

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.**

---

Vol. II.—No. 3.]

NEW-YORK, JULY 1, 1846.

[WHOLE No. 15.]

---

THE WATER-CURE.

From "*Scenes and Thoughts in Europe.*"

By *George H. Calvert.*

(Continued from page 20.)

I have said, that the *crisis* is an acute attack. On the other hand, an acute disease is but a *crisis* brought about by the vital force of nature, unexalted by the water-processes. Priessnitz cures all such, rapidly, with ease, with certainty. What he is always striving to produce, is here brought to his hand. An acute disease being a strenuous effort that the organism makes to throw out the enemy, Priessnitz comes in helpfully, by cooling the skin and opening its pores. This sounds very simple and easy. Is there in Christendom a physician who can cool the skin and open the pores at will in a burning fever? Not all the schools and systems of all countries, through long ages of experiment and woe, have discovered the nature of fevers and the art of treating them. In spite of his tonics, his diaphoretics, his antiphlogistics, his lancet, Death strides past the Doctor, and seizes upon the young and the robust, as boldly and surely now as a thousand years ago. Let the world, then, rejoice. Glad tidings have come from Graefenberg. Some of the scourges of mankind are stayed. The cholera, the scarlet-fever, the small-pox, are shorn of their terrors. At this proclamation some will smile, some will chide, the most will ejaculate incred-

ulous. Facts upon facts are there, and thousands have witnessed them and spread afar the news of the blessing, and those who have looked at them studiously, know why they are and that they must be. Inflammations and fevers are perfectly manageable by Priessnitz and his pupils. What is the glory of Harvey and Jenner to that of the German peasant?

From the times of Hippocrates and Galen, down to those of Currie and Hoffman, many are the Doctors, as set forth in the books brought out by Priessnitz's doings, who have cured diseases with water. But the shrewdest of them had only glimpses of its power. Nature, as is her way, has constantly thrown out hints to them, and temptations with facts; but not in one of them before Priessnitz did the facts in-breed thoughts, that, wrought upon by the awakened spirit of research, led it on to the detection of the laws, whereby this one element becomes a curative means of an efficacy beyond the liveliest hopes of medical enthusiasts. Still, "the Faculty" say, forsooth, there is nothing new in Priessnitz's pretended discoveries. Is there nothing new in putting a patient daily for months through four or five cold baths, one or two of them while his skin is dripping with perspiration produced by his own warmth, and thereby curing him radically of the gout! Is it not new to thrust a man delirious into a cold shallow

bath, and there keep him for nine hours with constant friction on his legs and pouring of cold water on his head, and thus to restore him in twenty-four hours? Who ever before put a child with a brain fever through forty wet sheets in as many successive half hours, and by so doing completely subdued in three days a disease, whose cure would have been doubtful with drugs, in three weeks? This magical wet-sheet itself, what a discovery! Is it not a stupendous novelty to regard fevers as, in all cases, but the manifestation of the struggle going on within between the vital principle and a disease which threatens it? And is it not a new feeling, in the summoned healer, to approach the fever-heated patient with clearest confidence, looking on the fever as a sign of vital activity, which with a single agent he can uphold and helpfully direct to a rapid and safe issue? instead of going to work against the vital principle with his drugs,—which draw it off from its struggle with the disease to fight themselves,—and with his life-tapping lancet, inwardly trembling,—if he be clear-headed and conscientious,—for the slow result, doubting of his whole procedure, coming back daily for weeks with the trepidation of one who is tussling in the dark with Death for a human being, and often overwhelmed at the sudden victory of his foe, by the conviction, that himself has opened to him the path. I refer now to the best of the medical guild, the few men of thought, feeling, and integrity. Such will feel, how sadly true is the self-reproach of Faust, who, on being hailed with honor and thanks by the peasants for having, a young assistant to his medical father, saved so many of them from the plague, exclaims that their praise sounds like scorn, and relates to his companion the blind, desperate nature of their treatment, concluding as follows:—

And thus with most infernal pills,  
Among these valleys and these hills,  
Far worse than did the Pest we blazed.  
Thousands did I the poison give;  
They withered off, and I must live  
To hear th' audacious murderers praised.\*

\* So haben wir mit höllischen Latwergen  
In diesen Thälern, diesen Bergen,  
Weit schlimmer als die Pest getobt.  
Ich habe selbst den Gift an tausende gegeben;  
Sie welkten hin, ich muss erleben,  
Dass man die frechen Mörder lobt.

The common crowd of legalized botchers walk through their daily mischievous routine, partly in ignorant thoughtlessness, partly in insensibility.

“The whole baseless calamitous system of drug-poisoning,” says a German expounder of Priessnitz’s practice, “which has already snatched away many millions, had its origin in the misconception of primary or acute diseases. Because people did not perceive that these abnormal feverish conditions are only efforts at healing which the organism makes, they mistook these fever-symptoms for the disease itself, and finding that they could be allayed by blood-letting and drugging, they prized this fatal discovery. Then sprang up from this poisonous seeding a whole host of terrible deadly maladies. But because the afflictions did not show themselves immediately, within a few weeks after the medicinal suppression of the acute disease, no one had a thought that the drugs and bleeding were the cause of them.” The same author thus writes of inflammation in case of wounds!—“In order to heal a wound, the organism must form on the part where the wound is, new flesh, new vessels for the new capillaries, &c. To be able to form this flesh, it is necessary that the material for it,—the forming sap, which is the blood,—be led to the part in abnormal quantity. Thus, too, plants heal an injury by sending to the injured spot sap in unusual abundance. Through this abnormal blood-life, increased warmth is produced in the part to be healed, which warmth, however, only then gets to real inflammation when the instinct of the wounded person for cold water inwardly and outwardly is not satisfied. Allopathy, in its stolidity, looks upon this streaming of the blood to the wounded part, and the exaltation of life therein to the point of heat, as disease, as something which must be removed, and lets blood. Hereupon, notwithstanding, the organism continues to send blood to the injured part, where it is needed, and the Doctor continues to let blood, sometimes until the extremities become bloodless and cold, and the patient often dies of weakness,—as is also the case with internal, so called, inflammations.”

These views of fever and inflammation have been deduced from the facts observed

and brought to light by Priessnitz. If any like them were ever before entertained, it was but in a partial, feeble way. They have never formed part of the medical creed; they have not been made the foundation of a school. As great as between the momentary illumination of lightning and the light of the day-long sun, is the difference between having a thought pass through the mind, and having it planted there till it grow to a fruitful conviction. Hereby is the Healing Art become, for the first time, what all Art ought to be, the handmaid of Nature, and thus, at last, what it never before was, a genuine healing art, and a blessing to humanity.

This broad, absolute condemnation of the drug and lancet practice, is at any rate not new. Hear some of the most famous physicians speak of their Art.

*Van Helmont* says:—"A murder-loving devil has taken possession of the medical chairs; for none but a devil could recommend to physicians blood-letting as a necessary means."

*Boerhaave*:—"When one compares the good performed on the earth by half a dozen true sons of *Æsculapius* since the rise of the Art, with the evil done among men by the countless number of Doctors of this trade, one will doubtless think, that it were much better if there never had been a physician in the world."

*Reil*:—"It is perfectly clear that we do not know the nature of fever, and that the treatment thereof is nothing more than naked empiricism.—The variety of opinions is a proof that the nature of the subject is not yet clear; for when the truth is once found, certainty takes the place of hypothesis in every sound mind."

*Rush*:—"We have not only multiplied diseases, but have made them more fatal."

*Majendie*:—"In the actual condition of medical science, the physician mostly plays but the part of simple spectator of the sad episodes which his profession furnishes him."

*Billing*:—"I visited the different schools, and the students of each hinted, if they did not assert, that the other sects killed their patients."

Water too can kill, or it could not cure. Yet may it fearlessly be affirmed, that where one will be hurt or killed by the

water-treatment, one hundred will be by drugs. Relatively, the water-cure is without danger; nay, it is so absolutely. Knowledge is needed to do anything, even to grow cabbages. An idiot may break his neck falling down steps safely used by thousands daily. But conceive knowledge with poisons for its instrument, and the same knowledge with one pure agent, and able with that one to bring out any and all the effects aimed at by the lancet and whole pharmacopœia. In the skilfullest hands, arsenic, prussic acid, copperas, oil of vitriol, mercury, iodine, strychnine, all medical poisons in constant use, suddenly cause death at times, to the confounding of the practitioner. Their remote effects in shortening and embittering life, are incalculable, unimaginable. In short, the water cure, at once simple and philosophical, is dangerous only where there is clumsiness, rashness, or stupidity: drugs, virulent and treacherous, are full of immediate danger in the most prudent and sagacious hands, and are besides charged with evils distant and insidious.

By means of water, then, whose energizing and healing power has been to the full revealed by Priessnitz, chronic diseases, till now deemed hopeless, are eradicable, and acute ones cease to be alarming. By the thorough cure of acute attacks, chronic complaints,—mostly the consequence of suppressed or half-cured acute ones,—will be much fewer. Through the same influence, acute will become less frequent. Were this discovery to cause no other change of habits, the substitution of cold for warm baths, and the general practice of cold bathing, will alone produce such bodily fortification as to ward off an immense amount of disease. But the change cannot stop there. Wedded as men are to routine, hugging custom as if life itself were intertwined with its plaits, still they do by degrees let in the light of new truths. When one of her great laws is discovered, Nature smiles joyfully and benignantly, as a mother on the unfolding of her infant's mind, and in man's heart is reflected the smile, the harbinger of new blessings. This discovery is already hailed by tens of thousands as pregnant with immeasurable good. It is so simple, so intelligible, so accessible, that it must

spread its blessings in spite of prejudice, interest, and ignorance.

Health is nearly banished from Christendom. Even among those who lead an outdoor life of healthful labor, there is the debilitating counteraction of stimulants, in drink, in food, in tobacco. The wealthier classes are more the victims of drugs, the poor of alcohol. These two curses, poisoning the sources of life, have diminished the stature and strength of the race, far more even than vice and poverty, of which too alcohol is a prolific parent. That there is this diminution is proved, among other evidence, by the falling off in the standard of stature for soldiers in the principal countries of Europe, in England, in France, in Germany. Through these poisons, the natural instincts of appetite have been depraved. There is a general vitiation of the palate through the perverted nerves, brought about by the universal use of all kinds of foreign stimulants, medicinal, spirituous, and spicy. Water is deemed good to mix with spirits and wine, and milk with tea and coffee. Pure, they are insipid, and so deep has reached the corruption, that it is quite a common belief, that water is unwholesome! There is a general craving for stimulants. They are esteemed temperate who use them only at meals! Their hurtful effects upon the health, temper, strength and morals, cannot be estimated. Against all this, Nature protests by the sighs of weakness, the groans of disease, the pangs of conscience, and the agonies of premature death. Priessnitz would seem to be commissioned to re-utter the commands of Nature, to rouse mankind to a sense of its growing physical degeneracy, and to open the path towards health, refreshed life and enjoyment. Priessnitz has demonstrated, that for the preservation of health and restoration from disease, there is an efficacy, a virtue in WATER, hitherto undreamt of; that all kinds of stimulants, under all circumstances whether in disease or in health, are always falsehoods, disguised like worse moral lies under cajoling flatteries; and this he enforces with the eloquence of cheerfulness, sweetest sensations, renovating, I might almost say, re-creating, the nervous system, and thus putting literally new life into the body.

#### A VERY REMARKABLE CASE.

[From the late work of Dr. Edward Johnson, of Stanstead Bury House, near London.]

The case which I am about to relate is another instance of its almost marvellous effects in allaying nervous irritation and local morbid sensibility. I shall give the case, word for word, as drawn up by the patient himself expressly for publication. I have only to remark, that the pain in the affected limb was so excruciating, that, for fifteen years, he was unable to move except on two crutches, (which he has left at my house) and that when he left Stanstead Bury, he could walk perfectly well, with only a scarcely perceptible degree of lameness, (owing to stiffness in the knee joint) nine or ten miles a day, without either stick or crutch. I have frequently seen him walking round my lawn, firm and erect, at the rate of four miles an hour.

#### NO. I.—MR. PEET'S CASE.

William Peet, Esq., an opulent merchant, of Waterford, and one of the Society of Friends, about fifty years of age, placed himself under my care on the 10th of July, 1843, for a painful affection of the thigh. He came to me on two crutches, carrying with him a green pillow for the purpose of resting his leg wherever he sat down. He had gone on crutches for the preceding fifteen years of his life. On examining the limb, the first thing that struck me was its scarred appearance, resulting from the numerous blisters, leeches, setons, issues, &c. which had been applied to it. On grasping it with my hand, I found all the muscles for about two-thirds of its length, from the knee upwards, rigid and almost as hard as corkwood. There was a slight degree of flexibility at the knee joint, but walking even on crutches for a very short distance produced much inconvenience, and, at times, going as far as across a room without their support was productive of serious consequences. His general health too was apparently in a shattered condition, his face was pallid, his skin was sometimes unnaturally dry; and at other times slight exertion caused him to perspire profusely. He was encased in flannel, and yet the least exposure to cool air gave him rheumatic pains in his back, neck, shoulders, and head. If, in

chilly or damp weather, he went to the door to bid a friend "good night," he was liable to cold, and was often therefore confined to bed for two or three days with pains over the whole body. The following statement was drawn up by himself.

"I was always of nervous temperament, and of exceedingly active habits; fearless of wet and cold, though occasionally the subject of rheumatism and lumbago. In the summer of 1828, (then thirty-five years of age) I was attacked with typhus fever. This was quickly subdued by powerful medicines, but it left me in a most prostrate condition, with total loss of natural rest, and nearly so of the senses of hearing and touch. While creeping about endeavoring to regain my health and strength, I felt a wandering pain in my right thigh, which, on the limb being rubbed with stimulating liniments and shampooed, settled in the inner side of the thigh, within the space which would be occupied by a half-crown piece about a hand's breadth above the knee, and immediately became a most tormenting pain, resembling that of a throbbing and excruciating tooth-ache. It was successively treated as rheumatism, sciatica, tic doloureux, and deep-seated tumor.

"In the spring of 1829 I showed it to Sir Astley Cooper, who pronounced it to be the "*sting of fever*" occasioned by cold and over-exertion—perfectly local—the periosteum inflamed, and probably the bone in that spot enlarged. He gave it as his opinion that if nothing had been done to it, and it had been allowed perfect rest, it would have passed away in three days. Recumbency, with the limb raised on an inclined plane, leeching the painful spot two or three times a week, a refrigerating lotion, and mild alterative medicines, were prescribed. This treatment was strictly followed for three or four months, during which time the limb stiffened to a considerable degree at the knee joint, and the painful part became much harder than the other parts of the thigh. The *very acute* pain, however, ceased, and has not returned, except occasionally for a moment, when ease and quietude have always succeeded in arresting it. The hardness in the part first affected has never given way, and other parts of the front

and sides of the thigh have, from time to time, become more or less indurated, notwithstanding the multiplicity of remedies adapted to prevent this, and this induration extends to about nine or ten inches above the knee. From the beginning an uneasiness was experienced in bending the knee—not in the joint—but in the muscles of the thigh, which deterred me from putting these muscles freely into action, and then gradually became more and more rigid, so that at length there was little flexibility of the knee joint allowed. From this period I became extremely chilly and rheumatic. Having given up Sir A. Cooper's treatment in despair, I tried cautiously to bring the limb into a little more use, but in 1830 the first symptoms threatened to return. Various kinds of counter-irritation, and careful nursing, however, kept it comparatively tranquil for a while. In 1831 an eminent London physician and a surgeon of very high standing had consultations, and by their joint advice the limb was leeching or cupped thrice weekly for a very long time, and friction, with various preparations, was tried—as hydriodate of potash, belladonna, camphor liniment, &c. Purgatives were also administered very freely and repeatedly. Though this treatment seemed to tranquillize the limb, it did not materially lessen the hardness and rigidity of the muscles; but most distressing effects on the general health were set up, and which became constant sources of suffering for the next three or four years. From this latter period I was enabled, by careful nursing, frequent cupping, the keeping up setons, issues, &c., and by the avoidance of all active medicines, to creep about on crutches, a little, until the spring of 1841; when, after having severe influenza and much disturbance of the general health, internal spasmodic pains came on, from the hip to the toes, but principally in the thigh, above the part first affected. Various remedies, including the most severe counter-irritation, were tried with little success for twelve months. In the summer of 1842, I came again to London and consulted the most distinguished surgeon of the day, and a physician of great eminence, who both gave it as their opinion that no medical treatment could be of any service to my

limb, and they merely recommended that a bandage should be applied in order to fix the muscles and produce complete ankylosis of the knee joint. The bandage was tried, but could not long be borne, as it caused the hardness to extend up the thigh with much general uneasiness in the limb. I then tried wet linen bandages, renewed from time to time; and finding these very soothing, I was encouraged to come under the general hydropathic treatment."

The treatment pursued in this case consisted chiefly of the sweating blanket, followed by the cold shallow bath, and the douche, applied not merely to the affected limb, but over the entire body, every day for some three or four months.

I have no commentary to make on this case, excepting the observation that he both can, and sometimes does, walk his ten miles in a day without either crutch or stick; and that the people of Waterford, who, for fifteen years, had been accustomed to watch his slow and painful progress along the street, swinging between two crutches, and carrying his green pillow under his arm, may now see him walking along those self-same streets, firm and erect, without support of any kind.

This gentleman has been kind enough to say that he will think it no trouble to reply to any letter of inquiry as to the authenticity of his case as here reported. His address is, William Peet, Esq., Waterford.

All medical men are aware that there is a great number of cases in which all that is necessary to cure them is a tonic; but in which there is present so much fever, or nervous excitability, that none of the ordinary tonics can be borne, on account of their exciting effects upon the brain and nerves. All that is wanted, in these cases, is a tonic which shall *not* excite, there being already present too much excitement. The hydropathic treatment is the most powerful of all tonics—and it not only does *not* excite, but allays excitement. In these cases, therefore, it is the very thing—the very *one thing needful*. In the case I am about to relate, there were present both fever and a high degree of excitability. All that was required in this case was an efficient tonic—but no

efficient tonic could be borne on account of the increase of fever and excitement which they produced. I believe quinine would have cured her, had not the fever and nervous excitement precluded its use.

There are numerous cases of slow chronic inflammation, accompanied by constant and considerable feverish excitement, which only require a powerful tonic for their cure—but then it *must* be a tonic which has also the effect of *allaying fever and irritability*. And the whole pharmacopœia does not contain a drug-tonic of this nature.

#### WATER-CURE PROCESSES.\*

##### *Drinking of Water.*

The quantity usually directed by Priessnitz is from 8 to 12 tumblers daily. His general advice is, "Do not oppress your stomach, although I wish you to drink as much as you can conveniently." Some have gone to great excess in drinking. At Graefenberg, enormous quantities are often taken without any apparent inconvenience. One gentleman, we are told, took by way of experiment 13½ quarts in a day, little by little, taking a good share of exercise at the same time, and experienced only a slight head-ache in consequence.

Every one knows of cases in which a high burning fever has been broken up merely by drinking great quantities of cold water. How often have there been cases in which it was believed, both by friends and the physician, that the patient with burning fever could not live the night through, and the physician declaring that cold water, if taken, would be the sure death of the patient, and yet the friends, not always over-particular to follow the directions laid down, have given water to the patient, or perhaps the patient in his delirium has broken through all restraint and satisfied himself to the full extent of thirst; and soon how changed! Sleep, which before could not be at all obtained, or if it could be, was only dreamy and disturbed, is now deep and refreshing; and in the place of a dry, parched, and burning

\* From "Hydrophathy, or the Water-Cure." Compiled by Joel Shew, M. D. Wiley & Putnam, New-York.

skin, there is now most profuse perspiration. The friends now behold that the fever is "broken up:" the physician comes in the morning, and exclaims, "Astonishing! what the medicine has done!" But the medicine has been cast to the dogs.

If, in the whole range of human science, there is any error which shows pre-eminently how loosely mankind may reason, and into what great follies the human mind may be led, it is in the supposed effect of cold water in fevers. It seems, because it was well known to be dangerous for persons in great heat and perspiration arising from over-exertion,—an artificial and most unnatural state,—to drink largely of cold water, by parity of reasoning, it must always be dangerous *when there is great thirst*. But the cases are totally different. In the case of over-exertion, if the body is allowed to remain quiet, even in a warmer place, the flowing of perspiration—a cooling process,—will soon cause the body to become cool; and indeed a cold will often be taken, unless great care is exercised to guard the body. Even in such cases, too, drinking very small quantities of water is safe and beneficial, especially if moderate exercise be kept up.

Drinking, then, in high fever, is highly salutary, and always perfectly safe, and should be reckoned as one of the most powerful means of reducing fever. Cases where it has proved injurious, cannot be found. To the utmost, the patient's thirst should be gratified.

In other cases than fever, we have seen most astonishing effects produced by drinking water. In a certain case, a woman of this city, as she believed, and it was no doubt true, had been poisoned by her husband: violent spasmodic action of the muscles of the extremities having come on, and a severe burning in the mouth, throat, and stomach, being present, and the woman nearly insensible, large draughts of iced Croton water were immediately given. The patient afterwards said, that so parched and heated were the mouth, throat, and stomach, that the cold water produced no sensation whatever; but no sooner was the water taken, than most powerful vomiting ensued, and much to the woman's relief. Still the burning

sensations to a considerable extent would soon return, and the copious drinking would again quickly cause the same good result. After a while, the water was taken topid, and thus the patient drank and vomited many quarts. Other means were used, but drinking was the principal treatment. The next day, she was quite well. Cats and dogs that have been accidentally poisoned by arsenic set for rats, will take water greedily, and have thus apparently been kept from being destroyed.

It is said by those concerned, that in hospitals of this city (New-York) there have been no cases of *gravel* since the introduction of the pure soft Croton water, and that many cases have been cured spontaneously. The drinking this pure soft water, and its culinary use, are doubtless the causes of those favorable results.

There has been a great deal of prejudice concerning drinking water at meals. The common opinion is that it dilutes the "gastric juice." But this opinion is founded in a wrong notion of digestion. The aqueous portion of the food taken is mostly absorbed before digestion proceeds to any considerable extent. This objection certainly is not made to the eating of fruits, and these are composed very much of water—by far the largest part; and so also the natural food of the infant—the mother's milk; the whey or watery part is absorbed, and the curd afterward digested. It is not true, therefore, that digestion is necessarily impaired by taking fluid into the stomach at the time of meals. Nor is it true, that the gastric fluid is present in the stomach, as is by many supposed, before food is taken into the stomach, and that its action upon the coats of the stomach causes the sensation of hunger. The gastric secretion does not take place until the stomach is excited by the presence of food.

But whatever may be said concerning theories in this matter of drinking with meals, the real facts of experience furnish altogether the best guide. From very careful observation and experiment, we are certain that, in many cases at least, of persons who suffer from indigestion, the complaint will be very sensibly mitigated, and in frequent instances be wholly removed, by drinking pure soft water at the

meals; and then again, if indigestion is really present, whether there has been drinking with the previous meal or not, full drinking of water is the best means that can be used to remove the distressing symptoms. There will generally, or at least often, be no thirst in these cases, so that the water is to be taken like medicine, "against the stomach." If there have been a debauch, sometimes vomiting will take place, but the vomiting that comes on from water-drinking is comparatively easy, and causes great relief. At other times diarrhoea takes place, and still often neither vomiting nor diarrhoea, but a quick and certain subsidence of the symptoms. Here it may be said, that no violence should ever be done in drinking in the way of over-chilling the body. If we wish to cause vomiting, and in some other instances, water, warm or tepid, will be the most beneficial. Cold water can generally be borne, by a weak stomach, better with food than at other times; and why?—because the stomach is elevated in temperature soon after the taking of food. It is then better able to act against the coldness of the water.

What effect does cold water then have upon the stomach at meals? Do we not know that every person, day by day, through stimulants in the food taken, is literally being "drugged," and that the coats of the stomach are thus more or less inflamed and weakened? Suppose the face or hands are partially inflamed or feverish, does not every one know how strengthening and salutary to those parts is the application of cold water? Precisely in the same way does cold water, in suitable quantities, act upon the stomach, as every one can prove by trial.

There is another advantage in drinking with meals; it is this: less food is required to satisfy the appetite. It has been said, in objection to drinking at meals, that it over-distends the stomach. It is true that the stomach is almost always overtasked; but this distention will be much sooner removed if a good share of it be from simple water. This is incomparably more easily removed by the action of the organ, than is too great a quantity of food.

Food is often taken that is of itself too

dry, more so than is natural. Certain kinds, as Dyspepsia or Graham crackers, dry bread, &c., are apt to swell in the stomach as a dried apple would do. If food is taken at all in this state, the greatest care should be exercised in mastication, but even then, drinking will be found salutary.

Some have lived weeks and months without drinking any liquid whatever. But in all such cases fluid must have been taken from some source. These have generally been vegetable and fruit eaters, and who have eaten largely of fruit; and these contain a large proportion of water. Dr. Alcott, a man well known for his physiological, hygienic and other writings, lived without drink for more than one year, at the same time partaking freely of apples as a part of the regular meal. The moisture in the breath, perspiration, and other excretions of the body, which are constantly passing off, must be supplied from some source or other. Ordinary food, even, contains a much greater portion of moisture than would be at first supposed: baker's bread is said to contain about 35 per cent. The adult human body by weight is composed of about 80 per cent. water—the blood about 90 per cent., and the brain of nearly the same quantity. This supply of fluid must be kept up.

There is another good effect to be brought about by water drinking—to prevent vomiting. We have succeeded in arresting very obstinate vomiting when the most effectual means of ordinary practice had failed, by giving water in small quantity, frequently repeated. Hiccough, according to our experience, can be more readily managed by water drinking than by any other means.

Laborers who are much exposed to heat and fatigue, tell us they can get along with less drink if they are careful to drink freely at their meals.

It has been supposed by some, that water undergoes a change in the system; but there is not the least evidence that it is ever in any way appropriated to the formation of the animal solids of the body. It is true, however, that life can be sustained considerably longer in cases of starvation, if water is taken, than without it; but still the water undergoes no chemical change.



*Quality of Water for Drinking and Culinary Uses.*

It is agreed on all hands that for all the purposes of life, whether for culinary preparations, or for drink, *pure soft water* is the best. It was believed that the pure water of Graefenberg could not be the cause of the truly wonderful cures that were there performed. It was believed that Priessnitz had some remedial agent in the sponges used, and he was prosecuted accordingly: it was only as he from the first had stated—pure soft water, with attention to air, exercise, diet and clothing. The water has been fully tested, and is found to be only pure and soft.

Since the Croton water has been introduced into the city of New York, there has been a manifest improvement in the health of the citizens. Still there are many who prefer the abominably filthy and hard water of the wells. Yet there is much of the Croton used, some preferring it, and others taking it more from convenience. During the past summer (of 1844,) a season not particularly healthy, and very hot, it was stated in the public papers that the bills of mortality during some of the weeks of the hottest weather, were less than they had been for many years previously in the season corresponding—a significant fact to those who understand the effects of water, but a fact, the reasons for which were not at all commented upon in the public papers.

As in every thing in the present state of physiological knowledge, so in the matter of drinking water: people in general are guided by mere feeling. Any one who has been a time in the habit of drinking hard water, if he act merely according to taste, will prefer the hard water to which he is accustomed, to any soft water, however pure it may be. Horses will leave hard water, that is clear, for soft water that is even muddy.

Families can easily obtain soft water by depending upon the cistern and the clouds. Very cheap filters can be at any time constructed so that cistern-water can be had very pure: for instance, a large common funnel, a keg with a hole in the bottom, or something of the kind, can be used, a sponge or fine rags being pressed closely in the opening, and thus the water

can be made very clear: and if there is any fear of decayed animal matter being in the rain-water, a layer of clean sand and fine charcoal over the sponge or other substance, will serve to remove this. It is the charcoal that acts as a disinfectant, removing the animal matter. There is no way of filtering out the *hardness* of hard water. Some families in and about New York and Boston have double cisterns, so that rain-water, by pressure, passes from one to the other through a large filter box, and thus the water is made as pure and limpid as can be imagined: and yet, when such water is at hand, for drink, many prefer the hard water of the well.

*Injections, or Clysters.*

These constitute an important part of the treatment. They are highly valuable in various complaints. The bowels can at any time be easily kept free, and the evils and unpleasantness of constipation thus be at once removed. This application is also of great service in all bowel complaints. Severe diarrhœa, dysentery, cholera morbus and cholica, can often be speedily arrested by this application alone. In inflammation of the bowels it is of most signal benefit. The author has, in different instances, given immediate relief in this disease, when the bowels had been for days obstinately closed, resisting the action of the most powerful medicines.

This application should be made with an instrument by which no air will be introduced into the parts. Air often causes pain. It should always be carefully expelled by forcing water through the instrument a few times before it is inserted.

The quantity of water to be used will vary. As much as can be retained, be it more or less, can be taken. The temperature is to be made according to the feelings of comfort, never too warm or too cold. Many take cold water.

Some have a prejudice against this application, thinking that it will weaken the bowels like cathartic medicine or cathartic clysters, but this is not true. Pure water rightly used in this way strengthens.

*Abreibung, or Rubbing Wet Sheet.*

A linen sheet of coarse quality, suitable for holding considerable water, and at the same time serving well for friction, is here

used. It is better to press and not wring the sheet out of the water, and it may be allowed even dripping. The patient standing ready, it is to be thrown over the head or about the neck, so as to create a slight shock, and immediately active friction is to be used by the assistant behind, and the patient before, if able, or by another assistant. This should be continued from one to five minutes, when the skin will have become reddened and warm. This must be immediately followed briskly by a coarse dry sheet or dry cloths, until the surface is perfectly dry and in a complete glow. The patient is then immediately dressed for exercise, or for bed, as the case may be. The temperature of the water used should correspond with the strength of the patient. Those who are so feeble as to render it necessary for them to remain in bed, can be often much benefitted by a judicious rubbing while in bed. This is a highly useful and convenient application, and, if judiciously made, will produce nearly, if not quite all, the good effects of a bath, and will often be found much more convenient of application.

#### *Wet-Sheet, or Lein-Tuch.*

The first reclining upon this sheet will be disagreeable. If it is to be used to reduce the temperature of the body, as in high fevers, it is well to have it of coarse quality, in order to hold more water. To apply it, the mattress of the bed or couch should be made bare, one or more large thick woollen blankets next, and the sheet last, upon which the patient is to lie. He is to be quickly and snugly enveloped, from the neck to the feet, first with the wet sheet and then with the blanket. These adjusted with care, the packing is finished by covering over the whole a light feather bed, and a quilt, or a sufficiency of other bedding without the feather bed. It will be well for the patient to drink a little water occasionally; and especially if there be great thirst, it should be taken often, but not in too great quantity.

In cases of acute rheumatism, or gout, where it would be troublesome for the patient to be moved, or in any case where it might be better for the patient to remain quiet for a longer time, two or three sheets can be used instead of one, to act as a refrigerant for a longer time. A long towel

from the armpit down, upon each side, has been recommended, so that the whole body be exposed to the wet linen.

In cases of acute fever, the sheets must be changed according to the degree of heat, every quarter or half hour, until the dry hot skin becomes softer, and more prone to perspiration. This is usually the first process of the day, and is repeated or not, according to circumstances.

The wet sheet process is of great advantage in a variety of chronic, as well as acute cases; such as are attended with an irritable and inactive skin, and in a multitude of skin diseases. A frequent change of the sheets in such cases would be unnecessary as a rule. It will sometimes be well to let the temperature raise until perspiration takes place. Determination of blood to the head is to be removed or prevented by cold applications to it. Should the feet remain cold in the wet cloths, they should be extricated and wrapped in dry cloths only. At the close of the process the patient should be briskly rubbed until the surface is dry.

“The wet sheet produces two diametrically opposite effects, accordingly as it is used. If it be changed frequently, as fast as the patient becomes warm, as, for instance, in cases of fever, almost any amount of heat may be abstracted slowly and gradually from the body. But if the patient remain for half an hour, the most delicious sensation of warmth, and a gentle breathing perspiration are produced; while all pains and uneasiness are removed. It produces all the soothing influence upon the entire system which is produced by a warm poultice on an inflamed surface.”—*Johnson.*

For very delicate patients, it has been suggested that the sheet be pressed out of tepid water, as introductory to the cold.

Respecting the application of cold water over the whole body: “Let us now suppose that heat is abstracted from the whole surface of the body; in this case the whole action of the oxygen will be directed to the skin, and in a short time the change of matter must increase throughout the body. Fat, and all such matters as are capable of combining with oxygen, which is brought to them in larger quantity than usual, will be expelled from the body in

the form of oxydized compounds."—*Liebig*.

"If therefore the body contain any morbid matters, these will be expelled in the form of such compounds."—*Johnson*.

According to *Liebig*, the same results may sometimes be accomplished by a very scanty diet.

---

## WATER-CURE JOURNAL.

---

NEW-YORK, JULY 1, 1846.

---

### THE APPARENTLY MIRACULOUS EFFECTS OF COLD WATER IN SCALDS AND BURNS.

[From the Regenerator. \*]

The cold water case mentioned in the first number of the Regenerator, is a much stronger case than there stated. It came to my knowledge in this wise: In the 12th month of 1843, as I was going to Piqua, I met a waggon with a sick man in it, lying upon a bed. He seemed to be travelling in much pain. I inquired the cause of his suffering, and was told that he was scalded by the bursting of steam works in a tan-yard near Piqua, about fourteen days before—that he was an apprentice to Mr. McTurnahan, a tanner, and that McTurnahan was also scalded, with two of his sons. But the old man, who was the most scalded of any, jumped immediately into the pool, which was slightly frozen over, and came out entirely well.

This tale appeared so marvellous, that I concluded to call at the residence of McTurnahan, and make farther inquiries. I did so; and was informed by the old man, that he, his two sons, and apprentice were standing near the boiler of heating water when it burst. He stood in such a position as to take the strongest current of water and steam. This is the only evidence he has, that he was scalded as the others, for he jumped immediately into the pool, and directed the boys to follow him. On coming out, and feeling the pain continue, he went in again. The

skin peeled off a little from the lower part of his arms and a little from his breast. This was all the mark he had upon him, and it had not hindered him from his work at all. He supposes he was not in the water more than five minutes.

His oldest son came to the brink of the pool, and stepped in about half way up to his knees. He then stopped to unbutton his clothes, and see how badly he was hurt. Finding the skin peel off with his clothes, as he took them down, he concluded to go into the house, and send for the doctor. It was within three or four days of six months before he was able to go about again. But so far as he went into the pool, there was no mark of hot water upon him. The youngest son was scalded only upon his legs. He went immediately into the pool, as his father had directed. The only mark left upon him was a small sore on one of his heels.

The apprentice went into the house, and was doctored according to custom. It was two weeks before he could be taken home upon a bed, and four months before he could go about.

I have called several times at McTurnahan's, once in company with Samuel Jay and Walter D. Jay, members of the Society of Friends, who lived in Miami county. The statement he makes is uniform, and I think may be relied upon.

Thine, &c. AUGUSTUS WATLES.  
Mercer co., O., 5th mo. 1st, 1846.

To those who have never witnessed the effects of cold water in scalds or burns, statements like the above appear like mere idle fiction; but those who have witnessed such effects, recognise, at once, upon the face of such narrations, their truth. We will add a case of our own, illustrative of these effects.

A few weeks since, we were sent for, in great haste, to visit the infant child of Mrs. Campbell, a sempstress of this city, whose case of child-birth was some time since given in the Journal. The message was, that the child was very severely scalded. We hastened to the woman's residence, and there learned the following

---

\* A semi-monthly paper published at Fruit Hills, Warren county, Ohio.

particulars : The little fellow, (being ten months old, and a cold water child, so called,) was, as usual, running about the room, playfully, when he drew down upon himself, from a bench, or low table, a large pitcher full of hot water. The fluid passed upon his neck, shoulder, down the arm, upon the side, abdomen, over about one-third of the back, and upon one foot. The whole extent of these parts was scalded, and in places blisters rose, apparently as thick as one's finger. In consequence of the wonderful effects of water, which the mother had herself experienced before the birth of her infant, as well as at that time, and subsequently, and what she had witnessed in rearing, thus far, the child,—he never having had an hour's sickness from the first, or taken a single particle of medicine,—she had very naturally the greatest confidence in the new treatment. She preferred, in fact, rather to treat the case herself, than have a physician of the ordinary practice,—such a one having been called, through mistake of the messenger, and arriving very soon after the accident. The mother said there was a mistake, he was not the right doctor, so he took a look at the little patient, well wrapped up in a wet sheet, (it being, no doubt, the first time he had ever witnessed the "bug-bear" application,) and then turned upon his heel and left.

Immediately after the accident, the little sufferer began to collapse, as the term is; he grew pale and cold, and had a severe chill. The mother instantly wrapped him in a folded wet sheet; but his appearing to be cold, led her quickly to place about him an abundance of warm blankets, outside the sheet. It was not long before what is called, in such cases, reaction, began to take place; the circulation and heat increased, and, at the same time, the pain. All these symptoms were in themselves favorable, but demanded, at

the same time, the most prompt treatment. The mother had already, before we arrived, very properly commenced cooling the affected parts, by frequently changing the wet cloths. We directed her to have the child held over a tub of water, and to pour cold water constantly upon the cloths, these remaining upon the scalded parts, and to continue this process as long as the pain remained. She kept on thus cooling the scalded surface, until her suffering child ceased his piteous moaning, and went to sleep. This must have taken place between two and three hours after the accident. He slept awhile, and awoke apparently as bright as usual. Still, so much of the surface was either blistered or abraded, that he could scarcely move without causing much distress. Those parts were directed to be kept constantly covered with fine linen cloths, wet, and these to be covered with dry ones, so that the system might not become too much chilled. The child was to have as much water as he chose to drink, to be fed very sparingly, and the windows were to be left open both night and day, for the admission of fresh air. The mother followed the directions faithfully, and, in a very short time, the parts were perfectly healed. During the first afternoon, every trace of the inflammation, where the surface was not actually destroyed, was removed. The fire, as some would say, was completely drawn out.

This cure may properly be divided into two more prominent parts: first, the cooling means used until the abnormal heat was removed; and secondly, the soothing or poultice effect of the moist applications that were continued until the healing of the parts was fully accomplished. What is there that will at all compare with the pure element in causing animal as well as vegetable growth? Throughout all nature, in both vegetable and animal bodies,

water is the great fluid through which the vital processes are carried on.

We think the medical friend who saw this case, in connexion with us, will agree that burns of apparently not more than one-third the severity of this, frequently cause death in a few hours.

---

[For the Water-Cure Journal.]

CASE OF SMALL POX TREATED WITH WATER.

Mr. D. D. Spencer, of Ithaca, after a visit to the city of New-York, was somewhat affected, the fourth day after his return home, with sickness at the stomach and feverishness, which symptoms continued during that day, (Tuesday,) and the two following days, increasing somewhat in force. As he was pursuing the water-cure treatment, under the advice of Dr. SHEW, of New-York, for a rheumatic affection, he took on Tuesday two shower baths, morning and afternoon; wearing the wet girdle on that day, and during his subsequent indisposition. On Wednesday the wet sheet in the morning, followed by cold bath by affusion, and shower bath a subsequent hour of the day. On Thursday, the same as on Tuesday. On Friday morning the wet sheet, followed by cold bath as before. At this time, appearances which indicated an eruption appeared upon some parts of the body. The wet girdle was worn during the night; and on Saturday, when the morning shower bath was taken, a very full eruption appeared over the whole system. Totally unconscious of any exposure by which he could have imbibed infection, he was entirely ignorant of the character of the eruption; and a physician of considerable eminence and long experience, who was consulted on this point, thought it presented the character of chicken pox, but was not liable to be communicated to, or endanger any one else. The water-cure treatment was continued;—a second shower bath on Saturday, and shower bath on Sunday morning, with the girdle, night as well as day. On Monday morning, the eruption being quite full and fresh, the wet sheet was taken, with cold affu-

sion, by pouring cold water over the shoulders, following; the only unpleasant effect being a slight cramping of the calves of the legs on the application of the cold bath, immediately subdued by rubbing with a coarse towel. After this, the wet sheet was discontinued, till the eruption disappeared; but the other applications, (the daily baths,) were continued, the large douche being substituted for the second shower. It should be stated, that, from the commencement of the symptoms, costiveness ensued, and cold water clysters were used on retiring, and full injections of tepid water every morning; and the stomach evacuated, (by vomiting,) on one occasion, before the appearance of the eruption, by the use of warm water. Not a particle of medicine was taken, other than pure soft water.

During all this time the patient was not confined to bed, or room, or house, for a single hour, by the force of the disease, but took his usual daily exercise, and attended to a considerable extent to business. And it is a remarkable fact, that though in constant intercourse with friends and the public, in thronged streets, and on one occasion in a large public assembly, he communicated the disease to no one except the members of his own family.

So, here is a case where a patient had the small pox, in the varioloid form, (having been vaccinated with kine pock in his childhood,) with a very general and full eruption, from the crown of the head to the soles of the feet, and was successfully treated by the water-cure administered by himself, all in total unconsciousness of the nature of the disease, till after his recovery from it! The water-cure worked like a charm, and it is believed saved a whole village from infection. The nearly simultaneous appearance of the disease in the different members of his family was the first intimation of its real character; and it should be added, that, under other treatment, in the hands of skilful physicians, a less amount of eruption was attended with much more serious consequences.

---

He that striveth for the mastery, is temperate in all things.—*The Apostle Paul.*

MUSIC, DANCING, AND EXERCISE, AS AFFECTING HEALTH.

The salutary influence of animating music, connected with exercise, is very great:—in fact, it may almost be said to be medicinal; for it actually has the most healthful effect on all the vital functions of the body; and hence, dancing, when properly regulated, is one of the most salutary kinds of social enjoyment, ever practised in civic life: and every enlightened philanthropist must regret to see it give place to any other kind of amusement.—The religious prejudice against dancing, is altogether ill founded: for it is entirely certain that this kind of social enjoyment, when properly regulated, is more favorable to good health, sound morality, and true religion, than perhaps any other known in society. It is infinitely better that people should come together to sing and dance, in the healthful exhilaration of their spirits, than that they should come together to eat and drink, or to seek enjoyment in almost any of the modes of social entertainment in civic life; or that they should endure a miserable existence in moping melancholy, for want of proper exercise and relaxation.

Let me not be misunderstood, however,—I do not intend to encourage the assembling of young people together at public taverns and hotels, and spending the night in dancing, eating, drinking, and other improprieties:—but I would have this kind of exercise mostly confined to the domestic and social circles.—Vocal music ought to be as universal a branch of education as reading and writing: and instrumental music should be almost as extensively cultivated. If I could have my wish, the violin—the best musical instrument ever invented—should be played in every family in the civilized world,—and every evening, when the duties and the cares of the day were completed, the whole domestic circle,—parents and grandparents,—children and grand-children,—all that could move with comfort, should have an opportunity to join in the dance.—Even those who had been engaged in active labor through the day, would be refreshed by it; and those who had been confined by sedentary employment, would

be exceedingly benefitted;—the old would be made younger, and the young would be invigorated;—the social feelings would be improved;—sleep would be more sound and refreshing;—and all would be made more happy and more virtuous. For true health and true virtue are more nearly allied than is generally supposed.—“How can they addict themselves to the practice of virtue, and to the service of God,” says Plato, “who are ever caring for their own miserable bodies?”

If music, marching and dancing, constituted a part of the regular exercises of all our colleges, theological seminaries, and other literary and scientific institutions, immense benefits would result, not only to those institutions, but to society at large. Thousands who now pass from the place of learning to years of misery and an untimely grave, would be preserved in health, and live to be blessed and to bless mankind by their usefulness.

It is hardly necessary to say that children and youth of both sexes, require much exercise in the open air, for the healthful and symmetrical development of their bodies and for the establishment of a vigorous constitution. Children, as we have seen, are instinctively inclined to action;—even before they can stand or sit alone, they love to keep their little limbs almost continually in motion, while they are awake; and as soon as they are able to run alone, they delight to be constantly in action:—and when they are old enough to be abroad in the open air, they find their greatest enjoyment in those amusements and sports which are of the most active kind. Action is, therefore, as instinctively natural to children as breathing, and it is unnatural and improper to restrain them from it, and to keep them in a state of confinement or inaction, for any considerable time. Their little bodies become painfully weary, if they are compelled to remain in one position for half an hour at a time, and it is cruel to repress their instinctive desire for action, beyond what is necessary for their proper discipline. Girls should be allowed as much freedom of action in childhood, as boys, and they should be encouraged to exercise freely in the open air, while their bodies are growing. Not only their own

individual welfare requires this, but the good of the race demands it.

Aged people, after they have retired from the active employments of life, must keep up their regular exercise, or they will soon become feeble and infirm. It is impossible for the vigor and activity of the body to be long preserved without exercise.—Walking and horseback-riding are among the best modes of exercise for the aged. Riding in easy carriages will do for very feeble persons, who are able to take an airing; but it affords little exercise to the body:—plain waggons without springs are far more beneficial as means of exercise to those who can bear them.—With the aged, as with all others, exercise is most salutary when accompanied with cheerfulness. Occasional hilarity and a hearty laugh, healthfully exhilarate and exercise the whole system. It should also be remembered by the aged, as a most important truth, that the regular exercise of the mind is not only the necessary means of preventing the rapid decline of the intellectual powers in advanced years, but that it also serves in no small measure to prolong life and enjoyment.

The importance of exercise as the *natura! tonic* of the body, is greatly overlooked and exceedingly neglected, in the treatment of chronic diseases of every kind; and irritating and deleterious stimulants are employed to produce those effects in the system which can healthfully result only from proper exercise and pure air. Dyspeptic and other chronic invalids ought never to hope for health by any means, without *exercise*. The beneficial effects of horseback-riding, to those who are laboring under pulmonary consumption, are often truly astonishing. I have known invalids afflicted with this dreadful disease, when they were too feeble to mount the horse without help, by riding a short distance the first time, and gradually increasing the length of the ride daily, become able, in the course of two weeks, to ride twenty miles without stopping by the way, and feel more vigorous at the end of the journey, than at the beginning:—and I have known instances in which such individuals have made journeys on horseback, of several hundred

miles, and returned to their homes and friends almost perfectly restored to health. Indeed, I am entirely confident, that if strict simplicity and propriety of diet, and riding on horseback to the full extent of the patient's ability, will not cure pulmonary consumption, no earthly means can cure it:—and I am very certain that most other means employed in modern times, while they may perhaps, seem to alleviate the symptoms, really aggravate the disease and hasten the patient to the grave.—*Dr. Sylvester Graham.*

✧ *To Subscribers of the Old Series of the Journal.*—We have already given notice that No. 15 would end the subscription of those who took the old series. We also said that those who chose to remit us *twenty-five cents free*, would be entitled to the remainder of the volume. One thing more it is proper for us now to mention. We were under no obligations to furnish the old subscribers at all: we never received any part of their subscriptions, and it was stated respectively in the old series that the Editor had no interest in the pecuniary department whatever. We have been more liberal in this matter than we could afford to be again, especially as the Journal is afforded at so low a price, and is no money speculation, as every one acquainted with such matters will know. We thank those of the old list who have so industriously used their influence to extend our circulation, and to the remainder, a word we trust will be sufficient.

—  
*Eggs as food.*—Eggs are too rich and stimulating to constitute healthy food. In the generally complex condition of the culinary art, especially as practised in city life, we are almost constantly liable to take some preparation of eggs. Food prepared with any admixture of the article, is always rendered more difficult of digestion, and consequently less compatible with health. Those who understand well the nature and functions of the human system, and have power within them to control their appetites, will, as far as possible, avoid the use of eggs.

**Books to be sent by Mail.**

The following valuable works may be ordered from us through mail. The present rates of postage are very low, thus offering great facilities for the spread of useful works. *Address, post paid, L. Barney, 56 Bond-street, N. Y.*

**PHRENOLOGY PROVED, ILLUSTRATED AND APPLIED.** 34th edition, enlarged. By O. S. Fowler: containing over 500 pages, 12mo. Illustrated by upwards of 40 engravings. A practical, standard work on the Science. Price \$1.

**MEMORY AND INTELLECTUAL IMPROVEMENT:—**New edition, greatly enlarged and improved. By O. S. Fowler. Applied to self-education and juvenile instruction. Illustrated by engravings. An invaluable work for the young. pp. 230, 12mo. Price 50 cts.

**RELIGION, NATURAL AND REVEALED: Or the Moral Bearings of Phrenology, compared with those enjoined in the Scriptures.** By O. S. Fowler. Price 50 cts.

**LOVE AND PARENTAGE: Applied to the improvement of Offspring.** By O. S. Fowler. Of which more than ten thousand copies have been sold within six months. Price 25 cts.

**AMATIVENESS: Or the evils and remedies of excessive and perverted sexuality, including warning and advice to the Married and Single; being a Supplement to Love and Parentage.** Price 12½ cts.

**MATRIMONY: By O. S. Fowler: Or Phrenology and Physiology applied to the selection of congenial companions for life—of which more than thirty thousand copies have been sold in the U. States, besides having been re-published in England.** Price 25 cts.

**SYNOPSIS OF PHRENOLOGY AND PHYSIOLOGY: By L. N. Fowler: Comprising a condensed description of the functions of the body and mind; also, the additional discoveries made by the aid of Magnetism and Neurology.** Illustrated. Price 12½ cts.

**MARRIAGE: Or the principles of Phrenology and Physiology applied to man's social relations, together with an analysis of the domestic feelings.** By L. N. Fowler. Price 25 cts.

**PHRENOLOGICAL GUIDE:—Designed for Students of their own Characters.** Most of the organs are illustrated with two engravings, showing each organ, large and small. A good thing for beginners. Price 12 1-2 cts.

**PHRENOLOGY AND PHYSIOLOGY:—Applied to Temperance, or the laws of life and health; of which upwards of twenty thousand have been sold. No one should be without it.** Price 6½ cts.

**TIGHT LACING:—Or the evils of compressing the organs of animal life, and thereby enfeebling the vital functions.** This work has also had an extensive sale. Price 6 1-4 cts.

**SYNOPSIS OF PHRENOLOGY:—Designed for the use of practical Phrenologists.** Price 6 1-4 cts., or \$4 per hundred.

**Works to be sent by Mail.**

**WATER CURE FOR LADIES.**—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases: with a full Account of the Processes of Water-Cure. Illustrated with various Cases. By Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 166, 12mo. Wiley & Putnam, New York.

*Notice of the Work.*—"This book is full of excellent advice and instruction for all, whether believers in Water-Cure or not. Its directions for the preservation, as well as restoration, of health are very good, very plain, and all practical; and no person can observe them faithfully without benefit. A great amount of valuable information with regard to Diet, Bathing, Treatment of Children, &c., &c., is here collected from the best authorities, with excellent directions for preparing healthful food and applying Hydropathic remedies."—*N. Y. Tribune.*

**HAND BOOK OF HYDROPATHY; or a Popular Account of the Treatment and Prevention of Diseases, by the means of Water.** Edited by Joel Shew, M. D. Wiley & Putnam, New York.

This work gives a succinct view of the Water Treatment, as applicable in different diseases to which the human system is subject.

**FACTS IN WATER-CURE.**—A Collection of Cases, with Details of Treatment, showing the safest and most effectual known means to be used in Gout, Rheumatism, Indigestion, Hypochondriasis, Fevers, Consumption, &c., &c., &c., from various authors, by Joel Shew, M.D.

This work is mainly composed of European cases, and are such as can be implicitly relied on. They are good illustrations of the Water Treatment.

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

**BOOKS ON WATER-CURE.**

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

**TERMS OF THE JOURNAL:**

*Payment in advance*—For one copy, \$1; three copies \$2; ten copies, \$5. City subscribers will receive their numbers at Wm. H. Graham's, 168 Nassau street, or at the office of publication, 56 Bond street. For sale by periodical dealers generally.

☞ *Address, post paid,* Joel Shew, M. D., New York city." Let every friend of the cause do their utmost to aid us. We ask no gain, but only to be sustained from loss.

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

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