

THE  
**WATER-CURE JOURNAL.**

JOEL SHEW, M. D., EDITOR.

“*Wash and be Healed.*”

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NEW SERIES.

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**WATER**

AS A BEVERAGE AND AS A REMEDY.

BY JAMES WILSON, M. D., OF MALVERN, ENGLAND.

It is a matter of congratulation with all those who know and feel how great the beneficial result will be, that the conviction is daily gaining ground amongst the enquiring and enlightened part of the community, that water is the best beverage for man, and moreover that it is the only one necessary to keep him in the highest state of health and strength.

In “An Essay of Health and Long Life,” by that *real* and most estimable physician, the celebrated Dr. Cheyne, written some hundred and fifty years ago, he says:—“*Drink* is the other part of our food. The common drink here in England is either water, malt-liquor, or wine, or mixtures of these. Without all peradventure, water was the primitive original beverage, as it is the only simple fluid, fitted for *diluting, moistening, and cooling; the ends of drink appointed by nature.* And happy had it been for the *race* of mankind if other mixed and artificial liquors had never been *invented.* It has been an agreeable appearance to me to observe with what *freshness and vigour*, those who, though eating freely of flesh meat, yet drink nothing but this element, have lived in *health, tranquillity, and cheerfulness*, to a great age. Water alone is sufficient and effectual for all the

purposes of human wants in drink. *Strong liquors were never destined for common use.* They were formerly kept (here in England) as other medicines are, in *apothecaries' shops*, and prescribed by physicians, as they do *Diascordium* and *Venice treacle.* And it were as *just and reasonable* to see men (and if they go on, it is not impossible I may hear of it, since *laudanum* is already taken into feasts and entertainments) sit down to a *dish of Venice treacle*, or Sir Walter Raleigh's confection, with a bottle of *Hysteric cordial*, as to a dish of *craw-fish-soup* or *venison pasty*, with a bottle of *Hermitage*, of *Tokay*, or, which some prefer, a bowl of *punch.* Wine is now become as common as *water*; and the better sort scarce ever dilute their food with any other liquor. And we see by daily experience, that (*as natural causes always produce their proper effects*) their blood becomes inflamed into *gout, stone, and rheumatism*, raging *fevers* and *pleurisies*; their passions are enraged into *quarrels, murder, and blasphemy*; their *juices are dried up*, and their *solids scorched, shrivelled or bloated.*”

Water was the drink provided by the beneficent Creator for our first parents in Eden, and throughout the scriptures we find the most powerful evidence that it should be preferred before all others. In the book of Daniel, first chapter, sixteenth

verse, are these remarkable words:—"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and *water to drink*. Then let our countenance be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat, and as thou *seest* deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared *fairer and fatter in flesh* than all the children that did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink."

Looking further through the Bible, we find the most satisfactory evidence in recommendation of water as the all-sufficient beverage. It was the drink provided by the beneficent Creator for our first parents. When the king of Israel made "great provisions" for the Syrian army, the drink was *water*. When Abraham sent away Hagar, he gave her a bottle of *water*. The angel that came to Hagar in the wilderness, pointed her to a place of *water*. When Rebecca received the offer of marriage, she gave to Abraham's servant *water*. Gideon's three hundred valiant soldiers drank *water*. At Nabal's feast of sheep-shearing, the drink provided was *water*. Elijah, when fed by ravens, drank *water*; and when he came to the widow of Zidon, asked only for *water*. When the angel brought him his provisions for the journey to Horeb, the liquid in the cruise was *water*. Good Obadiah fed the one hundred prophets on bread and *water*. Job's traveller went to the stream for *water*. The king of Assyria promised the Jews, that on submission they should eat their own vine, and drink the *water* of their own cisterns. The Israelites promised to the Edomites to purchase *water*. Timothy's usual drink was *water*, the "little wine" being prescribed *medicinally*. John the Baptist took *water*. At the well of Samaria, both Jacob and Jesus drank *water*. Samson and his mother drank *water*, and King Saul in the cave had *water*. **WATER is the element chosen by God to typify the choicest blessings of the heavenly world.**

Notwithstanding that theory and practice have demonstrated in every possible

way that water is best, yet the majority of mankind have yet but a faint idea of the extent of its salubrious effects when taken in proper quantity internally; or applied in different ways externally. In the former this arises from the practice of taking hot tea, coffee, wine, spirits, and irritating medicines, &c., from an early age. The long indulgence in these fictitious habits produces an unhealthy state of feeling, attended with the fear that cold water would produce unpleasant sensations, and some injury to the stomach; there is, therefore, a barrier to its use, made up of fear, dislike, prejudice, and custom. But when this formidable barrier can be leaped over, or broken down, by a little reasoning and reflection, after a few essays the individual finds, and is convinced that he has been deprived of a great source of pleasure, and one of the most powerful conductors to health. By the great change in the feelings, the greater aptitude for mental and bodily exertion, the marked accession of cheerfulness and quiety, from taking water, all these changes in a short time make a convert. The relish for food, and the greater quantity that can be taken, and easily digested, the light and refreshing sleep without disturbing dreams—these, with the former, make him an advocate. The improved skin and complexion, conferring the freshness of youth, the clear eyes, the sweet and wholesome breath—all these, united to the foregoing, produce a zealous disciple, wishing others to share his benefits. By the proper use of cold water, the whole apparatus of digestion, from the teeth to the liver, is improved and resists decay.\*

What can exceed the *beauty, freshness, and purity* of a glass of water taken from the spring? It leaves no mawkish taste behind it, no fictitious or unpleasant odour. When it is taken during a walk before

\* Patients have observed to me that they found, by drinking water alone, or during the Water Cure treatment, that the teeth were more free from tartar or incrustation, and that the office of cleaning them was a much lighter duty to perform. I may also mention for the benefit of sportsmen, that my friend Mr. Willoughby Wood, who hunts regularly, observed that since he had tried the Water Cure and drank water, the fences and gates, which once appeared formidable, had become remarkably smell in his eyes, and that an old feeling of fatigue and exhaustion had also vanished.

breakfast, after a bath or general ablution, it cleanses all the passages, purifying the mouth, and filling it with sweet and pleasant fluids, making the individual cheerful, hungry, and wide awake. What a contrast this is to creeping down-stairs with the eye, half-closed, huddling up to the fire, and swallowing *scalding* nervous making tea or coffee, eating a few bits of toast, without appetite, and requiring some relish to make them go down!

This drinking cold water moderately in the morning, as a general result, makes the pill box and purgative draught a superfluity, for it dilutes the viscid secretions, such as bile, slimy matters, &c., that have collected during the night, and makes them pass off. The determination being already to the skin by the wet sheet, or sweating, and the bath, or by simple washing all over, the cold fluid being then taken into the stomach, at first lowers its temperature, and that of all the organs contained in the abdomen, helping still more to lessen any irritation and heat, or undue collection of blood in these parts. The water is *rapidly absorbed* by the stomach, not *digested* as many suppose: and pure water does not escape into the alimentary canal. When it is all sucked up by the stomach, it goes into the general current of the circulation; mixing with the blood, it is first carried into the lungs, and then sent on by another set of tubes, the arteries, to the tips of the fingers and the points of the toes; and every intermediate part feels its benefits, giving new life and activity to everything it has come in contact with. It is then in great part thrown off, (mixed with waste matters,) by the skin, in invisible steam; by the kidneys, and by the breath. When a glass of water is swallowed, the stomach, by its motions, diffuses it over all its surface before it absorbs or takes it up, just as you would wash the face—and it has the same refreshing and beautifying effects, leaving it at a more natural temperature, and giving it a more healthy colour.

It appears almost incredible with what rapidity cold water is taken up by the healthy stomach. I once, by way of experiment,\* swallowed thirty tumblers of wa-

ter from the spring before breakfast—each equal to half pint—two of which I sometimes took at once. I was nearly three hours about it. At nine o'clock I was so hungry that I could hold out no longer. I had intended to have tried another dozen. When I went out at six, I had a wet bandage on the stomach, *tightly* applied, and covered by a thick dry one. When I went to breakfast, the *abdomen was diminished in size*, for my bandage no longer stuck so close. I never enjoyed a morning's walking more, and during the day felt perfectly well. At first, when the stomach is much out of order, and the patient has not been accustomed to drink water, it is well to begin as *gradually* as he pleases. He soon gets to like it, not from thirst as is supposed, but from its refreshing effects, just as people take wine or spirits without being thirsty, to relieve a low feeling, or produce a *tipsy* one. Often when sitting down to my bread and butter, milk and strawberries, with an appetite that would have made dry bread delicious, I could not help comparing my state to that I could vividly recall, after taking two pills over night, and a white—no, a *black* draught in the morning. What a contrast in every sense of the word—in the moral as well as the physical man—one as unwholesome, irritating, and depressing, as the other was *cleanly*, refreshing and exhilarating.

It is necessary to observe, that most persons who are delicate or ailing, by getting up before their usual time, and walking before breakfast, produce lassitude, headache, and other disagreeables for the rest of the day; this unpleasant state does not occur, if part of what I have described is done beforehand, and followed by a few tumblers of water.

Simple as the mere act of drinking water may appear, there are a variety of diseased states in which its use requires discretion and management. There are cases in which it produces great disturbance, and others in which *the progress towards*

and was in high health, and going through a course of experiments; I should mention, that after the twentieth tumbler, I felt a slight dizziness, accompanied with a tipsy feeling, but not in any way disagreeable; it disappeared on taking breakfast. Patients should not make such attempts, but rather be on the right side, of doing too little rather than too much.

\* At this time, be it remarked, I had recovered

*cure is interfered with, by drinking too large a quantity, or at improper periods.*

The majority of people in large towns, from their modes of life, of eating and drinking, over-exertion and many unnatural habits, which, would sooner be fatal were it not for the wonderful power of the machine to accommodate itself, and resist such a complication of efforts to destroy it, have their stomachs and constitutions more or less in a disordered state, which water properly administered would go a great way to rectify. Abernethy went so far as to say, that in London there was not a *perfectly* healthy inhabitant, and from what I observed during many years of practice, I cannot say that he exaggerated in his statement. In truth, when admitted behind the scenes, we certainly do discover the melancholy fact, that every second person has some ailment more or less distressing to complain of. However, this state of things admits of great amelioration, and by very easy and simple means—the *judicious use of water*.

In fine, there is no agent applied to the human body, externally or internally, that has such influence in awakening all the vital powers to their greatest restorative capabilities, in arresting the progress of disease, or preventing, when inevitable, a fatal termination, as *pure water*. Administered at various temperatures, it is the most powerful remedy we possess, the most manageable in its scientific application, the most easily obtained, and the most certain in its results. So varied are the modes in which it can be applied, that there is no remedy that can be made to produce so many diversified and opposite effects: a stimulant, a sedative, a diuretic, a sudorific, a derivative, an alterative,—and a cleanser and restorative in the fullest sense of the terms. Unchaining all the powers of the constitution, giving nature a genial impetus, and leaving uncurbed her desire and efforts to heal; and all this without the necessity of straining any individual function; and after its most marvellous and mighty results in the most acute and dreaded diseases, leaving behind no trace of its operation, no mark or after-suffering, to point out where or how its power had been exercised—a conqueror without bloodshed—the giver

of sound constitutions without levying a tribute—a divine and universal remedy!—universal in its application—universally dispensed for the use of all mankind—and in days to come, destined to be universally placed at the head of all remedies. This,—my opinion,—written long before the Water-Cure was heard of in England, is still, after much reflection, and a more matured experience, my confirmed belief.

#### JOHN QUINCY ADAMS' OPINION ON TOBACCO.

“In my early youth I was addicted to the use of tobacco in two modes—smoking and chewing. I was warned by a medical friend of the pernicious operation of the habit upon the stomach and the nerves, and the advice of the physician was fortified by the results of my own experience. More than thirty years have passed away since I deliberately renounced the use of tobacco in all its forms; and although the resolution was not carried into execution without a struggle of vitiated nature, I never yielded to its impulses; and in the space of three or four months of self-denial, they lost their stimulating power, and I have never since felt it as a privation.

I have often wished that every individual of the human race, afflicted with this artificial passion, could prevail upon himself to, try but for three months, the experiment I have made; sure that it would turn every acre of tobacco land into a wheat field, and add five years to the average of human life.”

**BAKED INDIAN PUDDING.**—This should always be mixed up awhile, an hour or two or more, before baking. One part water, one of meal, and two of milk, answers well; all milk may be used, which, however, makes the pudding but little, if any, better. The milk, or milk and water, after boiling, should be poured upon the meal which is to be well stirred; sweeten with good molasses, syrup or sugar; fruit may also be added. It should be baked from four to eight hours, according to the size.—*Water-Cure for Ladies.*

The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.—*Old Proverb,*

## BATHING AND CLEANLINESS.

Dear Sir,—I have received and read with much interest the first number of the Water Cure Journal. I have a great regard for air and water, they are two-thirds of my life, and I can fancy no greater privation, after bread, than the want of them. I used to be troubled with headache, sad spirits, and a hundred other ailments; but since I have lived on the bank of the ocean, where I breathe the pure air of heaven, and bathe almost daily, sometimes twice a day, even in March, my spirits are as bounding as the wave, and free as air. I have scarcely had an ill day for three years, though before, I believe, I never passed a summer without sickness of longer or shorter duration. I once heard of a man taken out of prison to be executed; as he stepped upon the scaffold, he exclaimed, "Bless God for pure air!" I bless God for free air and pure water. I could scarcely exist without bathing; yet there are thousands around me, and they do not consider themselves dirty folks either, who never bathed in their lives, and would much sooner think of going three thousand miles over the ocean than of being three seconds under its surface. Poor souls, or rather poor bodies, how I pity them; they know not what the luxury of a bath is. A pint of water applied to their face and hands once a day, and to their feet, perhaps, once a week, is the most they ever accomplish; I say "perhaps," for many do not go so far as this. I was in a barber's shop a few days since, and was amused, perhaps I should say grieved, to hear a man ask the barber "Does my neck need washing?"—as if one's neck did not need washing every day. Another person "dressed up," and went to visit his relations in the country. He was gone a week, and when he returned, he asked a lady, "Is my face clean?" She replied, "It is tolerably clean," "Well" said he, "I have not washed it since I went away." One old man, nearly sixty years of age, one day told me that he never washed himself "all over," in his life. He would have been very much offended if I had called him a dirty fellow, for he considers himself a gentleman, and has been a town officer. The celebrated Judge

Sewall was proverbial for his personal neglect; sometimes he did not change his linen for two or three weeks. One day a young lawyer ventured to remonstrate with him on the subject. "How often do you change your shirt?" inquired the Judge, "Every day" replied the lawyer. "Well, what a dirty fellow you must be!" said the Judge. By the by, some people never wash their teeth. I know a man who considers himself a great moral reformer, whose breath is so offensive that it is unpleasant to converse with him, unless at a distance. I have had some fine compliments on account of my writings, but never one which I value so much as the expression of a lady, "His breath is as sweet as new milk." I find it difficult to imagine a purely moral man who is not cleanly. The venerable Bede, in his life of St. Cuthbert, says—"When the saint had washed the feet of those who came to him, they compelled him to take off his own shoes, that his feet might also be made clean, for so little did he attend to his personal appearance that he often kept his shoes on his feet for months together." Not a very "sweet saint," certainly. Cleanliness is said to be a part of godliness. "Keep thyself clean," was the injunction of an apostle.

Every house, not situated near a river, pond, or the ocean, should have a bath in it. If I were to build a house, I would sooner dispense with the "parlor" than the bathing room. If you can persuade people to bathe daily, you will do much to prevent sickness. And from what I know of the benefit of bathing in my own case, and also that of a friend, a gentleman of high reputation, who has cured himself of a distressing rheumatism by the application of cold water only, I have a very good opinion of such establishments as the Water-Cure House, and the Water Cure Journal.

ALONZO LEWIS.

*Sagamore Cottage, Lynn, Mass.*

If every child were from the first, nourished with pure healthy milk, invigorated by morning and evening ablutions daily, and by pure air to breathe, how few indeed would suffer from disease.

CHAUCER'S DESCRIPTION OF A PHYSICIAN.  
*The Doctor of Physick.*

With us there was a Doctour of Phisike;  
 In all this world, ne was there none him like  
 To speake of phisike and of surgerie,<sup>e</sup>  
 For he was grounded in astronomie.  
 He kept his patient a full great dell  
 In houses: by his magike naturell  
 Well couth he fortune the assendent  
 Of his image for his pacient.  
 He knew the cause of evry malady,  
 Whether it were of cold, heate, moist, or dry,  
 And whereof engendered was each humour.  
 He was a very parfit practisour;  
 The cause I knew, and of his haime the roote,  
 Anon he gave to the rich man his boot.  
 Full ready had he his apotaries  
 To send him drugges and his lectuaries;  
 For each of them made oher for to winne,  
 Ther friendship was not new to beginne.  
 Well he knew the old Esculapius,  
 And Disascorides, and eke rufius,  
 And Hyppocrates, and Galen,  
 Serapion, Rasis, and Avicen,  
 Aberrois, Damascene, and Constantin,  
 Bernard, Galisden, and Gilbertin.  
 Of his diet measurable was he,  
 For it was of no superfluite;  
 But of great nourishing and digestible.  
 His study was but litle on the Bible.  
 In sanguine and in pecepolad withall  
 Lined with taffata and with sendall;  
 And yet he was but easy of suspence.  
 He kept that he won in time of pesulence;  
 For gold in phisike is a cordial,  
 Therefore, he loved gold special.

It appears from this quaint and satirical picture, that, in Chaucer's days astrology formed part of a physician's study. It also plainly proves that a disgraceful collusion prevailed between medical practitioners and their apothecaries, mutually to enrich each other at the expense of the patients purse and constitution. The poet moreover seems to tax the faculty with irreligion; that unjust accusation was not uncommon. To the disgrace of many illiterate persons of the present age, we have known our most able and praiseworthy physiologists charged with materialism.—*Milligen's Curiosities of Medical Experience.*

**OVER FEEDING OF CHILDREN.**—One of the most pernicious habits in which children can be indulged, is that of almost incessant eating. Many mothers encourage it from the facility with which for a time the offer of "something nice" procures peace. Even from infancy, the child ought to be gradually accustomed to eat only when hungry, and only when food is required. After two years of age,

an interval of four hours between meals will rarely be more than enough; and to give biscuit, fruit, or bread, in the mean time, is just abstracting from the digestive power of the stomach. Like almost every organ of the body, the stomach requires a time of repose after the labor of digestion; and accordingly in the healthy state, the sensation of appetite never returns till it has been some time empty. To give food sooner, is analogous to making a weary traveller walk on without the refreshment of a halt.

It is a great mistake to suppose that children would not be quiet, contented, without such indulgence. On the contrary, they would be healthier and happier were the *opposite* system steadily pursued. The greatest obstacle to be encountered is the ignorance of the nurse or mother, and her want of resources for the entertainment and exercise of the child's bodily and mental faculties. If these be duly attended to, the child will not think of eating till the return of appetite enforces the demand, whereas if it be left idle and neglected, everything will be carried to its mouth, as its only remaining resources against absolute insanity. So true is this, that I should regard that nurse as unfit for her employment who should complain that her charge, otherwise in good health, is incessantly craving for something to eat. In this respect, children are like adults. Give them something to do and to think about, and they will seek food only when hungry. But leave them idle and listless, and eating will become their chief subject of contemplation.

In a matter so important as the rearing of children, one would imagine that every mother and nurse would be anxious for instruction on the nature, functions and wants of the being committed to their fostering care. And yet it is notorious how rarely either one or the other of them possess but the crudest notions of the animal economy, or can give reasons for the practices they recommend, or modify them in any degree to suit modifications of circumstances and constitution. In reality, the wonder comes to be, not that so many children die, but that so many survive their early mismanagement.—*Combe on Digestion.*

January 28th, 1846.

*Mr. Editor*,—I could not but remark, while looking over Dr. Combe's Principles of Physiology, the change which has taken place within a few years in regard to the treatment of diseases of the chest and lungs. He says, (page 173, Harper's edition,) "The second requisite to the well being of the lungs and to the free and salutary exercise of respiration, is a due supply of rich and healthy blood. Where, from defective food or impaired digestion, the blood is impoverished in quality and rendered unfit for adequate nutrition, the lungs speedily suffer, and that often to a fatal extent. So certain is this the case, that in the lower animals tubercles can be produced in the lungs to almost any extent, by withholding a sufficiency of nourishing food. The same circumstances operate to a lamentable extent in our manufacturing towns; among the poorly fed population, whereas it is proverbial that butchers—a class of men who eat animal food twice or three times a day, and live much in the open air, are almost exempt from pulmonary consumption." It is necessary, he says, to furnish the food which will most easily combine with the oxygen in the lungs, in order to protect the already too weak tissues from its attacks.

Now, the treatment seems to be, especially with hydropathists, to reduce the amount of food to the lowest point, and that too the least nutritious, while the blood is being still more impoverished by copious draughts of cold water. Fearing to occupy more of your time, I will close, with the hope, that as this is a subject interesting to many, you will give it a few words in your Journal.

**REMARKS.**—Our correspondent is mistaken in his impression, that we, as hydropathists, reduce the amount of food to the lowest point. As physiologists, we say, that in this and every country, and in all periods of time, wherever human beings have had the means, the habitual taking of too great an amount of food, has been one of the most prolific sources of disease. In all systems of healing, it should be a prominent object to remove,

as far as possible, the causes of disease; and, in order to do this, the dietetic and other habits must be regulated. It is often supposed that all we have to do, in many cases, is to give a large amount of nourishment. Hence the common expressions, "generous diet," "strengthening diet," "full diet," &c., &c. During the last stages of pulmonary consumption, patients are often recommended to take freely of rich food, the more the better, so long as there is any appetite: and this is done with the view of sustaining the individual. We should always bear in mind one fact, that a weakened system cannot receive and change into healthy blood, flesh, bone, &c., so great an amount of food as a strong healthy system. We may then easily overtax the system, and thus oppress and weaken it by too much food. Neither man nor animals live but a short time if the food is of a rich concentrated character, as sugar, oil, or fat; and even wheaten bread, in which the bran has been separated, is so rich that it soon destroys life, whereas, if the coarse innutritious bran is left unseparated, no such result occurs.

Individuals have been sustained for a long time upon coarse bread and water alone, but never upon fine. Magendie, the celebrated experimental physiologist of Paris, nourished dogs upon fine bread and water, and found that invariably the animals died in seven weeks, varying a day or two; but on substituting coarse bread, the dogs thrived perfectly well. It is a law, then, of the animal system, that food must consist in part of *innutritious* matter.

In hypodrothy we often find that patients increase in flesh, although the amount of food taken is diminished. In No. 5, page 71, of the present volume of the Journal, will be found a case, (that of Mr. Allen of Troy,) in which there was a remarkable increase of flesh, while, at the same time, the diet was of such a character as would generally be supposed to be insufficient. The true fact of the case is, that the weakened energies of the system were aroused into vigorous and more vigorous action by water externally and internally applied, and a natural increase of flesh was the result. The food was more perfectly digested, and an improved

state of all the fluids and solids of the system was brought about.

It is an erroneous notion that water impoverishes the blood. Water is a powerful agent, and may be made to affect the system very injuriously, as every one knows; and it will hereafter be found true, that, as a general thing, those undergoing water treatment do too much, especially in the drinking of water. It never does good, and may cause harm, to take the enormous quantities of water that some do. The best general rule, as we have elsewhere said, will be to drink as thirst demands. Cause thirst by exertion of body, and then the water is advantageously taken.

Concerning the diet and health of butchers, we do not believe that, as a general thing, they eat any more animal food than people in general; and probably they do not as much, for they are more or less cloyed by the constant effluvia arising from the meat: nor do we believe that butchers are any more healthy than the generality of persons who have as much out-door exercise as they. It has long been a fashion to quote butchers, as affording an example in proof of the good effects of flesh eating. But facts are often entirely misapprehended.—[Ed. JOUR.]

ACUTE RHEUMATISM—A SEVERE CASE  
CURED.

Bronx, Westchester Co., N. Y.,  
Feb. 7, 1846.

Dear Sir,—Believing, as I have for some three years past, in the great power and curative properties of cold water, as applied upon the Graefenberg principles, I have ventured for a second time to put the theory of my reading on that subject into practice. Having on Wednesday, the 21st of last month, in a severe snow storm, started from your city with my wife and two children for the country, we had proceeded but about 10 or 12 miles before we were compelled by its severity to halt between 2 and 3 days until we could proceed; and what, from the inclemency of the weather and consequent exposure by shifting the children from the pas-

senger car to the baggage car, without fire, and leaving behind the former and endeavoring to proceed on our way in the latter, which we did not do but a mile or two, and then compelled to return, my son, a lad of 10 years old, whom you saw at your house, was on the following evening attacked as above described; and so full in the faith was I of a successful result, that I determined upon the following treatment of him, and which happily I found no occasion to deviate from, namely:

Monday morning, in bed, fever generally, with great pain, heat and extreme soreness in the thighs, knees, legs, ancles, feet and toes,—so much so, that it was with difficulty light covering could be borne. Application of the wet sheet for two hours, immediately after standing bath, chill off, in a tub, with large sponge, from five to eight minutes, (the tub not being of sufficient size to admit the sitting posture for half bath,) wiped dry, put to bed with cold fomentations occasionally on the thighs and legs, complaining of cold feet: a bottle of warm water was put to them.—Diet, —masked potatoes, toast and boiled rice, with several glasses of ice and toast water, which he craved from time to time through the day and night: treatment and diet the same, (except a tepid clyster of water every other day,) for the following Tuesday, Wednesday, Thursday, Friday, Saturday. Sunday and Monday,—the fever, pain and soreness, from day to day gradually abating. Tuesday morning quite feeble, but left his bed, which was upon straw, and came downstairs, and two days after rode with me a distance of some miles, and now finds himself fast recovering the use of his limbs.

And now I leave the case, which was performed in so short a time, with you for comment, if you are so disposed. For myself, I view it in no other light than a miracle, when I review his pain and suffering, which was short, to be sure, but it was more particularly painful to him when carried from the bed to the bath, and bath to the bed, and in lifting him for the wet sheet. R *espectfully yours,*

RICHARD G. WAIT.



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NEW-YORK, MARCH 1, 1848.

## ARE DRUGS MEDICINES TO BE USED BY HYDROPATHISTS?

A friend for whose kind intentions we feel very grateful, writes us that he fears we are going too far in a good cause, in our opposition to the administering of medicines (drugs.) Now we never had much confidence in drugs, from the time or rather from before the time we commenced the study of the healing art. We saw medical men meet in consultation and declare that the patient could not possibly live, and that they had done all in their power to save life, in which they were truly sincere; but after leaving the case, large draughts of cold water were given according to the inclinations, or a cleansing of the clammy neglected surface, by a vapor bath, or sponging and rubbing, together with the best of nursing, was practised, when strange to say, the patient, as if by miracle, was saved. Again and again, we saw all this take place, and on the other hand, we witnessed not unfrequently, cases in which the physician or physicians affirmed that the sufferer was in no danger, but still that powerful means were required. Strong medicines were for days administered, when all of a sudden the patient began to sink and death soon ended the scene; or, what more frequently happened, some other and more desperate form of disease supervened upon the original one, terminating soon in death. Moreover, we often heard it said, not only in the pulpit, but by physicians and the many, that such and such individuals were attacked and cut off by disease of a sudden in the very bloom of vigor and health. Instinctively as it were, we could not believe that the right use of remedial means, or that the laws of life, health and disease, were un-

derstood. We cannot explain how it was, but such were our thoughts before we had heard of hydropathy, or thought at all seriously of studying the healing art. Is it strange, then, that we never fell in favor with drugs? We went, it is true, regularly with our preceptors to the bedside of the sick. We attended the best hospitals and dispensaries our country afforded, listened to the ablest *teachers of physic*, and yet, all along, we were heretical in regard to drugs. The more we observed of their efforts, the more we disliked their use. Let us be understood, distinctly, as not affirming that drug medicines never do any good; but that in the main, as administered, we believe that incomparably more harm than good is caused by their use. Are drug medicines then, ever to be used?

There is one great principle in the effects of drugs which to us appears palpable and easy to understand. All drug substances exert an unfriendly action upon the human frame. To a greater or less extent, they always make us more sick. Drugs always excite a vital reaction or repulsion in some part or parts. We do not say that drugs never in any instance cause any good, but the principle on which they act, that of *causing disease*, is not the true one. *Nature has provided us means by which we bring about all the good effects drugs ever can cause without any of their bad effects.* So we believe.

As to authorities in this matter, the best practitioners of hydropathy in Europe place no reliance whatever on medicines. This is true of Priessnitz, the greatest of all practitioners, of Dr. Wilson, the talented pioneer practitioner of England, and of various others that might be named. True there are some who use medicine as an exception to the general rule, but practitioners in Europe generally use no drug

medicines whatever. As for ourselves we feel pledged to no theory. We are ready at any time to use medicines other than water, once we are convinced that this is best, and we shall at all times consider ourselves responsible to give a good reason for any change we might make. We hope always to be, "never too old to learn."

We intend to say, and should have said ere this, that as honest differences of opinion must necessarily arise among the practitioners of the new system, we sincerely hope that, notwithstanding this, a kindly feeling and a desire for improvement and mutual good may always be kept up. Do what we will, and act as energetically and as much in concert as we may, there will still be enough for us to war against. The prejudices of society, and not less of the medical profession against us, certainly form barriers strong enough to induce every practitioner and friend of the system to do his utmost to further its spread.

There is one evil which, in every country, will sooner or later come upon hydro-pathy; but it is not a great one. Multitudes of practitioners will spring up as soon as it appears that there is a prospect of making money from the practice.—In some instances, water-cure will be put forth as an inducement, while behind the curtain as it were, drugs or some secret means will be used in order to enable the pretender to get gain; but the new system is, in its general principle, so simple and easy to understand, that the public cannot be long deceived. Water is too simple, too abundant, for the quack to make money from; he must have his nostrums and pills, or he will never succeed.

#### THE CURING OF COLDS.

The curing of colds is of great importance, and what is incomparably better, is

to prevent them entirely. The taking of colds causes more diseases than any other agency whatever; and yet colds are generally neglected, as if being of no account. It is not our purpose here to attempt a description of the great variety of ways in which the cold affects a person. We shall not now speak of those cases in which it results directly in a severe or dangerous fever or inflammation, but of the coughs, catarrhs, and slighter ailments so often found.

The general principles of treatment are the same in all these cases. A *cold*, it must be remembered, is only another name for an *inflammation*. First, the chill caused from cool or cold moisture is experienced, though we are not always aware of it at the time, and afterwards the inflammation sets in. This varies from the smallest perceivable extent up to the most severe and dangerous disease. Now, one of the best possible applications in any or all of these cases, is the wet sheet,—not administered with the view, as is often supposed, of causing perspiration,—but to bleach or draw matter outward from the internal system. It would be difficult to attempt an explanation of the true manner in which the wet sheet acts in those applications by which it is left upon the individual until a glow is experienced. It has, we may say, a *poultice* effect. But in some cases, perspiration takes place easily and before the body becomes too much heated, which is always wrong.—In such cases the sweating is good, but, as a general thing, we should not seek sweating as such. Here, as elsewhere, a thorough ablation of some kind should be performed instantly after the application of the wet sheet.

The vapor bath, well managed, in connection with the cold, as all should know, is a most excellent means in colds. The old women and Indians knew better how to cure a cold than the profession generally, until the Thompsonians arose,—and these had by far more of drug medicines, although of a comparatively innocent kind, than we ourselves were ever willing to take; but the vaporizing, when not practised to excess, the bathing, and the oft and thorough cleansing they practised, we always had a great love for.

Whenever a cold has been taken,—we care not how it affects one,—there is need of mere bathing, instead of less, than in ordinary health. Physicians in general know so little of the real effects of water, that they at once order the patient to desist from bathing,—those, we mean, who are even accustomed to water, because water, or cold and moisture, cause colds. Now, it happens, in some few cases, that a cold bath at first causes a slight cold, a “crick in the neck or back, &c.,” and in all such cases we “double or treble the dose,” and the cure is effected. Water, although it may cause a cold, (inflammation,) is certainly the natural means curing it.

Persons should flee all manner of coughs as they would the plague. How many consumptions originate in a mere cold? The cough is allowed to go on, little by little, though it may be, till at length the lungs are so much affected that a cure is impossible. How are we to manage in these cases? The sooner they are attended to, the easier is it to cut them short. In addition to the general treatment mentioned, together with rigid dieting, the chest should be encased night and day in well arranged bandages wet in cold water. A flannel wrapper may be bound over them, if necessary; but persons must not fear a little cold. This application well made, produces a wonderful effect in relieving and invigorating the lungs. If the paroxysm of coughing becomes at this time very severe, whether by night or by day, a good thorough bath is the most efficient means of averting it. This advice, if practised upon, will be found very useful to those who cough much at night. Take a good bath, and you sleep well, and if the cough comes on again, repeat the bath, and so proceed, if necessary, to a half dozen in the single night.

We do not know that we need here to say much on diet. The meal at night,—the third meal we mean,—often causes the night cough, when, if it had been omitted, all would have gone on well; but many prefer the cough rather than to omit the meal. The first part of the homely old saying, “Stuff a cold and starve a fever,” does not hold good.

#### SPREAD OF HYDROPATHY IN THE UNITED STATES.

The Journal is now sent to the most distant states and territories of the Union. Its gain in circulation is beyond our most sanguine expectations. A spirit of inquiry is abroad in the land, and from now onward the light shall spread until the systems of drugging are shaken to their very centre. It shall not be true for many years that a large body of men shall be found getting often large gains out of the practices of “doctoring people to death,” (for we have always held that the work of physicians, in the aggregate, is one of the destroying of life.) It will yet, sooner or later, become generally understood that, poor and dilapidated as the human constitution is, ninety-nine of the one hundred illnesses that flesh becomes heir to *can easily be prevented*, and that when disease does unavoidably assail, in almost every case a domestic application of the principles of hydropathy will save the trouble, expense, and *danger* of calling the physician — practitioner of drugs we mean. Friends of hydropathy, we wish to be distinctly understood; *learn to keep clear of the doctors. We speak not against physicians as men let it be remembered, but the errors they practise.*

It fell to our lot to act as a pioneer in the new system in this country; that is, when we commenced the public advocacy of the system we knew of none other in the country that was practising upon its principles. Friends endeavored to discourage us, believing that a long time would elapse before public attention could be aroused on the subject of a treatment apparently so simple and so powerful and, opposed to common notions. We mistook the true character of our American people, if they were not ready to adopt any improvement once it could be demonstrated to be really and practically useful. We were not mistaken. The system is destined on our own soil to spread more rapidly than it has or can in any other country on the face of the globe. The people of “Yankee notions” will make water-cure truly practical, and yet we must remember there is much, very much, for us manfully to contend against.

We receive daily, orders for the Jour-

nal, and letters that indicate an earnestness in the cause that can never be stifled. Some of these communications, rudely written perhaps as could well be, are yet full of the true and indomitable spirit of reform. A specimen or two we give.

(From the Far West.)

"To Doct. Joel Shew.—

We have a dark corner of the world here, particularly in regard to remedial agents. All the mass of people know, is to take first what the doctors present to them without a murmur, or even asking what they are taking; in this manner the most concentrated, and deadly poisons are constantly administered; and in the opinion of some of the best informed men the aggregate of deaths are vastly increased, beyond what they would be if the practice of medicine was totally abolished.

Now we wish to obtain some ray of light by which we can escape some of the deadly effects of this dark and benighted system of this dark and benighted age."

(From the Green Mountain State.)

"To Doct. Shew.—

"You will please forward the back numbers as soon as you receive this. I shall get at least two more names, which will make twenty; I wish I could get a hundred; that would pay, for I know that non-paying subscribers under our present unnatural state of things will not enable a philanthropist, or philosopher, to sustain himself.

In my last I mentioned that Mr. ——— refuses to take your journal; he gets his living by trafficking in drugs and medicines, which your journal informs people how to live without, much to their present advantage and the good of posterity."

(From a Physician in Michigan.)

"Dr. Shew:—

Please direct my paper to this place.

If you will authorize me I will procure some subscribers to the Journal in this state.

I have not failed in a single instance in which I have applied the "Water Cure" treatment; but the medicine is *too simple* for the people, they would rather take "*bread pills*" with a hard name,

even if no cure follows; but in spite of prejudice the reformation is going on, and hydropathy is destined to be the most popular system in the West. I propose giving courses of lectures in this state."

#### SHOWER AND SPONGE BATH IN CONSUMPTION.

Professor Elliotson, of the University of London, in speaking of phthisis pulmonalis or consumption, goes on to mention the best preventives, as invigorating the body as much as possible by fresh air, daily exercise out of doors, great regularity in sleep and in all good habits, committing no sort of excess in anything, carefully guarding the body with suitable clothing to every part, and mentioning, of course, some things that are utterly inconsistent, as the drinking malt liquors and wine, (although he admits the last, in most cases, does harm,) says, "If we can do all this, we may in many cases prevent phthisis, especially if in addition we can make patients use the cold shower bath; many cannot bear a cold shower bath at first; but they can bear it *tepid*, and by degrees they can bear it *cold*. I saw a young gentleman whose brother died of phthisis; he expectorated blood at the same time as his brother; and they appeared equally disposed to phthisis. In one, the disease ran on very fast, and he died. The survivor was spitting blood continually; and the pupil of his eye was large. I prevailed upon him to begin the use of the shower bath; and he has done so all the winter. The result is, that he has lost his cough, spits no more blood, and is now a strong young man; no doubt, if he take care of himself and commit no excess of any description, he will go on well. I do not know any means so powerful in "hardening" the body as the use of the cold shower bath; but it is to be remembered that we cannot "harden" every person, and that we may kill many in the attempt. Some ladies, in order to strengthen themselves, will go out of doors in the most frosty weather; and by that means often injure themselves. We may make the most delicate hot-house plant hardy by lowering the

temperature gradually; but what will harden one will *kill* another, and what will not "harden" *one* person at all would be quite sufficient to harden *another*, and therefore the greatest care should be employed. Some try to "harden" themselves by having the window open; and they glory in having snow on their coverlets; some can bear it, but a great number could never bear any thing of the kind. Still I am sure it is proper treatment to "harden" people as much as can be borne."

Further on, Professor Elliotson says, very properly, that when the shower bath cannot be borne, sponging, tepid, or cold is highly useful and productive of great comfort, especially when the hectic is on. It is also the most efficient means of preventing hectic sweats, and as to the time most suitable, the patient's feelings of comfort should always be consulted.

#### DEFINITIONS OF TECHNICAL WORDS.

**Scrofula.**—This word is derived from *scrofa*, signifying "a sow," because swine were thought to be subject to the same or a similar disease. The scrofulous state of the system is characterized by what are called indolent glandular tumors at and about the neck. These suppurate or come to a head slowly and imperfectly, and are often difficult to heal. The internal organs are apt to be attacked by those who are subject to the disease, in which case it is very dangerous, and when fully set in, is probably seldom curable by any means.

The disease is often hereditary, but not always so. When it is hereditary even, it may generally be eradicated from the system, if commenced with sufficiently early. On the same principle that disease is brought on in the system, it may be expelled from it. Scrofula is brought on by improper management during infancy and the earlier years; and the management of the mother's health during pregnancy has likewise a great influence upon the health of the child. Improper food, insufficient exercise, and close confinement in bad air, together with want of cleanliness, are the most prolific causes of the disease. The best treatment, then, is to support the strength to the utmost: this is to be accomplished by bathing, ex-

ercise, fresh air, plain substantial food, and a judicious regulation of all the circumstances that affect health.

**Tubercle.**—Every body speaks of tubercles in the lungs. These consist of a small hardened mass of opaque matter, pale and yellowish. The word is derived from "tuberculum," the diminutive of "tuber," a swelling. Tubercles may be kept from inflaming and suppurating, generally, if not always, by a proper management from the first. But, as things are, they are very apt to become inflamed, run together, and destroy life. They may attack almost every part, but are more generally found in the lungs and mesentery. Scrofulous persons are most liable to have tubercles.

**Mesentery.**—A term applied to several folds or duplicatures of the peritoneum, (lining membrane of the abdomen,) which hold the different parts of the alimentary canal in their respective situations.

**Convulsion.**—This term, in its broadest sense, denotes any violent perversion of the animal movements. Tremors are slight spasms, that is, the muscles have alternate contractions and retractions. If the contraction is strong and permanent, it is called tetanus, (lock-jaw,) trismus, (partial closure of the under jaw,) &c. Spasms, cramps, risus sardonicus, (a convulsive movement of the lips and cheeks,) and St. Vitus' dance, are convulsions.

**Cramp.**—A sudden and highly painful contraction of a muscle or of muscles experienced more commonly in the lower extremities. Cramp may take place in different diseases, and it sometimes occurs when the health is comparatively quite good. Quick and thorough friction with the wet hand, towel, or brush, is the best means to be used. A ligature above the part is sometimes used, and found effectual. A wet towel worn at night about the part prevents the cramp.

**Cramp of the Stomach.**—A most painful symptom, demanding the use of powerful means. Hot applications, both externally and internally to the part, we should first use, had we cramp in the stomach. If these make it worse, we should take the cold. We believe the hot to be the best. It is necessary, in many instances, to

cause vomiting. *Spasm* is usually applied to involuntary muscular contraction, whether permanent or alternating with relaxations. (See *Convulsions*.)

CASE OF NEURALGIA CURED BY DR. SCHIFFERDECKER.

[From the United States Gazette.]

*Friend Chandler*:—Having been a reader of your valuable paper for several years, and appreciating your willingness to give publicity to any facts likely to prove interesting, or to alleviate the sufferings of humanity, I send you the following particulars of a recent case of Neuralgia, cured by the very skillful application of pure cold water, by a physician now residing in the northern part of the city.

On the 10th of July last, my friend was attacked by a dreadful Neuralgia, extending from the hip joints down to the toes; the pain was most excruciating, and within a few days was followed by a paralysis of the entire limb below the knee. He immediately called in several physicians of the regular practice, until at the end of a month they abandoned any further treatment, and advised him to try galvanism, which he did twice a day for two weeks. Finding no relief, he tried the Thompsonian medicines for about two weeks, without any benefit. He next tried "steam baths," with no better success.

A period of more than two months had now elapsed without the patient obtaining even a moment's freedom from pain, or a single night's rest. He was very much reduced by the treatment and suffering, and scarcely able to move with the aid of crutches. In this deplorable state he applied tin cases containing hot water, to the diseased limb, and for the first time was able to sleep, or had any mitigation of his pain. He continued this application for about six weeks, but was only temporarily relieved, and had no improvement. In this condition he tells me he heard of the Water-Cure, and soon after applied to Dr. Charles Schifferdecker for advice and treatment. The first application was made on the 26th of October—within a week thereafter he laid aside his sticks, and not only slept soundly at nights, but

was able to walk easily, to the astonishment of every body acquainted with his previous situation. Within the ensuing three weeks, after various and skilful applications of the same pure element, he arrived at a "crisis," and many ugly biles made their appearance; after which he improved very rapidly in every respect.

On the 5th of December he left the physician (to continue some further treatment at home) a strong, hearty man, robust and active enough to run a race with almost any one.

These particulars I communicate, knowing them to be true in every respect. They are offered with the consent of the patient, and without the knowledge of the physician. Any person desiring to obtain farther information, had better apply to the individual himself, Mr. Amasa Stone, whose place of business is in Broad street below Third, and whose residence is in Washington street, Spring Garden, six doors above Tenth street.

The knowledge of such a cure may be very welcome intelligence to many sufferers, and you are well aware that I can have no other possible interest in its dissemination.

Yours, very respectfully,

A SUBSCRIBER.

**FEATHER BEDS AND PILLOWS.**—The young should never sleep on feather beds, and the old should avoid the practice as far as possible. Feathers retain too great a degree of heat about the surface of the body, and thus weaken it. The feathers, besides, emit an offensive animal odour which is always more or less injurious. Go of a morning into some of the bedrooms of the country, and the ~~air~~ is well nigh bad enough to suffocate one; and yet feathers are thought to be *so very comfortable*.

Feather pillows should never be used by old or young. The *head* should be kept cool. A great deal of mischief is done in sickness by feather pillows. Hair, moss, corn husks, or even tow or straw made into a sort of cushion, would answer a much better purpose. *Remember to keep the head cool.*

**BATHING TO PREVENT RHEUMATISM.—  
A CASE.**

Mr. John A. Deveau, of this city, aged 46, a ship-wright by occupation, informs us that he was troubled for many years with lumbago, (rheumatism in the back,) and rheumatism in different parts of the system. He had suffered often severely; sometimes it had been so bad as almost to prevent the power of dressing and undressing. He had, besides, indigestion, with acidity of the stomach, &c. His business exposed him much to the heated vapors caused by the steaming of planks used in ship building; and in this way the rheumatism was kept up, that is, by frequently taking cold.

About the middle of February of the last winter, Mr. Deveau was attacked severely with the old complaint. It commenced more particularly in one hip. He attempted to remove it from this part by a large blister. This appeared to drive the pain to the other hip. He took a good deal of colchicum, the great remedy, so called, of the old school, applied lotions, ointments, &c., &c., all without the effect of removing the disease. He at length was induced to commence cold bathing, with the hope of effecting a cure. He took always one cold bath each day, and at times two, making, however, very thorough work of it, as such men as Mr. Deveau always do. A short time only elapsed before the rheumatism was driven to the winds, and has not troubled him since, *because he continues perseveringly the daily bath.*

Some time after becoming cured, Mr. D. made, and has since followed up, a considerable change in diet. He now feels more vigorous and elastic and a greater buoyancy of spirits, than he has within 25 years. Many cases like the above have come under our observation.

**SALT** is an innutritious indigestible substance, and is not, as is generally supposed, conducive to health. It always aggravates diseases of the skin, and is often the principal cause of such diseases. Many tribes of the human family live entirely without salt, and are among the most healthy and robust that can be found.

**TOASTING OF BREAD,—MILK TOAST THE  
MOST HEALTHY.**

Toasting of bread always improves it. The yeast contained in the bread is not strictly healthy, and it is better as far as possible, to keep clear of it. Heat is purifying, and expels it as well as other impurities the bread may contain. Let the bread become a day or two old; moisten it with water if too dry, and then toast or rebake it, and it will be much improved. Those who understand physiology and have any regard for health will never eat buttered toast. Milk toast is quite as palatable, and a hundred fold more healthy.

**FLANNEL UNDERGARMENTS.**—In ninety nine cases out of one hundred, flannel does mischief. Its principal harm is that of keeping in too much heat; the system becomes weakened. If mercury has been taken, or if there is a great susceptibility to cold, be careful about a change. Harden the system well with cold water, remove the woolen and substitute cotton; and in most cases the substitute should be thrown off soon. Under the use of cold water, with proper exercise, most persons may at once throw off the flannel with perfect safety. There are, in the faculty, as many theories about flannel, as of calomel or bloodletting. "Who shall decide when Doctors disagree?"

**BUCKWHEAT CAKES.**—A friend of the new system and of dietetic reform, wishes us to say, that griddle cakes may be well baked for a whole family meal with but one "greasing" of the griddle, provided fine flour is sprinkled upon its surface each time of pouring on the batter for the cakes. The flour is sifted or sprinkled from what may be called an old fashioned pepper box, having many and very small holes. It is a great improvement to do away with the animal oil, and we hope our friends will do as we shall, in making the above experiment. These little improvements are eminently worth attending to. In many cases, griddle cakes will disagree, whereas, if the animal oil were not used, this form of food would be perfectly salutary.

**Hunger is the best sauce.—Old Saying.**

**THE PHRENOLOGICAL JOURNAL**, by O. S. Fowler, (the well known author on various subjects connected with health, of whom we have before spoken,) is published monthly, as hitherto, and, as we are glad to learn, has an increasing circulation. The present is the eighth volume. It has in each monthly number 32 octavo pages of reading matter, and is illustrated with one or more engravings of some distinguished individual, with explanations of his phrenological character, which alone would be worth the cost of the work. The Journal may be ordered through our office. Price, \$1 per annum in advance.

A **SHOWER AND DOUCHE BATH** is manufactured by Mr. William West, of 133 Hudson street, New-York, which we are glad of the opportunity of recommending to those who stand in need of an article of the kind. It is constructed upon a simple plan, and with proper use, can need but trifling repair, if any, for years. A douche or shower of six buckets of water, may be taken at a time, and by a little exercise at pumping the water again to the top of the bath, (8 or 10 feet in height,) the operation may be repeated, and this as often as is desired. This will be a very desirable apparatus to many, and considering the workmanship that is laid out upon it, the compactness of the article when taken apart, the small space it occupies in a room, and the facility with which it is used, we recommend it to such as have not more extensive means for a bath.

**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. (12 mo. pp. 143.) Price 25 cents.

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

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

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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.

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☞ 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, Miss A. Paine, Providence, R. I., Colon & Adriance, Arcade Buildings, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.