

THE  
**WATER-CURE JOURNAL.**

JOEL SHEW, M. D., EDITOR.

“*Wash and be Healed.*”

*Published semi-monthly at 56 Bond street, New-York, and for sale by Periodical Agents generally.*

One Copy, \$1; Three Copies, to one address, \$2; Ten Copies, do., \$5—payment in advance.  
Newspaper postage only.— Within thirty miles, free.

NEW SERIES.

NEW-YORK, FEBRUARY 15, 1846.

VOL. I.—No. 6.

ESSAYS ON WATER-CURE.—NO. I.

BY DR. ALCOTT.

It may be safely asserted that more than half the whole weight of the human body consists of water.\* Physiologists even tell us that five-sixths—some say nine-tenths—of the living system is *fluid*; but then it must be recollected that the body contains oil as well as water.

The average weight of adults may be about 150 pounds. Of this amount three gallons, or about twenty-five pounds, are blood. This blood, as is well known, is nearly all water. But this ordinary estimate, as I suppose, only includes the blood which flows in the larger vessels, and which has color. Physiologists tell us that a considerable quantity of the blood—if it deserve the name of blood—which flows in the capillary vessels, is colorless. They do not, indeed, attempt an estimate of the quantity, but it must be considerable.

Next, we have the lymph. How many pints or pounds, (for a pint of water and a pound of it are nearly the same thing,) there are usually reckoned of this lymph, I

\* The living body is composed of at least 80 parts to the 100 of water. According to the analysis of different chemists, the plain muscle, or flesh of animals, is composed of from 75 to 80 parts of water in the 100. Hence Dr. Alcott's reasoning is only the more strong.—[Ed. Jour.]

do not recollect. If it should be ascertained that, including the blood which is colorless, already mentioned, it should be equal to that which is contained in the mass of red blood already mentioned, I should be not be greatly surprised.

But this is not the whole truth. All the serous membranes of the body contain a quantity of fluid which is almost pure water. Thus there is water in the cranium, in the chest, and in the abdomen. There is water in the brain, in the heart sack, in the cavity of the pleura, and in that of the peritoneum. Here, too, the quantity is very considerable.

Again, the mucus, which is abundantly poured out on the living membrane of the alimentary canal, beginning at the top of the throat, contains very much water. Added to these are the urinary and renal fluids, the synovia, which lubricates the joints, the tears, saliva, gastric fluid, pancreatic juice, bile, &c. All these substances contain more or less water.

Is it too much, then, to affirm, that the living animal, man, is more than half water? And yet, I have not a doubt that the statement will seem to many, at first view, not a little startling.

Now, what is the condition of this water? Does it stand still in the parts which contain it? If it did, it might perhaps soon become stagnant; and being kept, as it is, at a temperature of nearly

100° of F., might hasten that destruction of the body which it is one of its important offices to prevent.

But there is no standing still in the healthy living system. It has been known, from the days of Hervey, if not much longer,\* that there is a vast deal of motion of the human fluids. A quantity of blood equal to the whole mass contained in the body, or three gallons, goes the round of what is usually called the circulating system once in about three minutes, or twenty times an hour. The lymph, too, circulates, though not so rapidly. Then there are, as it were, millions of little pumps going on in every part of the skin, by means of which the matter of perspiration, amounting, in a state of health, to several pints, in twenty-four hours, is drawn off.

The truth is, that by means of these fluids, whose basis is water, our bodies are continually wasted, and as continually renewed. Particles, in every portion of the system, are constantly being worn out, and carried out of the body, and as constantly replaced by other particles. These new particles are taken from the blood. This has a tendency to render the blood thicker, and not so well adapted to fulfil its purposes. Again, the water in the various cavities of the body is constantly absorbed, and this creates a demand for a new recruit of the same fluid.

This necessity to dilute the blood and renew the water in other cavities, is the procuring cause of what we call thirst. In other words, it is a demand of nature for water,—pure water. It is not a call for rum, or wine, or cider, or beer, or tea, or coffee. These fluids are not found in the human body till they are put there, and cannot therefore be wasted, so as to need replenishing. I repeat, therefore,

\* The celebrated Dr. Adam Clark, in commenting on Ephesians, iv., 16, takes occasion to raise the inquiry, whether Paul did not understand the circulation of the blood. There was certainly a distinguished medical school at Alexandria, in Egypt, 100 years after Paul's time; and there may have been even in his day; and he may have attended it. Still, it is quite doubtful, at the best, whether Paul had any other knowledge on this subject than the confused notion of the ancients, that the system contained in it blood and air moving in various directions.

it is pure water for which the system calls, and no other fluid.

I might go even further, and say that it is pure water alone that answers the purpose. Thirst may, indeed, be quenched by tea and coffee, and by cider, wine, beer, vinegar, lemon juice, &c. : but even in these cases it is the water which these liquids contain which answers to the call of nature for drink. The strongest of these liquids, (wine, perhaps, of some kinds, excepted,) is 90 per cent., or more, of it water; and the weakest of it 98. It is the water, therefore, I again say, and not the alcohol and narcotic properties, that quench thirst and replenish the waste of the system. In short, the God of nature has never yet made—at least for the globe we inhabit—any other drink but water. Milk, which some drink, is four-fifths water.

Observe, moreover, if you please, that it is *pure water* which the system craves, and not that which is impure, hard, or adulterated. How strange that mankind, as with one consent, refuse to comply—if they can avoid it—with the reasonable demand! How strange that the more highly civilized we are, the more carefully we shun pure water, and manifest our preference for that which is adulterated by some mechanical process or other!

And then the consequences! No one knows,—no one *can* know—the amount of disease generated in the human body, or even the mental and moral suffering induced by introducing to the delicate internal surfaces day after day, and year after year, in place of pure water, so many irritating substances. Is it too much to conjecture that had water—pure water—been the universal drink, from Adam down to 1845, one-fourth, if not one-half, the world's miseries might have been prevented.

But, if it be true that the preventive efficacy of water has not been overrated, who shall doubt its remedial effects? Who will believe that what would keep us in health, will have a happy effect in restoring us, after we have become diseased?

Judicious exercise, bathing, diet, the disciplining the feelings, and avoiding medicines are necessary to preserve health.

## SCROFULA—A CASE.

Miss L. S., was a child of diseased parents,—the father a drunkard, the mother died young of consumption. This child was attacked with purulent ophthalmia at 2 years. The glands of the throat were also affected. Health conditions at her home were almost all wanting. The food of the child was very bad, pork and lard making a considerable portion of it. At the age of 10 years she went to reside with a relative, who fed her on plain substantial food, giving her no flesh, but the lean muscle, and this but once a day. She was bathed daily in cold water. The first year after being thus treated, she had a fever. In the course of the next year, she was affected with scrofulous sores in the head. A large quantity of matter was thrown off. Shower bathing and constant bathing the head, and syringing the ears were resorted to. The first attack was in autumn. The next autumn she passed through a similar affection of the head, with the same treatment. The 3d year after sea bathing, she was attacked with scarlet fever. The writer was called early one morning, with the information that L. S. was ill and delirious. Found her in a raging fever, the scarlet rash appearing like a flame over the whole surface of the body. She was immediately undressed and put in a common shower bath, and a large quantity of water poured over her. The steam arose as if the water had been poured on hot iron. After this bath she was thoroughly rubbed, and wrapped in a wet sheet, and put in bed. The heat continued intense, the throat was terribly swollen, but the delirium was gone. The wet sheet was wrung out of a tub of cold water once in fifteen minutes, and the tub of water changed once an hour. (It would have been better to have had clean water for each application.) This process was continued unremittingly the first 24 hours, and, in all cases, should be continued till the heat abates. The next morning after her first attack, she was washed in Castile soap suds. After this, clean water was poured over her as she stood in the tub, and then she was thoroughly rubbed. After the first 24 hours the fever had so far abated, that frequent changes of the wet

sheet did not seem needful; but, for several days, almost constant bathing of the head, arms and feet were resorted to, and the sheet was renewed once an hour. After the fever abated so that the patient could be put in dry clothes, she was wholly bathed several times in the day, and she bathed constantly her arms, chest and head. The quantity of scrofulous matter discharged from the throat was almost incredible. The throat was gargled at first with Castile soap suds, and afterwards with clear cold water very frequently. This fever might well be termed a *crisis*, in which the system relieved itself of psoric matter. In three weeks the patient was convalescent. During the whole illness, the only substance used which could be called medicinal, was the soap. The food was gruel made of wheaten meal, and bread of the same.

After she became convalescent, a physician called and advised a cathartic. I objected strongly, and none was taken, or needed. The triumph of cold water was complete in this case, and the cure created much remark, where the scrofulous habits of the patient were known. After this fever, she had no more affections of the head, nor indeed any indications of scrofula.

Before this fever this child was very dull and stupid, particularly at the period when the head was affected; at those times she seemed almost idiotic. After this last crisis, she became active and bright,—so much as to be remarked as a very bright girl.

This case was treated several years since. I should not now use soap, as I then used it.

MARY S. GOVE.

**SUPERFINE BREAD** should not be eaten by one who prefers health and clearness of intellect to indigestion, constipation, and stupidity. Fine bread will kill a healthy dog in seven weeks, whereas, if he is kept on coarse bread, (having, of course, access to water in either case,) he thrives perfectly well for any desirable length of time. Food may be *too rich*, as well as insufficient in nutrition.

[For the Water-Cure Journal.]

Facts are worth every thing to the American people, in forming an estimate of the value of any improvement introduced for their acceptance. You may theorize forever upon the advantages of nature's medicine for the cure of diseases, and if you have not facts to sustain you, your reasoning will fall to the ground without producing any appreciable effect. Fully aware of this truth, I feel like communicating what I can for the benefit of your readers. If you deem the following cases worthy of a place in your Journal, you are at liberty to introduce them.

I am using all the exertions in my power to introduce the simple mode of treating disease by means of pure water to the consideration of the people of this vicinity,—but meet with great opposition from the prejudices of early education, and a somewhat proper diffidence in making a sudden change in our modes of life. Let us try all things, and hold fast that which is good. I do not think myself properly qualified to treat disease entirely by means of water; or I would abandon at once, and forever, the administration of all poisonous drugs, believing them to be not only useless but injurious in all cases whatever, *i. e.* provided proper modes of treating disease were resorted to. I want, and must have more light on the subject, and intend visiting some of the establishments East, for the purpose of obtaining information, next spring.

*Case 1.*—J—T—, aged about 30, was attacked about the 25th of July last with intermittent fever, for which he was purged with calomel, and took quinine; but the fever returned daily, and increased in violence. I was consulted. I ordered the wet sheet upon the access of the fever, to be reapplied as often as it became dry until sweat was produced, which was to be kept up an hour or more, and then a cold bath was ordered, followed immediately by exercise by walking, although the patient had been confined to bed previously. The wet sheet was applied with several quilts and blankets; and in two hours after, the bath was taken, the patient walked a distance of a mile to meeting, and continued to perspire until night, at least five hours.

The day following there was not any fever, but the sheet was reapplied, and the patient followed his usual occupation, (a farmer,) for several days, when, from having exerted himself too violently to secure some grain from a shower, the disease returned, but was cured by two more applications of the sheet, and has not returned since.

*Case 2.*—Was that of myself. I found it very difficult to obtain help to apply the sheet; people fancied me crazy and refused to follow my directions, until they found me determined to apply the remedy myself with the aid of my little son, nine years of age. I then procured assistance of one of my neighbors and as soon as the cold stage was off, (it was a case of chill and fever, and had progressed to the third paroxysm,) I had the sheet applied, continued in it 2½ hours, used the bath, and have had none of the disease since. The first Monday of last August, I used the remedy.

*Case 3.*—Was that of a lady 40 years of age, who had had intermittent fever, for which large doses of quinine had been prescribed. Congestion of the brain followed, and when I was called, it presented one of the most hopeless cases I ever witnessed. I represented to them (her friends,) the utter hopelessness of the common modes of practice, and proposed the wet sheet, with artificial heat to the lower extremities, from the hips downward. After much hesitation the remedy was applied, and on the second day, and after the third application of the sheet, she broke out into a warm natural perspiration, and woke up as from a sleep, and rapidly recovered without taking a particle of medicine, except lemon syrup, if that might be called medicine.

*Case 4.*—Was that of a young man 24 years of age, and resembled in all its leading features Case 3d; was treated in the same manner, and is now about. Both of these patients had been given up by the attending physician before I was called; both had been cupped and blistered; had cold applied to the head, &c.; and both had been abandoned to their fate. Both have recovered, and, as all must acknow-

ledge, through the efficacy of the water-cure treatment.

H. HARD, M. D.

*Plymouth, Marshall Co. Ia. Oct. 8th. 1845.*

CASE OF FEVER, FROM DOCTOR CRANE.

Doct. Shaw:—

We have tested the medicinal effects of the water cure, in our own family, under the following circumstances:

Our oldest daughter, about eleven years of age, arose one morning with violent pain in the head, sore throat, and considerable fever, great thirst, unable to sit up but a few moments. After getting her in bed, we commenced with the usual remedies, and continued to give them through the day and night without the desired effect; her fever increasing, we became more anxious, and a physician was called, who immediately inquired if she had ever had the scarlet fever.

On ascertaining that she had, and very severely, he remarked that the appearance of the skin and other symptoms indicated the scarlet fever. This was about ten in the morning. He ordered medicine to be given every half hour, and if no moisture appeared on the surface in the course of an hour or two, the remedy to be repeated every fifteen minutes; we continued this treatment until seven in the evening, without any favorable change in the symptoms. In fact the child was evidently growing worse; her mind wandered during the latter part of the day, and the pulse was rapid and strong. I went out soon after dark, and was absent about an hour. On my return I inquired after the child. I was requested to place my hand upon her forehead, which I found moist with perspiration. At this moment I was not aware of what had transpired during my absence, but supposed the medicine had produced this change. Mrs. C. informed me, that as the remedies would produce no change, she had ventured to wrap her in a sheet wet with cold water, with a thick wool blanket over it, tucked closely about and under the body. In fifteen or twenty minutes she perspired freely and slept, but on awakening she called for a fresh wet sheet, and continued to do so until we changed it six or seven times in about

eight hours, which time the fever had entirely left her and did not return. She drank four or five tumblers of water during this treatment, and the next day was out of bed and dressed, feeling perfectly well, only somewhat weak.

J. W. CRANE, M. D.

11 Leroy Place, Bleecker st.,  
New-York.

REMARKS.—We gladly insert this communication from our friend Doctor Crane, and we are authorized to say that some months since the child's illness above mentioned, she was again attacked in a similar way and has been cured as before. The case illustrates the power of water cure over acute diseases. By observing a few simple rules, people can every-where practise safely in fever; and if they will but remain calm and self-possessed, and persevere, in almost every conceivable case, a fever of whatever kind may be at once nipped in the bud. By affusion, wet sheets, shower or plunging baths, or by a part or all of these united, keeping the whole system cool, if it is too hot, or comfortable if it is too cold, (using vapor and warm baths in the latter case, alternating with the cold,) together with cleansing and keeping clear the stomach and bowels, and diluting well with water as a drink,—any person of good common sense will do incomparably better work in all manner of fevers, and, we may add, in all inflammatory diseases, than a score of doctors with their whole armament of poisonous drugs. We go, in toto, against the idea, that the physician only is to administer water. Act according to these plain rules we have given. Take fifty wet sheets and baths in a day, if so many are necessary to keep the system cool, or remain, as some have done, for hours in water, till the fever is thoroughly broken up; and better still by far, to regulate the diet, labor, exercise and daily bathing, that these attacks of disease are avoided. This is what hydropathy brings us to ultimately. Friends, heed well its precepts!—[ED. JOUR.]

HORRORS OF INDIGESTION AND DRUG-TAKING.

*From a letter by a Patient.*

"I am suffering (everything but death,) from a chronic derangement of the digestive organs, which commenced in the spring of '44, although the cause, which I believe, led to my present condition, existed for a year or two prior to that time. This was an obstinate costiveness, which compelled me to resort every three or four days to the use of purgative medicines to produce the alvine evacuation, and since the spring of '44, to the present time, I have been in the *daily* use, from necessity, of purgatives of one kind or another. I never have a motion of the bowels without purgatives, and when so moved, the discharges are scanty, and perfectly unnatural, being nothing but a thin slimish liquid, sometimes of a yellowish and sometimes of a greyish color. The unnatural appearance of the stools did not commence until the spring of '44. In fact, my bowels appear to have lost the power to evolve in the process of digestion, from the food taken, the *faeces* natural to man. This, under the circumstances, appears to indicate a loss of the peristaltic motion. There is a weakness in the region about the lower portion of the breast bone, and falling in, so to speak, of those parts, also a peculiarly uneasy sensation in the right side, under the short or false ribs. My lungs I consider perfectly sound, having no cough or difficulty of breathing, and can walk without fatigue, or that feeling of lassitude in the chest of which persons whose lungs are affected complain. From all I can learn in relation to myself, my present condition is caused by a derangement of some kind or other of the first and second stomachs, and of the whole of the colon. My liver is also, I believe, extremely torpid, and my kidneys weak, my urine being always very scanty, and generally high colored. My appetite is good, but I am careful what I eat, my food creating a good deal of flatulency and at times causing giddiness. I have no acute pains anywhere, but have an indescribable feeling of deadness in the abdomen. This, my dear sir, is a faint outline of my present condition, and if I am to get no relief, I shall wish, as I have often

done before, perhaps wrongly so, that death may relieve me from my miseries. I now despair of ever getting relief from the use of the ordinary remedies, for I have tried almost everything. I am unacquainted with the virtues of hydropathy as a means of cure, nor do I know to what class of diseases it is considered applicable by those who practise it. For these reasons I have taken the liberty to apply to you for information, if not incompatible with your mode of doing business, and if your engagements will leave you sufficient time to give this the requisite attention, please direct to my address."

When will people learn the evils of taking cathartic medicines for constipation? Full injections of pure soft water, tepid, cool or cold, are more effectual, ten-fold, than cathartic medicines of any kind, and what is better still, they do no harm. Then again, it may be asked, when will it be learned that the dietetic habits of almost every family in civilized life are such as tend directly to cause indigestion and constipation. The taking of coarse plain food, as *wheat meal* bread made of the best and cleanest wheat, from which the bran has not been separated, fruits, potatoes, turnips, &c. &c., using but little animal food and none of a gross or greasy kind, eating regularly and but twice per day if the habits are sedentary, and never anything at all between meals, and making cold water the only drink, are rules which, if observed, would accomplish more, a hundred fold, than all the doctors and druggists in Christendom.—  
[Ed. Jour.]

LETTER FROM DR. CARPENTER.

St. Albans, Vt., Dec. 1845.

*Dear Sir,*—Having perused the numbers of the Water-Cure Journal that you sent to my son, and knowing something how to appreciate their merits, as I have, through many years practice, been guided in many cases by Doctor Currie's modes.—I soon learned to use it in some cases, forbidden by him. I found it to be an efficacious

agent for increasing the susceptibility of the system, in an exhausted state of excitability. I will relate a case. I was requested to visit a child, many years since, that was about twenty months of age; when I arrived, it appeared in articulo mortis. The pulsation at the wrists had ceased to vibrate, and the child appeared perfectly insensible to all external impressions; the organs of deglutition had, for more than an hour, refused to perform their office, by anything that had been done, the pupils had retired under the upper eyelids; the prolabia, together with the gums and tongue, were almost a jet black; the lungs but partially inflated, with occasional long intervals of respiration; no warmth in the limbs, but a somewhat rigid and cadaverous feel. A dissolution was expected every moment by a large number who were present. Knowing that tincture of opium a little diluted, could sometimes be swallowed, when milk and watery drinks could not, I took what I judged to be sixty drops, and diluting but a little, gave it the child; it swallowed, in one or two minutes, the whole of it. I had ordered a barrel filled with cold water, in which was a little ice. Waiting fifteen minutes, and perceiving no change from the laudanum, the child was divested of its habiliments, when, placing my hands in the arm-pits, I put it, feet first, up to the neck, and held it about three minutes, without its giving the least sign of consciousness; its head was only influenced by gravity. I laid it in a moderately warm blanket, and sat by, the fingers of one hand over the artery and a watch in the other, and found it forty-six minutes before any pulsation, when, after a few regular beats, I was so presumptuous as to prognosticate a recovery to all present. In a few days it was in perfect health. Perhaps I ought to mention, that in about six hours after the immersion, it exhibited much muscular power, and for a short time, gave signs of intoxication, followed by a morbid heat of the abdomen, but the application of a cold wet cloth removed all unpleasant symptoms, and it took nothing but food till its restoration. Its mouth required a mucilaginous wash with a little sub. borate soda. The blackened mucous membrane, all cast off,

and that from the under lip came off whole. Query, would tepid or warm water have proved as salutary? This alludes to some theories I have examined.

I have witnessed some other remarkable effects of cold water, which I may communicate, if agreeable to your wishes. I do not visit the sick from home, but occasionally prescribe in chronic complaints, to such as are able to call on me. Dear sir, you are at liberty to correct and publish the above or not, as your wisdom may direct.

Though I am about to leave this state of existence, yet, every exertion made to benefit mankind affords a pleasing and delightful sensation. May, sir, you live long, and be happy, in the good you shall do.

Respectfully yours,

CYRUS CARPENTER, M. D.

**DEATH FROM VACCINATION.**—At a stated meeting of the New York Medical and Surgical Society, last April, Dr. Vandervoort of this city reported a fatal case of *vaccinia*, (cow-pox.) "The child was of a healthy constitution, and was vaccinated with a view to cut short the whooping cough, which it had. Dr. Vandervoort was called to see the child on the third or fourth day, when hæmorrhage had occurred at the point of vaccination. The bleeding increased much during the paroxysm of coughing. This state of things continued for three weeks, notwithstanding the treatment, which had consisted in the application of cold and astringents, the child dying at length in a state of perfect anæmia, (loss of blood.)"—*New York Jour. Med. & Surg.*

Any one who will take the trouble to inquire, can easily satisfy himself that serious mischief often arises from vaccination. Every now and then there are cases in which children never recover from the effects of the poison of *vaccinia*. Hydropathy teaches us to avoid the supposed necessity of vaccination. Very few indeed of children reared hydropathically—truly so—will ever become infected with the small-pox, although they may often be exposed to its influence. If in any case it be taken, the disease is easily and

with certainty subdued by abstinence and cold water. We have repeatedly tested water treatment in this disease,—in some cases, of very depraved constitutions, and in no single instance have we failed of a cure; and what is remarkable, is, if every thing is properly managed, scarcely ever, if at all, will there be left in this disease the least trace of a mark. We shall have to lose a good deal of confidence in the power of water and in nature, before any child of ours shall ever be poisoned by vaccination.—[Ed. Jour.]

---

## WATER-CURE JOURNAL.

---

NEW-YORK, FEBRUARY 15, 1846.

---

### LETTER FROM DR. SCHIEFERDECKER.

We join most decidedly with Doctor Schieferdecker in strongly deprecating the uniting water treatment with that by drugs. It is, we regard, very unfortunate, that the most prominent institution in the country, (most prominent at least, as far as pecuniary aid is concerned,) should be under the charge of one who places dependence upon poisons. It was only recently that we became aware of the fact that medicines (drugs) were administered at Brattleboro'. We did not the least expect it. Much as we have desired to witness institutions of the kind springing up in different parts of the country, we would infinitely rather see none at all, until men are found who so understand the human system and the true nature of remedial means, that they have no need of placing reliance upon drugs. The intermingling of the old systems is certain sooner or later to be looked upon in its true light. It is a great mistake.

While upon this subject, there is another practice at Brattleboro' which we must notice, and especially, inasmuch as Doctor Wesselhoeft invites criticism—*that of cooking vegetables, as potatoes and the like, in butter or other animal oil, to render them more nutritive and digestible.* It

is true, Liebig is quoted as authority, but we will venture an assertion: *if animal oil, in any manner of use, is ever found, in any country, to be a healthy form of aliment, we will admit that we know nothing of the human system and the laws that govern it.* If God ever gave us any light on physiological subjects, we declare that animal oils, including also butter, and especially when these are in the melted form, are among the most gross, indigestible, and pernicious forms of food that can be used. Surely if hydropathic patients can use such articles and improve, "water will digest anything." We intend hereafter to notice more at length the physiological effects of these substances.

Doctor Schieferdecker, in his letter, varies from us as to the propriety of making in any case warm or hot applications externally. On this point we will here only remark, that we have too high an opinion of the Doctor's abilities to believe that we should disagree at all in the practicability of making, in certain cases, applications of this kind, were we treating, in connexion, some forms of acute disease; neither do we believe that we should, if we understood each other, vary materially in diet. The letter we give as below.

*Respected friend!*—Opposed to every kind of quackery and puffing, and abhorring the idea of being considered selfish and one-sided, I have always been quiet, notwithstanding the unhappy, ambitious tendency of some men to elevate themselves to the head of the new movement in civilization, from the unnatural to nature. I kept silent as long as I saw that there was no injury done to the great cause of hydratics. I know and see that the people cannot any longer be kept blind, to the source of the thousand inconveniences and miseries which disfigure the human species. Every individual must and will soon see in himself, physically and morally, the causes of his own ills, by making a fatal use of reason and neglecting and perverting instinct, which has been given him as well as the



lower order of beings. It is the duty of every true friend of humanity to aid this movement as much as is in his power; to lead the wavering and uncertain to the right aim and to expose selfish ambition, masked with the garb of humanity, in its endeavors to make capital for its own cupidity out of this tendency of the times. I have undoubtedly the right to speak strongly, because I was the first on this continent, in applying Priessnitz' system for curing diseases, and the first who promised the innumerable blessings which the adoption of this system would shower on this prosperous country. I do not intend to speak about the wrongs heaped on hydiatics, by the old mother of sorrows, the drug school, with her small children, for I hold the public mind of our age in too high an estimation, to believe that the broken down machinery and the ridiculous tricks of the medical profession should triumph over simplified art, and mystifying practice, and complicated craft over common sense. What man can or will put confidence in the malicious attacks of small gossips of such enemies, whose stimulus is envy and dread of starvation?—The cry of danger in the water-cure (in competent hands,) is ridiculous, as any man can prove! But in drug treatment!—ah! every prominent writer of it proves there are thousands!

No! I speak not about these wrongs. What I speak of is of a far more serious character; it is the wrong, practised by the pretended friends of our great cause. With indignation I saw the puffing advertisements and letters, the false statements and exaggerations, of persons who seem to have not the remotest idea of their true calling, who after promising wonders have not yet shown one single redeeming fact, who having only their personal interest in view, misuse the confidences gained by unfair means, and would hunt to death the great and good cause in a few years, with the desire to enrich themselves. It is against these pretended friends of humanity, I warn its true friends; it is against these hypocrites, I protest with all the warmth of an enthusiast.

A man, who can repeatedly contend that from Virginia up to the white mountains of New Hampshire, and from Ohio

to the Atlantic Ocean, there is no water sufficiently good for a water-cure establishment, except on that very spot where he has had the good fortune to be settled by the support of some noble spirits, is either ignorant of the facts on the subject, or so exceedingly selfish and arrogant, that words are wanting to express the disgust one feels at such a statement.

But, even for a moment granting that the assertions of this man were true, why is it that he, with all these advantages, did not prove the truth of the assertion, by facts?—Why is it that in New-York, with Croton water (though I am opposed to Graham diet, in a cold water cure, except in gout, scrofula, and syphilis, and although I deprecate any external artificial warming means, and never use the water warmer than 14 degrees Reaumur,) and in Philadelphia, with common Schuylkill water, more has been effected than on that alone so pre-eminently blessed spot? Why is it, I ask humbly, that unhappy victims have been for years and years dragged along by the hands of this would-be great dictator in hydiatics without any benefit to their health, whilst patients of precisely the same constitutions and symptoms were restored in Philadelphia in three or four months to perfect health, and only by means of despised hydrant water? Why is it, that this great water-man takes refuge and recommends to take refuge in drug treatment, a fact known to the writer of these lines, and acknowledged by himself in his mouthpiece: The Green Mountain Spring. Why is it that this same Santa Anna in the revolution of common sense against the unnatural and poisonous, practises himself after the rules of the youngest and smallest child of the old drug school?

I opine that, (since by the results of the water cure the corporality of all causes of diseases is to certainty proved,) homœopathy is to be considered as a chimera, the effects of which depend mainly upon diet, and the workings of the imagination, though Hahneman and his followers merit the thanks of mankind, for erecting a bridge from poisoning to water-cure, a necessary link in the chain of events,) every cold-water physician, who gives or recommends any medicine under any circum-

stances, does either not understand his system and its principles, and is in that case a dangerous charlatan, or acts against his own conviction, and is in this case a scoundrel, and in both cases wholly unworthy of confidence or trust.

Drs. Wilson, Gully, Freeman, Johnson, Sir Charles Scudamore, Dr. Herbert Mayo, Courtney, Smithurst, and all the other distinguished cold water physicians, have this same opinion, that the water-cure is dangerous when the efforts of nature, through the instrumentality of the nervous system, to throw disease from the internal organs, are interfered with by irritation of these organs in the shape of spiced and otherwise stimulating food, alcoholic liquors of any kind, and drugs of whatever sort.

Mistrust in his own abilities as a cold water physician, can only have prompted Dr. Wesselhoeft to recommend and defend the administration of drugs, because cold water is all-sufficient for every possible curable case, and I have had, in an extensive practice of nearly four years, no case of death, and not one patient who was not materially benefitted, if not entirely cured, though I had patients who had been maltreated in different institutions, before they came to me.

By years of toil in the good cause, by sacrifices of money and time, by a continued struggle against the most trying circumstances,—I have gained the right to speak plainly on this subject. There are many whom I grasped from the brink of the grave, and I cannot consent quietly to the injuring of a cause, which will be the principal means of redeeming mankind from their sinking condition and despair.

You ask facts; you shall have them. I cured two cases of lung disease in the last stages, after the most prominent physicians of this city had for years tested their skill without any success. I have cured a case of hydrophobia, fevers and inflammations, mercurial diseases, gout, rheumatism, dropsy, spinal disease, dyspepsia, eye diseases, and a host of female disorders, piles, hæmorrhoids, &c. &c., perfectly, with nothing else but common Schuylkill water. Most of those patients were poor, some were even sent to me by physicians, after they had given their last money to the doctors.

From these cures I derive my right to speak as I have. My only advertisements were those walking in the streets. And even now I would have remained silent, if the wrongs done by Dr. Wesselhoeft were not too glaring, and if I were not resolved to return soon once more to my fatherland, whose friendly shores I have not been allowed to see for six long years. This fact must shield me from the imputation of self-interest.

In regard to what cold water has done through my hands, I claim no honor, which is only due to that greatest of reformers, Priessnitz, and this shall remain unsullied as long as I am in this country.

I ask of you, my noble spirited co-laborer, the insertion of these hastily written lines, whose faults in style you will kindly excuse, whilst I remain respectfully your obedient servant,

DR. SCHIEFERDECKER.

*Philadelphia, Jan. 11th, 1846.*

THE APPLE AS FOOD.—The apple is one of the best of fruits. In some form or other, it should be upon the table at almost every meal during the whole year. This fruit is one of the very best remedies for indigestion that can be found. It is composed of about nine-tenths water, and when taken cold, and in a natural state, is strengthening, diluting and refreshing. Some who have very weak stomachs, must begin first with a small portion, as one-eighth, sixteenth, or even less of an apple, at a time. Persevere little by little, as may be borne, *but never eat between meals*. The cooked form of the fruit is better for some at first, but we should always, as soon as possible, gather up strength sufficient, so that the fruit may be taken in its natural state. The sweet apple is much more nutritious than the sour, containing a considerable portion of sugar in a state of solution, and is therefore, in some instances, to be preferred. It is one of the best kinds of food for fattening animals, as farmers well understand. Sweet apples are more apt to turn acid upon the stomach than sour ones. The sour are good to cure acidity.

PREGNANCY AND CHILD-BIRTH—CASE OF  
LOVINIA DEAN.

About the first of April, 1845, one of our assistants, John Dean, applied to us for advice concerning his wife Lovinia's case, she being then somewhat past the middle of pregnancy. We prescribed daily general ablutions and sitz-baths, and recommended some change toward greater simplicity in food, and the leaving off entirely of tea and coffee. Frequent exercise in the open air was also recommended, which advice was faithfully put in practice. The wet body-bandage was worn at times, for the purpose of preventing internal pains. There had been a good deal of head-ache, attended with excess of heat in the upper part of the brain. The baths were found very effectual in removing this symptom; and at times, when it became more troublesome, as many as three general shower or plunge baths were taken in a day. Clysters of water were resorted to as often as the state of the bowels demanded,—at times daily.

Quite early in the season, the weather became very hot, and remained so constantly until late. Still the baths and regulation of diet enabled Lovinia to continue active, as she ordinarily had been. Out-door exercise was kept up till the very close of her period.

About the middle of the month of July, after having walked some miles the day previously, labor commenced in the night time, and lasted about eight hours. It was her first child. She was made comfortable, slept awhile, after which her husband aided in performing a general ablution with tepid water. She slept well the first night; performed again the following morning another ablution, took sitz-baths as usual, walked about, declaring that she felt as well as ever, only a little weak. In two days' time she went

some distance, and called upon some people whom she had formerly lived with, walking up and down flights of stairs without inconvenience.

We were at this time at Lebanon Springs. A number of lady visitors at that place soon called upon Lovinia to ascertain of her what wonderful treatment she had undergone, to enable her thus to set at defiance the ills that flesh is supposed necessarily to be heir to in child-birth. She answered them that it was a "let-alone treatment," meaning that nature was left to do her own work, and undisturbed by irritating medicines. It is hard for people to believe that water can be in any way used on such occasions without the greatest danger.

WATER-CURE IN THE WINTER.—

Some persons, we are sorry to learn, have discontinued the use of water since the commencement of cold weather. The daily bath had done them much good through the summer season; and now, because of the apparent *unpleasantness* of the cold bath, it must be discontinued. It seems to be true, that mankind, in the present state of knowledge, delight to follow a line as close to the brink of death as they dare, and escape. Artificial or unnatural enjoyment cannot be abstained from. Some persons will partake of most pernicious food, when, at the same time, they know that severe pain will be a certain result. Many prefer a night of disturbed dreams, and an incubus caused by a supper, to the sound and refreshing sleep obtained by omitting the evening meal and drinking pure cold water instead. Shame on poor human nature!

The cold bath is more beneficial in winter than in summer, and so we may say of the general treatment. It is, besides, the safest time of the whole year in which to commence.

**CLYSTERS, OR INJECTIONS, OF PURE WATER.**—These are very beneficial. If used in sufficient quantity, they will cause the bowels to act freely, when the most powerful cathartics fail. Have the water tepid or warm, if there is much weakness and pain internally, and with a good instrument, used without too great force, introduce all the water you can—two, three, or more pints, it may be. Repeat the application, together with kneading the bowels, until the desired effect is produced.

In diarrhœa, dysentery, cholera morbus, and the like, a right use of water-injections is very serviceable. We may thus often arrest at once a sudden attack of disease, that would otherwise prove dangerous or fatal. Other means, of course, are to be resorted to at the same time, as applications to the surface, baths of a kind suited to the case, regulating the temperature and the circulation, drinking carefully of water, and, above all, abstaining totally for a time, until all danger is over, from any kind of food.

Clysters, or injections, are likewise very valuable in habitual constipation. Above all, endeavor, by regulating the diet, to get rid of the necessity of any remedial application. But, if clysters are daily and properly used, there is no danger that the practice will grow into a habit like that of taking cathartic medicine. Water strengthens—drugs weaken. This is the general law.

“What, put nothing with the injection, no oil, or molasses, or soap, or salt, or any thing?” it is often asked. You might as well, by the addition of some foreign substances, as tea or coffee, not to mention more objectionable things, try to improve upon pure water as a drink. Pure soft water is the best.

#### SMOKING IN THE STREETS OF CITIES.—

It is said that *every man* smokes in the streets of Paris. If this be a fact, none (of the men at least,) can have any objection. But in cities where all do *not* smoke, the case is different. In New York, a great number of “would-be” gentlemen take the

pleasant opportunity of smoking in the street, and this in the most pleasant walks and places, as if they felt themselves in a “free country,” so free, even, that they have an indisputable right to poison the atmosphere which others must necessarily breathe. To attempt to walk along the great Broadway, or upon the Battery, of a pleasant evening, is perfectly unendurable to one possessed of any degree of healthy sensibility. During last winter, petitions were circulated, in which the authorities were prayed to prevent this nuisance of street-smoking. But it was all of no avail. New York is the city in which the *people* are not to be allowed to say whether or not alcoholic liquors are to be sold as a drink. Of course, while such a state of things exists, tobacco reform will be impossible.

In the city of Boston, the principle is recognised that a man has no right to contaminate the air to the discomfort of others. Consequently, he must smoke within his own doors or go to some place in the public houses devoted to this purpose. If a man is observed “whiffing away” in the street, directly some one informs him what the laws are, so that he may be upon his guard. Some few have the hardihood to persevere, but they invariably find that each segar will cost them a fine, (\$3, we believe,) or imprisonment, as they choose; and that there is no such thing as “brow beating” out of their “inalienable rights” the people of “Yankee land.”

✂ A French injection instrument is made upon a very simple plan of India Rubber, being a sort of tube with a small metallic or ivory pipe at one end. This tube is introduced without difficulty into the lower bowel; water is poured into the opposite end, (a pint or two at a time,) which is then easily passed into the bowels by pressure from the hand. We are assured that these instruments will last for many years, if properly made. Every individual should have some instrument of the kind, and as we have many inquiries for the article, we have employed a man to make them. The instrument, we believe, is usually sold for about \$1 50. Those who send us \$1, free of postage, can receive one through the mail, at a few cents postage.

**COL. WEBB'S OPINION OF HYDROPATHY.**—In a late number of the *Courier and Enquirer* of this city, the editor, Col. JAMES WATSON WEBB, makes the following remarks on water-cure.

*Bulwer on the Water-Cure.*—We lay before our readers to-day, the letter of Bulwer on the beneficial effects of *cold water* in the cure of diseases; and we ask for it the careful attention of all our readers.

When this letter was first published, some three months since, we read it of course; and although astonished at its developments, it is quite probable the whole subject would have passed without further notice, if a severe cold, under which the writer of this was then laboring, had not subsequently confined him to the house for nearly six weeks, and finally driven him to a trial of the "water cure." Suffice it to say, that after neglecting a cold for two months, I was driven to the necessity of placing myself under the care of a very skilful physician, and underwent the usual course of treatment. Week after week elapsed, and with but little, if any relief: and the conviction forced itself upon my mind that I was in danger of a permanent affection of the lungs unless some more efficient remedy was resorted to. Under this conviction, I presented myself to Dr. SHEW, corner of Bond street and the Bowery, and went through the bug-bear of the *wet sheet!*—which Bulwer truly pronounced "a very luxurious remedy"—a "magic girdle, in which pain is lulled, and fever cooled, and watchfulness lapped in slumber." The effects were all but magical.

When I resolved upon curing my cold in the usual mode, I abandoned the use of the *shower bath*, which it was my custom to take daily on rising; but by order of Dr. SHEW I resumed it, and took two each day: and this, with three applications of the *wet sheet* and constant exposure, worked a radical cure in about a week. During the same period, *three* members of my family experienced almost similar benefits from the use of cold water: and we now are taking our accustomed shower bath without any intention of abandoning it hereafter, at the very period when

"doubling the dose" is evidently more beneficial.

That I am a firm believer in the "water cure" in all affections of the chest and lungs, I freely admit; and although I cannot believe in any universal *panacea*, I doubt not but it will be found equally beneficial in many other complaints. My own experience I feel it a duty to the public at large thus promptly to relate; and to inculcate as I always have, a free use of cold water at all times, and by all persons, in almost any state of health. It is, I firmly believe, a great *preventive* of disease; and I know, both from experience and observation in my own family, that in affections of the chest, it is, most unquestionably, an infallible *remedy*. Under these circumstances, I commend Bulwer's letter and the study of the "water-cure" to all our readers, and to the members of the medical profession in particular. Science is daily enlarging this sphere of usefulness; and there is no reason to doubt that *Hydropathy* is destined to become a most important auxiliary to the judicious practice of medicine.

J. W. W.

✶ Mrs. M. S. Gove will give lessons to ladies in Anatomy, Physiology, the Laws of Health, and the Principles and Practice of Water-Cure. She has just received from Paris one of *Arnoux's Female Models*. This model represents with great accuracy the various parts of the human system. The progress of gestation and the different states of the new being, from the period of 12 days to 9 months, are represented with great beauty and fidelity.

The diseases incident to females, with the mode of prevention and means of cure, and the means of obtaining immunity from suffering in child-bearing, will form a portion of the subject upon which Mrs. Gove will give instruction.

Twelve lessons to the course. Terms, \$5. Ladies can join the classes by leaving their names at 56 Bond street, and obtain particular information with regard to time and place of meeting.

Few, comparatively, die of drunkenness, but many from "fulness of bread."

## QUANTITY OF WATER IN DIFFERENT KINDS OF FOOD.

The amount of water contained in different kinds of food is much greater than is generally supposed. A table showing the proportion of this fluid in different kinds of food will be interesting at least as a matter of general knowledge. The following table we give from Pereira on Food and Diet. The quantities given are so many parts in the 100 of the different kinds of food mentioned.

	<i>Water.</i>	<i>Authority.</i>
Gum Arabic.....	17·6.....	Guerin.
Sugar Candy.....	10·53.....	Peliget.
Arrow-root, (by drying at 212° F.).....	18·2.....	Prout.
Wheat, (by drying at 230° F.).....	14·5.....	Boussingault.
Rye, do. do.....	16·6.....	do.
Oats, do. do.....	20·8.....	do.
Barley, (do. at 212° F.).....	13·2.....	do.
Maize, do. do.....	18.....	do.
Peas, do. do.....	16.....	Playfair.
Beans, do. do.....	14·11.....	do.
Lentils, do. do.....	15·9.....	do.
Potatoes, (dried at 230° F.).....	75·9.....	Boussingault.
Turnips, do. do.....	92·5.....	do.
Carrots, (do. at 212° F.).....	87·6.....	do.
Beet-root, (do. at 230° F.).....	87·8.....	do.
Jerusalem Artichoke, do.....	79·2.....	do.
Cabbage, White, (dried at 212° F.).....	92·3.....	do.
Black Bread, do. do.....	31·4 to 33.....	Boeckmann.
Beef Tea,*.....	98·4375.....	Christison.
Blood.....	80.....	Liebig.
Fresh Meat.....	74·8 to 75.....	Boeckmann.
Muscle of Beef.....	74.....	Brande.
Do. do.....	77·5.....	Schlossberger.
Do. Veal.....	75.....	Brande.
Do. do.....	79·7 to 78·2.....	Schlossberger.
Do. Mutton.....	71.....	Brande.
Do. Pork.....	76.....	do.
Do. do.....	78·3.....	Schlossberger.
Do. Roe Deer.....	76·9.....	do.
Do. Chicken.....	73.....	Brande.
Do. do.....	77·3.....	Schlossberger.
Do. Pigeon.....	76.....	do.
Do. Cod.....	79.....	Brande.
Do. Haddock.....	82.....	do.
Do. Sale.....	79.....	do.
Do. Carp.....	80·1.....	Schlossberger.
Do. Trout.....	80·5.....	do.
Calf's Sweetbread.....	70.....	Morin.
Ox's Liver.....	68·64.....	Braconnot.
Egg, (White of,).....	55.....	Gmelin.
Do., (Yolk of,).....	53·77.....	Prout.
Milk, Cows',.....	87·02.....	} O. Henry & Chevalier.
Do., Asses',.....	91·65.....	
Do., Human,.....	87·98.....	
Do., Goats',.....	86·80.....	
Do. Ewes',.....	85·62.....	

\* Physicians often talk of giving good strong nourishment, as beef tea. They are certainly not aware of the fact, that it is almost entirely simple water.—[Ed. Jour.]

[Communicated.]

**LEBANON SPRINGS WATER-CURE ESTABLISHMENT.**—In this place, so long celebrated for the beauty of its scenery, purity of the air, and utility of the water, is now instituted a Water-Cure Infirmary; which from the above considerations, promises to be of the greatest importance to the afflicted and to persons wishing to spend a season in the country for the purpose of recruiting the energies of the system, after a time of illness or hard labor. The beauty of the scenery and salubrity of the air, is not often excelled in any country. The water is abundant and of all temperatures, from ice cold to 72 degrees Fahrenheit Ther. The mountain springs have been tested by the celebrated chemists, Dr. Chilton of New-York, and Prof. Avery of Hamilton College, and pronounced perfectly pure and soft. The various baths, as *Plunge, Shower, Douche, Hose, Fountain, Eye and Ear, Cold or Warm*, are so constructed, as to be comfortable, inviting, and easy of access by invalids at all times. The rooms are so warmed as to render them perfectly comfortable even in the coldest weather. Persons afflicted with either acute or chronic diseases, have much to induce them to visit this establishment.

The diet and regimen of the patients are strictly attended to, which alone, in most cases of chronic disease, is far better for the patient than any system of drug medication. Suitable medical examination and advice constantly in attendance at the establishment, who will give strict attention to the patients, and point out all necessary changes to facilitate the cure.

Those who feel competent to treat their own cases at home and want an examination and prescription, can have it at a reasonable expense.

The inhabitants of this vicinity are particularly notified that they can have medical advice and attention at their own houses, in all acute or chronic diseases, where it is not practicable to come to the establishment.

One important item to the afflicted is, that the water-cure patients are *never left to groan out a miserable life* from the ill effects of mineral or vegetable poisons.

The expense, per week, is from \$5 to \$8, including board, medical advice and attendance.

N. B. The patients are expected to bring two linen or cotton sheets, three woollen blankets, two comfortables and towels.

DAVID CABELL,

Principal.

N. BEDORTHA, M. D.

Resident Physician.

DR. S. GRAHAM,

Counselling Physician.

P. S.—Located 25 miles east of Albany, 7 miles west of Pittsfield, Mass., and within an hour's ride of the Boston and Albany, the Hudson, and also the Housatonic Railroads.

January 20th, 1846.

☞ *Preserve your copies of the Journal.*

—Some individuals who have taken great pains to circulate and get subscribers for the Journal, have found either that their copies get lost or worn out. We are glad to re-supply such as far as we can, but in so doing, we have to break even sets. We would suggest that, for lending, two, three, or more of the Journals be put together and stitched within a good stiff paper cover: write upon the outside, "The unrighteous man borroweth and returneth not again," or some like device, *to remind borrowers of their duty.*

LOVE AND PARENTAGE, *applied to the improvement of Offspring; including important directions and suggestions to Lovers and the Married, concerning the strongest ties and the most sacred and momentous relations of life.* By O. S. FOWLER, Practical Phrenologist. (12mo. pp. 143.) Price 25 cents.

Supplement to the above work—THE EVILS AND REMEDIES OF EXCESSIVE AND PERVERTED SENSUALITY; *including Warning and Advice to the Married and Single.* Price 12½ cents.

The above works may be ordered from us, through the post-office.

TEA, COFFEE, TOBACCO, AND SALT, *as affecting Human Health.* By JOEL SHEW, M. D.

Will be published in this city ere long. Price 25 cents.

## 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. By 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, at the same price; either of which sums may be enclosed and sent by mail. Address, post-paid, *L. Barney, Water Cure Journal office, 56 Bond street, New York.*

## BOOKS ON WATER-CURE.

**BELA MARSH,** 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, 18½ 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.

## 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. Accordingly, new systems have 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.

### TERMS OF THE JOURNAL:

*Payment in advance*—For one copy, \$1; three copies \$2; ten copies, \$5. City subscribers will receive their numbers at Wm. H. Graham's, 158 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, 25 Cornhill, Boston, Colon & Adriaance, Arcade Buildings, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.

WRIGHT, PRINTER, 74 FULTON, COR. GOLD ST.