloid, measles, scarlatina, hooping cough, or any other of this great family of contagious and infectious diseases.

S. GRAHAM.

Jan. 20, 1846.

PROLAPSUS UTERI, OR FALLING OF THE WOMB.

(FROM A PATIENT.)

Dr. Shew:

My disease is one from which many of my sex suffer,—prolapsus uteri. I have been more or less afflicted with it since I was 16 years old.—I am now 27.

When I first became an invalid I knew nothing of physiology,—nothing of my own diseases, only that I was diseased. If my physicians understood my case, they did not enlighten me. The causes which produced it were no doubt numerous. My dietetic habits were all wrong.

I was a delicate child, and as I approached womanhood was subject to colds, lung complaints, inflammatory rheumatism, &c., in all of which cases I was subjected to "regular treatment," as the best, the only means of restoring my health; consequently my system was always left in a very debilitated condition for many months. Being deficient in caution, and of a somewhat active temperament, I was continually overtaxing my physical powers and incurring relapses or new phases of disease, until I became a confirmed invalid. Thus matters progressed until the fall of '41, when I linked my destiny with one who was less of a novice in the science of physiology than myself, and who, for want of a better, was an advocate of the Thompsonian system. Through the influence of my husband, I was induced to resort to this practice; and after a close application of the remedies for six months, I found myself in possession of better health than I had known for many years. Just at this time my husband fell a victim to inflammation of the brain, which dispensation I am now persuaded, hydropathy, skilfully practised, would have averted. My physical and mental powers were much exhausted. I became indifferent to my well being. In the three and a half years that have elapsed since that event, I have been pursuing the daily routine of domestic duties, giving but little attention to my health, which has been very variable. Last October I was much injured in jumping from a carriage, since which time I have suffered more from uterine affections than at any former time. I have, however, been able to go about the house most of the time. I have dyspepsia, pain in the side and limbs, great nervous prostration, and most other symptoms usually attending this complaint, which appears to be approaching a crisis somewhat alarming. I have never been an habitual tea or coffee drinker; yet I have sometimes drank them; have also abandoned the use of flesh meat and butter. For the last two months I have been bathing daily, and taking a sitz-bath before retiring at night. The latter relieves me much for the moment, but it is only momentary; do not suffer so much pain as before I commene-

ed bathing. I mean by momentary relief, that during the sitz-bath the uterus returns to its place, or partially so, but is again dislocated by the least exertion. I have been thus particular, because I scarcely knew how much it was really necessary you should know, in order to prescribe.

Remarks.—Many persons are afflicted with this very prominent complaint, falling of the womb. It is caused by a variety of circumstances. Every thing that acts to deteriorate the general health has an effect in the production of the disease. All the weakening habits of girls at boarding-school, the close confinement, lack of exercise, as too great an amount of physical action, excess and impropriety in diet, &c., are prolific causes of the complaint. The great amount of heavy clothing which females are too apt to wear hanging upon the abdomen, and pressing the organs within that cavity downward, is likewise, in many cases, a cause of the disease. In the case of married females, (to the shame of our race be it said,) conjugal excesses sometimes bring about this state of things, and aggravate it very much when it is already present. The true and only safe rule in the exercise of the propensities and instincts God has given us for the wisest of purposes, is, *to be temperate in all things*. Happy are they who have power within them thus to live.

Treatment.—This, the same as in other diseases, must of course vary in different cases. The general health must, as much as by every means possible, be renovated. Strengthen the whole system,—this is the main indication. Exercise, as much as can be well borne, must be taken, but not so much as to increase the disease. In general, wet sheets should be used daily, and at least two general baths. Cold hip-baths should be taken often,—three or four times per day, and of length

of time varying as can be borne,—from five minutes, at first, up to a half hour. The bowels should be well attended to,—the diet likewise, and the wet body bandage, drawn tightly at the extreme lower part of the abdomen, should be worn constantly. It must be kept wet, and not be allowed to become too warm. In many instances, a long time will be required, in order to effect a complete cure. The internal mechanical means sometimes used, in almost every conceivable case, do, by far, more harm than good.—[ED. JOUR.]

WATER-CURE JOURNAL.

NEW YORK, APRIL 16, 1846.

OBJECTIONS TO WATER EMETICS AND CLYSTERS, CONTROVERTED.

A friend sends a paper (the Hampshire and Franklin Express, published at Amherst, Mass., No. 26, March 4th, 1846,) in which there is carried on a controversy between one Dr. David Rice, of Leverett, and Henry Fish, a corresponding editor of the Practical Christian, a paper published at Milford, Mass. This friend (who is neither of the parties concerned,) wishes us to take some notice of the parts of Dr. Rice's article relating to water emetics and clysters. As a general thing we prefer to pursue our own way quietly, knowing that we have truth on our side and that it must prevail, and not to engage in personal controversy that often brings about more harm than good. However, feeling, if we know ourselves, an ardent and constantly increasing love for truth, we shall in no wise hesitate to proclaim what we know to be truth, however unpopular it may be, and in so doing, when we are under the necessity of running counter to the opinions of others, we shall not engage in those *personalities* which so often creep into con-

troversial writings. We are sorry to perceive this fault in the article of Dr. Rice. Concerning emetics, this gentleman says :

“How is emetic (meaning emesis or vomiting) caused by the agency of water? Just as it is by over-eating or over-loading the stomach by any other substance—*by the stimulus of over-distension*. There is no *medicinal* action whatever. The stomach simply rejects, by an effort of nature, what ought not to be there. This is burthening instead of assisting nature.”

It has often been asserted by medical men, that water, given as an emetic, is one of the best possible things that can be. An elderly physician, not long since, with whom we had some “good natured” controversy on the merits of the new system, said, “Why, I always knew that water, if taken in sufficient quantity, was one of the very best emetics.” Do not all practitioners, who give emetics at all, depend more upon water than anything else? Some drug or poison is given to induce nausea, (which, however, does not always take place, the medicine remaining in the system, and, not unfrequently, doing great mischief,) and afterwards, water is given to effect the *cleansing* of the organ. So much then for water in connexion with drug emetics. But let us suppose that the nausea can easily be caused by water alone; is it not then better to avoid the pernicious effects of the drug, whatever it may be? All admit that these, in every instance, do *some* amount of harm.

But the writer above-quoted, affirms that “the stomach simply rejects, by an effort of nature, what ought not to be there; the surplus of water is expelled, and no more.” In answer to these assertions, we are simply to inform the writer that either he speaks of what he does not understand, not having tested the mode by actual experiment, or else he is not will-

ing that the truth should be known. But we do not accuse him of the latter. We will state what we know by well tried experience to be facts, and let those who have adopted, or shall hereafter adopt, the same modes, determine whether ourselves or our objectors are correct.

Let us suppose a case such as often occurs: a person partakes too freely of food, or of food of an indigestible and unfriendly kind; within an hour or two, or perhaps sooner, a severe pain is experienced in the stomach and bowels, amounting in some instances to a terrible colic. What now is to be done? Plainly, one prominent object is to remove the offending cause. One part of our mode, from the first of our practice, (for, although we have been conversant with drug practice, we never believed much in its modes, and never administered a drug emetic in our life,) has been in such cases to cause vomiting as speedily as possible. Now we can do this more quickly with water than by any other means. The patient must drink it blood warm, as much as he possibly can; six, eight or a dozen tumblers, one after the other, as quickly as may be; there is no danger of taking too much; the finger is then placed in the throat, or the stomach is kneaded or pressed upward by the hands, and vomiting quickly ensues. At first, generally, water only is rejected; after a second drinking, the offending food or other substances. In most instances, it will be necessary to vomit again and again a number of times, before thorough work is accomplished. Bile and bitter matters are often expelled after the first or second vomitings. Beyond a doubt the bile is actually drawn upward from the liver by the inverted action of the stomach, so that the effect is not alone upon the stomach, as the above quoted writer affirms. After the acid, undigested food,

&c. is all thrown up by repeated vomitings, which may all be accomplished in a short time, pure water is returned from the stomach, which is an indication that the process has been carried on long enough. Then a little cold water may be taken, to settle the stomach, as is said. In this way water emetics often cause the greatest relief. Generally, as we shall see, we need to use clysters in connexion with vomiting, but in many instances the vomiting alone is productive of the greatest relief. Sick headaches, pains in the stomach, severe colic, flatulency, &c. are thus often quickly arrested.

Animals, as cats and dogs, we have elsewhere said, instinctively take to water drinking when they have become poisoned by mineral or other substances. Poisons cause a great heat and fever in the stomach, and water is the natural remedy. Vomiting is thus produced.

Of clysters Dr. Rice speaks as follows:

"We will suppose that Henry Fish is seized with inflammation of the bowels, the cause an obstruction in the central portion of the alimentary canal. Pain intense—abdomen bloated, tender, and tympanitis; fever high, and thirst almost intolerable. Hydropathy now commences operation for a cure. The wet sheet is applied to "head the fever,"—water emetics given to cleanse the stomach, and clysters administered to "put out the fire" in another quarter.

Well, what is the result of such treatment in the case? How much does it accomplish? Simply this:—The stomach is filled with water, which is rejected,—a small portion of the bowels laved over with water; also rejected.—Hydropathy comes within fifteen feet of a cure, for the inflammation is caused by an obstruction in the centre of the intestinal canal which is something over thirty feet in length! The cause must be removed, and with no other remedies Henry Fish would find himself on dry land soon!"

The objection that clysters enter direct-

ly only a part of the length of the bowels is often made. Here again we shall state first, facts. Injections of simple water, tepid, cool or cold, used according to the patient's strength, will often cause a speedy movement of the bowels when the most powerful medicines or drugs fail to bring about this object, and thus life is often, to all appearances, saved. We speak positively of what we know. We never have been foiled in any case in which we attempted to cause the bowels to act. It is true, there may be in some cases obstructions such as nothing can possibly remove, and which are certain of causing death. But such instances are most exceedingly rare.

Now we will admit that the water passes directly to the extent of the colon or larger bowel, and that the larger part of the track of the alimentary canal is not traversed by the water. But this fact does not, by any means, prove that the smaller and longer intestines are not acted upon by the water. The colon passes over and among them, even to the upper part of the abdomen. The fact then is that the smaller intestines are set in motion *mechanically*; and then again there is a sympathetic influence. Thus, to give an instance of sympathy, a shallow sitting bath is often sufficient to make the bowels move. Here no water passes into any part of the bowels at all, and yet the action takes place. The wet sheet, too, often opens the bowels; another instance of sympathetic action, Dr. Rice seems to think, as do many others, that water has no effect except by direct contact: a sheer fallacy, as we have seen.

Now, as we have before said, by oft repeated drinking of water, the stomach may be effectually cleansed. A considerable part of the water, too, is thrown downward into the bowels, there to exert a good effect, and by oft and repeated

injections, together with kneading the abdomen, the alimentary canal may be thoroughly and effectually cleansed, and we besides have the wet-sheet, relaxing fomentations, the hip, and the general baths, to aid, all of which constitute a treatment most powerful for good; incomparably more so than any other known.—
[Ed. Jour.]

PREMATURE CHILDBIRTH—A CASE.

We are under many obligations to a medical friend for writing out the following case, and for his aid in attendance upon the lady referred to. This very worthy gentleman was a school-fellow with us at medical college, and has ever been ready to investigate truth, come from whatever source it might. Years since he felt that he was called to prepare for Missionary labors in foreign lands, and regarding medicine a most valuable auxiliary in such labors, he has pursued a thorough course of medical study. From considerations of modesty, which we are not very willing to excuse, his name he wishes to be withheld.

March 19th, 1846.—Desirous of availing myself of an opportunity which the kindness of my friend Dr. Shew afforded me,—of witnessing the hydro-pat'ic treatment of cases of labor,—I accompanied him to No. — Second street, where he had been summoned a few minutes before to attend a Mrs. S., who was then in need of his services.

Found the patient—an intelligent woman of the nervous temperament—with her constitution much broken down, though she was but 31 years of age, by the results of seven previous labors,—the last a miscarriage. After some of her former confinements, she had been weeks and months in recovering; in one case, when she was treated for puerperal fever, her husband paid, in a single year, not less than \$150, (no trifling sum out of the earnings of a working man with a large family,) to the apothecary alone, for leeches and medicine. The patient had

always been in the habit of using strong coffee and tea; drank the *mineral* water of the city wells; for some months past had relished nothing but the little delicacies sent in by her friends; and throughout the winter had been able to do little or no work at home.

In consequence of excessive fatigue a few days before in "house-hunting," as she called it, she had been seized on Tuesday, the 17th, at 10 A. M., at the close of the fifth month of her gestation, with the pains of labor,—her former miscarriage having of course induced a predisposition to another. These pains increased in frequency and severity till they caused the greatest suffering, and prevented all sleep on Wednesday night and Thursday, up to the hour, (3, P. M.) when she sent for Dr. S.

Here then was a patient whose previous history, impaired constitution, loss of sleep and exhaustion from intense and almost incessant suffering, protracted now for more than two days, seemed to promise any thing but a *speedy* recovery, even should delivery be safely effected. It should be added, that *up to this time*, she was an *utter stranger* even to the hydro-pathic regimen.

Her bowels having been moved the day before, all that was deemed necessary was to render the condition of the patient more comfortable by resorting to sedative frictions along the spine with a towel wrung out of cold water, and to the tepid hip-bath, with sponging and rubbing the whole surface of the body. After this, less complaint was made, till soon after 6 P. M., there was a sudden aggravation of the bearing down pains, resulting in the delivery of a well formed but still-born male child of apparently five months.

In about fifteen minutes the after-birth was detached and taken away. Not over the usual amount of hemorrhage occurred. A bandage was applied to the abdomen, as the patient expressed a wish for it; and after resting a while, a little panada was given to her as nourishment.

Mrs. S. continued very comfortable through the evening; no excess of the lochial discharge; complained only of exhaustion and slight dysuria. As some heat of surface, pulse 90 to 100, tepid

sponging resorted to, which proved very grateful to the patient.

1st Day after Confinement, (Friday),
7 A. M.—Found patient had obtained considerable sleep at intervals during the night; felt very comfortable, though occasionally had slight pains in the abdomen; tongue moist, pulse 81; had passed a little water during the night, but with difficulty; had a strong desire for a cup of coffee, but persuaded to take a little panada in its place. Had not much appetite. Was permitted to sit up for a few minutes while her bed was made.

11½ A. M.—Mrs. S. still very comfortable; found her sitting up in her rocking chair, the very picture of convalescence; pulse 80. Sponging enjoined, if any feverishness should arise.

3 P. M.—Dr. S. sent for, as the patient had been seized a few minutes before, rather suddenly, with a sharp pain on the left side of the hypogastric region. Had been drinking a tumbler of cold lemonade. Had a natural movement of the bowels that morning, and passed a little water. The tepid sponging of surface had been neglected. Pain,—fixed, severe,—pretty constant, remitting only for a moment or so. No corresponding contractions of uterine tumor observed. Some pain also complained of in the hip,—in which she had on a former occasion been troubled. Up to that time had had no chill. Warm fomentations were applied, but with little relief.

4½ P. M.—A chilliness felt, then shivering, prolonged, with increase of the fixed pain in hypogastrium; pulse 112, weak; patient restless; anxious, desponding, knitting of the brows; involuntary weeping. A bottle of hot water was applied to the feet, and soon after the chill ceased.

A large warm enema was now administered; brought away considerable of fecal matter; and fomentations were applied to the abdomen. Next the patient was seated in the hip-bath, at a temperature of 95°, for fifteen minutes, when water was passed more freely than before, and a slight nausea experienced. The result of this was, complete abatement, for a time, of the pain in the uterine region, the diminution of the frequency of the

pulse to 90, and great comfort. The bandage to abdomen having been removed to allow of the bath, was not replaced. If need be, fomentations to be kept up.

At 7 P. M., found patient in a profuse perspiration; pain in abdomen had lost its acuteness; soreness there was all now complained of; soreness in head, "in bones, and all over." Abdomen tympanitic, tender on pressure, breathing thoracic; pulse 110-112; the lochial discharge arrested. Patient is to be kept quiet; to take no nourishment; no fire to be in the room.

At 9½ P. M., the perspiration still continues; complains of pain in hip, but chiefly in the left part of the hypogastricum, as before, shooting across abdomen; pain very severe, increased by coughing; breathing thoracic, 28 in a minute; pulse 98; is thirsty,—tongue moistish, with a slight milky coat. Fomentations used.

10½ P. M.—Pain increasing in abdomen and hip; tenderness increasing; can scarce bear slightest pressure on abdomen, knees drawn up, restless, discouraged; pulse 100, though not very full or strong. Skin still moist, slightly.

In this critical state of things, when nearly every symptom of that fearful disease, puerperal fever, was invading the system, and when, according to the prescribed rules of practice, the most vigorous anti-phlogistic measures would be called for, a plan of treatment was adopted by Dr. Shew, which, as it seemed to me, far more calculated to *kill* than to *cure*, I could not but protest against at the time, but which, as the result proved, was eminently calculated to turn back the tide of disease so rapidly setting in. It certainly affords striking evidence of the resources of Hydropathy, and its promptness and efficiency in relieving pain and extinguishing inflammation.

Mrs. S. was carefully lifted from her bed, and after being placed awhile in her chair, was transferred to a hip-bath containing about one pail of water fresh from the Croton hydrant near by, of the temperature of 42° F. A towel wrung out of cold water was applied to her forehead at the same time. Of course, she was well covered with blankets. She had been seated thus but

a few minutes when she expressed herself as feeling *very comfortably indeed*. The *severe pain* in her abdomen and thigh *had left her as if by magic*, and so complete was the relief that she fell into a gentle doze, from which, awakened by nodding, she observed, "There, I feel so easy now, I lost myself, I believe."

While in the bath, her pulse was lowered several beats in a minute; the unimmersed parts of the body remained warm; the hips were to her of a refreshing coolness. After remaining thus seated in the water about 25 minutes, a slight addition of more cold water, by gradual pouring having been made during this time, she was lifted back to the bed. Her pain had now entirely vanished; the natural lochial discharge was soon restored; her pulse reduced to 94; and, warm and comfortable, she had a prospect of a good night's rest.

2d day, (Saturday,) 7 A. M.—Found patient looking comfortable and happy. No pain now in abdomen, slight soreness only; tympanitis gone; tongue moist and hardly coated; pulse 79; had had no sensation of chilliness after her bath, but slept from 12½ to 4 A. M., without waking, and another doze after that: window had been a little raised all night, and no fire in the room, though a cool night. Now was able to pass water without difficulty. Was directed to take for breakfast some of the coarse bran bread toasted, and softened with milk, and a little scraped apple, if she wished.

(To be continued)

Remarks.—The mode of using water so cold as we did in this case might seem to have been a very hazardous one. In some states of the system it would be; but it should be remembered that there was a general increase of heat in the whole system, and that there was severe pain. Now, whenever the animal heat is above its natural standard, the cooling means are always perfectly safe and salutary; and whenever the general feverishness is attended by severe pain, it is next to impossible to do any mischief with cold water until after the general fever and pain

have been entirely removed. Cold water is incomparably the greatest sedative in nature, and, judiciously used, is sufficient to quell down severe pains, over which the most potent opiates have no power. Let a man understand well the effects of cold water, and he goes forth with a means so powerful for good that he will often become well nigh lost in amazement in witnessing, again and again though it may be, the wonderful effects of the remedy. So it has been with ourselves.

SOME CANDID ADMISSIONS AND JUDICIOUS REMARKS UPON THE INEFFICACY AND ILL EFFECTS OF MEDICINES: ADMISSIONS CONCERNING HYDROPATHY, &c.—From a work entitled "*Homœopathy, Allopathy, and Young Physic.*" By John Forbes, M.D., F.R.S., one of the Editors of the "*Cyclopedia of Practical Medicine*," Editor of the "*British and Foreign Medical Review*," etc., etc.

The above mentioned well known author, in writing upon the above named subjects, speaks with a degree of candor and knowledge that we seldom find in the records of the healing art. We here make a number of extracts from his work, which, if we are not wholly mistaken, are well worth a place in our Journal.

In treating in general terms upon the rise of the curative art, the powers of nature in the healing of disease, and the true nature of remedial means, Dr. Forbes says:

Health is such a blessing and disease such an evil, that the existence of the desire to get rid of the latter, and thus to recover the former, must be co-extensive with the possession of reason by the organism that suffers. Strongly to desire is equivalent to the origination of action to gratify the feeling. Hence the origin of the medical art, which must have been coeval with the origin of man himself; hence the conception and formation of plans for the purpose of relieving pain, and of theories to account for and ex-

plain them, springing up in the mind of the first sufferers, and growing in number and variety from that time to the present; hence the constant interference of art with the natural processes of disease in the human body. When in process of time, medicine came to be established as a distinct profession, such interference necessarily became much more frequent and much greater; until, at length, the result was, that all diseases, occurring in civilized communities, were interfered with as a matter of course. In the long succession of human generations, almost everything possible, physical or moral, was at one time or other tried, with the view of proving its possession or non-possession of remedial powers. The necessary consequence has been, the fixing in the minds of men, not merely of the professors of the medical art, but of mankind in general, these two notions,—first, that nature was inadequate to the cure of most diseases, certainly of severe diseases; and, secondly, that art was adequate. And these notions have not only come down to us as heirlooms of physic, but have been almost universally received as axioms, without investigation, both by the medical profession and the public. The result of all this has been, that the members of the medical profession at all times, and more especially in modern times, have been kept in a state of forced ignorance of the natural progress and event of diseases; in other words, of the true *natural history of diseases* in the human body; and they have been and continue to be almost as ignorant of the actual power of remedies in modifying, controlling or removing diseases, and from the self-same cause, viz., that as art has almost always been permitted to interfere in the morbid process, it has been impossible to say what part, if any, of the result was attributable to nature, or what part to the remedies employed.

And yet, that nature can cure diseases without assistance from art, is a fact demonstrated by evidence of the most unequivocal kind and of almost boundless extent. It suffices here to refer cursorily to a few of the more open sources of such evidence.

1. The cure of disease among uncivi-

lized nations of ancient and modern times, under the sole influence of magic, charms, or other practices equally ineffective.

2. The general treatment of diseases in the ruder and simpler times of physic, as recorded in the writings of the early fathers of our art.

3. The record of innumerable cases in the works of medical authors, more particularly before the eighteenth century, in which, from various causes, no medical treatment, or one demonstrably powerless, was employed.

4. The records of the *Expectant** system of medicine, long and extensively prevalent in various parts of Europe; also of other analogous systems of practice in vogue at different times in various countries, which could exert no substantial influence on disease or on the animal economy.

5. The wide-spread and frequently the exclusive employment, more especially in modern times, of universal, or as they are now called, quack medicines, under the use of which almost all curable diseases have frequently got well. Whether these medicines consist of inert substances, or of substances of positive medicinal power, the inference derived from their employment is nearly the same. All of them have, most indubitably, *cured* (to use this word in its common acceptance) a vast number of diseases; and whether the event was consequent on the use of a substance of no real power, or possessing a *particular power only*, must be allowed to be nearly the same thing. In our own day we have seen many large fortunes made in this country by the sale of various patent drugs of this kind—from Solomon's Balm of Gilead to Parr's Life Pills; and this fact alone proves their *real efficacy*, that is, proves it on the very same grounds of evidence admitted in legitimate medicine. Success, that is, the apparent cure of diseases on an extensive scale, could alone keep up a sale of them so extensive as to enable their proprietors to accumulate large fortunes. And of

this kind of success—that is, the getting-well of patients under their use, according to the legitimate *post-hoc* mode of reasoning, every medical man must have witnessed many instances.

6. The now fashionable system of Hydropathy furnishes strong and extensive evidence of a like kind, although on somewhat different grounds. This mode of treating diseases is unquestionably far from inert, and most opposed to the cure of diseases by the undisturbed processes of nature. It, in fact, perhaps affords the very best evidence we possess of the curative powers of art, and is, unquestionably, when rationally regulated, a most effective mode of treatment in many diseases. Still it puts, in a striking light, if not exactly the curative powers of nature, at least the possibility, nay facility, with which all the ordinary instruments of medical cure (drugs) may be dispensed with. If so many and such various diseases get well entirely without drugs, under one special mode of treatment, is it not more than probable, that a treatment consisting almost exclusively of drugs, may be often of non-effect, sometimes of injurious effect?

An intelligent and well-educated hydropathical physician, on whose testimony we can entirely rely, informs us, that in a great many cases that have come under his care in a hydropathic establishment, he has observed the symptoms amend on the first commencement of hydropathic remedies, with a suddenness and speed which he could not conscientiously ascribe to the influence of the means used, but which rather appeared to result from the abandonment of injurious drugs which the patients had previously been in the habit of taking. In some cases, to test this point, the physician purposely abstained from treating the patients at all, and yet witnessed the same marked amendment.* Our informant points out to us another natural field of observation in this line, in the numerous patients discharged, cured, or relieved,

* *Expectant System*.—The treatment by "watching," attending only to small matters, regulating the diet, air, exercise, &c., giving very little or no medicine, and depending upon the power of nature. The French physicians are principally *expectant*.—ED. JOUR.

* In the great majority of diseases this remark does not hold good. Water processes, many of them, are very powerful either for good or harm, according as they are employed. It is, at the same time, often true, that great benefit is experienced by leaving off the use of drugs.—ED. JOUR.

from hydropathic establishments, almost all of whom carry with them such a horror of drugs that they never have recourse to them, if it can be helped, afterwards. Yet these people recover from their subsequent diseases—even without Hydropathy!

7. Mesmerism, also, we think, must come either within the category of cases of illustrating the curative powers of nature, or, at least, the non-necessity of drugs, or both.

8. We may next instance a large and important class of cases, in which some philosophical physicians, in all times, have instituted direct experiments, both publicly and privately, to test the powers of nature, by either withholding all means of treatment, or by prescribing substances totally inert: the result often being the cure of many diseases under such management.

9. Lastly, we must advert to what is, perhaps, the most extensive and valuable source of all—the actual practice of the more scientific physicians of all ages, in the latter part of their career,—men of philosophic minds as well as of much experience. It is well known, from the history of physic, that a large proportion of men of this class have, in their old age, abandoned much of the energetic and perturbing medication of their early practice, and trusted greatly to the remedial powers of nature. The saying of a highly respected and very learned physician of Edinburgh, still living at an advanced age, very happily illustrates this point. On some one boasting before him of the marvellous cures wrought by the small doses of the Homœopathsists, he said, “this was no peculiar cause for boasting, as he himself had, for the last two years, been curing his patients with even less, viz., with nothing at all!”

Further on, Dr. Forbes, in closing his remarks upon the writings of Homœopathsists, recapitulates his principal inferences from his general subject, to wit:

1. That in a large proportion of the cases treated by allopathic physicians, the disease is cured by nature, and not by them.

2. That in a lesser, but still not a smaller proportion, the disease is cured

by nature in spite of them; in other words, their interference opposing, instead of assisting the cure.

3. That, consequently, in a considerable proportion of diseases, it would fare as well, or better, with patients, in the actual condition of the medical art, as more generally practised, if all remedies, at least all active remedies, especially drugs, were abandoned.

We repeat our readiness to admit these inferences as just, and to abide by the consequences of their adoption. We believe they are true. We grieve sincerely to believe them to be so; but so believing, their rejection is no longer in our power; we must receive them as facts, until they are proved not to be so.

Although Homœopathy has brought more signally into the common daylight this lamentable condition of medicine regarded as a practical art, it was one well known before to all philosophical and experienced physicians.

It is, in truth, a fact of such magnitude,—one so palpably evident, that it was impossible for any careful reader of the history of medicine, or any long observer of the processes of disease, not to be aware of it. What, indeed, is the history of medicine but a history of perpetual changes in the opinions and practice of its professors, respecting the very same subjects—the nature and treatment of diseases? And, amid all these changes, often extreme and directly opposed to one another, do we not find these very diseases, the subject of them remaining (with some exceptions) still the same in their progress and general event? Sometimes, no doubt, we observe changes in the character and event, obviously depending on the change in the treatment,—and, alas, as often for the worse as for the better; but it holds good as a general rule, that, amid all the changes of the treatment, the proportion of cures and of deaths has remained nearly the same, or, at least, if it has varied, the variation has borne no fixed relation to the difference of treatment.

In making this statement, we are far from denying that practical medicine has made considerable progress since it was first established as an art, or that we do

not now cure more diseases and save more lives than our forefathers did. The truth of our assertion,—taken as a general assertion, and when the question is regarded in the only way it ought to be regarded, in an approximative, not in an absolute sense,—is not thereby in any respect invalidated. We do not deny that medicine has made progress, or that it can cure diseases and save life;—we merely assert that the *superiority in the proportion* of the instances in which it does so, in the present day, is most lamentably small, all things considered, when placed side by side with the amount of any former day. In several of our commonest and most important diseases, it is hardly to be questioned that the proportion is little, if at all, on our side, and in others it is manifestly against us.

This comparative powerlessness and positive uncertainty of medicine, is also exhibited in a striking light, when we come to trace the history and fortunes of particular remedies and modes of treatment, and observe the notions of practitioners, at different times, respecting their positive or relative value. What difference of opinion, what an array of alleged facts directly at variance with each other, what contradictions, what opposite results of a like experience, what ups and downs, what glorification and degradation of the same remedy, what confidence now—what despair anon in encountering the same disease with the very same weapons, and what horror and intolerance at one time of the very opinions and practices which, previously and subsequently, are cherished and admired!

Such facts and statements as the above do alike honor to the ability and integrity of the man who promulgates them. They show very conclusively what is fast becoming understood in these modern times, that the medical art, as hitherto practised, is mostly one of empiricism or mere experiment.

Simple pure water is the only fluid necessary for drink or for the wants of the system! The artificial drinks, as tea, coffee, &c., are all more or less injurious.—*Dr. Beaumont.*

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