

THE WATER-CURE JOURNAL,

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

"Wash and be Healed."

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NEW-YORK, NOVEMBER 15, 1846.

[WHOLE No. 24,

FIRST REPORT OF THE HYDROPATHIC SOCIETY OF LONDON.

The Hydropathic Society of London was formed on the 17th of March, 1842, for the purpose—

1st—*Of making enquiries and collecting authentic information respecting the proceedings of Vincent Priessnitz, of Græfenberg, relative to the reported cure of diseases by that individual by various applications of Cold Water, and on the subject of what is called "Hydropathy" generally;*

2ndly—*To publish the result of the enquiries made by the Society; and—*

3rdly—*Should the practice be found worthy of public notice, to promote its adoption as a matter of humanity.*

About forty gentlemen associated themselves together for this purpose; a subscription of *One Guinea* each per annum was entered into; a Council of four of their members was appointed to manage and direct the affairs of the Society; and one of these four consented to act as *Honorary Secretary and Treasurer.*

In furtherance of the first proposed object of the Society, Dr. Wilson, who had just then arrived from Græfenberg, was invited to deliver a lecture on Hydropathy, to the members of the Society and their friends, at the public room of the Society of Arts, the Adelphi, where the Hydropa-

thic Society hold their meetings. The invitation was accepted, and Dr. Wilson, on Tuesday, the 7th of June, 1842, made many interesting communications fully corroborative of much that had been reported of Vincent Priessnitz's proceedings at Græfenberg.

The Doctor seemed fully impressed with the importance and value of Water as a therapeutical agent, and read several passages in support of his views, from proof sheets of his own work, then in the press, and which has since been published.

After this lecture, the Council of the Society had several meetings, when it was decided to write letters to Græfenberg and other places abroad, enquiring into the truth of some of the published statements respecting what had been done there; to make experiments at home; and to endeavor to enlist medical men in behalf of *enquiry at least* into the merits of Hydropathy. With this view, several communications were had with persons undergoing the treatment at Græfenberg; but their unwillingness to have their names published, as contradicting what had been previously asserted by others, only enabled the Council to come to the conclusion that some English writers on Hydropathy had somewhat over-colored some of their statements, but that, on the whole, there could be no doubt that Water, as applied by Priessnitz, was a very extraor-

dinary and very effective remedy in many cases for which its application in England was entirely unknown; while the mode of applying it by him in the few cases where its advantages are recognized by the faculty in England, is so vastly superior, scientific, and ingenious, when compared with what was known before, as to demand from an enlightened public the highest meed of praise to those who have invented it, and the most sincere gratitude to those who have introduced it to the British public, setting forth the minutiae of its entirely novel and very interesting details.

Mr. Claridge's book, which was the first popular English work written on the subject, having now got into general circulation, public attention was drawn to the subject.

And many English medical men having visited Græfenberg, the labors of the Council were much relieved by the return of several of those gentlemen, full of recent information on the subject, which they did not hesitate freely to communicate to the Council of the Society. Among these gentlemen was Dr. Edward Johnson, who, being applied to, kindly consented, on the 23d of March, 1843, to deliver a lecture to the members of the Society and their friends, at the Adelphi, as Dr. Wilson had done before.

This meeting was numerously attended, and the lecture, which was well received, was shortly afterwards published by its author, giving many interesting details of the proceedings of Priessnitz.

During the interval which elapsed between the lectures of Dr. Wilson and Dr. Johnson, one of the members of the Council had baths erected at Harrow, in the neighborhood of London, at his own expense, for the purposes of experiment, where art was made to supply the place of the natural falls of water at Græfenberg, and where douches of every kind were arranged, and persons, conversant with the German practice of the Water-Cure, engaged to carry out the treatment, and furnished with all its necessary appliances.

Here many very interesting cures were effected, under the superintendence of various highly intelligent and *regularly educated* medical men: all tending to es-

tablish the importance, the efficacy, and the safety of the Water-Cure; but the natural reluctance which sufferers from disease feel to have their cases dragged before the public, necessarily limits the number of references which can be given from these cases; nevertheless, a few may be here mentioned for the satisfaction of the Society.

SCROFULA.

A girl of the name of Ann Turner, aged 15, owed her Hydropathic treatment to the liberality and benevolence of Asheton Smith, Esq., of No. 13 Hyde Park Gardens, (well known as one of the most zealous and active patrons of Hydropathy,) and who sent her, at his own expense, to the *Experimental Baths* at Harrow. When this poor girl first came, she was covered with scrofulous sores all over her body, was emaciated and suffering, and stated that the sores first appeared when she was only three years old. She was *three months* under the treatment, and went away perfectly cured, blooming and healthy.

RHEUMATISM.

William Nash, aged 35, one of the porters at the Harrow station, had been treated for Rheumatism, by the medical man attached to the London and Birmingham Railway, for several months, and was daily getting worse, till at last he could scarcely lift a light carpet bag into the train, and had great difficulty in walking at all. A gentleman in the neighborhood paid for his treatment at home by attendants from the Harrow Baths, which was only a short distance from the station; and without taking him from his duties a single hour, he was perfectly cured in a very few weeks, to the utter astonishment of many of the daily passengers by the railway, who had an opportunity of watching the daily progress of the cure; and all testify to the marvellous effect it had upon him. He still holds the same situation in that company's service.

BRAIN FEVER.

Priscilla Prosser, aged 28.—This patient was a house servant; she had long been subject to determination of blood to the head. She was suddenly seized with

brain fever, while suffering from erysipelas, and some strumous and pulmonic affections; she was treated at home by the attendants from the Harrow Baths, in the house of one of the Council, under the directions of an able physician, and in four days was engaged in her usual household avocations. This was admitted by all to be a most extraordinary case, and certainly places the question of the value and safety of the Water-Cure, in cases of acute diseases, beyond all doubt.

NEURALGIA.

William Sale, a navigator, from Blunham, in Bedfordshire, was dreadfully affected with neuralgia. He had been treated for rheumatism and otherwise, for a long time, as he stated, as an out patient of the Bedford Hospital, and had not been able to work for the last seven months. He was about six weeks under the Water treatment, and went away perfectly able to do a good day's work. He owed his treatment to the charity and generosity of his master, who kindly paid his expenses at Harrow during the treatment.

NERVOUS DEBILITY.

Signor San Giovanni, the celebrated modeller of animals, and miniature sculptor, of No. 37 Nassau street, Middlesex Hospital, was sent to the Harrow Baths by an eminent London surgeon, in the early part of last May, to be treated with water after the German method. The surgeon stated his disease to be nervous debility, with neuralgia, and consequent disease of the kidneys; and added, "I have seldom seen a worse case." He went away at the end of a few weeks, a new man, and has given the Council leave to refer to himself for particulars of his case.

The Council have not permission to publish names in another case, though the parties are well known to some of the Council, but they have leave to refer any seeking information, with proper motives, to the parents of the patient, who is a young lady between 15 and 16 years of age, who has been under the care of various medical men of great experience, and some of eminent repute, for several years past, without any real or permanent benefit. All of them agreed her case was a very doubtful one—all of them also

agreed there were symptoms of incipient pulmonic disease, and that her liver was affected. She had bad nights; was in constant pain; had a continual cough, and serious constitutional irregularities. She was pale, emaciated, and at times exceedingly depressed in spirits, and had been gradually becoming weaker for several months. Her parents, seeing her gradually sinking under medical treatment, determined on trying the German Water-Cure, and she was sent to Harrow to try the effect of the baths there. After five weeks she returned to visit her friends, having lost all pain and her very trying cough, sleeping well, and enjoying a good appetite, which had increased her weight 19 lbs., while a fine color had returned to her cheeks, and she could walk five or six miles at a time without fatigue.—Her friends could scarcely realize the happy change that had taken place in so short a time. In the meanwhile the Water treatment had been very slight, consisting principally of umschlags, ablutions, and sitz-baths.

Sir Edward Lytton Bulwer Lytton, Bart.—This was one of the most satisfactory of all cases;—a chronic disease, to cure which medical men of first repute had tried all that medical skill could suggest of ordinary means *in vain*, and which was afterwards treated by Cold Water, and cured. But Sir Edward's own account of his malady and cure is so graphic and so interesting, that it would be doing both him and it the greatest injustice to do more than refer to *Colburn's New Monthly Magazine* for September, 1845, where it will be found written in a style well worthy of the well known talents of its accomplished author.

GOUT.

This was the case of one of the members of the Council of the Society. He had been suffering ten weeks from a severe attack of inflammatory gout in both feet. He had been on crutches the greater part of the time, and for the last week had been entirely confined to his bed. He had been regularly treated with opening medicines, colchicum, hot fomentations of poppy-heads, and cold fomentations of extracts from other poisonous herbs; but the disease continued unabated in violence,

and had just induced an intolerable excess of fever and inflammation, when he was induced to try the Hydropathic treatment. He was wrapped tightly up in a dozen or more blankets for five hours, during the latter part of which time he perspired most profusely. This operation entirely reduced both inflammation and fever, and left him free from all pain. He then rose from his blanket couch, and immediately sponged himself in a shallow cold bath, dressed, put on his ordinary boots, and walked two miles without assistance; and two days after proceeded on a journey of 200 miles, without any return of the disease.

DROPSY.

George Watson, a lad of about 13 years of age, owed his Water treatment to the charitable benevolence of James Baynes, Esq., of Croydon, one of the members of the Hydropathic Society. This was a case of general dropsy after scarlet fever; the youth having been from infancy a sufferer of no ordinary kind; pains in his head and chest, fainting fits, St. Vitus's dance, occasional loss of the use of his limbs, delirium, and sore eyes, were each by turns his afflictions. His case had been under the direction of nine different medical men, and he had also been the inmate of an hospital at two different times for 22 weeks, and was apparently left as incurable. He was placed under the treatment of the "Water-Cure" for five months, and at the end of that time, he was declared free from disease, with the full use of all his limbs. He has ever since been progressively gaining strength, and now expresses himself perfectly well.

GOUT.

For the publication of this case, and of the letter which follows it, the Council are indebted to the manly sense of justice and liberality of the patient himself, who is a well known and talented provincial barrister, enjoying a large practice at Birmingham. He was a great sufferer from that most painful disease, the gout. He happened to meet one of the Council of the Society in a railway train, while under the influence of an attack of the disease, and was induced by the representations made by him, to try the effect of the

Water treatment at the *Experimental Baths* at Harrow, for which purpose he took a lodging close to the Baths for a week, and at the end of that time wrote the following quaint account of his six days' treatment and cure, in a letter to the friend who had advised him to try the remedy.

HARROW, Sunday Evening.

My Dear Sir:—I cannot leave Harrow without expressing my great regret that I have not the opportunity of personally thanking you for the introduction which secured for me the kindness and attention I have received during my short visit to the Baths here. It will be satisfactory to you, who so kindly encouraged me to undertake a course of Hydropathic treatment, to have its result from my own pen.

Imprimis.—I have so fully recovered from my gouty symptoms, that I return to my labors in the Bankruptcy Court at Birmingham, with high spirits at having now in my own person realized all you promised, or I could hope.

On my visit to these Baths on Tuesday last, I was oppressed by giddiness in the head, recurring at intervals of an hour or two, and sometimes more frequently, in a manner well calculated to excite alarm. I had been for several nights previously, restless—my right leg was utterly rheumatic. Indeed, I was lame, and had indications of gout in both my great toes; that feeling of depression also which is generally the precursor of an attack of gout, was associated with tightness of breathing, which disturbs the rest. Such was my condition when I underwent the following course of treatment:

On the first day, *Tuesday*, I had the couch, as it is called; that is, I was wrapped up in a multitude of blankets. The perspiration was profuse, and though I had the usual prejudice against the sudden immersion in that state into cold water, I submitted. After a walk I found the perspiration still continued; at night, damp linen bandages called *umschlags* were applied over the stomach, and I drank two small tumblers of water on going to bed. This first night I was restless, my breathing was bad, and I had constant shooting gouty pains, sometimes in the hip, then in

the knee, then in the great toe. After sleep, towards the morning, I found perspiration had continued through the night. I got up on *Wednesday* morning, drank two tumblers of water, again washed from head to foot in cold water, and went to breakfast; I found my appetite improved, but my head still oppressed and my breathing still very short and tight. After breakfast I took a walk, and at 2 o'clock prepared for the damp sheet, or leintuch, as it is called at the Baths. The prejudice I entertained against this process was very strong indeed. I could not help conjuring up in my imagination all the multitude of evils so long predicated of *damp sheets* while the horror of being enfolded in one just wrung from the water tub, added greatly to the brilliancy of all the old ladies' stories of colds, coughs, asthmas and consumption arising therefrom. However, I submitted! The chill was but momentary, and the warm and genial glow which supervened, so soothed and tranquillized every nervous feeling, that while my Bath attendant was enlarging on the efficacy of the process, I fell into an easy and unconscious sleep, and soon forgot all my miseries.—This state of things lasted, I believe, about half an hour, and greatly I regretted the summons of my triton to be again immersed in the cold bath. After a short walk, however, I sat down to dinner, and found my appetite improved; I had the umschlags again to my stomach at night, and went to bed; my night was still much disturbed, and the weight in the head continued. On *Thursday* I bathed all over as before, and felt decidedly better; but my eyes were a little puffed, and I had a bright complexion, giving almost the appearance of rouge; my breathing was still light, but my appetite was better. I drank two tumblers of cold water, and then set off for a walk. At two o'clock I was in the couch again for a perspiration, from which I found great relief at this time. I had the umschlags again at night, and went to bed. On *Friday* I had a sitz bath for a quarter of an hour only, on rising from which I found my head *entirely relieved*. My appetite was now excellent. I had the damp bandages as usual at night, and went to bed. On *Saturday* morning

I found myself greatly improved. I had the first good night which I had experienced for a month; rheumatism was utterly departed, and my leg was as sound as ever; no gout, but occasionally a twitch at different joints, though only for an instant—a sort of retreating fire from the enemy. At two I had the couch again, and cold ablution after it as usual, then dined. I never made a better meal, or with greater ease: no sauces were requisite to give the most piquant *gout*. I had the bandages as usual, and went to bed. I had a good night, and rose on *Sunday* morning calm and undisturbed, my spirits unclouded, and all the ills of life appeared to have evaporated; I had my morning ablution as usual, my appetite again excellent; I took a sitz bath again to-day, and *I am perfectly well*. I feel light and capable of any corporeal exertion. Every trace of the head affection is gone, my breathing is free, and I think I could to-day run a tolerable foot-race.

Although, on commencing this system on Tuesday last, I was not so ill but that I could probably, by irritating my poor stomach with numerous drugs, have what is called "*got on*," yet I am satisfied nothing could have restored me to the feelings of youthful health I at this moment enjoy, save the philosophical "*Water Cure*." I can but deem it one of the most invaluable blessings to mankind, if well and properly applied. To the dyspeptic and gouty sufferer it is undoubtedly the panacea. Much no doubt is attributable to the extreme temperance, which the proper application of this process demands as coadjutor. I should have said, by-the-bye, that I have drunk nothing but the pure spring water of the Baths since I began the treatment, and I hope never again to invite a return of that miserable feeble state, which all wine-drinkers in a degree suffer. My skin is soft and cool, easily excited to perspiration; and I am generally less oppressed by any sense of cold than before I commenced.

This process is properly called *philosophical*. It has for every step in it a good and satisfactory reason. I have read those promulgated by the clever writers who have already favored the world with their lucubrations on the subject, and

though some of them may be conflicting, yet the effect produced in my case, is quite enough to show that there is strong foundation for that which ascribes so much power and importance to the litherto too much neglected channels and outlets of the skin.

The *damp sheet*,—as it is wholly new, and flies in the face of the combined prejudices of the ignorant and the learned,—deserves all honor as a discovery, and ought to class the discoverers in the first rank of philosophers.

Believe me, my dear sir, with warmest hope, that you may soon be restored to your wanted good health, (good spirits, I need not say, as I am sure they have never sunk.)

Yours, most faithfully and obliged,

ROBERT ALLEN.

At the time this letter was written, the experimental baths at Harrow had entirely changed their character. Originally, they might be considered merely as the appendages to a private hospital for the poor; but practical experiment and constant success having put an end to all justifiable scepticism, and the pressing demand of the public for Water Cure accommodation becoming daily more urgent, the baths were let to an enterprising lady, well skilled in the manipulations employed in Germany, who fitted them up very elegantly, and with every comfort, and is now reaping her reward from a succession of patients, sent by *regularly educated* medical men connected with both establishments, for she takes no serious cases which are not under proper medical care; and it is but justice to add, that they all speak in the same terms of the kindness and attention they receive from her, that Mr. Allen indulges in at the commencement of his letter.

MR. ROTCH'S STATEMENT.

On Saturday, the 15th of July last, Dr. Hamilton Roe and Mr. Wakefield had been attending my aged relative for several days, her complaint being not typhus fever, as stated by "M. D.," but bilious fever, attended with inflammation of the mucous membranes of the stomach, and constant diarrhœa. The patient, who was upwards of seventy-eight years of age, was reduced to a very weak state,

and "the disease was progressing, uncontrolled by the remedies prescribed." As the stomach rejected everything that was attempted to be conveyed into it, an anodyne was suggested, in the form of an enema, and administered in the afternoon of that day; and I beg here emphatically to state, that this was the last attempt to rally or relieve the patient, made or suggested by her medical attendants, although they visited her twice on the next day, (Sunday,) and twice again on the day after, (Monday,) before the hydropathic treatment was resorted to. The effect of the anodyne was, that the patient remained in a semi-conscious state of stupor through the whole of Sunday, the diarrhœa continuing as before. She was twice visited by her medical men during this day, once in the morning and once in the evening, but nothing was prescribed on either occasion. The friends and nurses stood weeping around, expressing, without disguise, their opinion, that the patient was fast sinking, which neither of the medical gentlemen attempted to deny. One of them certainly did suggest, that it was the effect of the narcotic which caused the then appearances, and that they must wait until that effect had gone off, before they could judge of the patient's real state; but at the same time the other medical man drew me to one side, and said he would no longer disguise from me that my relative was in great danger, and that *if the diarrhœa was not stopped, I must be prepared for the worst.* Well, up to this time, (Sunday evening,) the diarrhœa was not even *checked*, and the medical men left, saying that in the patient's then state, nothing more could be done, and that they would see her again in the morning. They did see her on Monday morning, the 17th of July. The effects of the anodyne, so far as the stupor was concerned, had passed off, but the patient was very weak, and the diarrhœa not abated, while the anodyne had produced most distressing nausea during the night. Again the two medical men left their patient without prescribing or suggesting anything for her relief, promising to see her again in the evening. They did come at nine o'clock, and found all the symptoms remaining, —fever, inflammation, and diarrhœa.

Remembering what one of the medical men had said to me in the evening before, *and the diarrhœa not having ceased, I certainly did prepare myself for the worst*, expressing my own conviction that my suffering relative had not many hours longer to live; and finding that the medical gentlemen were about to leave the patient,—now for the fourth time in two days,—without suggesting anything further for her relief, and not receiving from them the slightest indication of a belief in their minds that my forebodings were not correct, I said, in great distress of mind, “Gentlemen, are you going to let my poor relative die without making any further attempt to save her?” And then, addressing myself formally and separately to each, in the presence of six witnesses, I inquired if they had nothing else to suggest, and having received a distinct answer from each that they had not, I expressed a wish that hydropathic means should be resorted to, its especial efficacy in reducing fever, allaying inflammation, and checking diarrhœa, being no longer doubted by any who really understand the practice, and had seen its effects. However, with a due dread, no doubt, of the sneers of their brotherhood, both medical gentlemen positively refused to consent to anything of the kind: and they will, no doubt, be pleased to see registered in this statement their positive refusal to have anything to do with hydropathy, or to sanction, in any way, the application of its principles to the case before them; and I will add, that it was with the greatest difficulty I could persuade them to remain in the house, even while the first application of damp linen was being made, that I might have their medical opinion of its effects. After considerable hesitation, however, they *did* consent to await the result of the application, and having pronounced in its favor, left the patient for the night. The medical men continued to attend, at my request, for several days afterwards, but never interfered in the treatment again in any way. On the Tuesday three more applications of damp linen, followed by tepid ablutions, were given. A damp linen girdle was worn round the body, iced water was constantly sipped, day and night, and the hands were

frequently bathed in cold water. Under this treatment, *and this only*, the patient so quickly recovered, that on Saturday, the 5th of August, exactly three weeks from the day when I feel I am justified in saying that her medical attendants had completely exhausted their skill upon the case, she having taken several carriage airings during the previous week, drove to the Government Annuity Office in the city, signed the Government books, and received her dividends on that day herself afterwards at the Bank of England; and she is now, thanks to a merciful Providence, in better health than she was for a long time previous to her attack.

[From the Fall River and Middleboro' Medical Enquirer.]

MEDICAL SCIENCE.

That the Allopathic practice of medicine is a curse to the people,—that its general tendency is to undermine the constitution, shorten life, and multiply the forms of disease, is a truth with which any intelligent, unprejudiced observer may soon become satisfied. The practitioners have no settled principles upon which to base an intelligent practice; one clings to a certain dogma, and another to an opposite one, neither of them having the pleasing consciousness that they are right, and the result of their practice teaches that both are powerless in the removal of disease. Being almost entirely ignorant of the power of those safe and efficacious remedies which assist the efforts of nature, they look to poisons and destructive means for an antidote, which too often prove a bane to their patients; and thus they violate the laws of the animal economy,—cut themselves adrift from every true principle by which to direct their practice,—throw themselves upon the quick-sands of quackery, and into the degraded labyrinth of specific medicines, each having a peculiar action, they knew not what, and at last perhaps a cure effected, they knew not how. We are aware that many of them have studied much, have an excellent knowledge of anatomy, &c., but what are the practical results of all their learning? where are their great achievements in the removal of disease, corresponding with their boasted acquisition of knowledge? We look in vain for any such

triumph. There have been "splendid improvements," it is said, in the popular healing art, "but," says one of their number, "it does not appear that the mortality of disease has been much diminished. In fact, we find that those diseases which were commonly fatal in the hands of the physicians a century ago, present nearly the same proportional terminations at the present day." A man may study anatomy for an age, and learn the morbid effects of disease, its various grades and types, and shades, even so as to make a learned distinction between "the south and southwest side of a hair," and yet be a much worse practitioner than some old lady, who is as ignorant of anatomy as most physicians are of the *modus operandi* of many of their own medicines.

We do not wish to be understood as denying any importance to anatomical knowledge,—it is a necessary part of an intelligent medical education, but it cannot impart to us any instruction with regard to the remedies proper for the removal of disease. Experience upon the living subject alone can teach us this; and if people were more disposed to make the result of a physician's practice a test of his medical skill, instead of his profound knowledge of words, it would have a tendency to banish much quackery and deception, now palmed off upon them by those who arrogate to themselves an exclusive knowledge of medical science.

To a person who, like ourself, has seen those he loved possessing vigorous constitutions, cut down in manhood's prime, following each other in quick succession to the abode of the dead, without any malignant appearances in the disease, and receiving the unremitting attention of the then supposed most skilful physicians,—to such an one, how disgusting appear these high pretensions to medical knowledge,—what assumption and quackery is manifested from whichever point it is viewed;—a species of quackery, too, that not only unlooses our purse-strings, by appeals to our marvellousness, but it blasts our fondest hopes, when we might reasonably expect them to be realized, and lacerates our very heart-strings, from the evidence afforded, that the medicine given to aid the cure but served to assist disease

to perform its deadly work. It is poor consolation to such to be the veriest quacks, pretending to knowledge which they do not possess, using poisons which destroy vitality, when they should give medicine to assist the vital powers in removing the disease. **A.**

WATER-CURE JOURNAL.

NEW-YORK, NOVEMBER 15, 1846.

The most of our readers are probably aware, that the second volume of the Journal closes with the present number. For want of time, we failed to make it as interesting as we wished. But now, having the assistance of Dr. Peirson, we are ready to announce to our readers, that we shall be able to make the succeeding volume much more interesting. Believing it to be agreeable to the wishes of our readers, we shall issue the Journal monthly in future. Each number will contain thirty-two octavo pages, bound in good wrappers, on which the advertisements will be published; thus giving to our patrons of next year, *four more* pages of reading matter in each number, than at present. We also design in future to introduce a greater variety of matter into the columns of the Journal. We hope, therefore, that our friends will exhibit their liberality, not only by subscribing themselves, but by inducing their neighbours to do the same, as the receipts, so far, have not equalled in amount the expenditures.

Those of our friends who procure for us five paying subscribers, will be entitled to the Journal one year, or one dollar's worth of books, which will be sent to their order. To those living more than one hundred miles distant, the postage for the Journal for one year will be six cents less than at present; for less than that distance, it will be six cents more,—thus

making but a trifling difference in the expense of postage. We hope our friends will lend us all the aid in their power. Let the good work go on.

The next number will be dated January 1st, but will be issued by the 15th of December, so as to reach our readers in season. Each succeeding number will be issued several days in advance of its date, so that the irregularity incident to the issuing of the previous numbers may be avoided.

TO THE FRIENDS OF HYDROPATHY.

We are glad to announce a work now preparing for the press, and to be issued early in 1847, entitled "AMERICAN CASES OF WATER-CURE; with details of treatment; a description of the principal Hydropathic establishments in the United States; notices of American and English publications on the subject, &c., &c." A selection of FACTS, judiciously made from the most important and interesting cases treated with water only, in this country, must be of the highest value to every physician and philanthropist. The volume is intended to be of about the size of Dr. Shew's largest work, and to be sold at as low a price as possible, probably not over one dollar, in order to ensure a large circulation among general readers, as well as medical men.

Those friends of the system, practitioners and patients, who have not been otherwise addressed, and who desire to place facts before the people, are hereby invited to send statements of any important cases, as concisely drawn up as possible, addressed "Editor of American Cases, &c.," at this office, by the 1st of January, if convenient.

This work has our cordial approbation and co-operation, and will, we hope, be promptly encouraged by all who wish to

spread the virtues of Hydropathy. Copies of the book may be obtained here when published, of which notice will be given.

[From the New England Medical Eclectic.]

MEDICAL REFORM.

Arsenic is another mineral poison, or the base of several poisonous preparations, to which the name of *medicine* has been very foolishly affixed. The arsenious acid, and "Fowler's solution," are the two principal officinal preparations of this drug now in use; a few others, as the arseniates of potassa and soda, and the sulphuret of arsenic, being occasionally used. But the metal enters into a host of quack nostrums, with which the people are too often deceived, and by which they are gulled out of their money,—their health is ruined, and their lives are sometimes sacrificed. On this account alone, setting aside all the evil consequences which result from its use in the hands of judicious practitioners, (if physicians can be called *judicious*, who administer so poisonous a drug,) and setting aside the frequency of its use as an instrument of suicide and murder, the metal and all its constituents deserve being expelled from the *materia mēdica*. A whole chapter might, indeed, be filled, descriptive of the numerous *cancer caustics, salves, ointments, and lotions*, which depend entirely upon the poisonous quality of this drug, for their efficacy in the removal of ulcers, cutaneous eruptions, &c. Three-fifths, (to speak within bounds,) of all the external applications for cancer, depend upon the arsenic which they contain for the removal of this painful complaint. The patient also *depends* upon these applications for a cure; but it is only to be deceived. He builds his hopes upon the wind,—“leans upon a broken reed.” Absorption of the poison is liable to take place, producing all the baneful effects that follow, when taken into the stomach in an over-dose. And, even when this is not the case, it not unfrequently aggravates the disease, and hastens a fatal termination.

It would be an interesting and useful undertaking, though somewhat laborious and ungainful, to collect samples of all the nostrums with which the land is deluged, and have them thoroughly analyzed, and

their different ingredients made known to the people. Could this work be accomplished, I fancy there would be quite a falling off in the demand for some of those *pretended* vegetable medicines which we see so highly extolled in the newspapers. Children would no longer "cry for Sherman's (*calomelized*) Worm Lozenges;" nor would old women be found taking or recommending those catch-penny panaceas which are composed of corrosive sublimate, arsenic, prussic acid, and other equally powerful and deadly poisons, and recommended for "all the ills which flesh is heir to." The people are generally ignorant of the nature of these vile compounds, or else they would be universally discarded, and a greater reliance would be placed upon those simple vegetable remedies with which our forests, fields, and road-sides are known to abound.

It would be almost impossible to find an individual who would not tell you, that he was opposed to taking either arsenic or calomel; and yet, when his family physician prescribes "*Lig. Pot. Arsen.*," (Fowler's solution, a very neatly disguised preparation of *arsenic*.) for an intermittent, nodes, or cutaneous eruptions, it is swallowed and no questions are asked. So it is, when any of his children happen to give evidence of being afflicted with worms. It is much easier, and perhaps cheaper, in his estimation, to dose them with some "celebrated worm lozenges," (which contain *calomel*, and are calculated by their sweetness to increase rather than diminish the annoyance,) than to correct, by mild means, that faulty condition of the stomach and bowels, which generates and pampers these scourges of children. But there is a class of persons who *will not* be benefitted by any arguments, however conclusive. They are what Armstrong has denominated "a set of wrong-heads," who

"Know the right, but still the wrong pursue."

They close their eyes; and, when they have fallen into the gutter, or bruised their heads against some impending obstacle, they proclaim lustily against the *darkness*. There are others, however, whom we may hope to serve. It is that class who, when they have heard the truth, treasure it up in their hearts, and suffer their minds to

be guided by its salutary monitions. Before such it is ever pleasing to spread the truth. It partakes of a benevolence which

"—— is twice blessed;
It blesseth him that gives, and him that takes."

In the administration of arsenic, we are very cautiously advised in the United States Dispensary, the *summum bonum* of allopathic authority in this country, that, "when the specific effects of the medicine are produced, it should be immediately laid aside." And, judging from the following enumeration of these "specific effects," given by the same authority, I should prefer not to have them produced upon my constitution at all, however desirable they may appear to others. They are, "a general disposition to œdema, especially of the face and eyelids, a feeling of stiffness in these parts, itching of the skin, tenderness of the mouth, loss of appetite, and uneasiness and sickness of the stomach. Sometimes salivation is produced, and occasionally the hair and nails fall off." Such are the "specific effects" of this drug, when in the hands of "judicious practitioners," and administered in homœopathic infinitesimal doses,—from twentieth to the tenth part of a grain being as much as is ventured upon, except upon extraordinary occasions. Perhaps the general reader, who may not be familiar with the measurement of minims, grains, and drachms, should be told that the dose of *arsenious acid* would be about the two-hundredth part of what would ordinarily lay upon a picayune.

The arsenious acid, as obtained from the apothecary, somewhat resembles, and is often adulterated with pulverized chalk, having neither color, taste nor smell. It is sometimes procured under the name of *ratsbane*, by people in the country, for the purpose of poisoning rats and mice. And, although this employment of it is much better than killing cancers and ague fits, still it is not without objection, as it is liable to be scattered about by these vermin, over food, &c., with which individuals may be provided. Children are also liable to fall in with, and unsuspectingly destroy themselves by it.

Cases are reported in which this metal has proved fatal when applied in form of

arsenial paste to cancerous breasts, soft tumors, fresh wounds, &c.; and, in all these cases, death has been the result of its poisonous effects upon the system generally. The poison gives rise to the same morbid appearances after death, when absorbed in this way, that it does when taken into the stomach directly, viz:—"the mouth, stomach, and intestines, are inflamed; the stomach and duodenum exhibit spots resembling eschars, and perforations of all their coats; and the villous coat of the former is, in a manner, destroyed, and reduced to a reddish-brown pulp."

Now, as we have the most conclusive evidence that this poison, even when administered in very small doses, and that, too, by "judicious practitioners," either externally or internally, sometimes gives rise to a long train of the most frightful and alarming symptoms, accompanied and characterized by intense suffering, misery, and death, are we not justified in calling, nay, are we not in duty bound to call, upon men of science and learning to stay the administration of such injudicious, unphilosophical, and anti-christian prescriptions? And, if such men will not give heed to our entreaties and warnings,—if they will not wash their hands and cleanse their skirts of such heathenish abominations, but persist in wringing the brow with anguish, corrupting and poisoning the sources of social happiness, subverting and trampling upon the laws of reason and common sense, our only alternative is to turn to the people, and tell them of their danger. If we cannot remove such evils, we must serve them as our legislators do marine obstructions—place a great *buoy-monument* over them, that they may be seen at a great distance, and be avoided by all who value their lives. We must make them glaring, hideous, startling. To do this, we have only to strip them of their stolen garb, and let the full rays of *truth* beam upon them.

E. A. ALLEN.

Boston, Sept. 1, 1846.

What cleanses our corporeal frames,
From foul disease, and dead'ning pains,
And pours new life into our veins?

Cold Water.

[From the Boston Medical and Surgical Journal.]

THE GROWTH OF THE BEARD MEDICALLY CONSIDERED.

Sir—Deeming the subject of the human hair of no inconsiderable importance in a medical point of view, and being fully of the opinion that much may be done towards the preservation of health by a clear understanding of the nature and uses of this appendage, we take the liberty of submitting to the profession the following ideas in relation to the subject.

It has been well remarked by physiologists, that "*Nature in her work is never superfluous.*" Our Creator, when he made man, formed him in his own image, *perfect*. Not only was the body fashioned comely and symmetrical in its proportions, but every part, every appendage, was given him for some wise and useful purpose. We therefore assert, that the practice of *shaving the beard*, and thus depriving the face, throat and chest of that efficient protection which nature has provided, is one of those pernicious customs which an imperious and blind *fashion* has introduced, and which has conducted materially to the production of the numerous diseases of the respiratory organs with which mankind are afflicted.

In order to substantiate this position, it is necessary to inquire whether those who wear the beard long, are as prone to affections of the throat and breast as those who are shaven.

By referring to the customs of the ancients, both previous and for a long period subsequent to the time of our Saviour, it will be seen that it was customary to wear the hair and beard long. We also learn from the best authorities, that diseases of the throat and chest, as well as scrofula and analogous complaints, were of very rare occurrence among them. Indeed, we believe it to be a fact which cannot be controverted, that with those nations where the hair and beard are worn long, the people are more hardy and robust and much less subject to diseases, particularly of a pulmonary character, than those who shave. The Turk, the Russ, the Greenlander, the Persian, &c., have been nearly exempt from bronchial and lung complaints, in comparison with the European and American. Nor can this be attributed

to any climatic influence, for no people are more exposed to atmospheric changes than the inhabitants of those northern regions.

The fashion of shaving the beard, like many other foolish and injurious customs of civilized life, has often originated from absurd and ridiculous causes. Among the first who practised shaving the beard were soldiers of Alexander the Great, who were commanded to remove their beards in order that they might not serve as handles to the enemies in battle! When Louis XIII. ascended the throne of France, in 1656, it was the custom of the inhabitants to allow their faces to remain as their Creator made them. This monarch, however, was a *beardless* youth, and thus, in order to ape royalty, was *shaving* introduced and beards proscribed. In Spain, also, was the fashion introduced in a similar manner. Philip V. was a *beardless boy*, and therefore, for fashion's sake, did his subjects, hitherto noble and manly in appearance, reduce themselves to this unnatural and childish state.

The hair being a bad conductor of caloric, is admirably calculated to retain the heat of those parts which it covers, and to protect the important organs within from the effects of cold and the constant atmospheric vicissitudes to which man must be exposed. The importance of this protective agent will be appreciated when it is borne in mind how many inflammatory attacks are induced by the sudden application of cold, and by suppressing that function so necessary to health, the perspiration. With a long and heavy beard, a man can brave, with impunity, the "peltings of the pitiless storm," and bid defiance to the cold winds of winter, while a shaven and unguarded throat must succumb to the piercing blast.

Would the limits of a periodical permit, a great number of facts might be cited illustrative of this statement. Suffice it, however, to say, that for a number of years past, in all cases of "throat ail," bronchitis, catarrh, and debility of the lungs, it has been our practice to recommend the growth of the beard as an important auxiliary in restoring the parts to their normal state. The adoption of this advice has been attended, in every instance, with decided and happy results.

The question has been often asked, why clergymen are more troubled with affections of the throat, than lawyers and other public speakers. When it is borne in mind that nearly all ministers keep themselves shaved, while, in a majority of instances, lawyers and others who are in the habit of speaking in public, permit the hair to grow under their chins, the answer will be apparent. The fact that the irritation is situated in that part of the larynx which is exposed, would seem to confirm the views we have taken.

Aside from its utility in a medical point of view, we are of opinion that a luxuriant and flowing beard adds to the grace and dignity of a man. As a smooth and soft face gives to the female that delicacy and feminine tenderness which is so appropriate to her sphere, so does the beard give to the male the manly dignity and sternness of aspect which is so well adapted to him who is to brave the tempests of a rough world. We are aware of the delicate ground on which we tread when attempting to interfere with any prevailing mode, and we expect that every weazen-faced and sandy-hearted individual will endeavor to ridicule and decry our benevolent efforts; but we shall persevere in our efforts to introduce a more close imitation, *physically* as well as *mentally*, of the wise and holy patriarchs of old. They, like good and true men, did not attempt to improve upon the workmanship of the great Architect of all, but preserved that distinctive mark between the sexes which the long and manly beard gave them.

It has been said that man is naturally subject to no disease except those which result from old age. And who can doubt, when contemplating the many barbarous customs of society, that there is much truth in the assertion? Behold how the beautiful female figure is constantly pressed out of all natural shape and symmetry, by the use of those "infernal machines," corsets and stays! See these waspish deformities pining through their brief career, and transmitting to their offspring the feeble and imperfect organization which such an utter perversion of nature's laws must ever inflict.

If there is propriety or reason in mutilating the body by shaving off the hair or

contracting the diameter of the chest with corsets, &c., then there is propriety in arresting the growth of the feet *à la* Chinese, and flattening the bones of the cranium after the manner of the flat-head Indians. If we sanction the barbarous customs of our country, let us not condemn the barbarous practices of other nations.

Boston, Mass.

[For the Water-Cure Journal.]

AN ACROSTIC.

BY MRS. A. C. JUDSON.

'Tis Nature's handmaid"—this blest *water-cure*,
How mild and simple, yet complete and pure!
Extended be the knowledge of its plan,
Since nought but blessings it imparts to man;
Causes the lame to walk, with step as free
In age advanced, as in youth's buoyancy;
Expels disease, and gives the choicest wealth,
Not mines of gold, but the rich boon of health.
Combined with which are joy, and peace of mind,
Ease, comfort, hope, and all that bless mankind.
O'er every scene new rays of light appear,
Foes seem to be transformed, and friends more dear—

How potent—wondrous—like some magic wrought,
Yet no more complex than is childhood's thought;
Dispelling darkness like the orb of day;
Revealing truths, a happy bright array.—
Oh, blessed science! would men but believe,
Prove well its worth, and their reward receive;
A vast amount of suffering it would save,
Thousands be snatch'd from an untimely grave—
Hearts beating with new life, would turn to Heaven,
Yielding their homage for this treasure given.

WATER-CURE IN NEW-YORK.

The subscribers have made liberal arrangements for the accommodation of patients wishing active Water-Cure treatment, and will receive boarders at any time, with short notice. They will also accommodate, with board, persons interested in Hydropathy, who are visiting the city, or any who may prefer board, prepared with reference to the best possible effect upon the health. Their house, No. 56 Bond-street, is situated at the corner of the Bowery, and has as healthy a location as could be obtained in a city. It is very central and convenient of access; the cars and several lines of stages passing it regularly every few minutes, and affording cheap and constant means of communication with the business parts of the town.

The house is furnished with all the facilities for Water-Cure treatment that can be expected in a city. We have conveniences for Hot and Cold Bathing, Showering, a very convenient Vapour Bath, and three Douches of different force. Two of the douches have a fall of about twenty feet;

one through a tube of two inches, and the other through one of one inch. We have an abundant supply of water from the Croton, which is very soft and well adapted to treatments.

The best nurses and attendants will always be provided, such as are capable of applying the water and ready to do all that is necessary for the comfort and progress of patients. In the arrangements of the house and in provision for board, it is our desire to have everything contribute to the recovery of the patients in the shortest time possible, and we wish them, on their part, to come prepared to make every effort to second us by being active in taking exercise, faithful in following prescriptions, and self-denying in regard to all habits having any relation to their disease.

One or both of the physicians may be consulted at any time, and one of the partners will give his undivided attention to the establishment, and make every effort to secure the greatest possible progress and comfort of the patients.

Each patient will provide two large woollen blankets and an injecting instrument. Other things necessary, as bedding, towels, &c., may be provided by the patient, or they will be furnished here upon the terms given below.

TERMS:—For board and treatment, from eight to twelve dollars per week, according to the length of time the patient remains, the room occupied, &c., &c.

All communications, post paid, addressed to Dr. JOEL SHEW, will receive prompt attention.

JOEL SHEW,
F. D. PEIRSON,
O. H. WELLINGTON.

New-York, Dec. 1st, 1846.

WATER-CURE ESTABLISHMENT.

Northampton Water-Cure, (Mass.)
October 26, 1846.

MR. EDITOR—Will you allow me a place in the columns of your paper, to express my grateful acknowledgments to the generous citizens of Northampton and vicinity, who have been moved to patronize my humble effort to enlarge the Water-Cure Establishment, to an extent which enables me to furnish pleasant accommodations for between thirty and forty patients of both sexes; and to inform such as wish to take a Fall and Winter course of Treatment, that several, in addition to those with me, can now be accommodated with rooms.

Since experience has not as yet convinced me of the truth of that opinion entertained by many, that Hydropathy is the cure for every disease that may afflict the human family, I think it due to my friends, to the public, and to the cause of Hydropathy, to state, that I shall not receive invalids to this Infirmary who are not attended with that electric symptom of the skin, which is to me evidence of the ability of the patient to bear such varied applications of water as will affect a cure. To prevent disappointment, and save the expense of a journey, I wish all applications for treatment by persons residing at a distance, to be made in writing, with a full statement of all the symptoms that have for years attended them; also, their age and occupation; that I may form some judgment as to the condition of the patient to be successfully treated. As my mode of attending to the symptoms and practising the cure, differs from that of

gentlemen who are graduates of the Medical Colleges, and limits my practice, I will furnish a list of the most prominent of the different complaints treated at this Infirmary, namely: liver complaint, jaundice, dyspepsia, general debility, mercurial affections, lung complaint, (though not seated consumption,) apoplectic habits, or tendency of circulation to the head, fits, acute or chronic nervous complaints, skin diseases and humors, erysipelas, scrofula, salt rheum, secret diseases, chronic or acute rheumatic complaints, costiveness and piles, inflammation of the mucous membrane, bronchitis, acute or chronic inflammation of the abdominal organs, spinal complaints, acute or chronic affections of the hips, diseased joints, lame and withered limbs, paralysis, fevers, fever and ague or intermittent fever, derangement of the circulation by the use of ardent spirits and tobacco; and hydropathy is a cure for an insatiable appetite for tobacco and spirituous liquors, even when the patient is attended with fits of delirium tremens.

I think the greatest impediments to Hydropathy's curing the above complaints, under judicious practice, is the imprudence of such invalids as are governed by their feelings instead of their better judgment, and leave the cure to "get along at home"—when a few weeks longer *stay away* from "home" would secure to them that boon of health they had so long desired.

All the patients who are treated at this Infirmary are expected to be particular in regard to diet, punctual and faithful in their attendance to the treatment, as my mode of practice will not admit of an indifferent or evasive course on the part of the patient.

Respectfully yours,

DAVID RUGGLES.

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Gentlemen and ladies who wish, on leaving the Cure, to bear such testimony for the faithfulness of their attendants, may contribute what they please to the attendants' purse, which will be opened and annually distributed according to the merits of each attendant.

D. R.

THE WATER-CURE & HEALTH ALMANAC,

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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.

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Bela Marsh, 25 Cornhill, Boston, Miss A. Pane, Providence, R. I., Colon & Adriaance, Arcade Building, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.

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