

THE

WATER-CURE JOURNAL.

JOEL SHEW, M. D., EDITOR.

"Wash and be Healed."

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NEW SERIES.

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VOL. I.—No. 4.

HISTORY OF VINCENT PRIESSNITZ.

BY CAPT. CLARIDGE.

Priessnitz's father was the proprietor of a small farm upon which the establishment we have been treating of is placed. He gave his son an education in accordance with the times and place in which he lived; but this was perhaps limited, in consequence of the blindness with which he (the father) was stricken in his advanced years, and of Priessnitz's uncle being a priest, so that in early life the cares of the family and farm devolved upon him. It is said that an old man who used to practise the water cure upon animals, and occasionally upon the peasantry, was much encouraged by the elder Priessnitz; that the latter invited him to instruct his son, and that it was from this source that Vincent Priessnitz obtained his first ideas of the cold water cure. It would appear that Silesia was destined by Providence to be the spot whence this great boon to humanity should extend itself to all nations; for so far back as the year 1730, the great Dr. Hahn, who resided at Schweidnitz, about 30 miles from Graefenberg, wrote a book on the virtues of cold water both for drinking and curing diseases; but as the book was completely out of print, until found on a book-stall by Professor Oertel in Bavaria, it is doubtful if Priessnitz ever obtained any information from

that source. Early in life, whilst engaged in hay-making, an accident which befel him was the principal cause of the dispensation of one of the greatest blessings to suffering humanity; he was kicked in the face by a horse, which knocked him down, and the cart passing over his body broke two of his ribs. A surgeon from Freiwaldau being called in, declared that he could never be so cured as to be fit for work again. Having always possessed great presence of mind, and an unusual degree of firmness, the young Priessnitz not being pleased with this prognostication of the doctor, and being somewhat acquainted already with the treatment of trifling wounds by the means of cold water, he determined to endeavor to cure himself. To effect this, his first care was to replace his ribs, and this he did by leaning with his abdomen with all his might against a table or a chair, and holding his breath so as to swell out his chest. This painful operation was attended with the success he expected; the ribs being thus replaced, he applied wet cloths to the parts affected, drank plentifully of water, ate sparingly, and remained in perfect repose. In ten days he was able to go out, and at the end of a year, he was again at his occupations in the fields.

The fame of this extraordinary cure soon spread abroad amongst his neighbors, who came to consult him when any

accident occurred. By means of treating their diseases, and occasionally those of cattle, he acquired a better knowledge of the virtues of water, and ventured upon more serious cases. This soon gave him renown, so that his house was beset with persons rich and poor, begging his advice. From having watched so many diseases with his observing eye and inquiring mind, he soon acquired the knowledge requisite to detect them by their symptoms. Having no remedy but plain spring water, no theories to puzzle his brain, and no guide but nature, which spoke to him the more clearly because there was no art to stifle its voice, he soon perceived the defect of the present system of diet and mode of treating diseases, and found out by the various applications of water, means of remedying most of those bodily evils which mar our happiness in life.

Priessnitz's renown soon brought down upon him the envy of his neighbors and of the people of Freiwaldau, who were very ready to become his persecutors. Many imagined that an access of strangers would enhance the price of comestibles, some were jealous of his fame, others imagined him possessed of an evil spirit, but the foremost or most prominent of his adversaries were the medical men. About this time he had effected cures on a great number of people, when the doctors resolving to put an end to his quackery, as they called it, denounced him to the authorities at Vienna, alleging that the sponges used in ablutions contained some medical property capable of producing these wonderful cures, which, if true, would have put him under the jurisdiction of the law. The sponges were decomposed, and the fallacy of the allegation proved before the tribunal, in a question as to the cure of a certain miller. This man had been a martyr for years to the gout. The doctor declared that the man was indebted to him for his recovery, whilst in reality he had been restored by Priessnitz. On being questioned by the judge as to who had cured him, he replied, "Both; the doctor freed me of my money, and Priessnitz of the gout;" this caused a laugh against the doctor, and put an end to all cavils of the faculty.

The Austrian government, perhaps the

most jealous in Europe in allowing the assembling of the people for any purpose whatever, and particularly violent against empirics, or the sale of any medicine by any others than regularly certificated persons, sent a commission of inquiry to Graefenberg. This commission found that the only agents there employed in the curing of disease were cold water, air, and exercise; and they had such evidence of its beneficial effects, and the total absence of all danger, even in the most advanced stage of disease, that, on their report, the government allowed Mr. Priessnitz to continue his praiseworthy operations. Since that time, he has been honored with the friendship of some of the Royal Family, and by very many of the first people of the empire.

From the commencement of his mode of cure to the present time, there have been no less than 7000 persons at Graefenberg to seek his aid; that is, from 1829 to 1842. This does not include the numbers whom he treated before he regularly declared his intention of devoting himself entirely to this science, nor the people of the neighborhood, to whom, whilst he yet conducted his farm, he devoted himself with such assiduity, that what with his labors in husbandry, and in the relief of the sick, which latter occasioned him to go long distances and return on foot, in all weathers, by night and day, he very much endangered his health. For a long time he complained of weakness and pain in the chest. It is, however, gratifying to find, that since he has accustomed himself to ride on horseback, which he always does when going anywhere, and has made use of his own cold fomentations, or umschlags, for his chest, he has been quite restored. As his habits are so simple, (going to bed early, and rising in summer at four, in winter at five o'clock, and immediately plunging into a cold bath,) and as he knows how to ward off colds, or any other acute diseases, it may fairly be hoped that he will live to an advanced age. On the 4th of October, 1841, he attained his forty-second year; but, from the causes we have stated, he appears somewhat older. Notwithstanding his astounding success, his accumulation of wealth, (of which he is now said to pos-

ness upwards of £50,000) and the manner in which he is courted and respected by the first nobles in Germany, Mr. Priessnitz retains all the humility of his former humble station. It is the custom in this country with the peasantry to kiss the hands of their superiors, on entering and leaving a room. If ladies are present, he never omits doing this. He is a man of deep reflection, and of few words, for he says but little, and rarely promises any thing; consequently, his words when spoken are considered as sacred by high and low, as the responses of the Delphic Oracle. Many people complain that he does not talk enough, and doctors who come here to learn the treatment, say that he never explains any thing to them. With respect to the first allegation, it must be evident, that a man who has all the year round from 500 to 600 patients, besides the peasantry of the neighborhood that may require his aid, cannot have a great deal of breath to throw away. Let any person speak to him on his own or his family's case, and he will find his reply that of a man of profound sense,—a reply that he, Priessnitz, never wishes to retract, and for which he will give his reasons in the most unaffected manner possible. But with respect to the second complaint, it must be avowed that he has no very great regard for medical men, because no one has suffered more from their vindictive feelings than himself; besides, he has ever found it a work of supererogation to endeavor to dispossess them of their prejudices; nor has he time or inclination to enter into disputes upon a mode of treatment which he knows, as directly emanating from nature, to be always true to itself. He has frequently witnessed the conduct of medical men who came to inquire into the mode of treatment, who took a carriage at Freiwaldau, went up to Graefenberg, looked at the baths, the douches, rooms, &c., and proceeded home to decry a discovery of the merits of which they knew nothing.

That Mr. Priessnitz has founded some sort of theory on his mode of treatment, after so many years of successful practice, and with the help of that inquiring genius, and that natural imperturbable calmness which so particularly distinguishes

him, there can be little doubt; and this theory has never failed him in his treatment of the most complicated diseases. But he has no time for writing; and if he had, he would find it extremely difficult to explain himself; since it is an extraordinary fact, that no two cases are treated exactly alike. There is no doubt that Mr. Priessnitz owes all his experience to his utter ignorance of medical science, which, indeed, is his greatest advantage; for what does the history of medicine offer, but the discouraging picture of the instability of principles, and a series of theories succeeding each other, without any one of them being able to content an upright spirit, or satisfy an inquiring mind?

We can hardly expect, however, that Mr. Priessnitz will ever attempt to give the world any medical or systematic details. This is only left to intelligent persons and young medical practitioners, who should observe all that is observable, and communicate their observations, so as to form a whole of that which is most important. Fortune and fame will be the reward of any of our students who may go to Graefenberg, and study the proceedings of this extraordinary man. To do this effectually they must be possessed of patience, as it can only be studied on the spot; nothing but danger would result from acting on the dicta of books, as will be shown by the following case whilst the author was at Graefenberg. A person who had recently lost his wife and two children, was attacked with brain fever. Mr. Priessnitz ordered him a tepid bath, in which he sat, and was rubbed by two men, who were occasionally changed. The man became so deranged, that it was with difficulty he could be kept in the bath: in ordinary cases this disease succumbs to the treatment in two or three hours; but the patient in this case became speechless at the end of this time. Mr. Priessnitz, with that coolness which is so leading a feature of his character, said, "Keep on, until he either talks much or goes to sleep." The latter the man at last did, but not until he had been in the bath for nine hours and a half; that is to say, they commenced at one o'clock in the day, and the patient fell asleep from exhaustion at half past ten at night: he

was then put to bed, and next day the fever left him, and, though weak, he was able to walk about. A similar case had not occurred at Graefenberg for nearly three years. This shows the difficulty of any one practising who has not well studied the cure. If the practitioner had become alarmed after the first two or three hours, and had taken the patient out of the bath to try some other method, the consequences might have proved fatal. Many doctors have been there, some on their own account, and others on that of their respective governments, who, after a residence of three or four months, went away imagining that they were as great or greater professors of the science than Mr. Priessnitz, and that they perfectly understood the treatment. On arriving at home they have opened institutions, and Graefenberg exhibits at this moment many melancholy proofs of their total ignorance of even the first principles of the science. The mere application of cold water, in a variety of forms, appears so simple, that one constantly hears people, who do not even understand the composition of that element, pretend that, when they arrive at home, they shall be able to doctor themselves and their friends; but this will be found a dangerous experiment.

(To be continued on page 65.)

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

May 10th, 1840.—The day has been mild and warm, and the rain fell in torrents for several hours. During the shower I put on my old clothes and went to a retired part of the grove near town. There, having taken off my hat and coat, and put them in a dry place, I exposed myself to the rain about two hours, being careful, however, to keep constantly in motion by running, walking, singing, etc., according to the movings of the spirit. This being done, I put on hat, coat, etc., and returned to my room in a state of gentle perspiration. Here I rubbed myself most thoroughly about twenty minutes with a coarse dry towel, and put on a dry suit. This done, I spent the re-

mainder of the day in a very calm and happy state of mind.

At night I had a craving appetite, ate very heartily, spent an hour or two in conversation, and went to bed.

May 11th.—I slept very soundly last night, and waked this morning at six, feeling remarkably well, with the exception of a slight soreness in the throat and some cold in the head. On rising, I bathed my head, neck, and feet in cold water, and rubbed my body and limbs about twenty minutes with a coarse wet towel, followed by a dry one. While bathing, my head became clear, and I was relieved of the pain in my throat. Breakfast relished well, and I have been in fine spirits all day.

May 15th.—Have been better than usual for the last two or three days, but am again suffering with general debility, indigestion, cold extremities, sore throat, nervous faint, sleepless nights, and sad forebodings.

May 25th.—Bathed neck and feet in cold water, and rubbed body and limbs with a coarse wet towel, in the morning, and felt much strengthened and refreshed thereby, but am in a state of mental and physical suffering and prostration this evening.

June 10th.—Accidentally met with a doctor of some eminence in his profession. I made a statement of my case, to which, with a smile on his countenance, he replied, "You have the blues, Sir. Be cheerful, take more exercise and eat less, and you will get well."

SOLILOQUY.—True, I have the blues. And who, caged up in a body as disordered as mine is, would not have them? "You have the blues!" Yes, I have the blues, and for *them* I want a remedy. "Be cheerful!" Why did he not say, "Be well." Such a reply would have been quite as full of reasoning and equally as comforting as the one he made. These blues, this disease of the mind, have their origin in a diseased body, and why does not the doctor prescribe accordingly? And again, what is there peculiar to dyspepsia, bronchitis, and kindred disorders, that they should be treated so lightly and laughed out of countenance, while other complaints of a much less serious charac-

ter are honored with very marked attention? "You should take more exercise!" Do I not exercise every day until I am so exhausted that I can with difficulty get to my room? I am not lazy by nature. But "you should eat less!" Have I not reduced myself to a perfect skeleton by living on low diet? For the last six months I have subsisted almost entirely on bread, meat and buttermilk, and still I am no better. Do the doctors understand the nature of my complaints? It is now five long years that I have been suffering with many maladies, and never yet in one single instance have they, though often consulted, given me any permanent relief.

[To be continued.]

(From the *Phrenological Journal*.)

EFFECTS OF WATER IN HOT CLIMATES.

The following is from a sea captain, and can be relied on.—[ED. JOUR.]

Mr. S. R. Wells: Dear Sir—As facts are the only foundation of theory, perhaps the following statement of occurrences, during a late visit to Calcutta, may be of some value. I arrived there in February last, at which time the weather began to grow hot. The thermometer generally above 80°, and when I left in the middle of May, the heat had increased so much, that for the last three weeks the thermometer was rarely below 85°, and often up to 100°. On arrival, I was told, that walking about in the sun was almost certain death to new comers, and that those who tried it, were invariably obliged to resort to the use of carriages, like the resident foreigners, who always use covered carriages when they go out.

But I saw that the natives exposed themselves to the sun, often naked, except a cloth round the waist, and frequently bare-headed; and seeing no reason why I could not stand it, as well as they, I determined to try it.

I usually went ashore about 9 or 10 in the morning, and walked about, until 1 or 2 in the afternoon, with no other shelter than occasionally an umbrella, when frequently the thermometer would stand 140° in the sun, and the heat, rising from the ground, would feel like the air from an oven.

This course I followed for nearly three

months, enjoying perfect health all the time, while the ship's company, of thirty-two persons, who were much less exposed than myself, were all more or less sick with fevers; sometimes six or seven in the hospital at once, and those who were well, very much enervated. Three of them died, two of the cholera, which, during the last three weeks of my stay, was raging fearfully, hundreds dying in a day.

Now, the only way which I can account for the good health which I enjoyed, while my whole ship's company was sick, is this:

While they made use of a meat diet, and drank tea and coffee, I confined myself to vegetable food, as had been my custom for some time previous, and avoided every thing of a stimulating nature. I also bathed every morning, and when I came on board, weary with walking, and my clothes saturated with perspiration, I used to go into the cold water for ten or fifteen minutes, and come out with new life infused into the system. I also bathed in the evening, and although the nights were as hot nearly as the days, invariably enjoyed sound and refreshing sleep.

I found the practice of the natives to be similar in these respects. Their principal article of food is rice, their drink water, and it is part of their religion to bathe several times a day.

The Europeans who reside there, on the contrary, use a great deal of meat, season their food very highly, drink tea and coffee, and most of them, spirits, wine, and beer.

When we see the former exposing themselves to the heat of the sun without injury, while the latter, though larger and stronger men, are sure to suffer from such exposure, the inference seems naturally to follow, that the difference is the result of different modes of living. It is true that the cholera carries off great numbers of the natives, but this seems to be occasioned by their being crowded together in great numbers, in small illy-ventilated apartments, in narrow lanes, and their habits being filthy in the extreme. Such being the case, in the intense heat of that climate, the wonder is, not that so many die, but that so many escape.

As an instance of their power of endu-

rance, while living on vegetable food, I may state, that a friend, who had lived several years in the interior, assured me that it was common for them to travel fifty miles a day, eating only rice, and drinking water.

By the way, the water-cure seems to be gaining ground rapidly in that country. I conversed with several, who had applied it with the best results, and saw a statement from a surgeon in the interior, who had used it in two cases of cholera with perfect success. I. KENNY.

IMPORTANT CASES OF CURE—BY DR. SCHIEFERDECKER, OF PHILADELPHIA.

I. Suppression of Menstruation and Dropsy.—In the latter part of the year of 1839, Miss S. N., of this city, a tall, good looking and well formed girl, at that time 17 years old, took a large quantity of strong vinegar for the object to suppress menstruation, that she might be able to attend a ball. The night of the ball she caught also a very severe cold, and suffered since that time, (though she had been already regular since about 18 months,) dreadfully the consequences of a total suppression of menstruation for seven months, during which time a great variety of medical palliatives were administered to her. In the eighth month appeared some signs of a return of the menstruation, but the whole body in general, and the sexual system in particular, had so much suffered by the drug-poisons, that a nearly constant flowing of a watery and blood-mixed substance from the uterus took place. The formerly healthy, elastic body of the poor victim of folly and science, wasted away, and the skin, before well-rounded by full muscles, was soon stretched out by dropsical fluid; the legs swelled to the thighs; the chest was filled nearly to suffocation, and a hectic cough had taken place. Allopathists, Thompsonians and Homœopathists, exhausted their dreadful treasure of poisons without any relief whatever for the poor victim, and despair drove her to Nature's only true Panacea—Cold Water. Although I dreaded to undertake the treatment of such a desperate, almost hopeless case, I was induced by compassion for the poor sufferer, and the entreaties of an almost frantic mother, to

try the water, this best gift of kind Providence. I knew but too well that a failure would be hailed with exultation by some of the disciples of the drug-schools.—On the 30th of May, 1844, Miss S. N. came to my house, and left me on the 15th of August of the same year, after a very difficult and critical treatment, perfectly restored to her former blooming health and vigor. Wet sheets, very little sweating in the beginning, bandages, rubbings with wet and dry sheets, shorter and longer sitting-baths and foot-baths, were the means used: severe crises appeared, which consisted in repeated eruptions, diarrhœas, vomitings, and at last in a complete falling off of the skin, and some flesh parts from the hips up to the region of the breasts around the whole body. The swelling at this period was nearly unbearable.

II. Case of Diplopia—(Double-Seeing.)—Lewis Kieokler, a young mechanic, of a powerful constitution, was attacked by Diplopia, (viz: he saw every thing doubly, one object over the other); it seemed to be the consequence of too much straining of the eyes by too clear light, with at the same time a symptom of a deeply-hidden local nervous debility; but there existed no real disorganization. The most renowned drug-practitioners of Philadelphia were tried for about half a year, with no other success than a daily increased debility of the otherwise powerful frame of the patient. A treatment of four weeks, consisting in slight sweating, full baths, pouring buckets full of water over the head and neck, bandages, head, eye, and sitting and foot baths, as well as the douche once a day for eight minutes, on the neck and back, in my establishment, and a continuance of some local applications at home, restored the patient, so that he undergoes all the hardships of his trade with all his natural former strength and ease.

III. Chronic Bronchitis.—I use this appellation of the disease only because it is the most known, not because I consider it a correct one. Miss E. F., a lady of good circumstances, and about 25 years of age, unmarried, and of a very delicate frame, suffered what was called bronchitis, depending on difficulties and weaknesses of the urinary and sexual system, and was

treated, or, better *mal-treated*, "secundum artem," until consumption had apparently taken hold of her. Professor S. Jackson, as allopathist, and Dr. Hering, homœopathist, and a host of other distinguished drug-practitioners, had for years exhausted all their skill without any success. The patient was fast sinking, when she fled to a cold-water-cure. She began the cure at home on the 21st December, 1844; came in my establishment on the 27th January, 1845; and finished her cure in August of the same year. Vomiting, eruptions particularly round the neck, and diarrhœas, were the crises. I used the whole extent of hydropathic means. Remarkable is it, that some enlightened members of the faculty, as soon as Miss E. J. grew fleshy, declared this *dropsical swelling*; when she got a healthy, rosy color, pronounced this hectic flushes; and now, after she is restored to health, say very gravely: "*O, nothing did ail her, only exercise was wanting.*"

Your obedient co-laborer,

DR. SCHEFERDECKER.

Philadelphia, Dec. 15th, 1845.

CASE OF UTERINE HÆMORRHAGE.

To the Editor of the Water-Cure Journal:—

The following, I trust, will not be unacceptable to your readers.

In 1832 I had a case of uterine hæmorrhage which the common medical treatment had no power to stay. The patient was of nervous temperament, very much weakened from various abuses. Her first child was then four months old. Remedial means were tried for a considerable length of time without making any impression upon the complaint. At length the patient and her friends became greatly alarmed at the loss of blood. In this state I saw the patient, and ordered a deep sitz bath from a very cold well. She remained in this bath half an hour, and then was wrapped about the abdomen and limbs in a wet sheet. The use of the sheet was suggested by the inefficacy of napkins to produce sufficient chill. There was at first but slight abatement of the hæmorrhage, and I ordered the half-bath for two hours. The 4th day from the commencement of the treatment, the patient was able to go about her ordinary duties,

though very much weakened. She had no recurrence of the flooding for some months, and then it was directly traceable to the same excesses and nervous abuses which had produced the first attack. During the second attack, she applied cold water, as before, and added pounded ice, or snow, applied to the lumber region of the spine. After treating herself for a time in this way, she recovered, but the general weakness of her system, joined with nervous abuse, induced an abortion some months after. She was now again at Death's door, from hæmorrhage. By judicious treatment, she recovered; but the habit of aborting had become confirmed, and for several years she was often in a precarious state—having frequent abortions. Having at length become enlightened as to the effect of conjugal excesses and various abuses, she began manufacturing "the capital of health" by the abundant use of water, joined with a very simple mode of living, and avoiding bad habits. She did not abandon animal food, but was sparing in its use, and used no condiments, *wholly* refraining from salt. The consequence was, strength to bear healthy children, *with no more disposition to hæmorrhage than if the weakness had never existed.*

MARY S. GOVE.

ERRATUM—Page 38, last number, in the case of Typhus Fever, read "Weare, N. H." instead of "Ware, Mass."

M. S. G.

COST OF TOBACCO.—A wood-sawyer, we hired a few days ago, complained that the times were very hard. He couldn't get any clothes fit for him to go to hear the word of God. "What do you smoke that pipe for," we asked him. "It is good for my consumption," (putting his hand to his stomach.) "Indeed, who told you so?" "The doctors." "Well, sir," said we, "the poison *tobacco* is your consumption, and it is one of the very worst things you can take; and you drink tea and coffee, do you not?" "Oh, yes, they make me so strong?" "These are all injurious, and should not be used," we told him; upon which he put forth a knowing look, and said, "Sure, and the tobacco alone costs more than rum."

WATER-CURE JOURNAL.

NEW-YORK, JANUARY 15, 1846.

CASE OF PREGNANCY, CHILDBIRTH, AND INFANT TREATMENT.

(FROM THE EDITOR'S NOTE BOOK.)

12th mo. 12th, 1845.

Was called in the night between one and two by Mr. Brown, living at 40 Oliver street, to visit Mrs. Brown, then in labor. At the beginning of the evening previous, Mrs. B. began to experience premonitory symptoms—took, as usual, a sitting bath, reclined upon the bed and slept about three hours, when she was awakened at ten o'clock by labor-pains. These occurred regularly until the time of our arrival and onward, growing more and more effectual until four in the morning, at which time she gave birth to a fine healthy daughter. The afterbirth was cast off in a few minutes, after which Mrs. B. felt easy and inclined to rest. After being made comfortable, she was desired to sleep awhile, and was told that she would be refreshed and invigorated by an ablution after sleep, and that she would be able to sit up a short time by the way of a change.

9 A. M.—Returned to see Mrs. B. Found her quite comfortable, after-pains slight; had slept a part of the time. From the commencement of labor she had drunk as freely of Croton water as was desired—had drunk nothing but cold water for about a year. Had she been accustomed to warm or hot drinks there would have been a liability to increase of after-pains by taking cold water. In such cases the drink must be warm, unless there is much feverishness and thirst, in which case the cold drink would be tolerated and most agreeable. Appetite was good. Mrs. B. said she could relish anything; was very fond of Indian mush, with a little syrup; thought she had better not take anything till dinner

time—she would drink water and be on the safe side. To this I of course agreed. She felt none of the giddiness, nervousness, great weakness, and depression of spirits she had always felt after childbirth before. There was now and then a slight after-pain. I said, "Now Mrs. Brown, you would be refreshed by the tepid, towel, or rubbing bath." "I know I would, I should like it very much," was her reply. I then explained to the mother of Mr. Brown (who kindly acted as nurse.) how to perform the ablution, viz.: by rubbing the whole surface piecemeal, with towels wet in water slightly tepid, keeping the body well guarded all the time from chill. The very excellent old lady said, "Doctor, she (the patient) is getting along remarkably well, but this is all new to me, and as she has a mother who is much opposed to the new treatment, I must be excused." I said, "Very well, we will excuse you, and as Mrs. Brown is so well, we will wait till evening. Meantime she will sit up little by little, drink water when she feels an inclination. She will take food once to-day, that is dinner, and I will come again by evening."

7 P. M.—Returned again. Mrs. Brown has been sitting up and bearing her weight at different times during the day. She ate of the plain favorite dish, Indian mush, and molasses, with a small piece of dry bread and water to drink. The bread tasted very sweet, the appetite was so good. The husband had now returned, and the bathing could be carried out. A wash-tub was brought into the room, and placed before the fire to be warmed. At the same time, water, warm and cold, was procured. A stick of wood was placed under one side of the tub, and thus the two-fold object of a hip and general rubbing bath could be carried out at the same time. Mrs. B. walked to the tub, and her husband aiding, took a good bath. The water was made

mild, of about 80° or 85° F. ; while sitting in the bath, the body being well guarded all about with blankets, a good deal of rubbing was practised upon different parts of the system, and particularly the back. This had the effect of promoting after-pains, and of strengthening the part, and in fact the whole system very much. The lower extremities were, of course, outside the tub, and those were bathed afterward. A night bath of this kind at such times seems, indeed, to increase the strength tenfold. Pains are relieved, the nerves strengthened, the spirits improved, and a wonderful change wrought. Left Mrs. B. in good spirits, with the prospect of pleasant dreams and a good night's rest.

Second day, Sunday, between eight and nine A. M.—Mrs. Brown slept well during the night, and until late this morning. All were in bed so long, and as Mrs. B. appeared so well, it was thought best, for want of time, to omit the general bath until towards dinner. Told her that, for a change, it would be better to go occasionally to other parts of the house. But to be careful not to overdo, or to be up too long. At any time, pain or weakness was felt in the back, a good rubbing of the part with the wet hand or towel, would prove very serviceable. Requested Mr. Brown that an enema of tepid water be administered. This could be repeated twice if necessary to cause the desired effect.

At 6 o'clock P. M.—Mrs. B. has eaten to-day sparingly twice, a breakfast and dinner, the last with her family. Has walked up and down stairs without inconvenience or assistance.

Third day, Wednesday, 11 A. M.—Mrs. B. rested well last night. Feeling a little fatigue the preceding evening, she concluded to omit the bath. It would have been refreshing, however, but this morning she feels remarkably well, and has been doing light work. Has been up nearly all the

morning. Took the sitting and general rubbing bath early before breakfast. Was cautioned not to be up or to do too much. Food to be plain as usual, and to drink cold water.

7 P. M.—Mrs. B. has been up most of the day. Appetite remarkably good ; thinks she took a little cold by sitting unconsciously in a draught of air from an open window, while at the dinner table. A carious tooth commenced aching, which proved a warning. There has been some feverishness, probably nothing more than milk fever. This will be prevented by the tepid bath, the latter to be repeated as often as the feverishness returns, if such should be the case. There has been some caking and pain in the breasts. The pain is effectually removed by perseverance in placing very warm or hot wet napkins upon the breasts, covering these with dry warm flannels, and repeating them very often until the pain is relieved. Breasts to be well drawn, and the bowels moved by a full injection of tepid water. If Mrs. B. perseveres as she always has, she will have a good night's rest.

Fourth day from childbirth.—Mrs. B. rested well ; continues the baths, plain diet, sitting up, and moderate exercise, as usual, and is progressing rapidly towards firm health and strength.

Fifth, Sixth, and Seventh days.—Mrs. B. proceeded cautiously, and with the most favorable results.

Eighth day, 11 A. M.—Mrs. B. has been about all the morning, has been giving way to her great propensity to industry, and has been practising at the wash-tub. She is one of the best of God's creatures, and does not believe at all in idleness. She would labor because to labor is doing good. The only danger is that she may do too much.

Ninth day.—Mrs. B. is about as usual,—feels that she has an abundance of strength to walk some distance in the city.

She could walk out without impunity, notwithstanding the weather is very cold.— But it is thought best on the whole, since she is so much about house, and pays so much attention to bathing and ventilation, that she will remain indoors yet, a little, and the more particularly as her worthy mother, who is in a very feeble state of body, is greatly concerned on her daughter's account, fearing that some terrible calamity will yet come upon her, notwithstanding the most remarkable success of her management thus far. It cannot be possible she believes that pure, simple water, without any danger or mischief, can accomplish so much.

M. s. B. says that at the end of three weeks from the birth of the child next older, when beginning to attempt to sit up, she was weaker than she has been at any moment since the birth of the last one. With all her children she has been very weak.

MANAGEMENT DURING PREGNANCY—
Further Remarks.—Some, we presume, will be anxious to learn our views on water treatment, as applicable during the time of pregnancy. Although we must write very hurriedly, and amid many cares and attendance on the sick, yet we hope we shall in so doing, be the means of causing at least some good. Poor, suffering woman, as things are, how much art thou doomed to endure! Heaven grant, that now in another sense as well as in the moral, "the truth shall make you free."

Bathing is peculiarly useful during the period of pregnancy. This is a time in which it is more necessary certainly to use water than when in ordinary health. Pregnancy, although a natural process, is in the present state of things attended with various illnesses and indispositions. The daily bath should be taken, and often, especially in the hot season, two or three ablutions per day will prove the more useful. Short sitting-baths, for the tonic or strengthening effect, should be taken at least daily, and two or more times each day would be preferable. A little experience in each individual case, will prove a good guide. The sedentary, and those who are compelled to remain much within doors, need more baths than the more active. For pains, nervous and unpleasant

feelings, and for support, the body bandage is often made useful. The cooling tonic effect is more generally needed. Care should be taken that the bandage does not become too warm, else weakness ensues. Good judgment is needed in the application.

The Bowels.—A great amount of mischief is caused in pregnancy by allowing irregularities of the bowels. Constipation is the most common difficulty, but diarrhoea sometimes occurs. The bowels should always be regulated as far as possible by food, exercise, habit, and the external uses of water. But in any case of irregularity, whether in the form of constipation or diarrhoea, full clysters of water, two pints, more or less, should be taken. The water may be made tepid and pleasant, especially in a too laxative state of the bowels.

The Food and Drink.—Food should be plain, but no great change should be made at this time. The food must not be too rich. Fine flour should not be used as a habit in any form. Fruits, as a part of the regular meal, should be taken freely. Apples, pears, peaches and the like, are composed of about 90 parts to the 100 of pure water. They are cooling, refreshing and salutary, except in some few cases of exceedingly weak stomachs, and even in these, the fruit is well borne after a little practice. People sometimes think they cannot eat fruit at all, because they cannot eat a great quantity at a time. A smaller portion must then be taken. Some must begin with a very small piece at a time. We have known persons who could not at first take more than one-eighth or sixteenth of an apple without experiencing great inconvenience, and yet by daily practice, such persons have at length proceeded well in the use of fruits.—Fruits, good, light, coarse bread, potatoes, rice, and other farinaceous articles, with a little milk—these are the best in pregnancy. Avoid at this time, if ever, all manner of greasy and gross food.

The drink should be only pure, soft water. No drunkard is ever killed by quitting suddenly his accustomed stimulus; so no one is in danger by leaving off at once tea and coffee. If warm drink must be had at first awhile, use only bar-

ley coffee, crust coffee, or the like. Possibly a drunkard might better "taper off," than quit all of a sudden, but the trouble is, he never gets to the "small end." It is quite the same with tea and coffee-drinkers, tobacco-users, opium-eaters, pill-takers, &c.

Cravings for food and indigestible things.—Many suppose that the cravings sometimes experienced in pregnancy must all be answered, else the child is liable to be marked. This we know not much about, but what is better, we do know how to prevent the cravings. A good, cold bath, whenever these are felt, is one of the modes. Drinking large quantities of cold water, thus cooling the fevered, craving stomach, silences it for the time, and the prescription is to be repeated as often as the symptom returns. Much harm is done to the health by giving way to these unnatural, whimsical, morbid cravings.

Nausea.—This not unfrequently occurs in the earlier months of pregnancy. It is more owing to excess and bad quality of food, than any thing else. The drinking of pure cold water (soft water is best,) quickly puts an end to nausea: either it ends at once, or vomiting is caused by the water; which, of course, with a draught of water after it, brings relief. Drink water instead of the third meal, and much of the symptoms will be prevented thereby.

Exercise.—This we must insist on strenuously,—not too much at a time, as some are apt to do, but less and often, so that on the whole a good share is taken. Some exercise a great deal too much at once, and then wonder why they are so much fatigued. Do not overdo, but yet it is by far better to become considerably fatigued than exercise too little. Fatigue, when not too great, favors sound and refreshing sleep.

Sleeping during the day.—It is often advisable for those who are pregnant to sleep awhile before dinner, or towards evening, if it is necessary to be very active or up late in the evening. A half hour's sleep, with loose clothing, an empty stomach, and before a meal, is often very refreshing—much more so than a long sleep after the meal, as some are wont to do.—Never lie down or sleep, until some time,

two hours, but still better three, after a meal.

Mrs. Brown, whose case we have above related, observed, to a praiseworthy extent, such rules as we have here given. It must be observed, however, that like the great majority of industrious persons, she had too many duties to perform—too many cares upon her mind for her feeble state of health.

The sudden loss of a beloved child, (an only daughter,) about the commencement of pregnancy, affected her much. It died, alas! under the old and often destructive modes of physic, and before the parent's attention had been drawn to the subject of water. The health of Mrs. B. has for years been delicate, of late years very much so, considerably below the average health of mothers.

It is now (Dec. 27th) the *fifteenth* day since her childbirth, and she is about, day by day, attending to her household affairs. We have not given the case as being one of the most remarkable kind, but rather as an ordinary one. It is indeed a remarkable one, all things taken into account, but we have repeatedly had patients who have gone about the second and third days, declaring that they felt perfectly well, and almost as strong as ever.

We must add that the good results in Mrs. B own's case were very much owing to her good observance of the directions we gave, and the co-operation of her very worthy mother-in-law.

The particular management of the infant we are compelled to omit giving until another time.

GOOD ADVICE.—"Live on sixpence a day, and work to earn it," was the quinea's worth of advice the eccentric Dr. Abernethy of London, gave to a lazy gourmand of a dyspeptic, who wanted of physic, what neither man nor God, except by miracle, could do for him. Nature's laws are never broken with impunity.

HEALTHY FOOD TO LIVE UPON.—Buttermilk or soured milk, potatoes, brown bread and apples. These are luxuries not always met with now-a-days.

MR. F. C. WALKER, clerk of the steamer Rhode Island, one of the boats upon Long Island Sound, a thorough friend of water, we not long since had the pleasure of becoming acquainted with. Mr. Walker, like a good many other independent thinkers, years ago, became sceptical on the subject of drugs. This led him, of course, to look into the system of water. He commenced at once practising, as every one should do, cautiously upon himself and in his own family. Such being the fact, it is no wonder that he should have become an enthusiastic advocate of water. Among other facts Mr. W. gave us the following:

Case of Convulsions.—At a time during the hot seasons the past summer, there were, among the passengers upon the Rhode Island, a young man and wife, having with them their first and only child. It had at the time a severe bowel complaint, and was teething. It had been for some time puny and sickly. It was now taken with convulsions and spasms, so severely that it seemed as if it could live but a few minutes. There being no physician on board, it fell to Mr. Walker to do what he could for the child. He at once observed that the head was very hot, and the body feverish, especially about the stomach. He quickly ordered a large basin of water, having ice in it. He first wet napkins in the ice water and placed them upon the head. At the same time a napkin wet in the ice water was placed upon the stomach. With a view of cooling, these napkins were changed very frequently, as soon as they began to grow warm. The tongue was very much coated, dry, and was protruded out of the mouth. There appeared to be also much thirst. Water was given as well as it could be, every four or five minutes. This treatment was kept up till the body became quite cool, which, of course, did not

require much time, when the fits ceased. As is generally the case, they soon came on again, but in a much milder manner. The treatment was persevered in, the convulsions grew shorter and shorter till within an hour they were entirely off. The child brightened up in two or three hours, and was disposed to play. It remained apparently quite well during the rest of the stay upon the boat.

Remarks.—In cases of this kind, it is always advisable, if the means are at hand, to administer at once a bath. If there is much heat, and the patient has a fair share of strength, the bath may be given cold; otherwise, one that is tepid should be resorted to. In either case a great deal of friction with the wet hand should be practised, until the fits are reduced. A well wrung wet cloth or wet garment should be placed about the body from the armpits to the ancles to remain some time. Warm applications are to be made to the feet if they are at all too cold. One great thing in such cases likewise to be done, is to clear thoroughly the stomach and bowels. Full, and if necessary, repeated clysters of lukewarm water are to be given. If it is possible, blood-warm water enough should be given to cause vomiting.

A year ago the last summer, Mr. Wiley, of the well known firm of Wiley and Putnam, of this city, informed me that Mrs. Wiley cut short a convulsion fit in one of their children that had been eating raisins, merely by placing cold cloths upon the stomach. She had been informed that the application was good for this purpose, and was thus led to adopt it, and obtained the happiest result.

Nervous or Hysteroid Fit.—Mr. Walker, above referred to, gave the case of a passenger upon the boat, who had a singular fit. He was unwell — had drunk three glasses of brandy, which did not seem to agree with him. He soon

commenced exclaiming, "I have no heart—no heart! My poor heart," &c., and then went into a fit. With assistance Mr. Walker gave him a thorough cooling, pouring down at the same time as much water as could be done. The head was very hot, and the extremities cold. These last were constantly rubbed, and thus by perseverance he was brought out of the fit

DR. BALBIRNIE CONTROVERTED ON
VAPOR BATHS.

On page 35 in the last number of the Journal, it will be seen that Dr. Balbirnie speaks strongly against vapor baths. Dr. B. has written a work called "The Philosophy of the Water-Cure"—a very "taking" title, as publishers would say, and he has written in a decidedly engaging style; but we find, notwithstanding, that we shall have to quote from his work very cautiously, because of its errors. We intended to correct the errors he has made concerning the effects of vapor baths, but somehow forgot it at the time of the insertion of what we refer to in the last number.

Dr. B. first speaks of the objectionable effects of *heat from without*. If the vapor bath is made too hot it is objectionable, but not otherwise necessarily so, any more than the retained heat in the sweating blanket. A considerable amount of heat is constantly passing from the body at all times, so that we may imagine the human body to be a living, perpetual furnace. Now, if this heat, which is constantly passing to other media, be thrown back upon, or retained at the surface, it is quite the same as foreign heat from without. It will cause vertigo, rush of blood to the head, giddiness and subsequent lassitude, as effectually as the vapor bath of the same temperature. At a moderate temperature of the vapor bath, as, for example, when the air in it is not raised

above that of the blood, (98° F.) it can be managed so as to be borne perfectly well. Hydropathy, with all it has accomplished, is yet comparatively in its infancy; and we regard as one of the best improvements that will ever be made in the system, the use, in a variety of ways, of the vapor bath. It was a potent remedy among the ancient Romans. The Indians do wonders with it, in connexion with the cold bath, and the healthy, hardy, and long-lived Russians use it much. In connexion with the cold bath, it is a remedy of great power, and will not unfrequently be found a more speedy means of eradicating morbid matters from the system than any other known means.

As to the objection made by Dr. B., that the chief noxious effect is from so much heated air being inhaled by the lungs, we might as well object to wrapping the whole head as well as body in the sweating blanket, or, in other words, there is no more need of breathing the vapor of the vapor bath, than of the confined air of the blanket, imagining it to be about the head as well as body. The vapor bath should be so constructed that the face is out to the open air, made as fresh as we may prefer. This is the only proper mode.

BUCKWHEAT CAKES.

There is a very general prejudice concerning the use of buckwheat cakes. The article is thought to be productive of skin disease. We some years ago had the opinion that it was more the butter and salt contained, eaten so freely with buckwheat, than any thing else, that caused the evil in question. People generally put about as much butter to melt between the cakes as there is of the article itself. We have tried the experiment pretty thoroughly ourselves, and with others, in omitting the butter, using a little only of

good molasses, syrup or honey instead, taking at the same time a good cold bath or two a day, and we have no trouble from the buckwheat. A person would enjoy the cakes alone very well, some time before he would be in any danger of starving. Buckwheat is a light, and one of the most wholesome forms of vegetable, farinaceous food. It is not very nutritious, and on that account is admirably adapted for sedentary persons and those that are apt to eat too much. Good cooks have the art of baking the article with only a very minute portion of butter or lard upon the griddle, and some with none at all. Always the less is used the better. We are not the least afraid of buckwheat.

CASE OF BRAIN FEVER.—Our friend, Mr. Robert Cornelius, of Philadelphia, the far-famed maker of chandeliers and fine lamps, informed us that about two years ago his little son was ill of brain fever, and was actually left by the physicians as being in a perfectly hopeless condition. He had just obtained one of our works upon water, and it occurred to him that as the poor boy was given up, it could do no harm to try water. He at once commenced placing cold wet towels upon the head, and was not a little surprised soon to find the little patient evidently becoming better. The cold water not only removed the fever from the head, but seemed to revive and invigorate him. He persevered in this way, and with good-nursing, the boy was soon out of danger.

THE PROPER TIMES FOR BATHING.—On the whole, the time of rising from a warm bed is the best. Other times may be selected, and as a general rule, we should wait until the stomach is empty or nearly so. But whenever a meal has proved a source of considerable irritation,

causing headache, heartburn, acidity, eructations, feverishness, &c., a bath is advantageously used as a corrective means, and may be made highly useful. Judicious bathing at night, promotes sound and refreshing sleep. One must have vigor enough to become warm after the bath at night, since it would do no good to lie an hour or two shivering with cold feet, and the like. It is a great luxury, and a capitally good thing to have a well-warmed bed and friendly warm bricks at the feet at night after the cold bath. We have, in the later times, become too wise to use those good, old-fashioned warming-pans our grandmothers had, but we can do all sorts of things in the way of air-tight stoves and double windows.

GENERAL RULE FOR DRINKING WATER.

As a general thing, patients undergoing the cure drink too much water. It can do no possible good, and may do harm, to cause a large quantity of water to be constantly filtered through the venal organs. As a general rule, it will be found best to *drink only as the sensation of thirst demands*. It must, of course, be understood that cold water is to be taken only with the greatest caution when the system is much heated or fatigued. Sometimes, too, it is very serviceable to drink largely of water, as in case of acidity of the stomach, heartburn, eructations, hiccup, &c. &c., and after taking too much or improper food, *when there is no thirst*; but, as a general rule, we repeat, the best and most natural guide is the sensation of thirst.

CORNS.—Cold water is a famous remedy for corns. We are sometimes told by patients, "Why, my corns are cured since I have been under water treatment." They did not at first choose to tell that they had anything of the kind. Soak the feet, "corns and all," often in cold water, and take cold baths;—these are the means. Corn doctors, what say you to this?

OLD SERIES OF THE JOURNAL.—Concerning the Old Series, and our connexion with it, we deem a word of explanation necessary. As was noticed upon the different numbers, the editor had no interest in the pecuniary department of that series. We were to receive no compensation for editing it for one year. Inasmuch as blame has been supposed to rest somewhere, (the Journal having been issued irregularly, and the business part in different respects having been badly managed,) it is due to ourselves to say that we regretted these things as much as any could; that we had no control in these matters, and that the Journal was, in different respects, managed in a way contrary to what we understood to be agreed upon at the beginning,—as for instance, moving it to another city than that of its birthplace and home, thus rendering it impossible to do anything like justice, as an editor of its columns. We do not mean to be understood as saying that any one concerned *intended* wrong; but that there was entire disagreement among us, must be acknowledged. We are glad to state that these matters are now mutually arranged, and (life and health permitting) the paper is, and will continue to be published, seasonably and promptly, *twice per month*. We shall do our best to make it a plain, practical and useful Journal to all who may choose to read it. For the good to be done, then, let all friends of the cause do their utmost to aid us in its circulation.

☞ N. B. *Subscribers to the Old Series* have due them *fifteen* numbers of the New Series. We prefer all such to be considered as subscribers to the *whole volume* of the New Series. We offer that such (the old subscribers,) as shall obtain *one or more* new subscribers shall be entered as subscribers to the whole volume; or those subscribers may send us each, by mail or otherwise, a quarter of a dollar, and they will be entered as above.

Terms of the Journal—*Flattering success, prospects, &c.*—Considering the impression that naturally went out, that the Journal was a poorly managed concern, we have been agreeably surprised, since it has been upon another basis, that it should win so good favor. Still, we have reason to believe that not a few are waiting to see what time shall bring forth before they subscribe.

It will be seen that we offer the Journal (by ten or more to one address) at 50 cents per volume. This will consist of very nearly *four hundred* large pages of reading matter,—cheap enough, certainly. Not very small sums of money (if we may be allowed to mention such considerations,) will be saved by many by reading the Journal. We have at this time families under our care, who have been heretofore under the necessity of calling the physician, and yet who have now for a whole year been without a single hour's indisposition; sufficient to render it necessary for us to attend. As society, we cannot, of course, do entirely without the physician, but can, and *ought*, very nearly, so to do.

A goodly number of persons have acted a noble part in obtaining subscriptions to the Journal. We thank them. Some have sent us for ten num-

bers to circulate among their friends, or otherwise to dispose of. Some mechanics, advocates of the system, have taken it upon themselves to get ten subscribers, and in some instances, twenty or more.

Finally, we are much gratified with the reception the Journal has received since it has come under our personal management. It yet needs the aid of every friend of the cause it advocates; but on the whole, we are stimulated to renewed exertion. We counted well the cost before beginning, and do not ask or expect gain. All who are acquainted with such matters, will understand that at the very low price at which it is afforded, the Journal could be sustained only by having a pretty large subscription list.

Works to be sent by Mail.

WATER CURE FOR LADIES.—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases; with a full Account of the Processes of Water-Cure. Illustrated with various Cases. Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 156, 12mo. Wiley & Putnam, New York.

Notice of the Work.—"This book is full of excellent advice and instruction for all, whether believers in Water-Cure or not. Its directions for the preservation, as well as restoration, of health are very good, very plain, and all practical; and no person can observe them faithfully without benefit. A great amount of valuable information with regard to Diet, Bathing, Treatment of Children, &c., &c., is here collected from the best authorities, with excellent directions for preparing healthful food and applying Hydropathic remedies."—*N. Y. Tribune.*

HAND BOOK OF HYDROPATHY; or a Popular Account of the Treatment and Prevention of Diseases, by the means of Water. Edited by Joel Shew, M. D. Wiley & Putnam, New York.

This work gives a succinct view of the Water Treatment, as applicable in different diseases to which the human system is subject.

FACTS IN WATER-CURE.—A collection of Cases, with details of Treatment, showing the safest and most effectual known means to be used in Gout, Rheumatism, Indigestion, Hypochondriasis, Fevers, Consumption, &c., &c., &c., from various authors, by Joel Shew, M. D.

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 may be sent by mail to any part of the United States, and, under the new post office law, at a very small expense. The three together are afforded at one dollar. The Water-Cure for Ladies, at 50 cents, or the Hand Book and Facts together, at the same; either of which sums may be enclosed and sent by mail. *Address, post paid, L. Barney, Water Cure Journal office, 53 Bond street, New York.*

THE WATER-CURE JOURNAL. PROSPECTUS.

It is pretty generally understood that the old modes of medical practice, by poisonous drugs, although for many centuries in vogue, are yet, in many particulars, radically erroneous. With too much of truth it has been said of the existing systems, "Nature is fighting with Disease: a blind man armed with a club, that is, the physician, comes to settle the difference. He first tries to make peace; when he cannot accomplish this, he lifts his club and strikes at random; if he strikes the disease, he kills the disease; if nature, he kills nature." Accordingly, various new systems of healing have, in modern times, been sought out. All of these, even to the water treatment, must of necessity be founded, to a greater or less extent, upon some well-established and long-known principles of medical science. But the system which of all is the greatest innovation upon previous modes, is that popularly termed **HYDROPATHY**, OR **THE WATER-CURE**—a means of curing and preventing disease without the use of drugs of any kind. Whatever may be said in favor of other modes, it will, we believe, be acknowledged by all who are acquainted with the facts, that this system has no parallel as to its success. It is a system, moreover, that is eminently calculated to become understood by the many.

The "WATER-CURE JOURNAL" is devoted to explaining, in a popular way, the new system.—The Editor is engaged in daily practice in the city of New York. He believes he has advantages for making the Journal an interesting one. He does not profess literary experience or merit, but hopes not materially to offend in this respect.

The system, apparently simple as it is, we are willing to have based on its capability to be made *speedily efficacious in acute disease of whatever form, and in the preventing of pain; but its strongest facts, if possible, are to be found in the curing of chronic maladies, that no other means can reach.*

Finally, we believe that whatever opinions persons may have of other modes, the information the Journal will give on Bathing, Cleanliness, Clothing, Ventilation, Food, Drinks, and in fine, *the general prevention of disease*, will render it valuable to all who choose to read.

Terms.—The Journal is published semi-monthly, each number to contain 16 octavo pages, subject to newspaper postage only, at the low rates of \$1.00 for 1 copy per year; \$2.00 for 3 copies to one address, or 50 cents per year for 10 or more copies to one individual address. Address, post-paid, **JOEL SHEW, M. D.**, Editor of the Water-Cure Journal, 56 Bond street, New York.

To Editors.—Those who will do us the favor to publish this prospectus and send us a copy of their paper, will be entitled to the Journal one year. We hope editors generally will notice our project as they believe it deserves. We are not afraid to have the new system spoken against. We are always thankful to hear plain honest talk.

A CHEAP AND MOST EXCELLENT MODE OF BATHING.—Stand in a common wash-tub, or in some convenient place. Have

at hand one or more buckets of water of the desirable temperature. With a basin, cup or pitcher, pour this water upon the neck and shoulders so that it runs down upon all sides of the body, and you have a first-rate bath. This may be called a bath by pouring or affusion.

Water-Cure Institution in New York.—The Editor is prepared to receive in his own family, a number more persons as patients. Such as come to us should bring at least four heavy woolen blankets, towels, syringes, &c., or these things can be purchased at low rates in the city. Our terms after the first consultation, are from five to ten dollars per week, the price varying according to the treatment necessary, the room occupied, the time of remaining with us, &c.

Transient Board.—We intend to be able at all times to accommodate friends of hydropathy with board, lodging and baths, by the day or week as may be desired. *Residence 56 Bond street.*

BOOKS ON WATER-CURE.

Bela Marsh, No. 25 Cornhill, Boston, has for sale, the large work on Hydropathy, or the Water Cure; by Joel Shew, M. D.; price, \$1. The Hand Book of Hydropathy; price, 37½ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18¼ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

SHOWER AND OTHER BATHS.

WILLIAM WEST, 133 Hudson street, New York, opposite St. John's Park, Manufacturer of Portable Shower Baths, Bathing Tubs, Sponge, Seat, Foot, Hip Baths, &c. &c. He also manufactures a small neat Shower Bath, at the low price of 50 cents, suitable for travellers and others.

The subscriber has directed his attention for several years to the improvement of Shower Baths, and can confidently recommend his Baths as the very best, and not liable to get out of order. For sale, wholesale and retail, at the above number.

TERMS OF THE JOURNAL:

Invariably in advance.—For one copy, \$1; three copies, \$2; ten copies, \$5. City subscribers will receive their numbers at Wm. H. Graham's, 168 Nassau street, or at the office of publication, 56 Bond street. For sale by periodical dealers generally.

Address, post paid, "Joel Shew, M. D., New York city." Let every friend of the cause do their utmost to aid us. We ask not gain, but only to be sustained from loss.

Bela Marsh, 26 Cornhill, Boston, Colon & Adriance, Arcade Buildings, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.