

THE WATER-CURE JOURNAL,

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

"Wash and be Healed."

JOEL SHEW, M. D., EDITOR.

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NEW-YORK, JUNE 1, 1846.

[WHOLE No. 13.]

**A LETTER FROM GRAEFENBERG, BY CAPT.
CLARIDGE.**

Dr. Shew,—Enclosed I send a letter received by the last steamer, from Capt. Claridge, which I transmit for publication in "The Water-Cure Journal."

To Captain Claridge, you are aware, is due the honor of having introduced to the British public the knowledge of the Hydropathic system, as practised by its immortal founder. His was the first English book which appeared upon the subject; and the fact of its having passed, rapidly, through eight editions, is evidence, at once, of its merit, and of the interest excited by its contents.

I made the acquaintance of Captain C. during my agreeable and most interesting sojourn at Graefenberg; and I can willingly testify to the energy and fervor which he still displayed in the great cause of man's physical regeneration.

With sincere regard, I am, my dear Dr.,
yours very truly, A. J. COLVIN.
Albany, 1st May, 1846.

GRAEFENBERG, 4th March, 1846.

Dear Sir,—I am not surprised at finding the Water-Cure making such strides amongst your intelligent and enlightened countrymen, to whom, as well as yourself, it may be encouraging to learn, that its precepts are permeating all classes in Great Britain. The indulgences of the

rich are evidently restrained, and signs of temperance are becoming more manifest amongst the thinking poor.

At least twenty Hydropathic establishments are in operation, numbers of medical men have adopted some of the appliances of the Water-Cure into their practice, and meetings have been held at Edinburgh and in London for the purpose of affording the poor an opportunity of washing themselves and their linen at comparatively no expense, so that cold ablutions may, possibly, at no distant period become as essential as bread. Several of these baths, on a large scale, are in the course of erection. When these are open to the public, it is to be hoped they will be as much resorted to as were those colossal Bagni in the eternal city, erected by its Cæsars in Rome's bright and palmy days.

In the East Indies, the grave of such hosts of Europeans as well as natives, notwithstanding the heat of the climate, a great disadvantage, we are informed, in those scourges, the yellow fever and cholera, Hydropathy has been found omnipotent; and our countrymen have canvassed and proved its efficacy at the very antipodes.

As an addition to the flags used to decorate the saloon at Graefenberg on festive occasions, where are seen the rising stars of America, a large handsome silk flag

was received some weeks since from the Hydropathic Society of Malaga, in Spain.

For this sudden and extensive development, we are indebted to printing and facility of communication, without which aid Priessnitz and his cures might have remained in the obscurity of the mountains which gave them birth. Though attested by thousands and confirmed by the testimony of hundreds of medical men, this great discovery still meets with the jeers of some, and the affected incredulity of others, whilst a third party, unable to deny its virtues, think to lessen it in public estimation by decrying its author and asserting its antiquity; to such it might be urged, we are not urging its *novelty*, but its *UTILITY*, though we still contend to Priessnitz the world are indebted for giving Water that varied application and certainty as to results, which entitles Hydropathy to be ranked amongst, if not before, any of the sciences, and justifies our considering the Water King as one of the greatest benefactors of humanity of this or any former age.

Hippocrates and Galen, the alpha and omega, or the great deities of medical aspirations, advocated the use of cold water and friction to cure numerous complaints and ward off their approach, which gives rise to the question, how is it that the most simple, the most useful of their suggestions were consigned to oblivion? The answer is but too obvious. Musa, at the period when ablutions were the fashion at Rome, cured Horace of a fever, by water. Hundreds of books have been written in which that element has been extolled as a curative agent, and these have also been disregarded, which is the more astonishing, since no writer was ever found to enter the lists as a disputant. Two centuries ago Dr. Vander Heyden, of Ghent, in the Netherlands, wrote a work advising the discontinuance of drugs and the use of water, declaring that during a successful practice of upwards of fifty years he was indebted to its agency for the best cures he ever effected. A century ago Dr. Sir John Floyer, in his work entitled "Febrifugum Magnum," insisted on water being all powerful in fevers. Half a dozen others, during a long interregnum, used their pens in vain to persuade people that he was

right, and hardly fifty summers have passed since Dr. Currie, of Liverpool, practised the use of water with success in that city, and published a book on the subject, full of information, anecdotes, and facts. At last comes Priessnitz, Nature's doctor, and as such administers her cure. You, who doubt water being par excellence—Nature's great restorer and preserver—read Pallma's travels in Kordofan. There, in the very depths of Africa, he found fevers subdued and other ailments alleviated by an appeal to the limpid stream. Wound a stag in the forest, and witness his flight to rippling brooks for relief; or go amongst the North American savages, and there again you may become enlightened.

With the mass of evidence brought forward in support of this theory, some earnest friends to Hydropathy think the time not distant when it shall supersede Allopathy, or the present practice of medicine.—Though not less enthusiastic than them, I confess, when reflecting upon the opposition offered to other valuable discoveries, the reluctance evinced in embracing useful reforms, I am not so sanguine. When we look at the amount of prejudice to overcome, and the hydra-headed interests arrayed against the changes Hydropathy would effect, we may fairly predict, that from it the present generation will derive but comparatively little benefit. Brought up in strict adherence to Hydropathic rules, our children would always be healthy themselves, and produce a race of men that for health and agility might equal the sturdy Spartans, who always, subjected their new-born infants to a cold immersion.

Whilst this system renders us independent of luxuries, so enervating to the present generation, it lessens the deprivations of those of limited circumstances; good, plain, wholesome food, and a draught from the crystal fountain, is all that is required; this raises the vital energies, aids digestion, and the oxygen water contains renders the introduction of carbon necessary, or in other words, increases the appetite, whilst alcohols, of whatever nature or kind, have an opposite tendency.

Many labor under a most erroneous notion, that to have strength they must swallow strong things; that wine, beer,

and spirits assist in keeping up the stamina. What a delusion! Every chemist knows that such things do not assimilate; that they are antidotes to digestion; in proof of which put a piece of raw meat into water, it dissolves at once, whilst another piece, subjected to the action of spirits, is preserved, as may be witnessed in every museum of natural history. To be strong and robust, that is to enjoy that amount of health intended by an all-wise and beneficent providence, we must resort to daily cold ablutions, and adopt an exclusive water beverage. Let those who advocate warm rooms, warm clothing, warm aliments, and who fancy man cannot exist without stimulants and physic, all enemies under false colors, come to the Sudates, and see how men, women, and children brave the elements at this season of the year, with the thermometer at 14 or 15° of Faht. Numbers who came encased in flannel are buffeting the weather, even before the break of day, without hats, stocks, or any other covering than they were in the habit of wearing in the summer.

Go into the great saloon of the establishment on a festive occasion, see between three hundred and four hundred invalids, who, under the physic system, are declared incurables, and you will not hear such a thing as a cough, or find one laboring under catarrh or a cold. If a cold be caught, it is an affair of a few hours. To enjoy life, we must accustom ourselves to discomforts; these harden the frame and prepare it for longevity, whilst the so-called comforts produce innumerable ills, cause the race to degenerate, fill the pockets of quacks and charlatans, and hurries the human family to untimely graves.

Wars, pestilence, and famine have committed their ravages, but in our opinion they are trifling compared to the havoc occasioned by the pharmacopia. During a period of two thousand years millions of men have devoted their lives to the study and practice of physic, and what has resulted from so much labor, so much learning? Can any practitioner tell us how it is, that a dose of salts acts upon the bowels? Have medical men made such advances in what they are pleased to call a science, as to place reliance upon their proceedings?

Consult the different works emanating from members of their own body, and see how they condemn the practice of medicine. One recommends mercury as infallible, another insists upon its being destructive; a third is a copious bleeder, which a fourth declares to be the road to the tomb. What can justify those in charge of the public health showing such reluctance to change?—such resistance even to inquiry? Why, their own members declare in the practice of physic there is no uniform principle. Dr. Abercrombie says it is like “dealing out blows in the dark.” In medical science, who does not know that ages have wrought no improvement, but rather, by the multiplicity of drugs, an increase of confusion? Have not men of the highest intellect been pursuing a phantom? It puts one in mind of the monks of the middle ages, who were for half a century engaged in attempting to discover how many devils could dance on the point of a needle, or the man with a wooden leg after a hare, the farther he ran the farther he was off. The result proves most incontestably that all medicines, however harmless they may appear, are inimical to the health of both man and beast. This does not apply to surgery, the practice of which it must be admitted is very much ameliorated, and at the same time it is not less a fact that the knife is too often resorted to.

It may be asked, Is Hydropathy a panacea? No: death is the result of life, and the grim tyrant will perform his office; but his visit, if men were wise enough not to poison themselves or let others do it for them, would, in the majority of cases, be deferred until the individual had performed the offices for which his Creator intended him. It may be fairly assumed that old age would be the lot of all, provided the stock from which they came was equally strong, and all other circumstances in unison.

But how can simple water be made to effect so many objects? We answer, it is not by drinking only that its salutary powers are developed; as brought to bear on the human frame by the immortal Priessnitz, it appears to be the *summum bonum* of all that is required in the art of healing. 1st. It accelerates the change

of tissues. 2d. Abstracts and reproduces heat by reaction. 3d. Restores tone to the skin. 4th. Acts as a derivative. 5th. Determines morbid matter to the surface. 6th. Stimulates the stomach and nervous system. 7th. Equalizes the circulation, by contracting the capillary vessels. 8th. In congestion it contracts the capillaries and restores circulation, which is the great secret in curing disease, as all organic action is contraction. "All organic or animal strength," says Dr. Johnson, "depends upon the power of the different parts of the body to contract." 9th. Taken internally, water has a direct action upon the stomach, bowels, and kidneys.

The Water-Cure not only effects all these salutary advantages in the human economy, but it also protects its votaries from the lamentable consequences that sooner or later result from bleeding, leeching, and cupping, as the objects sought to be obtained by the agency of these diabolical means are attained by the most simple means.

"Whoso sheddeth man's blood, by man shall his blood be shed."

"Blood is the life," to deprive a man of which is a practice continued from a barbarous and savage age; which, thanks to Providence, is quietly passing away. It has received its *coup de grace* from the unassuming peasant of Silesia, the immortal Priessnitz.

By the system of this extraordinary man, the necessity of amputating men's limbs, is, in a great majority of cases, dispensed with, and when absolutely indispensable, it assuages or subdues pain, keeps down all inflammatory action, and supports the strength of the sufferer in a way that, to the unprejudiced mind, shows the utter insufficiency of all the means at present in use. Hydropathy puts *hors de combat*, the hieroglyphics used to conceal poisonous prescriptions, since the latter itself is valueless. What fiend first put the notion into men's heads that poisons would cure disease? What led them to believe, that once introduced into the human body, either through the pores of the skin or by the stomach, they were resolved into nothing or ejected therefrom? Let those who advocate their inoffensiveness come to the Hygeine Temple, at Graefen-

berg; here their minds will be disabused of so erroneous a conclusion:—let them listen to soul-harrowing relations of the patients, of the sufferings inflicted upon them by the thousand-and-one horrible experiments made upon them by those to whom they entrusted their health; witness the effects of bleeding, burning, blistering, and drugs, and then say if the poor invalids are not justified in attributing their physical sufferings and mental sorrows to what is proudly termed medical science.

At Graefenberg, cases frequently require a great exercise of patience, because drug diseases are the most difficult of cure; the which can only commence when all foreign matters are eliminated. In all complaints to which childhood is exposed, such as measles, small-pox, scarlatina, &c., it is quite refreshing to see how soon Hydropathy performs its salutary office, and the same observation applies where it has not to contend with that insidious enemy, physis. Pliny, who evidently had no great respect for the pharmacopia, when asked what he thought drugs were sent for, replied, "he did not know, except it was that men might assassinate themselves with them when tired of life." Oh, what would not an Hydropathist give to see Priessnitz acting in one of your fever hospitals! In England, all our endeavors to get a water doctor within the precincts of a public hospital have been unavailing; thus it would appear that the object of the faculty is to decry and put it down.

How true is the observation of Dr. Edward Johnson, who has so ably written on Hydropathy, "Had the introducer of the knowledge of Hydropathy into England met an old woman in Austria, who was in the habit of administering some particular pill to fifteen hundred patients every year, from which the greater number were cured of disease, and had he made this known in England, is there a single practitioner throughout the entire kingdom who would not immediately have given this drug a careful and cautious trial? No, not one; not one. And yet why not give that trial to the Graefenberg remedy which would not have been refused to the pill of the old woman?" Does this require any explanation?

Hydropathy aims not at a reform, but

a total annihilation of the present system. When its virtues are known, people will have no more faith in drugs than they have in sorcery, witchcraft, kissing a king's hand for the evil, and many other absurdities which engaged the wisdom of the sages, and afflicted humanity in by-gone times. The water-cure and allopathy are as different as the poles; and one might as well expect, that because a man is acquainted with the machinery of a steam engine, he is to make a chronometer, as a medical man to give an opinion upon the merits of, or to practise, Hydropathy, who has not made a pilgrimage to Graefenberg, and taken some leaves out of the book of the great master. Even amongst those who are now practising the water-cure, it cannot be denied that Priessnitz, compared to them, enjoys the same superiority that existed between Aristotle and his pupils.

But the question that concerns us all is, shall the present generation pass away in sickness and sorrow, because the administrators of physic will admit of no change? Shall we still continue the delusive system of drugs, which entail a curse upon our progeny, to the third and fourth generations?

Now the veil of Isis is withdrawn, why delay the curative means provided for man from the beginning? Shall we still continue our confidence in those men who, from interested motives, shut their eyes and ears to all improvement? America has thousands of as noble sons as them, who, unencumbered with the old and worn out logic of the schools, have no prejudices of education and routine to forget. Those minds are fresh and capable of acquiring the niceties and truths of this invaluable science; their non-acquaintance with the trammels of medical education will be their advantage and recommendation to Priessnitz. Let every State in the union send one of these young men, and let them bear in mind, they may return to their native country the champions of a great and glorious cause, destined to rescue the human family from an *ignis fatuus* which has transformed youth into old age and decrepitude, and to refresh and invigorate the human family, so that the rising generation may enjoy that health

which is the lot of all the animals, and attain to that longevity which an all-wise Creator placed within the reach of all his creatures. Some medical men who never witnessed any of the operations of the water-cure, and others who have been at Graefenberg and obtained a slight glimmering of light upon the subject, write what they term true reports of the water-cure, which they are obliged to applaud, though evidently with reluctance, whilst nothing can restrain their rabid feelings towards Priessnitz, upon whose head they heap the grossest and foulest calumnies.

All the advocates of the cure ask, is, a fair field and no favor. Let those who doubt our assertions come to the spot—there they will find the blind made to see, the lame to walk; let them enquire of all they come in contact—none are found who do not admit an improvement in their health, and who do not regret they came so late. Let them hear the way in which this remedy is extolled; compare it with what is called the art of healing by drugs, more destructive than all the wars in which the inhabitants of the globe have been engaged. When cholera existed (many years ago) in Dublin, the rich occupied the physicians, whilst the poor, on being attacked, were hurried into the tents placed outside the city, and left to chance. It was ascertained afterwards, that of those that survived, the latter had the majority.

But some say, the water-cure is so disagreeable and so trying that we would rather endure our sufferings as best we may, and quit this mortal scene a few years sooner, than submit to it. With respect to this, Sir Edward Bulwer Lytton says, "The remedy is not so desperate; it is simple, it bequeathes none of the maladies consequent upon blue pills and mercury, or purgatives and drastics." "I think it the duty of every man on whom the lives of others depend, to make himself acquainted with at least this part of the water-cure; the wet sheet," he adds, "is the true life preserver, and from the infant to the octogenarian, is equally applicable. I passed the most inclement period of winter under the cure, not only perfectly free from colds, rheums, and catarrhs, which had hitherto visited me with the snows, but in the enjoyment of excellen

health, and I am persuaded that those who are delicate, and who suffer much during the winter, can find no place where the cold is so little felt as at a water-cure establishment. We ransack the ends of the earth for drugs and minerals; we extract our potions from the deadliest poisons, but around us and about us, Nature, the great mother, proffers the hygeian fount, unsealed and accessible to all. Wherever the stream glides, where the springs sparkle fresh, there, for the vast proportion of maladies which art produces, Nature yields the benignant healing." How these observations of Sir Edward Bulwer are borne out by the proceedings at Graefenberg! On arriving here, though in the depth of winter, with the thermometer down at 15° or 16° Faht., the patient is generally put into a very shallow bath, *not quite cold*, (62°.) and rubbed; he then takes a plunge in the cold bath, and returns to the tepid. All flannels are now put aside, when the invalid dresses, drinks a tumbler of water, and goes out to walk: he naturally feels the want of the warm clothing he has left off, but such a thing as catching cold from having so done, after the bath, *is never heard of*. Notwithstanding their constant exposure to the inclemency of this hyperborean climate, the majority of the male patients go without either hats or neck-cloths, or any additional clothing all the winter. I could adduce cases that would occupy a whole letter, but will confine myself to one, to show with what stoicism and advantage man may contend with the elements when his body is fortified by water. When the snow was many feet deep in January last, a gentleman named Meyer, about twenty-six years of age, arrived at Graefenberg, from Hamburg. He had suffered from asthma for three years; having tried medical aid in vain, he determined on having recourse to the water-cure; he was so unwell as to be confined at an hotel at Berlin, while *en route*, for eight days. He was alarmed at the slightest breath of air, and it was with difficulty he could walk three times the length of the large saloon. On his arrival, like the rest, he was immediately denuded of all flannels, of his hat and stock. In fourteen days, two large boils made their appearance, (one of Nature's means of

exuding morbid matter from the system,) and in a month he was seen daily wading up to his knees in snow, to the summit of the highest mountains, which, crowned with evergreen trees, form a back ground to the pleasing landscape, so much admired by all who visit the Sudates. It is evident from this, that our great wizard of the North places less reliance upon artificial covering than that provided by a wise Providence, viz.: the skin. Upon the importance of paying attention to this organ, I would refer you to a work recently published by Dr. Erasmus Wilson, on the structure and diseases of the skin, which operates in such manifold ways in the human economy. The Dr. says "The perspiratory pores on the palm of the hand are found to be 3,528 in a square inch; now each of these pores being the aperture of a little tube of about a quarter of an inch long, it follows, that in a square inch of skin on the palm of the hand, there exists a length of tube equal to 882 inches, or 73½ feet. Such a drainage as 73 feet in every square inch of skin, assuming this to be the average for the whole body, is something wonderful, and the thought naturally intrudes itself—what if this *drainage* were obstructed? To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, 2,800 may be taken as a fair average of the number of pores in the square inch, and 700 consequently of the number of inches in length. Now, the number of square inches of surface in a man of ordinary height and bulk, is 2,500, the number of pores, therefore, 7,000,000; and the number of inches of perspiratory tube, 1,750,000, that is 145,833 feet, or 48,000 yards, or nearly 28 miles."

I shall now wind up by some judicious observations made by Nature's doctor, Mr. Priessnitz, viz: "He who goes through the water-cure, thoroughly, gains great moral as well as physical command over himself."

"It is always the weak and enervated who are the most sensual and debauched."

"The sound man has pure tastes, independent of his greater self-command."

"One finds amongst the children of Nature, amongst simple peasants who have not had much contact with civilization,

the purest virtue, and truest principles of honor."

I am, dear sir, yours most faithfully,
R. T. CLARIDGE.

A NEW WATER-CURE ESTABLISHMENT.— LETTER FROM DR. GLEASON.

CUBA, Alleghany Co., N. Y., May 13, 1846.

Friend Shew:—We were class-mates in the study of medicine. The remembrance of those days will never be forgotten. For one year I tried the *drug practice* with as good success as my neighboring practitioners. But my expectations of the healing power of *drugs* were not realised. For the last year, have travelled and lectured on anatomy and physiology, using the French manikin and the human skeleton, with numerous drawings, &c. in illustration. Consequently I have been conversant with disease under almost every variety and form, treated with medicines of every character which human ingenuity can devise; and I am fully satisfied that the public *demand* and *need* something else to relieve them of the maladies to which they are subject. There is a restlessness and taking to and fro with regard to medical treatment. Calomel and the lancet are dreaded as foes to human life. Confidence is fast being lost in drug-medication. As the science of physiology is better understood, and as more attention is given to the laws of life and health, in the same ratio will the water-treatment gain a foothold, and secure the confidence of the public. It is *the* treatment, which I have used in my own family with perfect success. I have located at the Greenwood Spring, a beautiful situation on a hill-side, overlooking the village of Cuba. A natural grove, interspersed with evergreen, surrounds us, rendering the atmosphere cool and salubrious, and the site wild and romantic. It is here that I have opened a Water-Cure Establishment. We have an abundant supply of *pure, soft* water, which is absolutely indispensable for medical treatment. A boarding-house is now fitted up and kept by *Dr. G. B. Champlin*, where the sick and unfortunate, who may think the means offered for their restoration to health are sufficient to induce them to

make a trial, will find a home, where every attention will be paid that the necessity of their case demands.

I have seen many treated with drugs till they were tired of life. Even the grasshopper seemed a burden. Such have now no hope but in the water-cure. Multitudes are hailing with joy the introduction of the water-treatment. Many now full well understand that pure air and pure water are the essential elements necessary to restore a broken-down constitution to comparative health and vigor. Prejudice is breaking away, while the sunbeams of truth are pouring in upon the world. Gems and pearls of truth, like the light of distant stars, are sparkling ever and anon upon the mental horizon of the world. Such are yet to become suns, that shall shed a genial influence to bless and to save. The water-cure is a star of hope. Its magnitude and brilliancy are every day increasing. The suffering are guided by its light from a whirlpool of physical evils, which are lying in their pathway. Miracles are not to be expected, but the powers of life are to be aided by their most natural elements that leave no sting behind.

Yours for the truth,
SILAS O. GLEASON, M. D.

Dress has much influence in the preservation of health. A garment that confines any part is an evil always to be avoided. Tight cravats, closely girted, strapped pantaloons, exquisitely arranged vests, as well as some appliances and forms of dress that foolish custom requires the better sex to wear, are all injurious, and should be avoided by those who prefer firm and vigorous health.

Water-proof raiment should, as far as possible, be avoided. Even India rubber shoes, that operate upon so small a part of the surface, do more or less injury, and in general should not be worn. When the feet become damp or wet, a change merely of the ordinary apparel for the feet is by far the best.

Just so fast as physical education advances, it is building baths, not as the old

Romans or the modern Turks built them, for luxury alone, but on the higher principle of health, without which there can be no luxury. Physical education is thus cleansing mankind from the impurities of the body,—a beautiful and scriptural emblem of the Christian education which is washing away the impurities of the heart.—*Horace Mann.*

WATER-CURE JOURNAL.

NEW-YORK, JUNE 1, 1846.

[From the Editor's Note Book.]

CASE OF CHILD-BIRTH.

May 13th, 1846.—Mrs. Hendy, of this city, consulted me about three months ago concerning her health. She bore, about two years since, her first child, with which she suffered very considerably, it being prematurely and still born. Although her health had generally been good, she was now troubled with severe constipation and dyspnoæ, or difficulty of breathing. I directed her immediately to commence bathing with tepid water, once daily, and after a few days, (gradually lowering the temperature of the water to coldness,) to perform two ablutions per day. After a short time her husband obtained a good shower bath; this she used generally mornings on rising. She took also hip baths daily, and drank freely of cold water, omitting altogether her accustomed beverages, tea and coffee. She discontinued the use of butter and oily food, and took principally of farinaceous articles and fruits. Without the aid of clysters, to which she had an aversion, the coarse bread and fruits, together with bathing, effected an immediate change for the better in the condition of the bowels. The constipation, although it had been long present, was very soon entirely removed. Bodily vigor was increased, the spirits brightened, and the complexion rendered more clear. Daily

exercise in the open air proved highly beneficial.

Soon after midnight this morning, (May 13th,) Mrs. H. experienced some slight symptoms of approaching labor. She says at four A. M. the real pains commenced, and continued regularly. At five, the moment of my arrival at her room, she gave birth to a fine, healthy male child. In a few minutes more, with slight pains, the placenta, or afterbirth, was expelled. To act as a cooling and soothing fomentation or poultice, a folded wet towel was placed upon the genital parts, the cloths to be wet in cold water, as that would prove the most agreeable. Should after-pains occur, the spine was to be well rubbed with wet towels, which practice would at least mitigate their severity. If there should be any undue heat in the abdomen, wet cloths covered with dry are to be placed over that part. Mrs. H. will no doubt experience a refreshing sleep, after which, with the aid of her husband, a general ablution will be performed. She will be able to be up some hours in the day, and will in consequence enjoy better rest at night.

The infant is to be washed in water, used at first slightly tepid, and after the first day, of its natural temperature, that of the Croton. No compressing bandage is to be placed about its abdomen. None of its flannel dresses, so beautifully made by its mother, are to be used. Were this the cold season, some light flannel would be allowed, but never next to the skin. The nurse, as matter of course, wishes immediately to give the infant something medicinal to move the bowels, as she says, as if the bowels were not formed to move spontaneously. If there should be no milk at the breast, nourishment is not to be given for twelve hours at least, except only occasionally a few drops of pure soft water.

At 1 P. M.—After leaving Mrs. H.,

she obtained some good sleep. She has had a bath, has taken light nourishment, and is up in her room. She is enjoined to be careful not to overdo. She will recline frequently, and remain up but a little while at a time.

At 9 P. M.—Mrs. H. has taken another bath, and feels as little like a patient as can easily be imagined.

Second, third, and fourth days.—Mrs. H. has gone on carefully with bathing, exercise in her room, plain diet, &c. She is up nearly as much of the time as persons under ordinary circumstances of health. She says her condition is wonderfully different from what it was at her previous childbirth. Her infant, too, is thriving remarkably well.

Tenth Day.—Mrs. H. has from day to day gone on with bathing &c., and with the best results. Few females in civic life enjoy as good health as does Mrs. H. at the present time.

LETTER FROM A PHYSICIAN—CASES OF SCROFULA.

Dear Sir:—I have long desired to communicate with you upon the subject of the water-cure, and especially in reference to certain cases particularly interesting to me, but as I have for several years declined the use of the U. States' mail, have had no favorable opportunity. I have for eighteen months been using hydropathy partially; but having the prejudices of others to overcome, ignorant myself of the best modes of application of the healing element and its therapeutic effects, and having, also, the experience of eighteen years of practice in administering drugs to fall back upon, I proceed slowly and with hesitancy. In October, 1844, our daughter, aged nine years, of a delicate constitution, red hair, very fair complexion, and moderate and slow development of the intellectual region of the brain, was attacked with pain in the left shoulder, whilst on a journey undertaken partly for her health. Her mother commenced the

hydropathic treatment, to the best of her knowledge and judgment, believing it to be a rheumatic affection. The shoulder and arm were bathed often in cold water, a treatment which, in the preceding summer, had been successfully employed to dispel wandering pains, apparently of the same character, from different parts of the system. In this attack the disease seemed to grow worse, settling in the elbow joint and the last joint of the middle finger.—The elbow became hot, painful, enlarged; its extent of motion continually diminishing. For many months, it was perseveringly treated with bathings, and wet bandages covered by dry ones, without any alleviation. For a time the tumor on the finger ceased to grow; then, by accident, a large book fell upon it and it commenced increasing in size, the nail flattening out to accommodate itself to the swollen condition of the limb. During that winter, the left foot began to swell, and was more painful than the elbow. This was treated in the same manner. I had, in the early stages of the disease, given guaiacum, iodine, blistered, &c., &c., without any good results, and all drugs were abandoned, leaving the disease and hydropathy to fight it out. In the course of time, there seemed to be matter formed in the finger; I plunged a lancet into the apparently fluctuating mass, and blood only followed. Eventually, a tumor formed in the hollow of the foot, apparently maturing after a long time. Punctured this with no better success. In February last, we commenced employing the wet sheet with her, leaving her in it generally an hour. Offensive sweats took place, and her general health seemed improved. This process is daily repeated; and since the weather has become warm enough to admit of it, she has a daily wash-down with cold water, besides soaking the diseased parts in the same, several times a day.—The finger, elbow, and foot, are all pained by using water right cold, so the temperature is graduated to the effect produced, avoiding the excitement of pain. Her diet is between Grahamism and that of regular flesh-eaters—uses neither tea nor coffee—takes milk, butter, salt, and occasionally lean flesh and eggs. The ulcer on the sole of her foot has lessened to

about the size of a pea, the swelling around it decreases; but that on the top of the foot, the original seat of disease in that member, is stationary. The elbow, since the frequent bathings, has less heat and soreness; no other change perceptible. I forgot to mention, that in the commencement of our use of the wet sheet, her bowels were attacked with the diarrhœa. They had previously been costive, quite so, requiring daily injections to move them. The treatment was suspended two weeks, and they, during that time, were regular. When the wet sheet was re-applied, the looseness returned; but as it was then looked upon as a consequence of the treatment, the sheet was continued, and they became natural under its use. Now, would you say that the looseness of the bowels was a consequence of the sweating process? What treatment, in addition to the course detailed, which we are now pursuing, would you recommend? The end of the finger is enlarged to four times its natural size. Within two months, the whole finger is somewhat swollen, which has not heretofore been the case. There are several ulcers upon it which run a kind of watery fluid. She takes a good deal of exercise in the open air, walking, swinging, &c., and we encourage her to be out much of the time. Her appetite is variable; when first put into the sheet it seemed very good for a time; now is declining again. She is an only daughter. We have, besides, a son. He is in his thirteenth year, robust and healthy, except that his left shoulder has been paralyzed since infancy. We thought it a sequence of scarlatina. There was a period when the head of the humerus (bone below the shoulder) could be slipped out and in the socket with facility, and without pain,—this was only during infancy. The scapula (shoulder blade) seems nearly bare of aught save skin, and the whole shoulder also. He cannot lift it perpendicularly. The other motions of the arm are perfect, the muscles of the shoulder and arm being the deficient ones. Years ago, this was blistered, and bathed, and frictions used, and every thing that suggested itself, tried without avail. For seven years no efforts to restore it have been made. Have you ever known such a case? What would

you suppose hydropathy would do for it, and what process, if any, should be employed?

He is a finely formed boy, with this exception. Has been ploughing this spring, but that, and other as severe labor, pains as well as tires him. I have been half inclined to try the douche as an experiment, without much hope of revivifying the deficient muscles. Any suggestions you may be pleased to make upon either of these cases, I shall be most happy to receive from you. I will ask my brother, the bearer of this, to call on you, on his return from Boston, for a reply, that you may have leisure, if inclined, to give your advice upon them. Yours respectfully,

Remarks.—The above cases come under the head of that dire disease, the scrofula. Water treatment, with suitable attention to diet, is peculiarly appropriate in this disease; and yet a long course of the most persevering practice is necessary in such cases, particularly like that of the little girl. The wet sheet, rightly used in her case, must certainly have a beneficial effect. The looseness of the bowels, spoken of, was a crisis, so called, produced by the treatment. It is possible that the little patient was allowed to become too warm in the sheet; no sweating should be allowed in such a case, and great care should be exercised, that the system does not, at any time, become too warm. The falling away of the appetite would seem to indicate that such had been the case with the little girl. Not more than two general ablutions should be practised per day in this case. The wet sheet envelopement should be used once every day, for about an hour. Cooling bandages and frequent washings should be used for the parts that are swollen, hot, and painful. Wet compresses should, likewise, be applied to the ulcers. Still the main effect to be relied on, is that upon the whole system from the general treatment. A long time is required in these cases, and care must

be observed that the matter be not overdone. What may be called a mild treatment is all that is to be used.

Diet has much to do in such cases. It should gradually be changed, until a strict vegetable and fruit regimen is observed. The diet, too, should be spare in quantity. It will not do to feed those swellings and ulcers with too full a diet. When too much food is taken, diseased parts are always the first to suffer. A mild daily water treatment, a small amount of food, moderate and yet frequent exercise in the open air—these are the means to be used.

The young lad needs a more vigorous treatment. The small douche upon the arm and shoulder, with much friction and kneading of the muscles, will prove very servicable. The general treatment should be managed so as to invigorate the whole system. The same general principles apply here as in the case of the little girl.—[Ed. Jour.]

MRS. WRIGHT'S LECTURES TO LADIES ON ANATOMY, PHYSIOLOGY, AND HEALTH.

To the Editor of the Water-Cure Journal.

Mrs. P. S. WRIGHT, who has been lecturing to female classes on anatomy and physiology during the past winter, in Harrisburg, Trenton, Baltimore, and other places in East Pennsylvania, Maryland, and New Jersey, is now in New England, with the intention, I believe, of lecturing during the summer.

Mrs. Wright has devoted herself for several years to the study of medical science, with such success as fine natural talents, ardent enthusiasm, and ample opportunities could command. Provided with the best substitutes for actual dissection which art has been able to supply, I doubt if she is any less qualified for popular instruction in anatomy than if she had put in the regular three winters at a medical college. With the aid of that wonderful machine, the *modèle du femme*, capital life-sized plates, and such dry preparations as our anatomical museums afford, I regard her, for all purposes ex-

cept practical surgery, as a complete anatomist. Physiology and the collateral branches involved in her pursuit, are, of course, quite as accessible to a woman as to any member of the faculty itself, and in these she has made proficiency quite adequate to her purposes. You may well suppose that the intrinsic difficulties of these branches of our profession would be nothing in the way of the courage, zeal, and capacity of a woman who could so determinedly encounter them; and she is now one of the very few women in the United States who are technically acquainted with anatomy, physiology, and the general principles of medicine.

The other qualifications for public teaching she possesses in a very high degree. The ladies who have attended her lectures, report themselves in every way delighted; she seems to unfetter their understandings and awaken them to higher modes of life than they knew before, and they repay her with admiration as a teacher, and the warmest personal affection. You have, perhaps, seen the published resolutions expressive of the grateful praise of her several classes. I derive my information from personal intercourse with her delighted auditors.

It is among the best things of this transition age, to find woman a useful public worker; and the last and happiest point in this is to find her none the less a woman for her work—everybody can learn; a few are capable of the *business* of teaching, but among women engaged in an enterprize so novel and delicate as this, a very rare combination of qualities is required. Mrs. Wright, I think, exhibits a very graceful union of simplicity with intellectual superiority, and will demonstrate the possibility of blending feminine excellencies with heroic enterprize in the work of popular reform. Let me add, that Mrs. W. is as free as possible from the narrowing influence of party and sect in medicine as in other things, and having the best kind of common sense, she will not be likely to slide into quarrelsome bigotries and foolish ultraisms. As she has spared no expense and declined no toil in her preparation, and especially as she has not suffered herself to be baffled by the threshold terrors of her great un-

dertaking, it is easy to prophesy that she will command success.

Your Journal is read by the women "down East," and you will confer a favor upon them by introducing Mrs. Wright, with your endorsement of my testimony concerning her professional attainments.

Respectfully yours, &c.,

WILLIAM ELDER.

Phila., May 19, 1846.

We cordially commend the above communication to the attention of those ladies who may have it in their power to enjoy the teachings of Mrs. Wright. Without receiving the above, we should have called attention to these lectures. We hope that no lady, young or old, who can possibly attend Mrs. Wright's lectures, will lose so good an opportunity—one which they can but seldom enjoy. From personal acquaintance with this lady, we are convinced that the friend who writes us above, has in no wise overrated her qualifications as a teacher upon the important subject of human health. We design, hereafter, to give a general view of the plan of these lectures.—[ED. JOUR.]

COLD BATHING AS A BRANCH OF PHYSICAL EDUCATION.

The following article from the Annals of Education, contains some good directions concerning bathing, although, as will be seen, the writer does not in every particular agree with the notions of hydropathists at the present time.—[ED. JOUR.]

"But something is to be done, even with ourselves. And the obligation to do all in our power, is by no means diminished by the foregoing considerations, but, on the contrary, greatly enhanced. We may do much to harden, as it is called, our physical frames, and in no one thing perhaps can more be effected than by a judicious application of cold water. It is obvious that there is a great variety of meaning attached to the term cold, as applied to the human body; for what is excessive cold in some circumstances of the human

frame, and to particular individuals, would in other cases, and to other persons, be scarcely cold at all. In general, however, we call that water cold, which is below the temperature of the surrounding atmosphere.

Cold bathing, in this country, has been attended to as an amusement, merely. * * There are instances when a primary regard is had to cleanliness, but this is by no means common. My object at present, is, to treat of it in reference to both purposes, but principally with a view to the promotion of health, fully aware that in this, as in most other things, the Creator has kindly united our pleasure with our duty. The question has often been asked, What are the rules in regard to cold bathing? The answer is short: Bathe in such a manner as tends most to invigorate the body. But how are we to ascertain whether the body is invigorated or not? Are there no rules which are applicable to all individuals? There are. But there are also as many peculiarities of constitution and habit as there are individuals, and these should in some measure modify all general rules.

The *general* rule in regard to cold bathing is the following: *So bathe that the action may be followed by a general warmth *—not a temporary heat—extending over the whole body; attended by a perceptible increase of mental and bodily activity, and an increase of bodily strength.* The eyes will look bright and animated, the features will acquire an increased freshness, the skin will glow permanently, and, if we move, the action of the muscles will be more free and unconstrained than before. Although the surface of the skin will appear to have more color, and will actually possess a higher temperature, yet the individual will feel cooler internally. These sensations will not be fleeting, but permanent. But when, on the contrary, we come out of the bath with the skin pale, flaccid, or shrivelled, and with a bluish appearance; when the eye is dull, and the face either livid or bloated; when there is

* The cold bath always diminishes the animal heat, as is shown by thermometric experiments. Still, a glow of feeling is often experienced after a cold bath, and, in fact, it should always be managed so as to cause that result.—[ED. JOUR.]

a general sensation of dullness, drowsiness, languor, indisposition to action of mind and body, then we may be certain that so far from having derived advantage from its use, we are injured. And the injury will be in proportion to the extent of these appearances.

To the general rule which I have thus laid down and explained, I am not aware that there are any exceptions in favor of particular constitutions or habits of mind or body, except those when the person is laboring under mania, or some other disease attended by high excitement, and our object in using the bath is to *reduce* his strength, and actually weaken him. In such cases, the action of his system may be supposed to be above the *line of health*; and our purpose is to bring him down to it.

There are, however, several *particular* rules to be observed, in order to secure the results which I have mentioned as desirable. First, the *hour* for bathing. In this respect much error has prevailed, even among physicians. Convinced that the practice of using the cold bath at evening is generally injurious, their direction often has been: "Bathe in the morning as soon as you rise." But almost every individual of feeble constitution finds this practice useless, and not a few positively injurious. A few years since I met with a student from Princeton, New Jersey, who was an invalid, and on inquiry I found he had been using the cold bath a long time to no purpose, but, as he thought, with decided injury. 'At what hour do you use it?' I inquired. 'Just before sunrise.' 'No wonder, then, it does no good.'

When we first rise, the strength of the system is partially restored by rest, but there is also a degree of relaxation of the surface, produced partly by an increased perspiration during the night, and partly by the relaxing effect of too warm beds, which renders us unable to withstand the chill of a cold bath, as well as after we have used some exercise. Indeed, the strength of the pulse and the muscular vigor of an individual, obviously increase for several hours, after rising and using moderate exercise. If he have risen at five, and breakfasted—not too freely—at six, the vigor of the body and mind will have reached its *acme* by nine or ten

o'clock, or the middle of the forenoon.—Soon after this, if the individual is actively employed, his strength may be expected to diminish slowly, but it will be slightly increased by a moderate dinner, to diminish again after it, and with greater and greater rapidity till evening. Now, there are very few constitutions that are benefited by the cold bath after this *ebbing* of the system commences. *From nine to eleven o'clock in the forenoon, then, allowing the individual to have risen at five, is the best hour for bathing.* There appear to be a few exceptions to this rule, in favor of particular habits and constitutions, but they are by no means numerous.

The second particular rule is, in regard to the temperature of the system. *We must not bathe while the heat of our bodies is rapidly decreasing.* There is an opinion prevalent that we must never bathe when the system is heated, or, at the least, when the perspiration of the skin is at all increased. Hence, I have known boys, and men too, make it a constant practice in the summer, after the fatigue and labors of the day, to go to the banks of some cool stream or pond at sun-set, sweating profusely, and there strip themselves, sit down, and wait until they were cool, and then plunge into the water. Now there are, I know, a few persons possessed of constitutions so vigorous as to withstand for many years the evils of this practice, yet I believe they suffer the consequences sooner or later, in rheumatism, fever, or some other disease.

However contrary it may be to the prevailing impression, I hesitate not to say, that we should always use the cold bath while the heat of the body is accumulating. No matter how hot you already are, if the temperature is *still rising*, and the system is *increasing in vigor*. We hear of many a frightful story of boys, who by going into the water while they were greatly heated, became cripples the rest of their lives. * * * But *why* were they injured? Because they went into the water or remained in it when fatigued and weakened, and the system was already *losing* instead of *gaining* heat and vigor. To have merely plunged into the stream in full vigor, say at eight or nine o'clock in the morning, and returned immediately

to their usual exercise, could never have produced these results. * * * When a person is heated to excess with labor, his skin dry and hot, his face flushed, and his whole body apparently glowing with an increasing heat, let him just plunge into the cold stream and come out again, and go to work, and it not only affords relief instantaneously, but permanently. Let it be remembered, however, that in order to produce these results, the individual must be in good health.

Those who lead a sedentary life, habitually, should pay particular attention to the above rules and suggestions for bathing. It is often supposed that they are less likely to suffer by neglect on this subject, than those who use much exercise. The reverse is believed to be much nearer the truth. Those who are accustomed to laborious habits, and yet spend an occasional season in inaction, will perhaps suffer less by the neglect of suitable precaution, than those whose sedentary life is habitual, but let even these beware. * * * The following anecdote will illustrate the views I have presented: Two students of medicine set out to walk from Edinburgh into the interior of Scotland. After travelling moderately until eleven o'clock, they came to a river, and as the day was very warm, and the water tempting, they plunged in.—They were, however, *not at all fatigued*. The effect was refreshing, and they travelled with great rapidity, and with much more ease than before, and just at sunset, as the road brought them to the banks of the same stream again, one of them ventured in the second time, but paid very dear for his temerity. No genial glow followed, but on the contrary, a feverish chill, with a small frequent pulse, and flying pains over the body; and it was not until he had drank freely of warm liquids, and used a great deal of friction, that they could be removed. * * *

Another important rule, is, *not to bathe soon after taking food*. The best time is when the stomach is nearly or quite empty. * * * The use of the cold bath in ordinary circumstances should be limited to three times a week; for most persons it is probable that twice a week will be sufficient. One form of the cold bath which is highly useful, is the shower bath.

This is always accessible, and may be taken in almost any room. The apparatus is very simple. I have often used simply a basket and a pail or bucket. Suspend the basket or fix it on a scaffold over your head; then turning it on its side, set in it a pail of water. At the moment you are ready step under it, and, by means of a rope, turn over the pail by throwing the basket into an upright position, and the water will fall in a shower as salutary as if produced by a more complicated apparatus. A convenient substitute for cold bathing, when this cannot be *endured*, is found in sponging the whole body with cold water and wiping the skin immediately with flannel. A PHYSICIAN.

CASE OF DELIRIUM TREMENS CURED BY WATER.

It lately fell to our lot to prescribe in an apparently most dangerous case of delirium tremens. The patient was given up before we saw him, by the attending physicians. The treatment resorted to was a bold one, and consisted in the keeping down for days the general fever in the brain and the whole system. This was accomplished by means of large quantities of ice placed between wet cloths, and over most parts of the body, substantially constituting a continuous, ice-cold, wet sheet. Much ice and iced water were also taken at the mouth, and large clysters of water were administered. Long continual affusions and frictions were from time to time practised in a large wash-tub. We may perhaps refer more in detail to this case hereafter. Our friend, *Dr. Parmly*, of the corner of Broadway and Bond street, under whose most hospitable care this sufferer had long been, we will take the liberty to refer to for the particulars of the case.

Col. Webb's opinion concerning the Water-Cure.—We some time since made a quotation from the talented editor of the *New-York Courier and Enquirer*, stating his convictions concerning the new mode of cure. Col. Webb, as is well known, is not an individual who can be drawn aside by any of the thousand-and-one wonders of the day, but must become convinced of the truth of what he affirms by actual scientific demonstration. No man can do

more for the new system than Col. Webb. Were it not for the well-known fact, that there is so much meaningless newspaper puffing at this day, we would not mention that this statement by Col. Webb was wholly spontaneous, and on our part, unsought :—

“*Water-Cure.*—We some time since laid before our readers the admirable letter of BULWER upon the subject of *Hydropathy* or the *Water-Cure*, accompanied by an assurance that we had personally tested its efficacy. Since then, our experience and observation have been greatly enlarged, and cures have been effected under our immediate observation in cases involving all our sympathies and affections. We do not feel disposed to be more specific in instancing cures through our columns, but such is our thorough conviction of the efficacy of this new mode of treating disease—such certain relief does it offer for nearly, or quite all the diseases “which flesh is heir to”—that we should be wanting in sympathy for our species if we did not urge upon sufferers promptly to make themselves familiar with its blessings. All such we refer to Dr. SHEW, No. 56 Bond street.”

Good common sense would teach us that the more powerful applications of water should be commenced with very guardedly, and, as a general rule, not until the system has been gradually prepared by the use of the milder processes, little by little increased. For the same reason, viz. that no great and sudden change should be made abruptly, powerful treatment should be discontinued gradually.

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It is known to many that *Mrs. M. L. Shew*, wife of the editor, has lately been exceedingly sick. We have been asked a hundred times, at least, "Do you resort to drugs in Mrs. Shew's case?" Our answer has been, her firmness and good sense would not allow of the exhibition of medicine, should her best friends even advise such a course. A full account of her case, together with that of her remarkable child-birth, which took place some months since, and the case of her infant, we feel in duty bound to promise hereafter to give.

The half-yearly volume of the Journal.—We before gave our reasons for closing the first volume at No. 12. We can yet furnish the back numbers complete. Those who prefer, may subscribe for the year, and commence with No. 1, of the second half-yearly volume. The Journal has gone beyond our most sanguine expectations. Still, for the sake of the great and general need there is of instruction, such as in our humble way we are endeavoring to give, we hope every friend of the cause will do his utmost to extend our list. The good work is yet only in its small beginnings. Let it go boldly onward.

✍ *Mrs. Mary S. Gove*, to whose labors we have before alluded, we are happy to inform the friends of Hydropathy, continues to give instructions in anatomy and physiology, illustrated by reference to a splendid *manikin*, lately obtained from Paris. She also gives advice to ladies suffering from ill health. Her residence is 261 Tenth-street.

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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.*

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✍ 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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BELA MARSH, 25 Cornhill, Boston, has for sale, the large work on Hydropathy, or the Water Cure: by Joel Shew, M. D.; price \$1. The Hand Book of Hydropathy; price, 37½ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18½ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

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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. Pane, Providence, R. I. Colon & Adriance, Arcade Building, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.

Wright, Printer, 74 Fulton street, cor. Gold.