

THE WATER-CURE JOURNAL.

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

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"Wash and be Healed."  
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JOEL SHEW, M. D., EDITOR.

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[WHOLE No. 14.]

THE WATER-CURE.

From "*Scenes and Thoughts in Europe.*"
By George H. Calvert.

The following remarkably well-written article we take from the above named work, (a very interesting one,) just published by those enterprising gentlemen, *Wiley & Putnam*, of this city. The writer in giving his own experience, proceeds:

"At five in the morning I am waked up by a bath-attendant. Having stripped the narrow bed, he lays on the bare mattress a thick blanket, wherein he wraps me closely from neck to heels; then another blanket doubled is laid on and tightly tucked in, and then another, and then a light feather bed. This is fitly called being packed up. In about an hour I begin to perspire; whereupon the window is opened to let in fresh air, and half a tumbler of cold water is administered, which draught, repeated every quarter of an hour, promotes perspiration.* After perspiring for forty or fifty minutes, I am unpacked, get streaming out of the blankets into an empty bath-tub at the bed-side, when instantly a couple of large buckets of cold water are poured over my head and

shoulders. For a minute or two my hands and the attendant's are swiftly plied all over the surface, as if to rub in the water. Then comes a thorough dry rubbing with a coarse linen sheet, and after dressing quickly, a walk abroad for half an hour or more to support and hasten re-action, drinking the while from the fountain two or three glasses of water. On the breakfast-table are wheat and rye bread, butter, milk, and water, and fruit for those who choose it; no tea, nor coffee, nor anything warm. Between eleven and twelve I take a sitting-bath of from fifteen to twenty minutes' duration, on coming out of which I go up to the top of the hills as if the muscles that had been immersed were turned into wings. Two or three more tumblers of water are drunk during the exercise. Dinner, at one, is never smoking hot, and consists for the most part of beef, mutton, and fowls, roasted or boiled, with vegetables, followed by a simple dessert. No spices are used in cooking, and water is the only beverage. Bathing re-commences about four, a long interval being prescribed after each meal. My afternoon bath is generally what is called a *staubbad*, literally, a dust-bath, which is in fact a shower-bath, except that the shower, instead of falling from above, comes laterally from circular tubes in the midst of which you stand, and which, the moment the water is let on, pour upon you a thou-

* Practitioners of Hydropathy do not now administer the process of sweating near as much as formerly.—[ED. JOUR.]

sand fine streams. Resolution must be well seconded by quick friction with the hands, to keep you within this refrigerating circle two or three minutes. After this, is the best time for a long stroll over the hills or along the shores of the Rhine. Supper, between six and seven, is much the same as breakfast; nothing hot, nothing stimulating. All meals are alike in the voracity of appetite with which they are eaten. I wear all day over the stomach a water-band or compress,—a double fold of coarse linen, six or seven inches wide and about twenty long, half wrung out in cold water, over which is tied a dry one of the same material and thickness, a little broader, and meeting round the body. This, excluding the air, prevents evaporation from the wet bandage, and keeps it always warm. The compress is re-wet every two or three hours. Its effect is, to draw more life into the weakened stomach.

A similar course is daily followed by the rest of the inmates. Instead of the affusion from buckets, most plunge directly into the full-bath after the sweating in the morning. Some are wrapt in a wet sheet, without the blankets, in which they lie about an hour. Then there is the potent *douche*, a stream of two to four inches diameter, falling from ten to twenty feet perpendicularly, which is taken when the body has become invigorated and the skin opened by the other applications. There are, moreover, local baths; foot-baths, head-baths, eye-baths.

The number of patients in this establishment at present is about eighty, with all kinds of chronic maladies,—gout, rheumatism, neuralgia, dyspepsia, deafness, lameness, paralysis, &c. Fill up the &c. with every name that has been coined to express the bodily afflictions of man, and not one that is curable but can be cured by means of water. By means of water, note that; for water can cure no disease; it can but help or force the body itself to cure it. What more does medical art profess to do? No intelligent physician aims at aught but so to rouse or direct the *vis medicatrix nature*, the curative force of nature, that it may throw off disease. To his lancet, his purgatives, his emetics, his narcotics, his stimulants, he ascribes a

purely secondary agency, that of touching the spring of life in a way that it shall rebound against the evil that presses it. All his appliances and efforts and doses have but one single aim, namely, to act on the vital force. In awakening, seconding, guiding this, consists his whole skill. Herein, then, the water and drug systems are alike. Most unlike are they in the innocence and efficacy of their means, and in the success of their endeavors.

Patients are here, as at mineral watering places, on account of chronic diseases, that is, diseases that have taken up their abode in the body, because the body has not vigor left to eject them. These complaints the Faculty hardly ever profess to eradicate. In most patients so afflicted, disease and the Doctor have a joint life-estate. Change of air, temperance, quiet, diet, are the alleviating prescriptions to some. Permanent restoration is seldom promised by the upright physician. Priessnitz and his disciples undertake to cure, and do cure, many such; and by means of water nearly all are curable, where there is constitutional vitality enough for re-action, and no organic lesion. The process is as simple as nature's laws. The world will soon wonder, as it has done at other revelations of genius, why it was so long undiscovered. Priessnitz has revealed the power there is in water. With this one agent he can co-work with all the processes and movements of nature in the human organism. He can draw the vital stream from one part to another; he can unload the congested blood-vessels; he can quicken or slacken the action of the heart; he can elevate or depress the nervous energy. And his agent, in this at once subtle and powerful co-operation, is not a poison, as is almost every drug, never weakens, as does every bleeding, but is a pure nourishing element, as precious to the body as the vital air itself, and having with its every texture such sympathy, that four parts out of five of the constituents of the blood are water. In this consists much of its virtue, as a curative means. It is not enough that it be cold: Priessnitz rejects all mineral waters, and even salt sea-water.

The first step towards a restoration of health is a re-subjection of the body to

natural laws, as regards food, drink, air, and exercise. Further: as the vital energy is the final source of restoration, it is necessary, when disease has become fixed in the body, that this energy be directed against it with undivided aim. Hence, there must be withdrawal from business and care and serious mental occupation; and therefore it is, that the cure of chronic complaints can, in most cases, only be undertaken with hope of success at a water-cure establishment. These first conditions being satisfied, under which the body begins at once to feel fresh vigor, the next step is, to accelerate this invigoration. The fortifying effects of cold bathing are universally known. Without considering now the various forms of its application, devised by the sagacity of Priessnitz, the mere loss of caloric in a cold bath necessarily stimulates the appetite. More food is called for to supply the lost heat. The quickened respiration in the bath and during the rapid exercise it provokes, supply a correspondent increase of oxygen. As Liebig simply and beautifully explains, animal heat is the result of the combination within the body between the oxygen brought in through the lungs, and the carbon and hydrogen in the food. The oxygen consumes, literally burns up, the waste of the body, the dead particles that have served their purpose of nourishing the vital activity. The fire burns more briskly. By the increase of food, fresh material is furnished more rapidly; the burning of the old keeps pace through the increased influx of oxygen; and thus the transformations in the body, the source and index of health, go on with increased quickness, and the strength grows in proportion. A man with a good fund of vitality left, who takes three or four cold baths and drinks a dozen glasses of cold water daily, will eat just double his usual quantity, and that of the plainest fare, and with a relish that he never felt at the costliest banquet, and a sweetness and fulness of flavor, that recall the time of his fast-growing boyhood.

'Tis a familiar fact, that if a fragment of bone, for instance, in case of fracture, be left loose and unknit up when the fracture heals, it will be thrown out to the surface by the vital force. Where there

is life enough, the same self-purifying, self-protecting effort will be made against whatever arrests or disturbs the vital process, against every form of disease therefore. The third step in the proceeding of Priessnitz is, to encourage and assist this tendency by more specific means than the mere addition of strength by cold bathing.

How is the determination from the centre to the surface to be promoted?

By action on the skin through the sweating in blankets, and the soaking in the wet sheet inclosed by blankets. The power of these applications cannot be conceived but by one who has seen them, I may add, felt them. An activity is awakened in the skin unknown to it before, and this without any foreign or hostile appliances. Under the air-tight blankets softly oozes out the perspiration; the wet sheet sucks at the whole surface, like a gentle all-embracing poultice. The skin is in a glow—a glow which it owes to no heat but that beneath it. The life of the whole body is drawn to and towards it. In this state of heightened animation it re-acts against the cold bath with alacrity. One or other of these processes—according to the disease, condition or temperament of the patient—repeated daily, keeps the currents, so to speak, always setting outwardly. The skin, that great auxiliary of the lungs, grows elastic, regains its functions, that had become lamed by the destructive practice of swathing in flannel, and the neglect of cold ablutions, needed daily for the whole surface as much as for the face. Chronic congestions and inflammations are thus gradually relieved; the system feels lightened. Morbific matter is expelled. That it is morbid, is often known by its odor and color. Frequently, too, what medicines have been taken, sometimes years before, is discovered by the odor of the perspiration; as valerian, iodine, assafœtida, sulphur, mercury.

The sitting bath performs the important part of drawing the blood from the brain, and of invigorating the great nerves of the stomach and bowels, which in nearly all chronic complaints have become weakened by drugs, heating food and drinks, and sedentary habits. When, by the sweating or the wet sheet, the sitting

bath, and copious daily draughts of cold water, the skin has been opened and animated, the internal skin—the lining membrane of the lungs and digestive organs—stimulated, and all the functions invigorated, so that the system is restored in a degree to its pristine power of resistance, then is applied the most vigorous of all the water agents, the douche, which rouses to the utmost the nervous energy, and thus contributes much towards putting the body in a state to cope with its foe.

Now the aim of all these purifying energizing processes is, to bring on a *crisis*, that is, an effort of the system to rid itself of the disease which obstructs and oppresses it. The *crisis* is, in fact, in strong cases, an acute attack, taking the form of diarrhœa, more or less active or prolonged, or of vomiting, or cutaneous eruption, or fever. Sometimes these symptoms come one after the other, or even several at once. With knowledge and judgment, the crisis is guided surely to a cure. When the disease is not of long standing, the functional derangement not being firmly established, the cure is effected of course much more quickly and often without apparent crisis. On the other hand, in aggravated cases, when the body, in the phrase of Priessnitz, is very full of bad stuff, the patient may have to go through two or three crises before his system is perfectly purged of disease. Once through the crisis, the patient is cured, cured effectually, radically, not apparently and temporarily, but permanently and absolutely. The nervous energy is renovated, the skin is restored to the full performance of its important functions, the digestive apparatus works perfectly, the blood flows actively and impartially, no morbid condition lurks in any of the tissues, the transformations go on briskly and smoothly, life plays lightly and evenly through the whole organism; the man is well. With healthy habits he can keep so all his days, and end them with an easy natural death, not the hard unnatural one that most are doomed to, dying of disease and the Doctor.

Visitors are astonished at the cheerfulness of the inmates. A merrier company is not to be found on the joyous Rhine. Such a happy Hospital is a phenomenon.

No brilliant balls, nor luxurious lounges, nor dainty viands, nor fragrant wines, nor gambling saloons, are needed here as at the neighboring Ems and Wiesbaden, to charm away ennui and make the day endurable. Noon drives away morning, and evening noon, ere we have done with them; and when we lay our heads down at night, so quick and dream-tight is sleep, that morning is upon us again as if he had but waited for the closing of our lids, and nature had compressed hours into moments that they might lie weightless on our brains. Such is the virtue of water, which at once soothes and exhilarates. It must be remembered, too, that the invalids here are all outcasts, unfortunates sentenced by Doctors' edicts to perpetual banishment from the realm of health. Hence the slowness of the cure, which few who have the time have the perseverance to complete. Most of us are impatient if complaints of years' standing are not washed out in a few weeks. Thus, but a small number earn the full benefit of a radical cure; more are partially relieved of their pains; the rest, and largest proportion, only get strength and habits wherewith the better to bear them.

But it is in acute diseases, that the triumphs of the water-cure are most signal and astounding. Here its results look like miracles, so rapid are they, so regenerative, so complete.

(To be continued.)

HYDROPATHY, OR WATER-CURE.

By D. D. SPENCER. (From the Ithaca Chronicle.)

"Water, bright water for me."

The Water Cure is applicable to all classes and kinds of disease. It is said that no effect, obtainable by medicine, is unattainable by the application or use of Water, in some of its temperatures, and in some form. To abate a fever, to reduce the heat of the system, or to restore or increase it, to relax or to brace and strengthen the nerves, to equalize the circulation, to vomit or to purge, to heal a wound, to facilitate digestion, to give tone to the stomach, and action to the vital powers, all may be readily accomplished by the use of Water. Envelopement in cloths saturated with cold water, changed as often as they become warm, will rapid-

ly convey off the over-heated action of the system; the relaxing powers of warm water, and the bracing effects of cold, are known to every one; the effects of cold water in healing a mangled limb was the first item in the experience and practice of PRIESSNITZ; the whole operation and influence of the element, when used aright, is sanatory and friendly to the human system, of which it forms so great a part, and with which it has such powerful affinities. I shall not undertake to describe the various applications of water in the course of its intelligent administration in the cure of disease, or give the reasons for them. This information may be best obtained from the works of CLARIDGE, WILSON, JOHNSON, WEISS, SCUDAMORE, and others, published abroad, or those of Dr. SHEW, in this country. Frequent bathings and ablutions, locally or of the whole system, and at such temperatures as the circumstances of the case require, with the use of the foot, sitting, shower or douche (dash) baths, wet bandages about the body, or in other forms, envelopment in wet sheets, alternations of heat and cold, friction and exercise, are among them. The wet sheet forms a powerful draft upon the system. A slight sensation of chilliness is felt upon the first envelopment, as the linen or cotton wrapper, wrung from cold water, is brought in contact with every part of the body, but as blanket after blanket is closely wrapped around you, it subsides to a cool and pleasant feeling, then a genial glow, and a doziness and dreaminess creeps over you, and finally, if suffered to remain, perspiration springs from every pore, and the cold bath which quickly follows the removal of the cloths, is borne all the better, or enjoyed the more, from the heat of the system when submitted to it. It is a most effective application in creating a tendency of action to the surface, and forcing out and expelling the "bad stuff," as in Water Cure parlance it is termed, which may have become lodged in the system.

This medicine, as we sometimes say of drugs, is not "bad to take." It may require a little nerve to come up to the work at first. One accustomed to his quiet and easy morning nap, may require

a little courage to enable him to step cheerfully and readily from his couch at the call of the attendant in the morning, to receive the shower of cold water over his whole person. But the habit is easily acquired, and it soon becomes agreeable. In this practice there are no nauseating doses at which the stomach revolts, and a little physical endurance is all that is required, and that endurance soon becomes a pleasure. Contentment and cheerfulness, and even hilarity, are visible in the Water Cure patient, instead of the doleful evidence of suffering exhibited by the victims of disease when under other treatment. Instead of prostration and helplessness, here is activity and exertion. Work, activity, persevering labor, is the companion and assistant of the Water Cure. The dyspeptic, with his emaciated form and sallow countenance, with his look of misery as the "blue devils" are laboring at his brain, soon gathers fulness of form, and freshness of countenance, elasticity of step and flow of joyous feeling, as the friendly element cleanses, purifies and renews his physical frame. The overcharged brain of the hypochondriac, with his knit brow, and the brooding gloom which weighs down his spirits, finds relief from his heavy burthen of wo, and a fresh flow of kindly feeling, as of new boyhood, after a short experience of the beneficial effects of Water. The halting, moping, decrepid, afflicted and miserable rheumatic, finds relief from his pains, suspension of his torments, and a new spring to his locomotive powers, as the animal tissues become renewed, the functional derangements restored, and under the blessing of Providence he rejoices in a new edition of life, revised and improved. An establishment for the Water Cure has the least appearance of a hospital, though every grade of disease is received and treated. In fact, you can scarcely find a more happy set of fellows anywhere, than a company of patients at such a resort.

The Water Cure, as it restores the digestive powers to healthy action, sharpens the appetite, and makes even the coarse and simple fare which is furnished, sweeter than the richest feast to the palled senses of the gourmand. A stranger looking in upon the table at the breakfast

or dinner hour, would not be very likely to conclude that the company was composed of invalids under treatment for disease. The diet is plain but wholesome. Tea and coffee, as well as all other stimulating or hot drinks, are excluded. Cold Water is the beverage, and the only one, except milk at breakfast and supper, in small quantities. Wheaten bread, or Graham bread, as it is usually called, made from the grain, ground without bolting, the various plain preparations of corn meal, vegetables and fruits, constitute the principal items of food. Meat is on the table at dinner, but recommended to be partaken of sparingly, if at all. The use of butter and salt is discouraged. The usual sharpeners of appetite, the spices, the mustard, and the pickles, &c., find no place. The dishes are all served cool. This plain diet, and the great amount of exercise recommended, and which the energizing effects of the Water treatment enables the patient to take and enjoy, are important auxiliaries in the restoration of the bodily powers to health.

The human machine is indeed fearful-ly and wonderfully made; its adaptation of faculties to purpose is perfect, yet its "thousand springs" are easily deranged. Accident may mar, or misuse enfeeble or destroy them. One would suppose, therefore, that an intelligent being would exert the utmost care to preserve this delicate and accurate organization from abuse or injury. Yet a large proportion of mankind live as if their only object was to do themselves the greatest amount of damage of which they were capable.—We know very many do it ignorantly, but more do it knowingly and criminally. And soon the machine becomes enfeebled, the springs no longer respond with energy, the delicate tissues refuse to do their office, and the next effort is to have it repaired. This is a business which always has professors or operatives enough, though from the defective and bungling repairs, and frequent failures, one unenlightened as to the difficulties of the undertaking might suppose they were tinkers all. It is, however, an honorable and honored employment, and much human suffering has doubtless been relieved by any of the leading systems of practice which have

been at different times in vogue. From the number of Doctors whose signs are visible in every street of this great city, one would suppose that either the leading business of the denizens of this metropolis was to be sick, or that they must get their living by doctoring one another. It would be a blessed thing indeed if the progress of the Water Cure should enable the people to dispense with this army of ministers to bodies deceased; though in that event it need not be said that "Othello's occupation's gone." The Water Cure will always be best administered by intelligent practitioners, who make it their profession and business to attend to it. It may be humbling to discard the remedies and preparations with which a long course of scientific investigation and analysis have armed the medical faculty, and resort to the simple element of Water, yet it may be true that the simpler the remedy available for the purpose, the better for the recipient. One thing is certain, the cure by water leaves no deleterious substances derived from it in the system. It is not a cure of one disease by the substitution of another, and leaves no "wreck behind." While the pride of learning and science may regard it as too humble, the invalid may look upon it as too simple to accomplish any valuable purpose. If he were told "to do some great thing,"—to swallow some mysterious dose of mighty power, or apply some unguent of the nature and composition of which he was totally ignorant, very readily and willingly would he do it; but simply to "wash and be clean," seems too insignificant a remedy to claim any title to his confidence or respect. But Water need not be despised. It is an element of quietness and peace, or of mighty power, accordingly as it is employed—like the quiet Cascadilla, as it comes dancing and laughing down the declivities, and meanders gently over the plains of our own loved Ithaca, singing its musical notes of joy, or the same Cascadilla, when swollen and maddened by the sudden accession of power derived from the melting away in a night of a three-foot depth of snow from over the face of the earth, it leaps from its quiet bed, bearing off every obstacle in its way, and carrying destruction to all around it. So Water can heal or destroy—cure

or kill. Water is not an expensive remedy. From five to ten dollars a week, including advice, attendance and board, is the charge at the various Water Cure establishments in this country. It is speedy or protracted, according to the nature of the disease with which it has to grapple.

Those who have derived benefit from the Water Cure, are enthusiastic in its praise. "Sir," said an intelligent and apparently well educated Physician of long practice in Connecticut, to me, "I would not exchange the benefit which the water cure has been to me for fifty thousand dollars." For fifteen years he had been a miserable dyspeptic, until he resorted to the establishment of Dr. Wesselhoef, at Brattleboro', last October, and commenced a test of the Water Cure upon himself—now apparently of good health, and full of the powers of life. His regular practice he will resign to other hands, and arrange a Water Cure establishment at or near New Haven, Ct. An aged gentleman from Troy, affirmed that he had been afflicted with almost every disease in the catalogue, was greatly emaciated, and near to the opening of the grave. Now he is full of energy, and as lively as a boy. Thirty-five pounds in weight had been the dilapidation of his physical frame, which the water cure had supplied, with an elasticity of mind not within the powers of estimate. He is resolved to "speed the good news abroad," and that other afflicted ones may come to share his happiness, to get up a large establishment for the Water Cure near his place of residence. And such is the uniform testimony of all who speak from personal experience on the subject. It will not be the fault of such, if the Water Cure does not speedily become extensively known, and does not prove a blessing to the world.

A STRIKING ILLUSTRATION OF THE EFFECTS OF A VEGETABLE AND WATER REGIMEN UPON THE BEAUTY AND COMELINESS OF PERSON, AND THE MORAL AND MENTAL MANIFESTATIONS.

(From the Book of Daniel, Chap. 1.)

During the captivity of the Jews, Nebuchadnezzar, King of Babylon, commanded one of his officers that he should bring certain of the children of Israel, in

whom was no blemish, and who were of good appearance and skilful in all wisdom, and intelligent in knowledge, and understanding science, and such as had ability in them, to stand in the king's palace, and whom they might teach the learning and language of the Chaldeans. And the king appointed them a daily provision of the king's food, and of the wine which he drank; so nourishing them three years, that at the end of them they might stand before the king. Now, among these were of the children of Judah, Daniel, Haniah, Mishael, and Azariah. But Daniel purposed in his heart that he would not defile himself with the portion of the king's food, nor with the wine which he drank; therefore he requested of the officer that he might not defile himself. And the officer said to Daniel, I fear, my lord, the king, who hath appointed your provision and your drink; for why should he see your faces more meagre than the children who are of your sort? Then will ye make me endanger my head to the king. But Daniel said to the officer, Prove thy servants, I beseech thee, ten days; and let them give us pulse* to eat and water to drink. Then let our countenances be looked upon before thee, and the countenances of the children that eat of the portion of the king's provision: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days, their countenances appeared fairer and fatter in flesh than all the children who ate the portion of the king's provision. Then Melzar took away the portion of their food and the wine that they should drink, and gave them pulse. As for these four children, God gave them knowledge, and skill in all learning and wisdom: and when they were brought before the king, there were found none like Daniel and his three friends; and in all matters of wisdom and understanding that the king inquired of them, he found them ten times better than all the magicians and astrologers of his realm. And Daniel continued even unto the first year of King Cyrus.

* Pulse, farinaceous seeds; as beans, peas, and the like.

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SCALDS AND BURNS.

Scalds and burns differ by being caused in different ways, the former being always the effect of heat applied through the medium of a fluid. A scald is generally more diffused in extent and more equable in severity than a burn.

The most useful division of burns, is the very ancient one, that of three kinds: 1st, those causing mere redness or inflammation; 2d, those causing vesication or blistering; 3d, those causing actual death or destruction of the part.

1. The first class are attended with mere superficial inflammation, and are not at all dangerous. They are, however, sometimes very painful. Homeopathically, that is, on the principle that like cures its like, the treatment is to be by hot applications, holding the part to the fire, &c. &c. Hydropathically, cold is to be constantly applied until the inflammation subsides. Allopathically, they are treated according to the fancy of the practitioner. The application of cold water is the best means we know of—the most comfortable as well as the most effectual. There is not the slightest danger of taking cold, which some fear so much, as long as cold is agreeable. Nor is it true as has been so generally believed, “that although the application of cold is most pleasurable, and continues to be so as long as it is employed unremittingly, still that if it is discontinued for a moment the pain returns with infinitely greater force.”

2. From what we have seen, we doubt whether blistering would ever be caused if the part could be suddenly immersed in very cold water and there kept, provided this is done before the blister is raised. When blistering has been caused, it is well

to draw off the fluid collected. This is best done by piercing under the blister through the live skin a little away from the part; smarting is thus prevented. The elasticity of the live skin causes the hole to close, and air, the cause of smarting, is thus excluded. If there is need of any further treatment, wet cloths covered with dry ones, continued according to the feelings of comfort, are the local applications to be used. Large blisters will of course need treatment. The wet bandages should be so arranged and kept constantly wet that the *air* is entirely excluded.

3. The third class of burns, those in which the part is destroyed, are sometimes exceedingly troublesome and dangerous. When of considerable extent, the constitutional symptoms are severe—those of collapse, or great prostration of strength, coldness of extremities, quick and feeble pulse, paleness of surface, repeated and violent shiverings and severe sensations of cold. These symptoms are sometimes soon succeeded by difficult breathing, coma, or sleep-like insensibility, from which, with difficulty only, the sufferer can be aroused, and finally with death. In other cases, dissolution is preceded by a kind of imperfect reaction, or a general feverish excitement in the system attended with delirium and distress.

Burns of apparently small severity, when extending over a large surface, should always be considered dangerous—they are really so, and more particularly if the skin has been removed. Of equal extent, burns on the extremities are always less dangerous than those upon the body. Infancy and old age are the periods most unfavorable. When burns are extensive, and there is little or no apparent suffering, this must be reckoned as indicative of most urgent peril. Severe pain, comparatively, is a favorable symptom; yet this may prove a symptom of danger,

since it may so exhaust the vital powers, that death will be the result. "The early subsidence of complaint, unwillingness to be disturbed, apathy approaching to stupor, as if the scale of sensibility had sunk below the point of pain, is invariably a fatal symptom. Constant shivering is an ill omen. The failure of the pulse and the consequent coldness of the extremities, with a livid hue of the transparent skin of the cheeks and lips from congestion (accumulation of blood) in the capillaries, drowsiness with occasional muscular twitchings, are sure prognostics of death." The subsidence of swelling is likewise a most unfavorable symptom.

The treatment of severe burns, of the second and third classes, requires great skill and good judgment on the part of the physician, and patience and perseverance on the part of patients and nurses. Good nursing has been said to be the best part of treatment. If there is collapse, coldness of extremities and shiverings, certainly we must husband to the greatest possible extent, what little of heat and strength the sufferer yet has, and excite healthfully the vital organs to action. If we understand the capabilities of the human system, this is not best done by diffusible stimulants, as hot brandy and water, ether, ammonia or hartshorn. In common practice these are the first things resorted to. If the patient lives at all, he lives in spite of these remedies if they are used. Warm applications, as heated bricks, or bottles of warm water, are often made to the arm-pits, between the thighs, and to the feet. These are good, but the best part at which to apply warmth, so as to cause it to be diffused through the body quickly and generally, is the "pit of the stomach;" and this is best done by *bladders* of warm water. The other applications mentioned should be used if no better can be had. Next to the pit of the stom-

ach, warm applications to the feet are probably best; but if necessary, applications can be made to all of the parts mentioned. The wrapping the whole body also in an abundance of warm clothes should by no means be neglected. Of this we shall speak hereafter.

To allay *vomiting*, which sometimes takes place in great collapse, it has been common to give a large dose of calomel and opium, or to give an opiate clyster. But these agents, though they often arrest vomiting, do a great amount of mischief. Pure, soft water, taken, if necessary, little by little, as much as the patient can bear, is a far better means. Hiccup, which sometimes occurs in such cases, and is severe and troublesome, is more effectually arrested by free drinking of water than by any other means. Both in vomiting and hiccup, rubbing briskly the surface of the body with a wet towel, and then also with a dry one, is good in connection with the drinking.

In cases of great collapse or sinking of the powers of life, whether caused by heat, cold or other injuries, a very ancient remedy has from time to time been recommended and resorted to. It is in principle and effect a good one,—we mean the application of the warm skin of a recently slain animal, the skin being taken off immediately after the animal is killed and then applied. Persons too have been placed in a carcass from which the entrails were quickly removed, the carcass being yet warm. The soothing and vivifying effect of the warmth and moisture in such treatment is most astonishing. All the good effect thus caused, with little inconvenience, can be readily obtained by means of the wet sheet or cloths wrung out of water as warm as can be borne, and applied in the ordinary way, with the warm non-conducting blankets wrapped closely outside the wet cloths. All suitably ar-

ranged, the warmth of the cloths and the warmth of the body, which is always generating and passes off as long as life remains, will be retained by the woollen blankets, and thus thrown back upon the body, which, together with the moisture, produces a most soothing effect over the *whole* surface, the same as that of a warm poultice upon any *part* of the body. The great surgeon, Baron Larrey, saw the warming remedy by means of the warm skins, used with great benefit, by certain humane Esquimaux, upon a company of Frenchmen who had been shipwrecked, and who were suffering greatly with cold, fatigue and hunger, and himself afterwards put the same remedy in practice with good success, in the case of a distinguished Marshal, during one of Napoleon's Spanish campaigns.

If in any such case of sinking, the best remedial means fail, and death takes place, still such means should be most industriously used. Life will be at least prolonged, pain will be rendered by far less severe, and death, to which all must submit, will be rendered less violent. It will thus be more like the gradual dying away of embers than like the sudden extinction of a fire. Indeed, the writer has so much confidence in the application of warmth and moisture to soothe the system and relieve pain, that he believes that, in all cases, if the means are rightly used, however violent the disease, death will take place, comparatively, only like the sinking into a quiet sleep, almost without a struggle or a groan.

But to return; in these cases of severe scalds and burns there is sometimes also a feverish excitement or general fever throughout the whole system, attended with great restlessness and pain. To reduce the pain, most persons would at once say, "a good dose of opium, or some of its preparations, must be given without delay."

But still among the best medical authorities there is discrepancy of opinion concerning the effects of opium. Larrey, of whom Bonaparte said, that he was the most humane man he ever saw, says, "Opium is injurious whether used internally or externally. Externally it stupifies the parts, instead of exciting them to a salutary inflammation; internally, if used in considerable quantity, it enfeebles all the organs, after producing a momentary stimulation. Another writer of considerable note, Travers, says, "In small doses it is ineffectual, and in large ones injurious." But how are we to proceed? The pain should be quickly removed. Pain should ever be regarded as the truthful admonition of nature, that something must be done—it should be removed. To personify, nature is attempting to accomplish the object, but asks assistance at our hand. In these cases then, *locally*, we must use the wet cloths of temperature to suit the feelings; constitutionally, we must resort to wet sheets, clysters, drinking, &c., as in any similar case of general fever. As in all inflammatory cases, the greatest caution is necessary in diet. By the use of clysters the bowels should be kept freely upon.

The ulcers resulting from burns are often very slow in healing. It is also not uncommon for a second inflammation to be set up by exposure to cold or cold moisture: a cold is taken in the burn, as it is said. People are in general too careless and inconsiderate when once the pain has ceased. The ulcer following a burn should be guarded and the greatest care should be exercised that it be not exposed. It should be moist and comfortable, and the part of equable temperature. No possible application will cause it to heal as quickly as water, rightly applied.

It is best not to remove the dressing very quickly in case of a running ulcer. The part can be easily kept moist and agreea-

ble by removing only the outward dry covering, and with a soft sponge, the part can be wet according to the feelings of comfort.

Most serious deformities are sometimes caused by scalds and burns. A limb may become obstinately bent; large and unsightly scars may be formed, and sometimes the chin may become fixed to the breast and the eyelids become incapable of closing. These difficulties have often been augmented by the patient being allowed too full a diet. This, it is often believed, is necessary to support the strength under the weakening effect of the profuse discharges that often take place. The diet should be mild and unstimulating and what would be termed low.

If the fingers or toes are badly scalded or burned and the skin removed, care must be taken they do not adhere and grow together. Lint, or better, very fine cloths will suffice to prevent an accident of this kind.

Flour frequently sifted upon the surface of the running ulcers, as also very finely carded cotton perpetually strewed upon the part, is a favorite remedy with some. The good effect of these substances is to exclude the air, to form a covering, and to maintain the part at an equable temperature. These applications are certainly good in many respects, yet they are apt to become dry, hard and irritating, and are sometimes converted into a loathsome mass of putridity and worms. A liniment of linseed oil and lime water, or the soap liniment, has frequently been used. White paint is dangerous. Properly managed, we like pure clean water the best. In no case is skill and good judgment more needed than in scalds and burns.

The effects of water indicate undeniably the supremacy of God.

ARSENIC AND ITS EFFECTS UPON THE TEETH.

The following essay is furnished us by a gentleman of this city, of whose skill as a scientific dentist we years since had personal experience. The writer, *Dr. John Burdell*, will hereafter give for the Journal a series of articles on the preservation of the teeth, a subject respecting which there is great lack of knowledge. Those who need the services of a dentist, will do well to become acquainted with the gentleman referred to.—[ED. JOUR.]

It is an established fact that all mineral poisons have a deleterious effect upon the constitution and general health. But few persons take the trouble to inquire into the nature of such substances, or the effects resulting from their use. We know from facts and observation, that when taken into the system in large quantities, they will destroy life; and here we too frequently stop without further investigation. It is not my wish to attempt to prove a fact so universally admitted, but to investigate the subject, and apply the information thus gained to practical purposes. Arsenic is so called from an Arabic term, to denote its *strong* and *deadly* powers. It exists in various mineral substances, and is obtained by various chemical analyses, and is of various kinds. The white powder, known as *arsenious acid*, is in most general use, and is accounted the most deadly poison, and will cause death when taken into the stomach or applied to the system externally. Still, attempts have been made to bring this poison in more general use in the practice of medicine in this country; although in Paris, where it was formerly much used in the treatment of ulcers, cancers, &c., it is now almost entirely discarded. Some physicians and dentists, however, still contend for its use, while others of high authority remark, that they have never seen it used in any form without decided injury to the constitution. Those who advocate its use, we presume, do not take future consequences into the account. But of its use by dentists for the purpose of destroying the nerves of decayed teeth,

is what I wish to speak more particularly, which practice cannot be condemned in too severe terms, as cases are numerous of its injurious effects upon the constitution when used even in small quantities for this purpose; some of which have come under my own observation.

Sir Astley Cooper, in his lectures, bears decided testimony to the dangerous effects of arsenic externally applied. When used in dental practice, it is disguised by different appellations, and combined with other substances; and individuals are not aware of the article used on their teeth. When applied to the nerve of a tooth, it penetrates the membrane; (which becomes much diseased,) and is absorbed by the system. The face and entire jaw are often affected with inflammation and ulceration; and finally a portion of the jaw exfoliates and crumbles away. The whole nervous system becomes inflamed and diseased, thus preparing the way for that most painful disease, *tic doloieux*, and sometimes causing it. When once brought into this state, it is impossible the system should ever entirely recover. The patient will always experience pain and irritability in the parts thus affected, whenever the person takes cold. I have known instances where the health has been much injured by this means, and life very much shortened. These results should teach us to beware how we use an article so injurious to the vital economy.

JOHN BURDELL,

No. 2 Union Square.

New-York, June 1, 1846.

A STRONG CASE.

The following case is given by an indefatigable advocate of the good cause of hydropathy, the lady who gave the account of the most remarkable cure of "Maria," a colored woman. (See Vol. 1.) This testimony can be fully relied on.—[ED. JOUR.]

Mr. Editor,—

You have taken so kind an interest in my patients, and thought it worth while to report so many of the statements which I have made to you, that I will take the liberty to relate another, which will, I have

no doubt, increase (if that is possible) your confidence in the power and efficacy of water.

It is a pretty domestic story, and shows that the virtues not only go in company, but are found in the lowest as well as the highest walks of life. I was walking one bitterly cold day in January in the suburbs of A—a, when I heard a low voice behind me say, "*she* is not cold."—I turned and saw a colored woman thinly clad, and I asked, "Are *you* cold, mammy?" "Oh yes, honey, cold enough; but my son is so sick, I don't think of myself." "And what is the matter with your son?" "Nobody knows; the doctors don't know—he has had two, and they have left him above three weeks, for they say they can do him no good. He has been above a year bed-rid, and has received the sacrament to die. He is 20 years old, and has always been my greatest comfort." I accompanied her home, and found him looking very ill and dispirited. His countenance had that hue peculiar to a sick mulatto, neither white nor green, but partaking of both; his eyes half closed, and void of expression or lustre, and his whole body much bloated.

He could give me no other explanation of his sufferings than that he had dreadful *creepings* from his head to his feet, so that he had no sleep nor rest night nor day—he could not bear his weight, he said. I replied that such *creepings* were very common, and I had no doubt but I could cure him if he would follow my advice, for I had seen many persons who had been cured. "Ah, but I suppose those were *natural* creepings; but mine are *unnatural*. I can never be any better, I know I cannot."

I endeavored to inspire him with courage and confidence in me, and promised to return the next day, which I did. He had passed a miserable night as usual, and was fully convinced that any efforts to relieve him would be useless. After a great deal of persuasion and promises to assist him, he consented to let his mother set him in a tub of tepid water that night before going to bed, and wash him well with soap from head to foot; to drink a pint of cold water by little and little before breakfast, and to repeat the ablutions, using always a great deal of friction. The mother faithfully performed her part,

and was rewarded by seeing him rest better that night than he had done for a year. He continued these ablutions for a week, drinking a great deal, and he was then a new being, cheerful, quiet, sleeping well, and enjoying with an excellent appetite, his simple meals of vegetables and brown bread. In about two weeks, the Rev. Mr. A. went to pay him a visit, and the door being opened by the sick man himself, he inquired, looking upon the bed, "Where is Joseph?" "I am Joseph." "And what have you done to yourself? I don't know you, and I never expected to see you alive again." He began to walk out of doors, and at the end of *three weeks he was well*, and gaining flesh and strength daily, to the surprise of every one, and the inexpressible joy of his mother. They are beautiful examples of maternal and filial love and piety, as well as that rare virtue, gratitude. The mother walked seven miles and back, in very severe weather, to bring me a trifle which I had dropped in the street, when I went to see her son, and she exclaimed with tears, "Oh, honey, it's the greatest thing you ever done, to cure my Joseph." He has been in perfect health ever since, and two months from the time I first saw him, walked twenty miles in one day.

LETTER FROM MRS. WRIGHT.

To the Editor of the Water-Cure Journal:

It is with pleasure that I accept your kind invitation to use the columns of the Water Cure Journal, to announce my lectures on anatomy and physiology to the ladies of New England.

There can certainly be no knowledge more valuable than that of the human system, and the laws by which it is governed, and these should be put within the reach of all who are to decide upon the pretensions of the various opposing system of remedial practice, now struggling for supremacy. Women, with or without qualification, do decide what shall be done, and who shall do it, when their families are ill. Themselves are the chief objects of the faculty's trade, and their children make up nearly the whole balance of its reliance for fame and fortune. Little as the sex is regarded in the medical education of the country, they

are at last the very persons who settle all disputes among rival systems. The family physician is a fixture in every respectable house. The cook and the doctor are equally essential to good living and fashion; and the ladies have the selection of both, for reasons that no gentleman ever thinks of disputing. In these departments at least, every happy household is under the rule of the lady incumbent. Now, both cooking and curing ought to be done with some regard to the frame that is to be acted upon, and it cannot but be readily perceived, that wives and mothers would superintend these departments much better by possessing a clear knowledge of them. Women are answerable, in a very great degree, for the imbecilities of disease, mental and bodily, and for the premature deaths prevailing throughout society—for the weakness, wretchedness, and shortness of life—and no remedy will be radical till reformation of life and practice obtains among our sex, and there is no salvation for them but in knowledge.

Moreover, we do not think it saying much, when we say we have a right to know everything that concerns our life and happiness. Who shall forbid? surely not the regular profession. They would not hide the book of knowledge from the common people; this would be unworthy their pride and confidence in themselves. Public sentiment will not resist until it has considered the subject; and women themselves, to whom the offer of knowledge is made, will scarcely judge themselves incapable of learning, or unworthy the responsibilities of knowledge.

PAULINA S. WRIGHT.

Childbirth.—Mrs. Hendy's Case.—In giving the case referred to in our last, we should have stated that Mrs. Hendy's health was so good after the birth of her infant, that she needed assistance only twice for the washing of it, that, thereafter, she not only took the whole charge of her child, but attended also to her household affairs. If such cases are not strong enough triumphs of hydropathy, we do not know what can be.

REMARKABLE EFFECTS OF A VERY RIGID
COURSE OF DIET, IN CONNECTION WITH
A VERY MILD WATER-TREATMENT.

It is an important fact, and one that should be deeply pondered by all, that a continuous course of rigid diet, conjoined with a mild water-treatment, will, in many cases, accomplish what cannot at all otherwise be, however powerful the treatment may be made. Dr. Edward Johnson, the talented practitioner at Stanstead Bury House, near London, gives, in illustration of our position, the following truly remarkable case. He says :

"A young lady, 21 years of age, *extremely short*, yet so fat as to weigh considerably more than *ten stone*, came to be treated for an offensive discharge from the external nostril, and into the throat, of fifteen years' standing. The discharge was accompanied by a constant pain in the upper part of the nose and forehead, and was so extremely offensive as totally to exclude her from society. At long intervals, small pieces of the bones of the nose, about as big as a pin's head, descended and dropped from the nostril. For several months I submitted her to a very heavy treatment—plunge baths, sweating blanket, wet sheet, douche twice a day, shallow baths, sitz baths, &c., &c. Her health, which was good before, continued to be exceedingly good, and she gained great muscular strength. But the disease remained nearly as bad as ever. I now determined to trust to a severe system of dieting. I lightened her treatment (as it regarded bathing, sweating, &c.), and kept her for two months upon six ounces of food a day. At the end of this time the pain had entirely subsided, there was no discharge from the external nostril, no offensive smell, and the only thing that remained was an occasional very slight discharge from the back of the internal nostril, where it opens into the throat. She then went to travel for some months, still observing a scanty diet. When she returned to London, she visited me at Stanstead Bury House. Her health and spirits continued remarkably good, and the disease in the nose had not returned.

There was still a very slight discharge from the back of the nostril into the throat, but so slight as to give her no inconvenience, and to leave no doubt whatever, that in the course of a few months more, if she continues the treatment, of which I make no question, she will be perfectly cured of a disease which had rendered two-thirds of her life so miserable, that, when she commenced the hydropathic treatment, she had fully determined, should it fail to cure her, on burying herself for the rest of her life in a convent.

"During the whole time that she was living on this very small amount of daily food, she constantly took both cold bathing and exercise, and was in the open air the greater part of the day—was in admirable health and spirits, and suffered much *less weakness* than could have been supposed.

"This was a cure, therefore, in which the water-treatment was fairly tried, and *failed*; but in which the same treatment, with a *rigid diet superadded* to it, became completely successful; and I have no doubt, it was this light tonic system of cold bathing, to which I submitted her during her course of dietetics, which enabled her to bear it so well; and I doubt whether the same plan of diet would have succeeded without it."

EXTRACTS FROM THE LETTERS OF WATER
PATIENTS.

"It would gratify you as much, I think, as it does me, to hear, that many to whom I have lent the numbers of the Journal, speak strongly of the good effects of a trial of your modes. One says, 'I never had warm feet before this winter.' Another, whose child was subject to croup, says, 'He has not been troubled with it since she commenced frequent ablutions with cold water in his case.' Another, who has been a great sufferer, says, 'That she never was so free from the headache as since she commenced bathing.'"

"I have reduced my daily quantum of food very considerably, as you directed, and this, in connexion with the mild water treatment I have followed, has certainly thus far improved my health wonderfully. I now obtain good rest, can take

my meals with a good degree of comfort ; my flesh is increasing, and grows much harder, but the greatest improvement is in my spirits. That most fearful temptation to destroy myself, which I so often felt, and so imperiously, is now, thank Heaven, entirely prevented."

Tea, whether green or black, always tends to derangement of the digestive organs and weakness of the nerves. Under its use the bowels often become constipated, and the teeth always more or less blackened, carious, and liable to pain ; the countenance becomes more sallow and lifeless, and of a darker than natural hue, and the bodily health materially impaired ; all for the sake of a little transient excitement of the stimulus used. When will human beings learn their best good ?

There has been some complaint that the Journal comes too often irregularly, or fails entirely. We have generally been before the time in issuing the numbers ; and our clerks endeavor to be as careful as may be. Every one knows that not all persons connected with the post-office business of the country are strictly honest ; besides, curiosity is no doubt often excited by the appearance of a paper on a subject so novel ; and thus the numbers of the Journal *may* sometimes miscarry.

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

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