

THE WATER-CURE JOURNAL,

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

"Wash and be Healed."

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(From the Water-Cure Manual.)

PREGNANCY AND CHILDBIRTH.

Possibly some may doubt the propriety of giving cases of the following kind in a popular work. Do we not all buy our bibles, circulate them among all readers, and make them tokens of friendship to those we hold most dear on earth? And yet, with all its allusions to delicate subjects, who would think of objecting to the Bible on this account? "To the sun, all things are pure," so also to the impure, are all things impure. There is, then, no need of an apology for introducing matters of this kind.

Out of numbers of cases of the most marvellous kind, I select here only one. I will take the liberty, however, of referring the reader who may be interested, to a work now in preparation by myself, designed more especially for the perusal and study of females, on the water treatment, as applicable in pregnancy, childbirth, and the rearing of infants and children. A work of this kind is, I believe, needed not less than any other at the present day. Water cure is destined yet to accomplish untold, unheard-of wonders, in childbirth, and the rearing of children.

Case of Mrs. Shew.—On the 16th of September, 1845, Mrs. Shew gave birth, under peculiar circumstances, to a child. Her ancestry on both sides are consump-

tive, so that she inherits a strong predisposition to that disease, and has, in fact, for years had much to contend with, in reference to the condition of the chest. Pleurisies, inflammation of the lungs, cough, and hemorrhages, she had at different times, and is constantly liable to affections of this kind. She is likewise naturally of very delicate frame and extreme nervous sensibility, and it has been only by exercising great care in every thing that pertains to health, that she has now for a number of years, with two or three exceptions, kept free from the outbreaks of disease, and has enjoyed, what would ordinarily be termed, good health.

The summer of 1845, it will be recollected, was very tedious and hot. The whole season the drought was severe, and there was scarcely a single shower to refresh the earth. It was therefore very depressing to the health. However, by daily bathing and being much in the shade in the open air, wearing usually a part of each day the wet girdle, to refresh the system, using the cooling hip bath and injections now and then, as occasion required, and partaking lightly of food but twice a day, Mrs. S. passed through the summer remarkably well; but more than once during the season, certain things transpired that were very much against the quietude, peace of mind, and mental

repose, so necessary in the condition she was then in.

At length, her expected time drew near. By the exercise of great prudence and care, she was enabled, up to the very last, to discharge the ordinary duties of overseeing the household affairs of her family, and to walk and ride daily and frequently for exercise or as business called, in the open air.

I must here mention, that one of my respected preceptors in medicine, and a man who is scarcely second to any other in his thorough acquaintance with medical lore, gave it as his decided opinion, that from the extreme smallness of the pelvis, Mrs. Shew could never give birth to a full-formed living child. The expedient of causing premature birth, or the still more horrible one, of destroying the child, seemed to him inevitable, either of which Mrs. S. could not for an instant listen to. That the labor must be exceedingly severe, was evident enough to all. But she was resolved to let nature take her own course, whatever it might be.

Labor came on at evening, of the 15th of September, the weather being yet hot and sultry. Mrs. S. would not listen to the proposal to have medical aid besides myself; nor would she consent to have any nurse or female attendant of any kind. Ordinary servants only were to bring water, and do whatever of like service was necessary.

The labor pains went on, becoming exceedingly severe, and continued until three o'clock in the morning, at which time she gave birth to a large, healthy, and well-formed female child. Almost immediately the after-birth was expelled, followed by most frightful flooding. The night was, I confess, a long, dark, and dismal one to me. There was, I knew, in my wife's system, and always had been, as well as in her family, a strong tendency to hemorrhages. I understood perfectly well the different modes resorted to in these dangerous extremes. Cold applications are, the world over, the means relied upon. As to the mode of applying the cold, I had resolved, in this case, to take a different course from any I had ever heard of. I had procured a large hip bath,

with a good back, in which a person could be placed in a sort of half-reclining position, with the head supported upon pillows. Instead of applying the cold water by the stream from a pitcher, by wet cloths, and the like, I had resolved, that if flooding came on, I would take Mrs. S. in my arms, and instantly place her in this hip bath; and thus, as I believed, I could more quickly chill the whole of the pelvic viscera, than by any other means. Be it remembered, that wherever there is hemorrhage, whether from the lungs, stomach, bowels, or womb, there is great heat in and about the part from which the blood issues; and the quicker and more effectually this heat can be abstracted and the parts chilled, the more certain are we to arrest the flow, by the constricting effect of cold upon the open vessels. As for the shock of the douche, or pouring of water from a height, so much in vogue, I believe that, so far as the shock is concerned, it is better avoided. If I am not mistaken, *that* only tends to keep up the flooding. The cooling should be passive and not violent.

Having everything in readiness, I took Mrs. S. in my arms, and before she had time to faint entirely, I placed her in this hip bath of cold water. The water covered from near the knees over the whole abdomen, and no sooner had these parts come in contact with the water, than it seemed, as if by magic, the flooding ceased. The water revived her, and in a few minutes before she had become much chilled, I raised her carefully and laid her in bed, put wet cloths about the abdomen and wrapped her warmly in blankets. The feet were cold, as they generally are in severe hemorrhage. These parts, and from the knees down, I rubbed briskly, with the warm hand, to restore the natural warmth. I kept good watch that she should not become too warm, as in that case flooding would be apt to return. It was not long before Mrs. S. fell into a sound sleep, in which she rested for some time.

I have regretted much that I did not, at the time, write down notes of this case; that is, of the remaining part of the treatment to be spoken of. From the

severity of the labor and the loss of a large amount of blood, Mrs. S. said she felt a greater degree of weakness than she had ever before experienced, a sense of sinking of the vital powers, and an oppression at the heart, with which she was before wholly unacquainted. The sleep I have spoken of, did her much good, and was, of all things, the most desirable. Still she was very weak, and after-pains set in, growing more and more severe. Her system being so highly sensitive, I expected this, and resolved upon the use of the hip bath. I would here remark, that the objection that would be raised by almost any practitioner to this procedure, here as well as in the flooding before spoken of, would be, that the position, the raising up a person in this weak state, and placing the trunk of the body in an upright position, would be likely to cause a return of the flooding. This objection, I admit, would have great weight, were it not for the fact that the water acts so powerfully to check that symptom. Still there is nothing like the danger feared, even without the use of the water, that there is supposed to be. And persons are found everywhere, in fact, it is almost a universal thing in childbirth, that females are required to lie, day after day, in too warm beds, thus debilitating the body by the heat caused by the fatigue of remaining much in one position, and by the unnatural position of the brain. Females thus become debilitated, nervous, restless, and are kept back day after day, and often for weeks, and all for the want of what may well be called good nursing; and then in this debilitated state, when they do begin to get about, after the ninth day, as superstition has it, the opposite extreme is practised; too much is done at once, a cold is taken, inflammation of the breasts occurs, or falling of the womb takes place, or perhaps a powerful hemorrhage. I repeat, that in my practice, as a rule to which there can seldom be any exception, my patients of this kind sit up, even if it be but one minute or five minutes at a time, the first day of the confinement and onward. This sitting up to rest the patient, that is, to rest from the fatigue of the lying position, is one of the best means

that can be adopted. The bed is at the same time aired and becomes cool, so that when she returns to it, the change back again is salutary, and the reclining position becomes one of rest. The patient should be taught not to overdo in this matter, for every good thing has its abuse as well as use.

I had now, in Mrs. Shew's case, a good opportunity to test fully the powers of water and good nursing. There were in her mind no prejudices to overcome—no lack of confidence, no superstitious, yet good-meaning, old women about us to whisper their fears and prognosticate evil. There was nothing in the way, and what was better than all the rest, Mrs. S. had herself a good knowledge of the principles that should guide us in the management of such cases.

After Mrs. Shew had slept, as before mentioned, and the after-pains had commenced, I administered the hip bath. These pains, as well as hemorrhages, are attended with internal heat; but, as regarded the general system, Mrs. S. had now a feeling of dread of cold water. The objects in view in the use of the hip bath and frictions, were to lull the pain, and to invigorate the system by the tonic effect of the water and friction. I laid a folded blanket in the bottom of the bath, in which was put a small quantity of tepid water, of such temperature as would produce no unpleasant sensation. Blankets were also used to wrap about the feet and limbs, and the whole surface, except the parts exposed to the water. Reaching my hand under these blankets, I commenced rubbing the spine, abdomen, and other parts; and as the surface became accustomed to the water, I dipped the hand into that which was of a little lower temperature, and at length lowered the temperature of the water in a bath gradually, by adding to it cold water. In a short time the pains ceased. The bath was continued some fifteen or twenty minutes, possibly a little longer, and then Mrs. S. was placed comfortably in bed. It was indeed truly wonderful to behold the change produced by this bath. Besides the removal of all pain, it seemed as if

the strength was increased ten-fold, all in the space of less than half an hour.

The after-pains returned frequently during the day, and as frequently they were combatted with the hip bath and frictions. At least as many as ten times, and I think more, through the day and evening, I administered these baths, every one of which appeared to do an astonishing amount of good. Besides the removing of after-pains and the tonic effect of the baths, there was another palpable one: at times, sharp, cutting pains were experienced in the bowels, caused by flatulency. The bath removed them like a charm. The urine was found to pass freely, in consequence of the bathing and drinking; and the soreness so much felt in these cases was all removed.

As Mrs. S. grew stronger, the water was used somewhat colder, but all the time of moderate temperature. She slept very well during the night, having little or no more of the after-pains. In the evening, she sat up, bore her weight, and walked a little about the room.

In consequence of more than usual fatigue, I did not awake the next morning until between six and seven o'clock. I confess I was not a little surprised, on awaking, that Mrs. Shew had left the room. This was only twenty-six hours from the birth; and she had taken her child in her arms, and gone down to the kitchen. She felt that she was perfectly able to do this, and acted accordingly, on her own responsibility. She was, however, very careful this day; took but little nourishment; and in three days' time, we moved to the large house, 56 Bond street, Mrs. S. walking up and down stairs numbers of times during the day, overseeing things, as they were moved, and so every day onward. Bathing was kept up as usual, daily, and she partook now, as was her usual habit, of the plainest food, and but twice per day, using no other animal food, except a trifling quantity of milk, and no other drink except pure water.

The second day after the birth of our child, a worthy old gentleman, one of our patients, from New England, called upon us. He inquired, kindly, respecting Mrs. S.'s health, he having seen her much

in the summer, and in a few minutes she met him in the parlor. He raised his hands, and, in astonishment, exclaimed, "This is indeed bringing things back to nature!"

In conversation with one of the first medical men of our city, or of the world, I described this case of Mrs. Shew's, and also others of like results. He said that he could not conceive it possible for a woman to get up and go about, with anything like safety, in twenty-four, or even forty-eight, hours after childbirth. I admit, that as a rule, women could not, under ordinary modes of treatment,—but, at the same time, asked him how it was that the Indian women were so little troubled with these matters. I then said, our patients practise daily bathing continually; drink no tea or coffee, to weaken the powers of digestion, constipate the bowels, destroy the relish for food, shatter the nervous system, and impair the soundness of natural and refreshing sleep; their modes of dress do not distort and debilitate their frames, and, instead of remaining mostly within doors, according to the foolish customs of civil life, they go regularly and often in the open air, thus gaining strength upon strength, by means of these natural and powerful tonics, exercise, pure air, and light. He admitted that such modes persevered in, must produce powerful effects of some kind, and added, that he intended always to sustain good health by means of the shower bath, the daily use of which he had adopted with the greatest benefit.

I hold, that strong and enduring as are the Indian women, the generality of females of the present generation even, may, if they commence in early life, become more hardy and strong than are those daughters of the forest, whose habits are, in many respects, unnatural and detrimental to health. But all this requires an amount of knowledge that few yet possess.

I could add numbers of cases of childbirth scarcely less striking than that of Mrs. Shew; and if the reader has any doubts of the authenticity of such narrations, I ask him to take the names and residences of my patients, and hear their stories for himself. Persons who have

experienced the invaluable, untold, and apparently miraculous effects of cold water, will not hesitate to make known the blessings of the new system.

CRITICAL SYMPTOMS IN CRISIS AND WATER-CURE.

"Most blessed water! Neither tongue can tell
The blessedness thereof, nor heart can think,
Save only them to whom it hath been given
To taste of that divinest gift of heaven.
I stopped and drank of that divinest well,
Fresh from the rock of ages where it ran:
It had a heavenly quality to quell
All pain. I rose a renovated man,
And would not now, when that relief was known,
For worlds the needful suffering have foregone."

SOUTHEY.

Hippocrates and the earlier physicians were much in the habit of observing critical symptoms in diseases; so in all periods of time, such appearances have been observed and depended upon to a greater or less extent; more, however, anciently than in later times.

A crisis may be said to be a visible effort on the part of nature or the natural powers of the system, to rid it of some morbid matter or matters in it, or expelling them at some of the natural outlets of the system, as the skin, bowels, and kidneys. These appearances occur in the form of boils, eruptions, sweatings, diarrhoea, mucous and bloody discharges, high-colored urine, feverishness, and the like.

That these symptoms are frequently caused by water, has often been observed. When sailors first go to sea, and are considerably exposed to wet, it is common for boils to make their appearance. This is particularly true in those parts of the world where there is much rain, causing more than ordinary exposure to moisture, as, for instance, in doubling the Cape of Good Hope. Sailors are there much exposed, and it has been observed that they are here very subject to boils. Fishermen, in like manner, are often affected, especially upon those parts most exposed to the water, as the hands. Boils upon boys that resort frequently in the summer to the water, for swimming exercises, every one must have observed. Children accustomed to warmth and the so-called comforts of home, when sent away to

school, where the exposure to cold and a rigorous diet is enjoined, have been known to be affected in the same way. In animals, also, eruptions and changes upon the skin have been seen to take place when they were first exposed to wet.

Boils.—In the water treatment, the more common appearance of crisis is by boils upon the skin. These vary much in size, from the smallest to the largest that are ever seen; carbuncles, as they are called,—a carbuncle being only a great boil. Crop after crop of them may appear, and, in some instances, last for months. They are often troublesome affairs, but may be kept tolerably free from pain, by being well covered with wet compresses. These also aid in bringing them sooner to a head.

Boils sometimes, though not often, occur in very inconvenient places, as the eye-lids, nostrils, lips, ears, &c. A 'sty' in the eye is nothing but a boil upon the part. Large ones sometimes occur in water treatment; and those in the ear are apt to cause a good deal of pain. Upon whatever parts they occur, the principles of treatment to be observed are the same.

The more freely the boils suppurate the better they are considered to be. Those that appear first are usually most tardy; the core, as it is called, is tough or thick, and does not run freely. Those that come later run better, and are considered more friendly in their effects. Various means have been tried, with the view to hasten the suppuration of the boils, when they are painful and tardy. Poultices of different kinds, and plasters of pitch, and cobblers' wax, have been used. In orthodox and more heroic practice, leeches are applied, or the boil is freely laid open with a lancet. The best treatment, however, as far as the boil is concerned, is, as before mentioned, to keep it wet, and covered with wet compresses. These produce all the good effects of poultices, are more cleanly and convenient, lighter to the part, and in every respect better. A stream of cold water directed every now and then upon the boil, is an excellent mode.

It is a singular fact, that in many of the best treated cases of small pox, by water, boils come out freely as the patient

begins to recover, I have not seen this fact mentioned by any writer upon the subject, and speak only from observation in my own practice. I am certain it will be found that whenever persons are treated in this disease by water, boils will be found frequently to appear.

In order to bring on crisis by boils, it has been considered necessary that the water used should be very cold. But this is not so, as I have learned by experience, in the city of New York. As freely and frequently as I have known boils to occur, under any circumstances, they have come upon my patients, in the summer season, when no water colder than the Croton (river water) was used externally at all. In fact, these appearances have been considerably more frequent, as near as I can observe, in the summer than at any other time.

There seems to have been, for a long time, a prevailing idea, that boils are good for the system; that they cleanse and purify the humors, and improve the general health. It was the opinion of Jenner, the far-famed discoverer of vaccination, "Every pimple with a vesiculated head has an errand to perform, for the benefit of the constitution." Boils are doubtless generally followed by, or attended with, improvement in health; yet there can scarcely be a doubt that they sometimes result from debility of the system.

Diarrhœa as a Crisis.—*Diarrhœa* not unfrequently comes on as a crisis. If it is purely of the crisis kind, and is not caused by improper food, medicines, too great an amount of treatment, &c., there is little or no pain attending it. It is a singular fact, too, that very little weakness is caused, although it may last many days. Sometimes there is slight debility brought on in this way, but the sense of ease and general comfort experienced in the system more than counterbalances.

Feverishness and Sweating.—Attacks of general pyrexia, or feverishness, sometimes come on as a crisis symptom. Sweatings likewise take place in the same way. These are sometimes very offensive in character.

There is much room for fancy and speculation in this matter of crisis. There

are, no doubt, many notions concerning it that are purely hypothetical,—mere guess-work. It would seem, however, that, often, almost every former ache, pain, and bodily difficulty, of whatever kind, is again experienced while undergoing the water-cure. Old bruises reappear; ulcers that had been cured, as was believed, come out in the same place as at first; salivation is brought on; skin diseases that had apparently been repelled, appear again upon the surface. Patients tell us, too, that, at times, some peculiar symptoms which drugs had caused years before, and which had been forgotten, are again experienced. This I have known to happen with individuals who knew nothing whatever of the theories concerning crisis in water-cure. That the wet bandages at times bring out medical odors, is beyond dispute.

Patients should be warned, that in undergoing a vigorous course of water treatment, their feelings will at times be very variable. Not unfrequently a decided improvement is felt for a while, at first. Then again the sensations change. The pleasant exhilaration of the baths is no more felt, and the original symptoms return with perhaps redoubled force. Some are discouraged, and refuse to go on. Still, if persons will have patience to observe how they are progressing from week to week, they may generally notice decided amendment, in some respect or other. I, however, never knew a successful cure in any case of bad chronic disease, in which the individual was not tried, as if by fire. The health becomes invigorated, it is true, and the spirits improved; but, with all this, there are experienced, by times, very unpleasant symptoms, indeed. This is true, even if there be not the slightest visible crisis.

The true philosophy of these apparent aggravations of disease is probably this: as the living power, or that which we call nature, becomes invigorated, a greater antagonism against disease is set up; the disease then makes a more desperate effort to remain; and in the commotion thus caused, there appears to be an increase of the same.

The Treatment in Crisis.—As crisis is

an evidence that nature has set vigorously about doing her work, we should, when this appears, pursue only a very mild course. The treatment should now be expectant, or watching. Manage to soothe the system, and, as well as may be, keep down irritation. Nature is now doing her work well. Do not thwart her by undue interference. Let her go on. If she falters by the way, and fails of accomplishing her work, it is easy again to increase the treatment, and again to bring on crisis. I am certain there has often been too great an amount of treatment practised while patients are in crisis.

It will be remembered, that even in the best cases of cure there are some who have no visible crisis.

OUT-OF-DOOR EXERCISE FOR FEMALES.

It is remarked by foreigners who visit this country, that American ladies have, almost without exception, a delicacy of complexion and appearance, amounting almost to sickness, which detracts greatly from the personal beauty. There is indeed a striking contrast between an English and American lady, in the look of high health which sparkles in every feature, and animates every movement of the one, compared with the listlessness and languor that too often characterize the other. And wherefore the difference? *Not* because the women of England, or of any other European country, are naturally more beautiful than those of America, for just the reverse is true. Our own fair countrywomen yield the palm of personal beauty to none others on the face of the globe. The difference of which we have been speaking, is then undoubtedly owing to the fact that English females, from the Queen to the daughter of the humble tradesman, take regular and constant exercise in the open air, in all weathers, and under all circumstances. Their carriage drives are taken for fashion and amusement only, but for exercise, the inspiring and invigorating ride on horseback is preferred by all classes. Their walks, too, would astonish a Broadway belle, who considers a promenade up and down her favorite thoroughfare in the fashionable hours, quite as much exercise as she wish-

es to take in one day. While an English right honorable Miss, or a Scotch lass of equal rank, think nothing of a walk of eight or ten miles over moorland and mountain, and back again in the morning, with lips and cheeks which shame the "red, red rose," in its freshness, and a frame strengthened and braced by the healthful exercise.

We are glad to find, from the number of fair equestrians we meet in our rambles, that the practice of riding on horseback is becoming so fashionable among our young ladies.—A really pretty woman never appears to greater advantage than when seated on this noble animal, if she ride well and firmly, and many a pale and languid daughter of fashion would find herself in a fair way to regain her faded roses, by a morning ride on horseback, on some one of the beautiful avenues that adorn our city. This is perhaps quite as far as we ought to urge our lady readers at once; but if we could persuade them to try the effects of *walking*—not of promenading Broadway, or any other of our crowded streets, in a formal procession, to see and be seen—but of a good, old fashioned walk, or run, if they please, through green fields, and lanes, and groves, (for all these things may be found within a reasonable distance from this same Babel,) then indeed we should have accomplished something. If we could convince them how much health and cheerfulness (and consequent good looks,) depend on constant and systematic exercise in the open air—if we could persuade them to rely principally on their own powers of locomotion, and to care less for the variations of the atmosphere, and thus tempt them from their present habits of dreamy indolence, then we might hope in time to point to the females of our country, as second to none on earth, for every qualification, mental and physical, which gives lustre, grace, and dignity to womanhood. We might enlarge on this subject, to an indefinite extent—but we prefer to throw out a few hints for the consideration of those interested, not doubting that their own good sense and right feeling will lead them to make a proper and *practical* application of our remarks.—*N. Y. Sun.*

WATER-CURE JOURNAL.

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EFFECTS OF WATER IN THE DELIRIUM OF DISEASE AND IN CERTAIN FORMS OF INSANITY.

Cases have frequently been recorded, illustrative of the wonderful effects of cold water in the delirium attending some forms of disease, and in recent cases of insanity. The late celebrated Dr. Gregory was in the habit of relating, in his lectures, the following case: "A gentleman, during the delirium of typhus fever, escaped by the window, his bed-room being on the ground floor, and then plunged into the river flowing at the bottom of his garden, swam across, and climbed up the opposite bank. The sudden shock of the cold water, with the exertion of swimming across the stream, and scrambling up the bank, restored him to his senses. Sensible of his situation, in the middle of the meadow, and his return intercepted, he was obliged to recross the river in the same way, and having regained his chamber, got into bed, fell into a profound sleep attended with a profuse perspiration, and, several hours afterwards, awoke perfectly free from disease."

Sir John Floyer, of England, is said to have related a singular case, as follows: "I was called to a farmer's wife, at a village about four miles from Litchfield, who was ill of a fever, attended with delirium, and an utter privation of sleep. It happened one night, that the patient lay for a little time pretty still, and the nurse took the opportunity of going softly out of the room for a few minutes, upon a necessary occasion. When she returned she found all still and quiet, and sat down by the bed-side for at least a quarter of an hour, but observing that she did not hear the woman breathe, she put back the

curtains, suspecting that she was dead, but was much surprised to find that she was not in bed. After searching the room to no purpose, she alarmed the people in the house, who, after some time, found the woman in the yard up to the chin in water in the well, which was, as is usual in that country, about five feet deep, and nearly full of water. She was instantly taken out, and put to bed, and immediately fell asleep. Soon after, a profuse sweat broke out which continued for many hours. She awoke without any delirium, and recovered without any further trouble."

Dr. Willis, a writer on Phrenitis, (inflammation of the brain,) relates a remarkable case, attended with similar results: "Some time ago I was called to attend a robust and vigorous servant maid, who being seized with a fever, became so furious and mad, that it was necessary to keep her continually bound in bed. I took a large quantity of blood from her at different times, opened the bowels by repeated clysters, prescribed the usual remedies in such cases, with the addition of juleps, emulsions, opiates. But all these were of little or no service; she remained without sleep, and raving mad for the space of seven or eight days, crying and roaring incessantly for some cool fluid to drink, for which reason she was allowed as much water as she pleased, but was neither rendered less thirsty or more calm by that means. As it was in the summer-time, I ordered her to be taken up in the middle of the night by women, and carried about, when her clothes being taken off, and the cords, with which she was bound, untied, she was plunged into a deep river, having previously tied a rope about the trunk of her body, lest she should happen to be drowned. But there was no occasion for this expedient, for the girl could swim with so much dexterity, that a man,

expert in that exercise, could have scarce acted his part better. About fifteen or twenty minutes after, she was taken out of the water sober and in her senses. Upon being laid in bed, she slept, fell into a profuse sweat, and was thoroughly recovered without the care any further means."

A curious instance showing the effects of water in mental derangement was given the editor, by a friend knowing to the circumstances, as follows: "A man living on the Connecticut river, became insane. In consequence of his state, it was found necessary to keep him under surveillance. At one time, however, he succeeded in getting away, and was seen to be running, with a rope in hand, across the fields towards the river. His having a rope at once indicated his purpose. He was closely pursued, but before he could be overtaken, he had succeeded in climbing a tree with long branches overhanging deep water. With the alacrity often manifested by such persons, he arranged the rope around his neck, but in his haste forgot to attach the other end to the limb, so that as he 'swung himself off,' he was precipitated into the deep water. As is common in such cases, he was glad of the opportunity quickly to be taken out. The effect of the immersion was to restore him to his reason, and he was permanently cured. An elderly physician, taking the hint from this occurrence, formed a kind of private hospital or asylum in Charlestown, Mass., for the laudable purpose of treating the insane by means of water. He is said to have had remarkable success."

We at one time had a patient, a very worthy lady of this city, who, years ago, had been in an institution for the insane of New-York. She had by some means contracted fondness for bathing, and was

allowed, at her own request, to have an extra supply of water, which she let remain awhile exposed to the warm air that was admitted to her room or cell, so that the extreme chill was taken off, and then twice daily, the whole body was freely washed and made clean. She said that the effect was most delightfully soothing to the body, and tranquillizing to the mind, and she believed that had not this bathing been practised, she never would have left the asylum as she did, well, and in possession of her right mind.

Many have been cured by Priessnitz and others, when at least partial insanity was present. In a great variety of cases, through the long continued influence of pernicious food and drink, various bodily abuses, undue mental excitements, domestic troubles, and the multiform variety of causes that act to deteriorate bodily and mental health, many become tired of life, are often tempted to destroy themselves, and not unfrequently succeed in the accomplishment of their purposes. Others again have yet enough of mental and moral strength left to enable them to resist this suicidal propensity, while at the same time their existence is most miserable. Now in all such cases the practice of water-cure is of signal benefit. Often in such cases merely regulating all the habits in food and drink, is sufficient to cause a very marked effect for the better. This all is implied in the treatment by water, but in addition, when the water processes are judiciously applied, astonishing effects are produced. It has been aptly observed that in the application of the wet sheet to produce a warming and soothing effect over the whole body, if a person has had the great misfortune to contemplate suicide, he will be quite certain in less than half an hour to change his mind. It is truly interesting to hear the recitals of patients who

have been thus afflicted, describing with earnest feelings the effects of water.

Dr. Currie, who wrote about fifty years ago, cites a case in which water produced striking effects when a great variety of means had failed. Dr. C. was a physician of the times. He used medicines other than water, as a matter of course, but he often treated cases with most remarkable success, using only water and the general hygienic means. In a case of insanity, in which various remedies had been tried for about two months without any good effect, he says :

"Perplexed with these extremes, and keeping in mind the success of the cold bath in convulsive diseases, I ordered it to be tried on the present occasion. The insanity returning with great violence on the 21st, he was thrown headlong into the cold bath. He came out calm, and nearly rational, and this interval of reason continued for twenty-four hours. The same practice was directed to be repeated, as often as the state of insanity recurred. "The following is the report of the 30th: 'The direction has been followed, and on the morning of the 23d, he was again thrown into the cold bath in the height of his fury, as before. As he came out, he was thrown in again, and this was repeated five different times, till he could not leave the bath without assistance. He became perfectly calm and rational in the bath, and has remained so ever since.'"

The water is destined yet to do great good in the treatment of that most unfortunate class of persons, the insane. Some such can be cured—all benefitted. Life can be made more comfortable, and the mind more calm and quiet. The time will soon be, when water-cure will be extensively used in institutions for this class of persons, and when its superiority over all other modes will be generally acknowledged.

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

A HARD CASE.

An individual, writing us to obtain the Journal, adds: "I am an invalid, and have suffered the most indescribable misery for the past twelve years. It will be most gratefully received, if you will in some early number of the Journal, give such instructions as are best adapted to my case. Without further tediousness, I will give some of the forms of disease with which I am afflicted. I have erysipelas, with scrofula, ulcerations, and bone sores, dyspepsia, gravel, piles of the blind sagging kind," &c.

It is of course impossible to prescribe with any considerable precision, without having given to us a far more minute description of the case. At most, the individual must commence gradually and cautiously, semi-daily ablutions, wearing wet compresses (not of too chilling kind) constantly on the ulcerated parts; the wet girdle about the abdomen by day; the small injection, as a tumbler of water, to be taken and retained on going to rest; the full injection, to cause a free movement of the bowels, after the morning ablution and before breakfast; shallow hip baths for a few minutes, four or five a day, when the stomach is free from food; drinking as freely as may be conveniently borne, principally an hour to two before meals; exercise regularly and often in the open air, but not to cause very great fatigue:—such modes, the water being used of very moderate temperature, as at 80° F. at first, and lowered day by day, as the patient can bear; such modes, we say, may be safely commenced with, and will be certain of doing good. Any person of ordinary mental capacity, who will take the trouble carefully to read what has been written on the subject, may thus proceed. Diet must of course be carefully attended to in such a case, and should be of the

plainest and simplest kind. By long perseverance in a well directed course, this individual may become cured; he will be certain of benefit, to say the least; and if palliation and mitigation of symptoms is all that is in the nature of the case possible, then ever may he be thankful for water treatment. We advise this individual, by all means, if he can, to spend at least some weeks in a good water establishment.

INDIGESTION, GENERAL DEBILITY, WEAKNESS OF NERVES, AND COUGH.

CASE OF DAVID M. FARR.

Some months since, during our absence to Grafenberg, a letter from our intelligent friend and patient, *Mr. David M. Farr*, of Albion, Orleans county, N. Y., came to our office, which should have received attention long ere this; but in consequence of our great press of engagements, it, like many other similar communications, we have been compelled to omit noticing. The letter was written about six months after Mr. F. left our establishment. The following is an extract from his letter:

"My health has improved greatly since I left your establishment. I returned home in the month of May last. I halted several times while on my way home, and wore constantly a large wet bandage about the abdomen. Immediately after I reached home, I constructed comfortable shower and douche baths, and have used them regularly every day till the present time. I have taken for weeks together, as many as three entire baths daily, besides wearing the wet bandage constantly day and night; and in addition to this, I have taken the wet sheet, an hour at a time, every morning at 4 o'clock for several weeks in succession; besides I have used the sitting bath and foot baths, as I thought my case required—not omitting the thorough use of the real bath every morning on rising. This followed by a copious draught of pure cold water; all

this treatment has been accompanied with the strictest attention to diet, sleep and exercise. In diet, I have used no animal food whatever, excepting in a few instances, when milk has been used in the preparation of yeast for bread, and for other similar purposes. My bread has been made from the unbolted flour of wheat; my food has been that which the God of heaven gave to Adam for meat: (Gen. 1st chap., 29th verse,) 'And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat.' These have been my meat, and not the dead bodies of the animal kingdom. My drink has been nothing but cold water; no rum or brandy, beer or cider, tea or coffee, hot drinks or steeped peppers, find their way into my stomach, to course in and cause fever through my veins; no, nothing supplies the fluids of my body but *pure cold water*. My blood is cool, my nerves steady, my head free from pains, my food digests with ease, my mind is clear, my sleep undisturbed by horrid dreams. In my whole system, nature seems again to have resumed her wonted course, and acts throughout in harmony with herself; my exercise has been moderate, but almost constant, and in the open air.

Adieu,

DAVID M. FARR."

TOBACCO CHEWERS AND THE WATER-CURE JOURNAL.

One of our subscribers, Mr. Noah Jackman, of North Attleboro', Mass., an ardent and efficient friend of the new system, writes as follows:

"P.S.—I met a friend to-day, who last year took the Water-Cure Journal, and asked him if he yet continued it. 'No,' said he, 'I took it last year, but thought I could not afford to this year.' As he said this, he put a quid of tobacco in his mouth. 'How then,' I asked, 'can you afford to chew tobacco. It probably costs you four times as much per year as the price of the Journal, without doing you any good.' Why cannot reformers cease gratifying a

perverted appetite, cease doing *themselves* harm, instead of good."

So it is. Numbers of people who have been benefitted by, or enlightened on the subject of water-cure, yet go on in their old ways, recognizing no responsibility whatever for the good they have received. "Whatsoever things ye would that men should do unto you, do ye also unto them." Let every one to whom the knowledge of the new system has been brought, remember that they too have some responsibility in sustaining the system, and spreading the good to others.

THOUGHTS ON HYDROPATHY, AND HINTS TO WATER PATIENTS; BY ONE CURED.

The following remarks by our intelligent correspondent, will, if we judge rightly, be appreciated by at least every *practitioner* of the new system, and need not the commendation of any one. Judge you to whom they are addressed.—[*Ed. Jour.*]

To the Editor of the Water-Cure Journal :

I endorse some articles lately written, which, if you think them appropriate or needful for your Journal, you are at liberty to publish.

Water disagrees with me!—"I admit water is an excellent thing in *certain cases*, but it always injures *me*." This remark I have often heard, and have taken some pains to find out what class of persons or diseases are not relieved by the judicious use of water, and I will tell you the result.

First. I myself was one of this class, as I and my friends supposed. When a boy, I was sometimes made sick or faint by bathing; but when, under your direction, I found water the efficient cure for inveterate dyspepsia, and that it always invigorated and soothed me, it was very clear that I had formerly bathed very *imprudently*, probably when exhausted, or immediately after eating.

Recently I recommended the water treatment to a lady friend, of great intelligence,

who made the remark with which I have commenced this article. On my asking particulars, she informed me she had taken her first and last cold shower bath *just after dinner!*

A gentleman, some weeks since, informed me that he had once been under the hydropathic regimen, with some benefit, but finally it disagreed with him so decidedly, that he had abandoned it entirely; on inquiring what his treatment was, he stated that, after leaving his physician, he took the *douche* for a considerable time *upon his stomach!* Of course without the knowledge or sanction of his medical adviser.

These persons, sensible and well informed on general subjects, but ignorant of the first simple principles of Hydropathy, are the only class I have ever found with whom water disagreed.

Discontented Patients.—After some months residence in a hydropathic establishment, and considerable acquaintance with invalids, I have concluded that a contented, reasonable patient is a very rare person. Most of them are constantly grumbling about something, and it is easy to find subjects of complaint. These establishments never are good hotels, and patients should make up their minds that if they can regain health, they may well dispense, for a season, with fine cookery, prompt attendance, and luxurious apartments; indeed, these indulgences are often what created or increased their *ease*.

But the most unreasonable trait I have noticed is, that most patients, although in cases of many years' standing, and given up by regular physicians, seem to expect, even with scarce faith enough to follow the treatment, that a few weeks, at most, shall restore them to health.

A dyspeptic, nervous invalid always wants to talk constantly to his physician and others, upon precisely the subject he should entirely avoid, viz., his own symptoms and bad feelings, and many of them are vexed because the doctor won't listen to them all day, instead of dividing his time among all his patients.

By a happy constitution of mind, most persons remember the pleasant incidents

and feelings of the past, while they forget its miseries. Thus we remember the delights of childhood, our happiness with the sugar whistle, but forget our wretchedness when it was broken; so invalids are often ungrateful, and while convalescing, still complain because they do not feel *perfectly* well, forgetting the pit from which they have been rescued: could they refer to a *journal* of their past sufferings, or some of their complaining letters to their friends, their present feelings would show a contrast which would shame their discontent and ingratitude.

To Patients who have been cured.—When the Saviour healed ten lepers, one only returned to show his gratitude, and it was meaningfully remarked, "there were ten cleansed, but where are the nine?" (quoted from memory.) I fear the same shameful disproportion prevails among those who have been raised from disease and misery by hydropathy. Where ten are cured, not more than one often troubles himself to evince his gratitude, by seeking out other sufferers, and pointing out, with warm sympathy and earnest zeal, the way of escape which he has found. No, too often they might adopt the selfish prayer, (once quoted by Dr. Cheever against exclusive religionists,)

"O Lord, bless me and my wife,
And my son John, and his wife,
Us four—and no more."

And many of these men call themselves *Christians*! followers of Him who "went about doing good!"

Perhaps you ask "what we can do more than, when our opinion is asked, recommend the Water-Cure?" I reply, a great deal more. You can visit the sick or their friends, lend them publications adapted to their cases—tell them of similar sufferers who have been cured—converse with them and remove their prejudices—encourage them to try the experiment for a few weeks at least—comfort them when depressed and discouraged: in short, do as you would be done by, otherwise what do you *deserve*, but to lose the health you have yourself gained, and so selfishly used?

P.

Cold bathing often cures consumption.

We would of course not vouch for the literary character of the following production, on Tobacco. It is taken from a respectable paper, and has no doubt done good.

(From the Christian Advocate and Journal.)

A LEAF OF TOBACCO.

And then, my friends, just think there's naught exceeds
The *filth* that from a *cheever's* mouth proceeds:
Two ounces chewed a day, 'tis said, produce
A full half pint of *vile tobacco* juice;
Which, if continued five and twenty years,
(As from a calculation it appears,)
With this foul stuff would near five hogsheds fill,
Besides *old quids* a larger parcel still;
Nor am I with this calculation done,
He in that time has chewed a half a ton;
A wagon load, of that which would of course
Sicken a dog, or even kill a horse.
Could he foresee but at a single view,
What he was destined in his life to chew,
And then the product of his work survey,
He would grow sick and throw his quid away.
Or could the lass, ere she had pledged to be
His loving wife, her future prospects see;
Could she but see that through his mouth would pass,
In this short life, this *dirty, loathsome* mass,
Would she consent to take his hand for life,
And wedded to his *filth*, become his wife?
And, if she would, say, where's that pretty Miss
That envies her the lips she has to kiss?
Nor is this all, this *dirty practice* leads
To kindred habits, and to *filthy* deeds:
Using this weed, an able statesman thinks,
Creates a thirst for stimulating drinks,
Full many a one (who envies him his lot!)
Smokes, and chews, and drinks, and dies a sot.
If you would know the deeds of him that chews,
Enter the house of God and see the pews;
The ladies' parlor carpet, painted floor,
The chimney-piece, or panels of the door,
Have all, in turn, been objects of abuse,
Bereaved and stained with his tobacco juice,
I've seen the wall beside a certain bed
Of one who chews tobacco, near the head,
Bedaubed and blackened with the *hateful* juice,
While near it lay *old quids* for future use;
I've seen the woman who loved snuff so well,
(How much she took no mortal tongue can tell,)
Pick up *old quids*, and dry them by the fire.
And grind them up, to satiate her desire.
I've seen the bride, upon her wedding gown,
The *dirty pipe* and *filthy weed* lay down,
And then prepare the *hateful* thing to smoke,
Before she had the nuptial silence broke;
And, like a daughter true of mother Eve,
Her new-made husband she did not conceive
Was constituted head, and not a limb.
She smoked herself, and gave the pipe to him;
And he, like Adam, with submission true,
Took from her hand the pipe, and smoked it too.

WATER-CURE IN ILLINOIS.

The new system, as we have before informed our readers, is making rapid strides in the West. In Ohio, it seems to have made greater advances than in any other State, and this without the advantages of any extensive establishments, although there are a number of small ones. In Illinois too, the good work goes bravely on. The following extract of a letter from

that State we venture to give, although it was written in a private letter. It is from a physician, who, we believe, does not practise his profession at all, as a means of livelihood. He says :

"I am happy to state that your Journal is doing much good. I hear almost daily of the changes that are being effected in the manner of living, &c., in whole families, as well as of individuals. I have never known any new system to receive so general favor as this. It addresses itself to the common sense of the people, and must prevail. Men read and say, 'these things are so.'

Antioch is a flourishing little hamlet, 18 miles west of here, and the gentleman who wishes your Manual, in connection with a brother who is a physician of the old school, is talking of establishing a water-institution, on a small scale there. They have performed some good cures with the little knowledge they now have.

Finally, you cannot be aware of the extent of the influence that is being felt throughout all our country, in favor of this great reform. It is much beyond the actual sphere of the reading of works on the subject. It goes by 'word of mouth, from friend to friend.'

Respectfully yours,

H. JOSLYN.

Little Fort, Lake Co., Ill., May 6th, 1847."

The advantages of keeping Regular Hours for Retiring and Rising, exemplified in the practice of Webster.

Mr. Webster, unlike most of men of the present day, goes early to bed, and sleeps during the first part of the night. By 9 o'clock, unless the presence of company or some pressing engagement has induced him to remain longer in the parlor, he is found in a sound sleep. But he rises very early in the morning. I have heard him say there have been periods while in Washington, when he has shaved and dressed himself for six months together by candle-light. The morning is his time for study, for writing, and all kinds of mental labor; from the time when the first streak of dawn is seen in the East, till nine or ten o'clock in the

forenoon, scarcely a moment is lost; and it is then that the mighty results which distinguish his life are produced.

I have often heard those who occasionally call on him as early as ten in the morning, and find him apparently unoccupied, ready to converse with them very much at their service, wonder when Mr. Webster does his work; for they know he does work—and yet they rarely, if ever, see him like other business men engaged. The truth is, that when their day's work begins, his ends; and while they are indulging in their "glorious morning nap," or dozing or yawning, he is up, looking "quite through the deeds of men." This habit, followed from his youth, has enabled him to make those vast acquisitions of knowledge on all subjects which have rendered him superior to most of men, and has at the same time afforded him so much leisure to devote to his friends.—*Com. Adv.*

SOCIALITY.

Let us never think a day's study done, unless we have added to our knowledge from reading, something more from society and conversation. Our nature is social, and much seclusion from the world is unhealthy for mind and heart. A famous scholar recommends a companion even in study, that each may assist the other with his peculiar gifts or attainments, and because of the stimulus which mind receives from mind when brought into contact. We know, by experience, that to talk over a subject with a friend is a sure way not only to acquire ideas from him, but to call them up from our own resources. The impulse follows us back to our desks, and we set ourselves again to our work; as cheerfully as we would to pleasant food after a long walk in an agreeable country. But we should not confine ourselves to literary associates. The conversation of intelligent women, if you can find any not too much afraid of being thought "blue stockings" to talk, is eminently instructive. They have a delicacy of tact, a truth of feeling, and a direct philosophy of their own, past our finding out, which the most profound thinker may listen to and learn. The natural outwork-

ing of a little child's mind is an excellent metaphysical study. So, often, are the rough-hewn ideas of uneducated people. From the most ignorant you may extract something. Their crude reasonings, unsophisticated emotions, and even their prejudices and superstitions, will not seldom supply a link wanting from your own chain, or, if they do no more, should make us thankful for being better taught.—*Rev. Dr. Bethune.*

Reported Illness of Priessnitz.—There is a report going the rounds of the press, that Priessnitz has been attacked with paralysis, or apoplexy, as some of the accounts say. The strong probability is, that the whole matter is a hoax, put forth by opposers of the new system. Still it is possible that Priessnitz has been so attacked. With the most correct physiological habits, the immense amount of care and deep thinking that he has for near thirty years gone through with, is quite sufficient to account for an attack of either one, or both of the diseases mentioned. No man living has done a work like that of Priessnitz, or philosopher swayed the world like him. Whether he has become a victim of either of those serious diseases or not, his reputation will stand unimpaired, and his system more and more rapidly progress. We have written him on the subject of these reports, and our readers may expect in due time an answer.

A GREAT FEAT BY A WOMAN.—A young woman, on the 18th of January, walked from New Haven to Meriden, a distance of twelve miles, after nine o'clock, P.M. A gentleman offered her \$500 for the task. She accordingly started about a quarter past nine in the evening, and arrived at North Haven at two o'clock Monday morning, having travelled five hours, on one of the coldest nights of the season, in an unbroken path of snow.—*N. Y. paper.*

NEW WORKS IN PRESS.

WATER-CURE FOR WOMEN: A work descriptive of the Functions and Conditions of the Female System, Menstruation, Pregnancy, Childbirth, and the modes of Water Treatment to be practised therein; Together with the general management and treatment of Infants and Children. By JOEL SHEW, M.D. Price, fifty cents—mailable.

TOBACCO, TEA, COFFEE, SPICES, AND SALT, and their effects on Human Health. By JOEL SHEW, M.D. Price, twenty-five cents—mailable.

The above works are in preparation, and will be issued in a few weeks. Meanwhile, those who have ordered them already, may, if they choose, order other works instead, or we will send them at the earliest opportunity possible.

Works to be sent by Mail.

THE WATER-CURE MANUAL: Designed for general use. Embracing an account of Vincent Priessnitz and his Discoveries; descriptions of the Hygienic and Remedial Influences of Air, Exercise, Occupation, Clothing, and Diet: Illustrated with many cases of Treatment. By JOEL SHEW, M.D., Practitioner of Water-Cure. Price, retail, in strong paper covers, 50 cents; wholesale and to clubs, 30 cents. Containing a fine and accurate lithographic likeness of Priessnitz.

This work is now ready for sale at 47 Bond street, N. Y. It is printed from the best of type, on good paper, in the 12mo form. The book, at so low a price, is intended strictly for the spread of the cause.

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 HYDROPATHY, OR WATER-CURE:—A Collection of Cases, with Details of Treatment, showing the safest and most effectual known means to be used in Gout, Rheumatism, Hypochondriasis, Fevers, Consumption, &c. Compiled from various authorities. To which is prefixed Butler's Letter on Water-Cure. By Joel Shew, M.D., Practitioner of Water-Cure.

☞ 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 Manual, 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.

DR. SHEW'S WATER-CURE INSTITUTION AT SYOSSET, (OYSTER BAY,) NEAR NEW-YORK,

Is now opened for the reception of Patients. Passage daily from Fulton Market, (steamboat Croton,) at 3 o'clock P. M., or persons may go by the Long Island Railroad as far as Hicksville, at 9½ A. M.; also in the afternoon, each day. For healthfulness and beauty of location, it is believed this place is unrivalled; and the numerous and very copious Springs are of greater purity than those of any other establishment in this or the old country, so far as analyses have been given. The terms of board and treatment shall be made as moderate as is consistent with the necessary expenses of an establishment of this kind. The charge, after the first medical consultation and investigation of the patient's case, will vary from \$5 to \$10 per week. Persons will bring their sheets, blankets, towels, and injection instruments, or these may be hired or purchased on reasonable terms at the establishment. For further particulars, address, post-paid, JOEL SHEW, M. D., either at New-York City, or Syosset, Long Island, New-York.

City patients will be treated at Dr. Shew's residence, 47 Bond street, New-York.

SHOWER AND OTHER BATHS.

WILLIAM WEST, 133 Hudson street, New York, opposite St. John's Park, manufactures a great variety of Portable Shower Baths, Bathing Tubs, Sponge, Seat, Foot, and Hip Baths, &c. &c., all of which are afforded at very reasonable prices.

Mr. W. has invented a shower and *douche* Bath, united by which a half dozen buckets of water may be used at once, and the same repeated as many times as is desired. These Baths are easily taken apart and transported. Shower Baths at 6, 10, 12 and 15 dollars; Shower and *douche* combined, \$20. Address, post paid, as above.

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JOHN BURDELL, DENTIST,

Has removed from the corner of Broadway and Franklin street, (formerly corner Chamber street and Broadway,) to No. 2 Union Place and Square, south-east side of the Park, and corner of Fourteenth street.

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, 18¼ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

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