

THE  
**WATER-CURE JOURNAL,**

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

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*"Wash and be Healed."*

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NEW SERIES.

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**A LETTER FROM CAPT. CLARIDGE TO THE  
NEW-YORK TRIBUNE.**

Our readers are perhaps not all aware of the fact, thatto *Capt. Claridge*, of London, belongs the credit of having first introduced the system of Water-Cure, as practised by Priessnitz, into England. It must be apparent to all that it required no small amount of courage and perseverance to bring into public notoriety so quickly a system so opposed to the notions of mankind at large. It is only between three and four years since Capt. Claridge first commenced his labors in England. There are now numerous institutions for water treatment in that country, and some of the most talented physicians have become converts to the cause within that time, and are practising hydropathically. Capt. Claridge, it should be remembered, is a gentleman of fortune, and is in no sense a practitioner for pecuniary gain. Himself was cured of an old complaint, and afterwards other members of his family received like benefit at the establishment of Priessnitz. Knowing well, as he did, the great, the incalculable worth of hydropathy, he resolved that the

system should become understood in his own country, and for the purpose of becoming an efficient promulgator of it, he set to work, student-like, at the establishment of Priessnitz, to understand the cure. His treatise on the subject is one of the best ever written.—[ED. JOUR.]

Gräfenberg, Silesia, July, 1845.

*To the Editor of the N. Y. Tribune:*

Sir,—Of all ancient or modern discoveries in science,—and all must admit they have been very great,—none can bear any comparison in point of merit or physical utility with the science of Hydropathy. What is to be compared to Health?—When we look around us and see to what an alarming extent disease prevails, the inadequate means that are resorted to to impede the forced and positive marches of the grim tyrant Death, and more especially, when we see his approaches hastened by medical assistance, we must, on reflection, become converts to the opinion that “there must be something rotten in the State of Denmark.” It may be fairly asked, How can poisons cure diseases? and as fairly answered, *They do not.* Their office is what is erroneously called a cure, whereas their effect has only been to repel the effort that nature made to throw from the system that which impeded her operations. It is con-

tended that all drugs, however harmless in their nature, are foreign to the human body, and as such they force, and thereby lower the system. Those who are in the habit of swallowing so largely of those noxious substances, are they healthier or happier than the rest? On the contrary, when one sees a poor wretched object, worn down by suffering, on being interrogated as to his condition, and as to what has been done for his relief, is not the usual answer, "Oh, but I have taken a great deal of medicine in my time?" And what is the history of this vaunted mode of healing man's infirmities? No poisonous herb has been left untried; no deleterious mineral has escaped the pharmacopœia; hundreds of thousands of men have spent their lives in their application; millions of money have been spent to acquire these drugs; and myriads of human beings hurried to a premature grave by experiments made to ascertain their utility. The natural supposition would be, that their administration *now* was safe—their effects true to a demonstration; but no, does not every day's experience prove that the following lines by Horace Smith are right?

"Physic? a freak of times and modes,  
Which yearly old mistakes explodes  
For new ones still absurder—  
All slay—their victims disappear,  
And only leave this doctrine clear,  
That killing is no murder."

But, thank Providence, the time has arrived when the fallacies of the faculty are to be made evident. Here, on one of the mountains of Silesian Austria, at a hamlet called Græfenberg, stands the laurel-crowned hero, at whose fiat the long cherished, the extensively practiced science of poisoning is to be scattered to the winds. As early as twelve years of age, Vincent Priessnitz cured his own finger of a cut, his wrist of a sprain, and, four years later, cured himself of broken ribs and wounds consequent on being run over by a wagon, all by the agency of simple spring water. His fame extended to the surrounding neighborhood, throughout all Germany, and, finally, to every part of the habitable globe. Seeing the enormous moral and physical advantages that might result to society by first curing their ailments, and by teaching them the

benefit that must result from abstinence, temperance, and exposing themselves to atmospheric changes, this extraordinary youth, although he saw breakers ahead, determined on pushing off his boat on the troubled sea. Persecutions from the faculty in his neighborhood were seconded by the authorities of the country, and finally by the Priesthood, who denounced him in the church at Friewaldau, where he was in the habit of attending. Nothing daunted, he pulled the willing oar until, the value of his system being ascertained, the late Emperor of Austria gave him permission to have an establishment. This was in 1828. From that time, notwithstanding it required a well constituted and more than ordinary mind to bear up against the annoyances he was subjected to, he went on, making farther discoveries in the appliances of water, until it may now truly be called a *science*—by which all diseases curable by any known means, and many altogether beyond the medical art, are cured. Where is the professional man that can say with Priessnitz, that out of ten thousand invalids that have passed through his hands he has only lost forty? That such is the fact at Græfenberg any person may ascertain, who will take the trouble of inquiring at the neighboring Police Office, where every thing connected with Græfenberg is especially registered. It must be noticed that patients who apply to Priessnitz, do so as a dernier resort; having tried all medical aid within their province, and generally the mineral springs of Germany and elsewhere, in vain,—and it is asserted by twenty English gentlemen, who signed a certificate to that effect to the *Times* newspaper, that the patients, with few exceptions, may be divided into two classes, those whom medical men have pronounced incurable, and those whose diseases are the results of medical treatment.

Those diseases which carry off whole districts, such as cholera, inflammations, dysentery and fevers, are as child's-play to Priessnitz; and the same may be said of all complaints to which children are subject,—such as measles, small-pox, whooping-cough, scarlatina, &c. To sum up, we defy skeptics, or others who have visited the Hygeine Temple, to state

a single instance in which he ever lost a case where the attack was from any of those dangerous maladies. It may be questioned, Did he ever treat cholera? Yes; when it raged some years ago in this district, it carried off hundreds of victims; eighteen of Priessnitz's patients, and many peasants in the neighborhood, were treated by him, all of whom recovered, and without those dreadful ravages in the constitution evinced in those who were lucky enough to escape under the allopathic practice.

Although Priessnitz has never tried the effect of his system upon yellow fever, yet he feels assured it must be subdued by it; a conclusion that he has a right to arrive at, since hardly a week elapses without his aid being called in, in cases of brain, typhus, gastric and other fevers, in the curing of which, as before observed, he never was known to fail. Chronic diseases, except in isolated cases, and where the constitution is so reduced as to be unable to assert its power over the deleterious matter pervading the system, also succumb to that element which God has placed within the reach of all his creatures. Hernia, gout, rheumatism, dropsy, syphilis, dyspepsia, and a host of minor ills which human nature is heir to, are successfully combatted by this extraordinary man. And it should be understood that a cure effected at Græsenberg deserves that turn, it being radical and permanent; all matters detrimental to that state termed health are, by the Hydropathical process, brought to the surface and eliminated, or pass off by the ordinary means of evacuation—the skin is fortified and strengthened, and all the viscera of the body are made to perform their proper functions.

It is very doubtful, opposed as Hydropathy is to powerful interests, if the present generation will derive from it the immense advantages it offers. It is, however, highly gratifying to its supporters to witness establishments rising up in all directions. In Germany there are at least fifty; France, Switzerland, the Tyrol, Hungary, Russia, Ireland, Scotland, all have their institutions, and England counts at least twenty, besides private individuals who are introducing it into their

practice; and to show its dissemination, it is only necessary to state that at Græsenberg, at this moment, there are amongst the visitors some of the leading nobles of England, Russia, Poland, Austria and Italy. There are also about a dozen visitors from the United States of America; others from Greece, Turkey, India, Mexico, so that there is almost as great a confusion of tongues as at the Tower of Babel.

All that the advocates of Hydropathy ask is, a *fair field and no favor*. Let those who doubt wend their way to that far-famed mountain which gave birth to the man who, like a second Columbus, discovered a new world, and whose reputation will put into the shade that of the great lights of antiquity,—Hippocrates, Galen, Esculapius; and we have no fears of the result. Hundreds of books, from time immemorial, have been written in favor of Water as a curative means, while not a line is on record to the contrary. Since I was honored in being the humble instrument of introducing the knowledge of the Water-Cure into England, numbers of our medical men have visited Græsenberg. Prejudiced against it as they were, the public naturally expected that one, at least, would have exposed the dangers of the system and the fallacy of expecting so much from it; but what has been the result? Not a book has appeared—and at least twenty have been written—but has admitted the most important and essential statements I made at the time.

As nearly all persons who undergo the treatment change their habits of life to those of temperance and early rising, and learn to eschew poison in every shape, LIQUORS, as well as drugs, we cannot doubt that, at some future period, the name of Priessnitz will be far and wide revered as having essentially assisted in rescuing the human race no less from vice than from disease.

It is gratifying to learn that in America there are those who appreciate the system, as I feel convinced, that once taken up with that energy which so characterizes our friends on your side of the Atlantic, no interested motives on the part of the few will be permitted to repress this great boon to the many; and I hope that every State in the Union will select a

suitable person to spend some time at the fountain head in order to bring back accurate knowledge on this interesting subject. Your space will not admit of my extending this letter, or I should furnish for the perusal of your readers a number of extraordinary cases of cure that I have witnessed since my sojourn here for the last three months. Several came here for gout, who could not walk across their rooms,—in a few days they were enabled to climb the mountains! but to extract the morbid humors and effect a cure, a much longer period will be necessary. Rheumatism, chronic cramps in the stomach, and dyspepsia, fevers of different sorts, inflammations, &c., all are now being treated and now being cured here. A case that has excited a good deal of attention, is that of a man resident about seventy miles from Græfenberg. About four weeks ago he was attacked with a pain in the chest, which was blistered, when the pain left the part and settled in the knee; this began to enlarge, and proceeded so fast as to alarm his medical attendant, who conceived it to be gangrene, and thought the only chance of saving the man's life was amputating the limb. The friends had called in a military surgeon, who at once pronounced the disease dropsy, and of course discountenanced the operation. The whole of one thigh, as well as the abdomen, soon became swelled to double their ordinary size, the skin polished as glass, and, on being pressed with the finger, the indentation remained for a short time. In this state he came to Græfenberg, where he underwent the treatment; a visible reduction of the members has taken place daily, and, on the sixteenth day, the man was able to walk out for a short time. Priessnitz tells us that in consequence of this patient having been previously healthy, of industrious habits, and having taken but little medicine, a perfect cure will be effected in less than three months.

If you conceive that the publication of these facts can be interesting and beneficial to your readers, may I beg the favor of your inserting the same.

I am, Sir, your most obedient servant,  
R. T. CLARIDGE, 131 Piccadilly,  
London,—at present at Græfenberg.

FACTS, FROM THE WORK OF DR. CURRIE,  
PUBLISHED ABOUT FIFTY YEARS AGO IN  
ENGLAND.

It is generally well known to the medical world, and to many others, that the very celebrated Dr. Currie, of Liverpool, Eng., used water much in cases of fevers and other diseases, and with astonishing success. Since his time, his modes of treatment have been seldom resorted to. It is acknowledged on all hands that his success was great. The following remarks and cases are taken from his very able work, "On the Effects of Water, Cold and Warm, as a Remedy in Fevers and other Diseases, &c." He says in an introductory letter to Sir Joseph Banks:

"Ablution with cold water in fever had been so long employed at the hospital here, and in private practice, by my friends and colleagues, Dr. Brandreth, and Dr. Garard, as well as myself, that it was become general in Liverpool, and common in the county of Lancaster. So long ago as the year 1791, a general statement by Dr. Brandreth of its advantages had been published by Dr. Duncan, in the Medical Commentaries of that year. It had also been noticed by me in the Philosophical Transactions for 1792, and I had repeatedly mentioned it in private correspondence; it had often been recommended to the surgeons of African ships in those examinations required by the legislature, and which are chiefly made by the physicians and surgeons of our hospital. On different occasions likewise I had not only explained, but exhibited the practice, to practitioners from a distance, and particularly to one or two going to the West Indies. A method of treatment so bold and so contrary to common prejudices, made however, as it appears, slow progress. The mode of operation of our remedy has been misapprehended; the proper period for using it has not been understood; and on some occasions having been resorted to improperly, the consequences have brought it into disrepute. Reflecting on these circumstances, and exposed by situation to the reiterated sounds of death from the Western world, my decision was speedily made: I resolved no longer to delay an account of our treatment of fever."

He commences by giving the following narrative of Dr. Wright:

"In the London Medical Journal for the year 1786, Dr. William Wright, formerly of Jamaica, gave an account of the successful treatment of some cases of fever by the ablution of the patient with cold water.

"On the 1st of August, 1777, (says Dr. Wright,) I embarked in a ship bound to Liverpool, and sailed the same evening from Montego Bay. The master told me he had hired several sailors on the same day we took our departure; one of whom had been at sick quarters on shore, and was now but in a convalescent state. On the 23d of August we were in the latitude of Bermudas, and had had a very heavy gale of wind for three days, when the above mentioned man relapsed, and had a fever, with symptoms of the greatest malignity. I attended this person often, but could not prevail with him to be removed from a dark and confined situation, to a more airy and convenient part of the ship; and as he refused medicines, and even food, he died on the eighth day of his illness.

"By my attention to the sick man I caught the contagion, and began to be indisposed on the 5th of September, and the following is a narrative of my case, extracted from notes daily marked down. I had been many years in Jamaica, but, except being somewhat relaxed by the climate, and fatigue of business, I ailed nothing when I embarked. This circumstance, however, might perhaps dispose me more readily to receive the infection.

"Sept. 5th, 6th, 7th.—Small rigors now and then—a preternatural heat of the skin—a dull pain in the forehead—the pulse small and quick—a loss of appetite, but no sickness at stomach—the tongue white and slimy—little or no thirst—the belly regular—the urine pale and rather scanty—in the night restless, with starting and delirium.

"Sept. 8th.—Every symptom aggravated, with pains in the loins and lower limbs, and stiffness in thighs and hams.

"I took a gentle vomit in the second day of this illness, and next morning a decoction of tanarinds; at bed-time, an opiate, joined with antimonial wine, but

this did not procure sleep, or open the pores of the skin. No inflammatory symptoms being present, a drachm of Peruvian bark was taken every hour for six hours successively, and now and then a glass of Port wine, but with no apparent benefit. When upon deck, my pains were greatly mitigated, and the colder the air the better. This circumstance, and the failure of every means I had tried, encouraged me to put in practice on myself what I had often wished to try on others, in fevers similar to my own.

"Sept. 9th.—Having given the necessary directions, about three o'clock in the afternoon, I stripped off all my clothes, and threw a sea-cloak loosely about me till I got upon the deck, when the cloak was laid aside. Three buckets full of salt water were then thrown at once on me; the shock was great, but I felt immediate relief. The head-ache and other pains instantly abated, and a fine glow and diaphoresis succeeded. Towards evening, however, the febrile symptoms threatened a return, and I had again recourse to the same method as before, with the same good effect. I now took food with an appetite, and for the first time had a sound night's rest.

"Sept. 10th.—No fever, but a little uneasiness in the hams and thighs—used the cold bath twice.

"Sept. 11th.—Every symptom vanished, but to prevent a relapse, I used the cold bath twice.

"Mr. Thomas Kirk, a young gentleman, passenger in the same ship, fell sick of a fever on the 9th of August. His symptoms were nearly similar to mine, and having taken some medicines without experiencing relief, he was desirous of trying the cold bath, which, with my approbation, he did on the 11th and 12th of September, and by this method was happily restored to health."

The Doctor proceeds:

"On the 9th of Dec. 1787, a contagious fever made its appearance in the Liverpool Infirmary. For some time previously the weather had been extremely cold, and the discipline of the house, owing to causes which it is unnecessary to mention, had been much relaxed. The intensity of the regulations for the preser-

vation of cleanliness had been in some measure neglected. These circumstances operated particularly on one of the wards of the eastern wing, employed as a lock-hospital for females, where the contagion first appeared. The fever spread rapidly, and before its progress could be arrested, sixteen persons were affected, of which two died. Of these sixteen, eight were under my care. On this occasion I used for the first time the affusion of cold water, in the manner described by Dr. Wright. It was first tried in two cases only, the one in the second, the other in the fourth day of fever. The effects corresponded exactly with those mentioned to have occurred by him in his own case; and thus encouraged, the remedy was employed in five other cases. It was repeated daily, and of these seven patients, the whole recovered. In the eighth case, the aspersion of cold water seemed too hazardous a practice, and it was not employed. The strength of the patient was much impaired by lues, and at the time of catching the contagion, she labored under ptyalism. I was not then aware that this last circumstance formed no objection against the cold affusion, and in a situation so critical, it was thought imprudent to use it. The usual remedies were directed for this patient, particularly bark, wine and opium, but unsuccessfully; she died on the sixteenth day of her disease.

"From this time forth, I have constantly wished to employ the affusion of cold water in every case of the low contagious fever, in which the strength was not already much exhausted; and I have preserved a register of a hundred and fifty-three cases, in which the cure was chiefly trusted to this remedy."

#### SMALL POX.

The singular degree of success, that on the whole attended the affusion of cold water in typhus, encouraged a trial of this remedy in some other febrile diseases. Of these the small pox seemed more particularly to invite its use. The great advantage that is experienced in this disease by the admission of cool air, seemed to point out the external use of cold water, which being a more powerful appli-

cation, might be more particularly adapted to the more malignant forms of small pox. Of a number of cases in which I witnessed the happy effects of the affusion of cold water in small pox, I shall give the following only:

"In the autumn of 1794, J. J., an American gentleman in the 24th year of his age, and immediately on his landing in Liverpool, was inoculated under my care: the prevalence of the small pox rendering it imprudent to wait till the usual preparations could be gone through, or indeed till the fatigues of the voyage could be recovered. He sickened on the seventh day, and the eruptive fever was very considerable. He had a rapid and feeble pulse, a fœtid breath, with pain in the head, back and loins. His heat rose in a few minutes to 107°, and his pulse beat 110 times in the minute. I encouraged him to drink largely of cold water and lemonade, and threw three gallons of cold brine over him. He was in a high degree refreshed by it. The eruptive fever abated in every respect—an incipient delirium subsided, the pulse became slower, the heat was reduced, and tranquil sleep followed. In the course of twenty-four hours the affusion was repeated three or four different times at his own desire; a general direction having been given him to call for it as often as the symptoms of fever returned. The eruption, though more numerous than is usual from inoculation, was of a favorable kind. There was little or no secondary fever, and he recovered rapidly."

#### CASE OF INSANITY.

In this case various remedies had been tried for nearly two months without any good effect. He says:

"Perplexed with these extremes, and keeping in mind the success of the cold bath in convulsive diseases, I ordered it to be tried on the present occasion. The insanity returning with great violence on the 21st, he was thrown headlong into the cold bath. He came out calm, and nearly rational, and this interval of reason continued for twenty-four hours. The same practice was directed to be repeated as often as the state of insanity recurred.

"The following is the report of the

30th: 'The direction has been followed, and on the morning of the 23d, he was again thrown into the cold bath in the height of his fury, as before. As he came out, he was thrown in again, and this was repeated five different times, till he could not leave the bath without assistance. He became perfectly calm and rational in the bath, and has remained so ever since.'

#### CASE OF FITS.

"John Westmore, aged 22, was admitted into the Infirmary on the 11th of October, 1792. In consequence of a fright, he had been seized with fits two months before, which now recurred several times every day, of various duration, from two minutes to an hour. During these his consciousness was wholly abolished. These fits occurred without warning, and were peculiar in their appearance. At first the muscles of one side were strongly retracted, then those of the other alternately; and then the muscles of both sides acting together, the whole trunk of the body was drawn upwards to the head; this action resembling very exactly that of the victim of the law, suspended in the agonies of death. His faculties of mind did not seem as yet impaired, nor the animal functions much disturbed. No medicines were ordered for this patient, but a bucket-full of cold water was directed to be thrown over him, the instant of the accession of the fit. Some circumstances prevented this being done for a few days, during which he went into the cold bath daily, when the fits were off him, and with seeming advantage; the number of paroxysms being reduced from eight or ten in the twenty-four hours, to two or three. At length he was thrown into the cold bath on the instant of the accession of one of his fits, which was speedily terminated, and from this time forth he had no return for fourteen days, when he was discharged as cured. Westmore continued free of complaint till the beginning of February following, when his fits returned. He was re-admitted on the 24th of that month, and at that time his fits recurred six or seven times in the day. He was again directed to use the cold bath daily—and to have a bucket of

water thrown over him on the accession of every fit. By this practice he speedily recovered, and since that time the disease has never returned. He is now, (March 1798,) in perfect health."

#### PRIESSNITZ'S TREATMENT OF THE CHOLERA.

When the cholera raged some few years ago in Germany, Priessnitz saved a great many from death in Græfenberg; he did not lose a single case. In slight cases, tepid sitz-baths, of long duration—up to two hours—were sufficient, with constant rubbing of the abdomen and lower extremities; cold water being drunk in small quantities; injections aided the cure. In more serious cases, where convulsions and paralysis had already supervened, the patient was put into a half-bath and rubbed until the body got warm and steamed. After being dried, and resting a while, the patient was wrapped in wet sheets and sweated in them. Besides this, frequent tepid injections and sitz-baths, of an hour and a half long, cold water being of course slowly administered all the while.

Diet should be very strict; fish—eels particularly—fruit, salads, and fresh beer are injurious; it should be light and nutritious; cleanliness must be particularly observed, fresh air inhaled, dwellings and bed-rooms well ventilated.

Dr. Casper, in Berlin, was also very successful in curing cholera; his plan was this:—the patient, if his skin be dry and withered, is placed in a dry tub; if soft, with a clammy perspiration, in a lukewarm water bath, the water reaching up to the navel. Then four to five pailsful of quite cold water are thrown over the head, chest, and back, downwards; at the same time, two pailsful of cold water are thrown horizontally against the chest from the end of the bath. Every thing must be done quickly, and the patient then put to bed; the bath being repeated in three or four hours. In the interval, ice-cold bandages are placed on the chest and abdomen, and renewed when warm; the head is covered similarly with ice-cold compresses, to prevent an access of nervous fever, which often succeeds an attack of cholera. Cold water for drink, by which the dispo-

sition to vomit is much diminished, but increased by warm drink. Frequent baths and frictions will diminish, if not always prevent, the extension of the ravages of this epidemic.—*Dr. Smethurst.*

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## WATER-CURE JOURNAL.

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NEW-YORK, MAY 1, 1846.

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### DEATH.

It is natural for us all to desire an easy death; and it is a remarkable fact, that whatever may have been the pangs preceding dissolution, generally the closing scene is attended with very little or no suffering. It is true there are exceptions, but such is the general rule.

Anciently it was customary to contemplate death without terror. It was usually depicted upon tombs, and in other ways represented a friendly genius,—as Love with a melancholy air, his legs crossed, leaning on an inverted torch, the going out of the latter being beautifully emblematical of the gradual self-extinguishment of the vital flame.\* So, also, even after the naked and revolting skeleton, suggesting, as it does, such unpleasant ideas of the image of death, was selected as its emblem, it was a practice to represent the King of Terrors, so called, as passing before a newly married couple, the happy bride taking no cognizance whatever of his presence. Beautiful images of repose and tender sorrow were likewise invented to represent the state of death; and the terms used to designate burial places illustrated the same fact; the Greeks calling it "the sleeping place," the Jews, "the house of the living," and the Germans, with significant, no less than religious simplicity, "God's field."

According to all physiologists, natural death takes place only at a very advanced

age. Little by little, and almost imperceptibly, the vital powers wane away, until, at last, the individual sinks, as it were, to rest, and,

"Like a clock worn out with eating time,  
The wheels of weary life at last stand still."

What relation has hydropathy to this natural death? In the first place, facts prove that very seldom, if ever, will the judicious practitioner of water lose a patient attacked with acute disease, provided he be called sufficiently early to combat the malady. If this be true, how many, that under other modes die prematurely, could arrive at threescore and ten? In the present state of things, by far the greater number of deaths are caused by acute disease.

It is said that the new system is the means of bringing things back again to nature. We had, at a time, a very worthy patient, who bore unto her husband a child. She had naturally but a weak frame; but, by the judicious use of water, her health was greatly improved. Yet, in consequence of the defects of her constitution, it was to herself and physician a most dark and fearful night,—that in which her child was born. Frightful hæmorrhage had, in a few minutes, apparently well nigh swept this fair one from earth: but cold water, the great dependence of all practitioners in the time of these most trying scenes, proved wonderfully powerful to save; and, as the sun rose again in the morning, our patient smiled upon her new-born babe. In two days' time she was able to be about and to meet company. An old gentleman friend saw her, not being previously aware of her delivery, upon which he exclaimed, "How wonderful! Truly this is bringing things back again to nature. The Indian women bear their children almost without pain and confinement: and why not others?" The old gentleman's remarks

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\* D'Israeli's Curiosities of Literature.



struck us forcibly at the time, and we shall not soon forget them. The idea, *bringing things back again to nature*, is a glorious one; and this the new system is destined to accomplish. Men and women will yet be able to live on, like the beasts of the forest, until the end of their natural life, and finally pass away "without a struggle or a groan." Philanthropists, lovers of human kind, spread wide the principles of this reform!

#### FACTS FROM WATER PATIENTS.

"I have followed your directions, and, as you know, are wonderfully benefitted. My lungs seem, indeed, to have become very strong. I can endure, apparently, as much as I ever could in my life. There is considerable inquiry here about the Water-Cure. It was said, that if water cured me, it would cure any thing; but now the answer I generally get is, 'Well, I will ask my physician.' When they come to this conclusion, I stop short, and think with Bulwer, 'Alas, the world is doomed to rhubarb and the rickets.'"

"Having been reduced very low by a long continued violation of the laws of nature, and raised to a tolerable degree of health by the use of water and a change of diet, as recommended in the Water-Cure Journal, I feel deeply interested in the cause, and am anxious to do all in my power to further its spread."

"I am near 60 years of age. Ever since the cholera season, (1832,) I have suffered greatly,—at times more than tongue can tell,—horribly, beyond description. For a whole year, I have been so bad as not at any one time to be able to walk twenty rods. My disease has been called neuralgia. It affected almost every part of the system. About one year ago I fell in with a Water-Cure book. I at once left all medicine, and commenced daily ablutions; I likewise discontinued tea, coffee and tobacco, all of which I used to excess. Have not

eaten a single pound of flesh meat in the whole time; butter I have also omitted. I have improved astonishingly,—have gained in flesh, and am now better than I have been for many years. It seemed as if the whole stomach and alimentary canal were nothing but one mass of disease; but now my digestion is vigorous as need be."

"I have suffered from indigestion, palpitation, great sinking at the stomach, constipation, piles, head-ache, weakness of the nerves, awful depression of spirits, derangement of the menstrual function, and, in fact, more ailments than I can describe. I have followed now for three weeks the course you recommended,—a general tepid-bath once per day early in the morning for the first week, and thereafter two per day, (the second before the third or evening meal.) I have worn the wet bandage, covered with flannel, about the stomach. This seems to have strengthened the back a great deal and rendered me able to take much more exercise in the open air. The hip-baths, (two a day,) have aided much. I have not got to using the Croton water quite cold, and am more and more exhilarated by every bath. The change in my strength and feelings is most unaccountable. If I go on at this rate, I do not know where I shall end: with such improvement, it cannot be long before I shall be more healthy than I ever have been.

"I should mention, I at once wholly discontinued my tea and coffee habits. The change, as you told me it would be, was hard at first. You know I am a good patient, one that perseveres in all your directions. Butter, which I so much relished, I have left off altogether, and begin to doubt, myself, whether I shall ever need any more of it. I have never known before what it was really to relish food, certainly not for years, until now. My appetite, which was before so fickle, is now good enough, I assure you."

"It is now a number of months since you insisted upon my leaving chewing and smoking, tea, coffee, &c. I have bathed regularly every day, and am very

much improved. In fact, some of my friends, whom I had not seen for some time, hardly know me. I have one most troublesome crisis boil, which, as you know, never comes in the right place. I have not been so rigid in diet as you recommended, and as I should have been. I have supposed that this caused the boil to be worse than it otherwise would have been. However, I am quite well satisfied, for as I was, almost any thing for a change would be preferable. I cannot be mistaken that I am very much improved."

"Last October we made the first trial with the wet sheet, and with good success. As we have now obtained light by reading, we have adopted the system on various occasions. We have cured two severe attacks of fever by cold water, one upon myself, and the other a little daughter of ours three years of age, and that in two or three days, while the physicians, judging from all appearances, have taken as many weeks."

"I am continuing the treatment as you directed, two baths a day besides the hip baths; am wearing the bandages, and exercise more and more in the open air. Tea and coffee of course I do not take. The menorrhagia (profuse menstruation) which has for years weakened me so much, is certainly at an end now, for, as you hoped would for a time be the case, *the menstrual function has wholly ceased*. Friends may say what they will, I am not frightened, so long as I am gaining as fast as I have done. Years ago I would gladly have chosen death, but now my feelings are so elastic, so joyous! My happy girlhood has more than returned to me again. O what a blessed gift is pure clean water! Can it be possible that all this mental exhilaration, this buoyancy of feeling, and this physical enjoyment, shall be lasting?"

"I said the other day to our family physician, "Doctor, what is the reason of your looking so healthy and robust; you were always complaining of being sick?" "Do as I do, and you will be healthy as I am," was his answer. And pray what do you do, I asked. "I take two shower

baths a day, and have left off my tea and coffee; do you the same." "Well, I think I shall. What a pity we could not have known of this years ago," I answered.

#### PREMATURE CHILDBIRTH.

(Continued from page 156.)

*Second day after confinement, (Saturday.)* 11 A. M.—Mrs. S. appears to be very comfortable.—With the aid of a friend, had been up and changed her clothing. Pulse 84, complains of no pain of any consequence in the abdomen.

*Half past one, P. M.*—Having been under necessity of getting up without assistance, had fatigued herself, and thus induced a return of very severe pain in the uterine region. Dr. S. was sent for, when resort was had again to the hip bath, filled with cold water from the hydrant, which had with such wonderful promptitude averted the danger of puerperal fever, with which she was threatened on the evening of the previous day. As on that occasion, in less than five minutes the pain and feverishness was completely quelled. She was allowed to remain in the bath half an hour, and requested to abstain from food till evening.

5, P. M.—Patient doing remarkably well, cheerful—free from pains in abdomen, save now and then a very slight one,—some soreness on pressure—pulse 84—compressible.

10, P. M.—Had slept during evening—had taken a little nourishment. As some difficulty in passing water, and as occasional slight pains and soreness still continued in the abdomen, the cold hip bath, temp. 42 F. was again resorted to for about 30 minutes.—During this time the pulse was lowered from 80 beats in a minute to 70,—water was passed freely, and the pains put to flight.

After it, the patient continuing warm and comfortable—was directed, should there be any return of pains during the night, to seat herself in the hip bath which was left in the room.

*3d day (Sunday.)* 7½ A. M.—Patient had slept most of the night—looks bright—feels "very comfortable"—pulse 72—soft, and natural; had raised herself in bed without difficulty and washed. On account of some dysuria, the hip bath

was used for about 15 minutes, when water was passed more freely and copiously than at any previous time. Left seated in the rocking chair—sitting up occasionally; she says it has rested and refreshed her from the first.

Appetite good,—thinks even the plainest food would be relished. Breakfast to be as before—the toasted coarse bread soaked in milk, with a little scraped apple. Directed to take no nourishment at any time unless a decided appetite, nor then oftener than three times a day.—Is to take an enema and another hip bath in the course of the morning.

6, P. M.—Had continued to gain during the day—till, towards evening, it most unfortunately happened that an intoxicated man, mistaking the house, strayed into the room where she was lying, with no attendant but a young girl; seating himself without any ceremony in the rocking chair, with a lighted cigar in his mouth, he smoked away to his satisfaction, and then very deliberately composed himself for a nap. This strange visitor and the fumes of the tobacco had given poor Mrs. S. a severe head-ache, the first with which she had been troubled,—considerable nausea with paleness of face—cold feet, &c. A towel wet with cold water was applied to the head, and a hip bath ordered.

Half past 9, P. M.—Was rapidly recovering from the effects of the afternoon's unexpected visit—sat up a while.

Fourth day, Monday.—At 7½ A. M. found Mrs. S. sitting up in bed, sewing—pulse 75—had rested well—has a good appetite.—Breakfast to be as before—may safely take a hip bath any time when suffers from pain and is not made chilly by sitting in it.

Was able this morning to rise and walk about the room unsupported. Required no assistance in getting to the bath, bowels moved naturally—sat up several hours to-day, appears bright, pleasant and cheerful.

Fifth day, Tuesday.—Mrs. S. “feels to-day as much better than she did yesterday, as she did yesterday better than the day before.” Sat up, and was about the room nearly all day—continues the practice of daily sponging of whole surface and the

use of the hip bath.—At night retention having ensued from over-distention of the bladder, in consequence of an untimely protracted visit from some of patient's friends, Dr. S. was sent for and deemed it advisable to resort to the catheter, which she had frequently been compelled to use on former occasions, sometimes for months together.

Sixth day, Wednesday.—Mrs. S. appeared to be better in the morning—able to rise without assistance, to walk about, and even to sweep the room; catheter again required.

Seventh day, Thursday.—During the night, of her own accord took 3 or 4 cool hip baths, and found them refreshing and of service in promoting easy evacuation of the bladder.—At one time dropped asleep, and remained so an hour or more, sitting in the water. Pulse in the morning 62.—Dressed the children, and arranged the room herself to-day—and though a week had hardly elapsed since her confinement, felt *strong enough in the morning to go down stairs* and to do a half day's work in sewing, &c., from which she appeared to experience no injury. A few days after she ventured to ride down to the lower part of the city, and having since continued to improve, save an occasional return of an old difficulty, retention,—is most gratefully sensible of her indebtedness, under heaven, to Dr. Shew and Hydropathy for a far more speedy and pleasant convalescence than she ever experienced after any of her former confinements.

#### PREVENTION OF AMPUTATION.

Dear Sir,—Quite recently, a friend from the West, (Capt. Barney of Cincinnati,) related an interesting case of “Water-Cure,” which I think may not be uninteresting to your readers: “A soldier in one of our western forts received a wound in his hand, which became inflamed and swollen. The surgeon decided that the arm must be amputated, to save his life. The inflammation appeared to advance towards the shoulders, and all efforts to arrest it had, so far, proved unavailing. The time was appointed, and preparations were making for the operation. But the poor fellow, wishing to retain his right

arm as long as possible, asked the privilege of keeping it for another day. His request was granted: he wandered about sad and melancholy, with his arm in a sling, the pain being so intense that he found it impossible to sit quietly, or place himself in any comfortable posture. He had not slept for a week, except when under the influence of narcotics. After spending some hours in this distressing state of mind and body, he espied, a short distance from him, a clear spring of water, which came from a rise of ground by the way-side, formed into a stream by running through the bark of a tree which had been placed there for that purpose; he paused and gazed upon it, and imagined it would feel grateful and refreshing to his inflamed hand and arm. As all hope of saving it was gone, he thought he would indulge himself in letting this cool water run upon the wound; he accordingly removed the bandages, and sat down by the stream, and placing the diseased part so that the water could fall upon it. After remaining in this position some time, the influence of this cooling and soothing remedy caused him to fall asleep. He remained in this state of forgetfulness for two or three hours, and awoke free from pain. He arose and returned to the camp; and, on the bandage being again removed by the surgeon, he discovered a great and (to him) unaccountable change; the fungus flesh had sloughed off, and the inflammation had subsided; the arm had diminished in size; he continued entirely free from pain. The surgeon inquired what had been done to effect such a change. He told him; and his reply was, "You have saved your arm." J. W. C., M.D.

#### ACCOUNT OF VINCENT PRIESSNITZ.

BY THOMAS SMYTHURST, M.D., OF LONDON.

The place of Priessnitz's birth was Gräfenberg, and his parents were humble peasants, whose small estate he was early called upon to manage, his father having been struck with blindness, and thereby incapacitated from attending to the necessary duties. Temperately inclined, he was not long in discovering the virtues of the pure spring water which abounds in the neighboring woods and mountains, as

the best restorative after the many fatigues incident to a country life such as his; and the great spirit of observation with which he is naturally gifted, soon led him to discover its more valuable properties in healing. The first stimulus, I am authentically informed, which Priessnitz had, was through a man who was in the habit of visiting his father's house from the neighboring little place, Ludwigsthal, and whose business, iron and wire working, often caused him to get scratches and wounds in his hands and feet, which he cured by washing the parts well with cold water, and then putting linen rags dipped in water on them. This could not escape Priessnitz's penetrating eye, and he practised similar means in healing the bruises his people and the neighboring peasantry got in the course of their laborious occupations.—When still a youth, he had the misfortune to break two of his ribs by a fall from a wagon. The surgeons in the nearest small town, Freiwaldau, could do nothing for him: Priessnitz, confident that if he could but replace the bones, the rest would be an easy matter to readjust by the agency of water, left no means untried to effect his purpose, and at last succeeded, after many and painful attempts. He had now passed the climax of his sufferings; he assuaged the violent pain by putting cold water compresses on the injured part, and, aided by an undiminished natural healing power, he was soon quite restored to health and his wonted employment. This successful operation and brilliant cure established his fame in the neighborhood, and he was looked upon as Nature's doctor. The gift of discovering disease, and of judging correctly of the condition of the vital power in individuals, founded on a correct view of organic changes, seems to have been a gift of Heaven to this humble countryman. True, it is extraordinary; yet, *in rebus naturæ*, to the one, it is given to call forth the full harmony of sounds, a mystery to others, and an enigma to himself; to another, untaught, to answer the most abstruse scientific questions; as, among later instances, the case of Vito Mangiameli, who, yet a boy and unschooled, solves mathematical problems without mechanical aid, upon principles of which he

is himself not conscious. Thus Nature stamped Priessnitz a man of genius: her ways are wonderful. Man in his arrogance forgets nature, swerves more and more from her, and becoming intoxicated with the success of artificial discoveries, he forgets the innate and original impulse, or scorns to acknowledge it.—As a punishment, Nature often chooses her own means of revenge, and shows the wonders she can effect, unaided by the studies and researches of vain-glorious man.

But Priessnitz would never have become what he is,—the wonder of all Europe,—had he not been possessed of much energy and spirit, together with great presence of mind, another of his characteristic qualifications, and a very essential one. He has acquired the confidence of all seeking his aid, by the numerous cures he has effected, by the success and truth of his prognostications, and the firmness and calmness of his demeanour. All these things combined inspire an invalid to exercise patience and courage in the carrying out of the apparently somewhat rigorous cure. The obstacles he had to contend with were numerous. His success caused the envious doctors in the town of Friewaldau to oppose him by all means in their power. They denounced him to the local authorities as an empiric, practising the healing art without license, so that these were compelled, according to the letter of the law, to impose a heavy fine on him. Priessnitz, nothing daunted, appealed against this sentence: the penalty was set aside, and the Austrian government, in its anxious care for the health of its subjects, sent a commission of inquiry to Gräfenberg, among which were eminent medical men. The result of this investigation was all Priessnitz could desire: he was allowed to build an establishment and continue his practice, the commission having convinced themselves of the good effects of his system. Thus good came out of evil, as is often the case. The overcoming of obstacles thrown in his way but tended to inspire him with increased courage; the difficulties, to urge him to greater exertion; the doubts raised against him, to redouble his attention; and the increasing number of his opponents, to raise the

importance of his cause in his own eyes. Priessnitz and his institution, perhaps, would never have become what they are, but for the steeling power of opposition. He observed, studied, and improved his method, and from the treatment of outward ailments with which he commenced, he gradually proceeded to internal and more dangerous diseases. Priessnitz's natural spirit of inquiry became manifest; from the deductions and inferences he made during a long and abundant practice, he gradually progressed to the manifold applications of water, and to the compresses, which, according to the degree of wet they contained, and the time of application, were divided into anti-inflammatory, warming, soothing, &c. He found that this simple remedy could act in a twofold and quite opposite manner, and acquired the knowledge of using them among the other numerous applications with a high degree of skill, tact and advantage. By his long experience he formed a theory of his own, founded on the appearance and effects of diseases he had previously treated, and maintains that he is able to cure all diseases by the simple and various applications of water, which medical men declare curable by the aid of drugs: and he is right; nay sometimes, cases which have been given up by the faculty, are cured by the Water-Cure. There are, however, cases which he will not undertake at all; where organic malformations exist, where the individual has been long and plentifully treated with iodine and mercurial preparations, and some few others; for experience has taught him that the Water-Cure would be without result, where those medicines had been long in the system, as they quite destroy the activity of the glands, particularly those of the abdomen.

According to his view, the cause of disease lies in an alteration, corruption and stagnation of the secretions. It cannot be expected that an uneducated man, who does not possess a notion of the knowledge and aids of the learned in the development of such an idea, can give a scientific explanation of the correctness of his views; yet he is justified in his opinions by the results of his treatment. In performing his cures, his object is to diminish

and regulate the too violent acting and exertions of the healing power in inflammatory diseases; and to excite it, on the other hand, to more stimulating action in chronic affections, and thus remove the complaint. He has a method of his own of examining his patients, and it is in the strictest harmony with the individual application of his subsequent cure; he observes the whole person of the invalid, his demeanour, his movements, his looks, and his voice, all of which tell many a tale to a practised eye,—the more so, if the life of the individual has been moved by various passions. He listens attentively to the story of his patient, and if it is very long, sometimes forgets the beginning before it is completed; as the Spartans of yore in an oration of the ambassadors from Mycena: occasionally asks a question or two, frequently none at all; at the tongue he never looks, and the pulse he never feels. The most important guide for him, however, is his view at the first bath of his patients, which he invariably attends, and draws vast advantage there; he can at once form an opinion of the extent of disease and suffering, and of the state of bodily energy, which contributes much to the correct view of the disease, and an approximate prognostication of recovery. The part which has suffered most, the remains of former disease and treatment, are easily discovered; as also defects forgotten to be named, or from a false sense of shame intentionally omitted by the patient. Another highly important point, having reference to the sweating process peculiar to Priessnitz's system, must be added. The skin, one of the most important organs of the body, the true functions of which are so little known and less attended to, suffers material alterations in its colors, thickness, elasticity, its peculiar glossy appearance, capacity to bear warmth and to perspire, apart from the diseased formations on the same, and which are classed under the name of eruptions. What a number of various shades of color do we behold; from the milk-white of some hectic subjects, to the wanness of others; the yellow of the icterical, to the yellow greenish of the so-called black jaundice: how different also according to the parts of the

body. How dry and brittle, full of chinks, gaps and crevices, parched in appearance and rough to the touch, is many a skin. How relaxed with some, compact and firm in others. To all this must be added the degree in which the skin takes the water, whether it is wetted by the element equally, or whether it cleaves to the surface in drops on account of its greasiness. It strikes me that with all this, Priessnitz substitutes amply for what might escape him by his not examining the tongue and the pulse, were he acquainted with our method and knowledge. As a guide for a more profound knowledge of the exact state of the disease, we must add the first effects of the cure, as also the appearances which occur sooner or later, and which place the chance of recovery nearer, or more distant.

Medical men going to Græfenberg must form no unfit or incompatible expectations. Of the administration of any medicine there is no question there, whatever the disease and its fluctuations. In the great saloon there is among the rules of the establishment one which enjoins patients not to use any medicines, and a request to quit the institution if it cannot be withstood. In a similar manner, professional men are requested not to interfere with their advice in any cases, or to leave the establishment. Priessnitz is actuated in his cures by circumstances, and finds for every patient, and for every disease, somewhat different means and ways. Simple as these seem, we repeat, they must yet be administered, from their generally strong effect, with a great knowledge of the state of the malady, and great nicety of combination. It is indeed often surprising, how deep his acquaintance seems to be with diseased action, many examples of which I had whilst at Græfenberg.

#### INJURIOUS EFFECTS OF BLOOD-LETTING.

Dr. Physic, of Philadelphia, justly styled the Father of American Surgery, was attacked with the yellow fever, while that disease was raging epidemically in Philadelphia in 1797. It was a practice then much in vogue in that city, to bleed largely for this disease. Dr. Physic submitted to the barbarous mode, and, al-

though he recovered from the disease, he was ever far from being well afterwards. He was said never after to have passed a day without some sensation of pain, feebleness, and derangement of his system; sometimes a catarrh, at other times a head-ache, sometimes pains in the kidneys, sometimes dyspepsia, at other times dropsical swellings of the legs, and had always a small, feeble, wiry pulse, irregular, and indicative of ossification, or some other change about the left valves of the heart, precisely such effects as Magendie proved are caused by blood-letting. Dr. Physic continued to suffer greatly, until, at length, he died with anasarce or dropsy, his lower extremities becoming so enormously distended, that large openings were formed, and these finally ulcerated, and became gangrenous.

*Stomach, Liver, and Skin Disease, with Tic.*—After living from six to seven years in hospitals and anatomical rooms, and not attending very particularly to eating and drinking, I established the first stage of a stomach complaint. This was confirmed by about the same period spent in an extensive private practice in London, with the same want of attention to diet, &c. When I left London, my stomach would scarcely digest anything. I had tic doloureux, and a skin disease on both legs, which, by way of consolation, in the last consultation I had in London, a physician told me I might expect to see spread all over the body, for there was a slight appearance of it already in the skin under the whiskers. I spent about four years on the continent, passing the winters in Italy, and the summers in Germany—every year becoming worse. During the winter I wore two pairs of flannel drawers—ditto waistcoats—and a great-coat—and was always on the look-out for drafts of cold. For eighteen months before I went to Græfenberg, I had on an average rejected my dinner four times a week; but without sickness, and merely from its weight, and the malaise it caused. I tried the most approved systems of medical treatment—dieting; leeching, small blisters, lotions, and ointments of every description to the skin disease. I visited all the capital cities of

Europe, and consulted the leading men in them, but without any benefit.

I was altogether fifteen months under treatment by the Water-Cure, before the skin disease was completely removed—nine of these months very actively, at Græfenberg. When I left off the Water-Cure, I was robust, instead of a skeleton—my tic and skin disease were gone, and I had the appetite and digestion of a ploughman. Whilst in a crisis, the town of Friewaldau was on fire. I was out all night, wet, &c.; this brought on a violent fever. I treated myself with wet sheets, &c.; and in a few days I was well. I had afterwards intense jaundice from the passage of gall stones, and I again felt the benign influence of the Water-Cure. I have felt it since in being able to undergo labor that I was never before capable of, and I shall feel it to my last day as one of the greatest blessings that modern times has given to ailing man.—*Dr. James Wilson, of Malvern, England.*

*The Journal and Hydropathy in Wisconsin.*—*Mr. Isaac George* of Southport, Wisconsin, a man of industrious habits, depending on the labor of his hands for the subsistence of his family, has obtained more subscribers for the Journal, within the time he has been about it, than any single individual.

If we are not mistaken, many will hereafter thank him for his indomitable perseverance in inducing them to subscribe. If every town in the United States had one such advocate of the new system, as Mr. George, we should very soon have an entirely different state of things from what now exists. Many have done nobly for the Journal, but this example in particular, we felt constrained to notice. Mr. George will please accept our hearty thanks for the favors he has done us.

*Doctor Joslyn*, of the above mentioned place, we are glad to say, is doing wonders in the use of water. He is one of those liberal minded, independent, thinking men who is not afraid of investigating truth or of following its teachings, though it lead him in a direction differing from popular prejudice. We advise the friends of the cause in Southport to avail them-

selves of the services of Doctor Joslyn whenever they need them.

☞ With No. 12 of the Journal, we intend giving an index, and calling the series of twelve numbers a *half-yearly volume*. We do this for different reasons. In the first place, we need a larger edition of the paper than has been struck off. We can as yet, however, furnish all the back numbers. In the second place, we think that more good will be accomplished by binding up the half yearly numbers, the better to circulate them.

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This work is mainly composed of European cases, and are such as can be implicitly relied on. They are good illustrations of the Water Treatment.

☞ These three works we can send by mail to any part of the United States, and, under the new post office law, at a few cents' expense. The three together are afforded at one dollar. The Water-Cure for Ladies, at 50 cents, or the Hand Book and Facts, at the same price; either of which sums may be enclosed and sent postpaid by mail.

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