

THE WATER-CURE JOURNAL,

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

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"Wash and be Healed."  
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[WHOLE No. 36.]

BATHING, AND DESCRIPTIONS OF BATHS.

And Naaman, the leper, came with his horses and with his chariot, and stood at the door of the house of the prophet Elisha.

And Elisha sent a messenger to him, saying, Go wash in the river Jordan, and thy flesh shall come again to thee, and thou shalt be clean.

But Naaman was wroth, and went away, and said, Behold, I thought he would surely come out to me, and stand, and call upon the name of the Lord his God, and strike his hand over the place, and recover the leper. So he went away in a rage.

And his servants came near, and spoke to him, and said, My father, if the prophet had bid thee do some great thing, wouldest thou not have done it? How much rather, then, when he saith unto thee, Wash, and be clean. BOOK OF KINGS.

"Cleanliness is next to Godliness."

Neither Priessnitz, or any of his followers, contend for the remedial use of water, as being entirely new. On the contrary, they advocate the antiquity of the system. Far back, even in Bible history, we find examples of ablutions, washings, purifications; and so in all periods of time. We have not here room for a detailed account of the historical uses of water, but must content ourselves by merely describing the modes of the modern water-cure.

The Abreibung, or Rubbing Wet-Sheet.
—This is one of the mildest and most convenient forms of a bath. A large linen sheet, of coarse material, is wrung out in cold water, and, while dripping, one

or more assistants immediately aid in rubbing over the whole surface. This is continued, briskly, three, five, or more minutes, until the skin becomes reddened, and the surface in a glow. The system is then made dry with towels, or a dry sheet. Frictions with the dry hand are very useful. If the patient is feverish, much friction is not required,—the sheet is repeated often.

In determination of blood to the head, the lower extremities being generally cold, the rubbing-sheet tends to restore an equilibrium of the circulation. The rubbing wet-sheet, in principle, is easily administered to patients in such a state of health as to render it necessary for them to remain in bed. The person lays upon a blanket, that may be afterwards removed; a portion of the system is rubbed, first with wet towels, followed with the dry. This part is then covered, and the other extremities disposed of in the same way. The water should be moderated, according to the strength of the patient. All who are able to walk about, to ensure warmth, should take the water cold.

Dr. R. H. Graham, of London, who advocates strongly the use of water, but objects to Priessnitz as a practitioner, commits an error in saying, "A glass of water must be drank immediately before, during, or after this application, according

to the inclination of the patient." Before no cold bath, whatever, should cold water be drunk. Even if there is fever and thirst, we should avoid drinking it. Most persons may bear such a practice; but even with the most robust, the physiological action of the bath is more beneficial with the drinking omitted until after it: and then, water should not be taken internally, until the system becomes decidedly warm.

Again Dr. G. says, "It may, moreover, be used immediately after dinner, and with much advantage, when the body is covered with perspiration, from exercise. Here, again, is wrong teaching. Physiology says, unequivocally, "When digestion is going on, take no form, whatever, of general bath." If you exercise the muscular system violently, or set the brain hard at work, the blood and vital power needed at the stomach is withdrawn to other parts, and, therefore, it cannot well do its office; and if you commence operating upon the skin, that greatest organ of the system, you, by sympathy, arrest the progress of its work. I admit, certainly, that if the dinner has been such, (and there are some who take of this kind,) as to throw the system into a decided general fever, this should, by some means, be reduced. Digestion does not now go on. Under such circumstances, then, a person may take the rubbing sheet, or if strong, almost any sort of bath. If it be the fever caused by strong drink, he may lay himself in a tepid bath, and sleep, even until his fever is removed, and he awakes refreshed. But such modes are very wrong for the well, or those in chronic diseases.

As to the other part of Dr. G.'s last statement, if a person is very much fatigued and covered with perspiration, he must be careful how he meddles with the cold bath. But, if the fatigue has not gone too far, although there is perspiration, the rubbing wet-sheet is one of the most soothing, and, at the same time, invigorating modes that can possibly be found. Such as have become exhausted, from public speaking, strong mental efforts, watchings, and the like, are greatly benefitted by the rubbing wet-sheet. If,

at any time, the surface is cool, dry frictions or exercise are to be practised, to induce warmth, before it is used. If a person, from debility, fails of becoming warm, he is well wrapped in dry blankets, a half hour or more, and, when sufficiently comfortable, the rubbing sheet is again given, to promote the strength. Frictions with the dry, warm hands of assistants, are always good, in these cases, to help to insure warmth. If a person finds himself remaining cold in the lein-tuch, he should omit that, until the use of the abreibung, exercise, &c., enables him to get warm. The tonic effect of the rubbing sheet is more serviceable in night perspirations and debilitating sweats.

The very soothing effects of the rubbing sheet should not be lost sight of. In cares, watchings, and in grief, this remedy of Priessnitz's is unparalleled in its effects. In delirium tremens, and in inebriation, it is most valuable in its results. Priessnitz, in his practice, depends upon it very much.

Towel Bath.—By means of wet towels, we may take, almost anywhere, a good bath. With a single quart of water, we can do this, even in a room carpeted ever so nice, without spilling a single drop. The towel bath may seem a small matter; but we find none, but the most lazy, who, once accustomed, are willing to relinquish its use. Small matters, oft repeated, and long continued, accomplish much. A little medicine is taken, day by day, and, at length, health fails, and death is the result. Tea, coffee, tobacco, wine, &c., are used in very small quantities, and the teeth become dark and decay; the head aches, the hand trembles, and the spirits fail. So good influences, however small, in the end, accomplish great results.

How can it be, asks an objector, that trifling applications, made externally, become, to the internal organs, so serviceable as some assert; this query may be well answered in the sarcastic words of a good old English writer on water, Dr. Baynard: "A demi-brained doctor, of more note than sense, asked, in the amazed agony of his half-understanding, how 'twas possible that an internal application should affect the bowels, and cure the pain within. Why, doctor, quoth an

old woman, standing by, by the same reason, that being wet-shod, or catching cold from without, should give you the gripes and pain within."

Sponge Bath.—Some like to stand in a tub, and use a large sponge, out of which the water is pressed, and made to pass upon the head, neck, and shoulders, and other parts. We may pour water from a cup, basin, or pitcher, if we choose. There appears to be no particular advantage in the sponges;—the water is what we need.

The Shower Bath.—This is often wrongly used. As physicians are becoming generally more impressed with the importance of water, they not unfrequently say to a patient, "Take the shower bath." The patient, a lady, perhaps, is very weak. Medicine enough to make her so; quite likely, has been given, and a good bill run up. Last of all, the order comes, "Take the shower bath;" about as philosophic a prescription as to say to a person in severe constipation, and not at all acquainted with the doses of medicine, "Take Croton oil." Of this most powerful of all purgatives, every one would, of course, take too much. Within three years, since baths are getting to be the fashion, I have known a number of persons materially injured, in consequence of this loose kind of advice. A great many patients are too weak to take the cold shower bath. Milder means must be used.

The shower bath should never be taken upon the head. Some can bear it; but, in all cases, it is better to wash the part. The head should never be beaten by water, or any thing else. Most men have an idea, that taking it upon the head is necessary to prevent rushing of blood to the part. Cooling the head is, of course, good for this, and, if the bath has but little force, the head is in many instances benefitted. But it may be beneficially acted upon indirectly, as by the foot bath, which is so good to relieve head-ache. The hip bath is easily managed, so as to cause the same effect. So, also, the shower bath, upon any or all parts of the body but the head, may be made to cause the same result. Now the blood at the feet is cooled, and now it has arrived at the head.

The blood is rapidly coursing through the system; and thus, by cooling it, we very soon affect the most distant part.

If the person has strength enough, and does not take the shower bath upon the head, he will find no difficulty in its use. It is a very valuable and convenient mode; and many persons have, by this simple means, been most wonderfully restored. And yet, some water-practitioners are so prejudiced, that if a patient commences telling them the benefit he has derived from its use, they at once fall into a rage. It is easy, in these cases, to see where the shoe pinches; they have committed themselves before-hand, and been talking of what they know but little about. If I have myself taken some hundreds of these shower baths, and prescribed it to hundreds of others. (as I have,) I ought to know more concerning its effects than those who have seldom or never attempted its use. I do not say that a shower bath is the best that can be; but I contend, that, properly managed, it is the most excellent mode. The pouring of water, or the small stream, of the same quantity and force of the shower, I hold is, in most cases, the best. I go, as I always have done, for *avoiding* the shock; although this is generally advocated as being the principal good of the bath. The pouring and the small stream, much less than the shower, produce a shock.

Drunkness.—In the fever of drunkenness, (for that state of the system is one of artificial fever,) the best thing that can be done is to cool the body; and in this way the effects of water are often singular enough. Thus, if a person is so drunken as not to be able to speak a sentence through, a good showering or pouring of cold water over the body restores the senses at once. Those that are "dead drunk," are more quickly restored in this than any other possible way. Pouring cold water some time upon the head, works wonders in cases of this kind. Large cold injections are also highly serviceable here.

Obstinacy.—Cold water is one of the best means in cases of obstinacy. The dashing of cold water upon obstinate persons, is immeasurably more humane and

effectual than the old barbarous modes. Prisoners have been much injured by a stream of cold water directed upon the head; and thus this kind of punishment seems to have gone into disrepute. It was a dangerous practice, and never should have been commenced. The head should never be beaten by a stream of water, or anything else.

General directions concerning Baths.—

Persons who are under the necessity of commencing the use of water, without the advice of a physician, (and most persons in chronic disease with the most perfect safety, may,) should begin very cautiously. It is so easy, at any time, to increase, that there is no need of hurry in the matter. "Haste makes waste." Begin by merely washing the surface once, daily. If you are very weak and sensitive, use the water at 70° F., or even 80°, and if it is at 90°, it is yet cooling,—cold water, in effect, and very mild in degree. It is easy, then, to lower the temperature, day by day, as you find you can bear. Rub the skin thoroughly, to excite activity in this part. The warmer it becomes, and the better the circulation, the more grateful is water, and the better the effect accomplished. Very soon you can commence taking the shower, small stream, or douche upon a part. Take it, first, upon a single limb, or two, next upon all the limbs, then upon a part of the body, and, finally, upon the whole, except the head. In this way, any one, who is able to walk about, may gradually and safely accustom himself to the shower, or small douche bath. Most persons are apt to wish to proceed too rapidly, and, in so doing, fail of bringing about the best results. If disease has been a long time accumulating, as is almost always true, time must be given for Nature to do her work. You may aid her in her efforts, but to force her is impossible. Many invalids, of course, have strength to proceed much more rapidly than I have indicated for those who are very weak. But, I repeat, those who practise upon themselves should proceed cautiously, and, as it were, feel their way.

If one bath per day is found useful, soon a second may be ventured upon, and finally, a third, or even a fourth. Weak

persons go fishing voyages, and, in many cases, soon become able to remain much in the water, the whole day, and half of the night. If a crisis appears, you may know Nature is doing her work. The treatment must be, then, moderated, as we shall see elsewhere.

Bath by Affusion.—A person may stand in a wash-tub or any convenient place, and by means of a pitcher, cup, or hand-basin, pour water upon the neck and shoulders, and thus take a very excellent bath. This simple way will indeed be found, as a general thing, better than the portable shower baths. These are very apt to get out of order, although some of them are very good.

Fifty years ago, Dr. Currie, of England, performed wonders by the affusion of cold and tepid water, graduated in temperature according to the strength of the constitution. In all the varieties of fever he adopted the mode; so in small pox, fever, scarlatina,—as well as in convulsive diseases and in insanity. It is now acknowledged by the highest authority in that country, that Dr. Currie's mode was attended with greater success than any other previously known.

Plunge Bath.—In sea, river, and lake, as well as by artificial means, bathing and general ablutions have been practised from time immemorial; as a matter of luxury, religious observance, purification, prevention and cure of disease, bathing has been resorted to in every period of the world. So efficacious has this simple means proved in the healing of the sick, that not a little superstition has been mingled with it. Springs and wells have often been supposed to possess some mysterious power, and have, therefore, been named after some patron saint. The world has loved mystery and marvellousness, and has ever been wandering from simplicity and truth.

Many wonderful things are recorded of the general effects of the cold bath. Insane persons who have accidentally or designedly plunged into cold water, have been almost as suddenly brought to their reason. There is a well authenticated story, like this: An insane man, living upon the Connecticut river,

was observed by his friends to be making his way, with a rope in his hand, towards the river. Knowing his suicidal propensities, his friends followed him. He succeeded in climbing a tree, the branches overhanging the river. Before he could be reached, he succeeded in placing the rope about his neck, but in his haste forgot to attach it to the limb; so, in jumping off, instead of being hung, as he intended, he fell into the cold river. He was taken out by his friends, and at once recovered his senses.

I know a physician who was delirious in a high fever, and being of strong frame, he ran away from his attendants, plunged himself into a spring stream, and there remained until the system was cooled, when he came to his right mind, and was soon cured.

My worthy friend, Mr. Flagg, ex mayor of New Haven, informed me, that at one time, while in the south, a very fatal fever (the yellow fever, I think,) was raging, and carried off numbers in a very short time. A friend of his, of strong frame, was attacked and in a few hours died. The fever came upon himself, but in its beginning he hastened to the seashore, waited in the water some hours, and thus broke up the attack.

I was informed of a gentleman of Boston, who, some years since, had the rheumatism very severely, and one cold winter's day accidentally fell through ice into the water. His friends took him out, thinking, of course, that death would be the certain result, but were surprised to find him very soon recovered of the disease. Such occurrences have every now and then happened, but, valuable as is bathing, we cannot reckon upon them as being the ordinary result. Drunken persons, as is well known, are very soon sobered by a good cooling of cold water.

Howard, the philanthropist, as we elsewhere see, observed most remarkable effects to take place from cold baths. In prisons, one great object of his was to recommend their frequent use. The very talented Rev. John Wesley also had the sagacity to observe the remarkable effects of cold water baths.

In districts where autumnal fevers pre-

vail, boys who have been in the habit of resorting to the swimming exercise daily, have been known by numbers to pass through the season without having the slightest attack of fever, while those who did not practise the water exercise, almost every one experienced the disease.

Fighting dogs are very soon quelled by dashing cold water upon them. The experiment would not be a bad one made upon fighting men. Beyond a doubt, if cold water was more freely used, there would be less need of bullets and stripes.

It is well known that the numerous body of Christians called Baptists, are in the habit of performing the ceremony of baptism in the most inclement seasons of the year. As an argument in favor of their peculiar mode of administering this rite, it has often been said that none are ever injured by it, however cold the water may be when it is performed. Those who fear so much the effects of cold water under ordinary circumstances, naturally enough attribute this immunity from harm to a superhuman power. Whether this be so or not, every one must be his own judge. The fact certainly exists, that persons seldom, if ever, under these circumstances, receive any harm.

Not only is no injury done to the health, in these cases, but sometimes great good. As I am now writing, my worthy co-worker, Mr. La Morte Barney, hands me an anecdote, penned down as given by the individual who related it to him, as follows: "Not long since a clergyman called at our office, and appearing to be much interested in the new system, I, through curiosity, asked him what first induced him to turn his mind to the subject. He said he had been for years afflicted with the rheumatism, which grew upon him as he became more advanced in life. One piercing cold Sunday, about a year ago, in time of a revival, he was persuaded, against his inclination, to preach. A large congregation assembled, the room was very warm, he became much excited, and at the end of his discourse, was in a profuse perspiration. He was now prevailed upon to undertake the baptizing of a number of persons. Putting his trust in Providence, he was soon at the water's

edge. Not feeling able to perform the service of prayer, he requested a brother to lead in that exercise. The latter, instead of making the prayer as short as was desirable, continued it to an unusual length. At the conclusion, the former had become so chilled, as to be scarcely able to advance into the water. With difficulty he succeeded in baptizing the proposed number, but, at the end, found himself unable to come out from the cold element without assistance. He was conveyed to the nearest house, stripped, made dry, and wrapped in warm blankets, and although chilled as he was, he became, before a long time, comfortable. The result was, that instead of being killed, as was supposed would be the case, he was at once relieved, and his rheumatism left him. Occasionally, since, he has had slight returns of the disease, which have been as often driven off by the application of cold water. Thus singularly was this individual brought to experience in his own person the wonderful effects of cold water."

Mr. Barney also gives me at second-hand, a narrative, showing the power of water, to wit :

"A gentleman of this city (a patient of Dr. Shew's) tells me the following story. In the early part of last March, he went in company with a physician, on a fishing excursion. The latter had an affection of the throat, which part he was very careful to exclude from the cold, fearing if the cold air came in contact with that part, it might end in serious consequences. However, they had not been engaged long at their sport, ere a flaw struck them, and upset the boat, leaving them in the water. They remained in this predicament nearly half an hour : a boat then came to their rescue. They reached the shore, and there being no conveyance at hand, were obliged to run, as it were, for their lives. They reached the house, and with some difficulty relieved themselves of their frozen clothing. After some time they became warm. They passed the night, and their sleep was not troubled with frightful dreams. In the morning, the doctor was at a loss to know what had become of his

bronchitis. In accidents like the above there seems never to be any harm done, except the individual becomes greatly exhausted, or the body frozen."

Priessnitz's Plunging Baths.—In each of his different buildings, and those of his immediate neighbors, (some twenty houses in all,) there are oblong plunging baths, made rudely of strong coopers' work. These are supplied by the pure spring water that issues so copiously in every direction among the hills. The water passes continually in at one side of the bath, and out at the other. That it may be pure, it is made to pass under ground, through earth and gravel, after it leaves one building, to go to another. A perpetually cleansing bath of water so pure and soft as that at Grafenberg, is a blessing which may well be craved. These baths of Priessnitz's are all placed in the basements or cellar kitchens of the houses, and as persons pass from the wet sheet, or the sweating blanket, which is now rarely used there, they have often to go a considerable distance to the bath. Rude as things necessarily are in these mountain parts, one would be looked upon strangely, should he undertake to convince the people here of the feasibility of conveying water into the upper stories of the houses. Besides, it is Priessnitz's professed object, and a true way, to make the cure a hardy one. The more hardy and work-like the course, the better the results.

These plunging baths are much used in the cure. Those who are not sufficiently strong, practise at first the rubbing wet sheet, half baths, hip baths, drinking, exercise, &c., until they have sufficient strength. From the sheet or the perspiration, the person goes quickly to the bath, wets his face and temples, and then plunges directly in. He remains longer or shorter, as the case may require. It is not best to continue so long as to get a second chill. Keep in motion, and practise as much friction as possible while in the water. These baths are exceedingly exhilarating and invigorating for those who are in a condition to bear them, and most persons are.

(To be continued.)

HEALTH OF FEMALES.

In a work entitled *Letters to Mothers*, by that elegant and forcible writer, Mrs. L. H. Sigourney, published by the Harpers, of this city, we find among other interesting matter an excellent chapter on health. Most earnestly Mrs. S. pleads as follows :

"Mothers, is there any thing we can do to acquire for our daughters a good constitution ? Is there truth in the sentiment sometimes repeated, that our sex is becoming more and more effeminate ? Are we as capable of enduring hardships as our grandmothers were ? Are we as well versed in the details of house-keeping ? as able to bear them without fatigue as our mothers ? Have our daughters as much stamina of constitution, as much aptitude for domestic duty, as we ourselves possess ? These questions are not interesting to us simply as individuals. They affect the welfare of the community ; for the ability or inability of woman to discharge what the Almighty has committed to her, touches the equilibrium of society and the hidden springs of existence.

"Tenderly interested as we are for the health of our offspring, let us devote peculiar attention to that of our daughters. Their delicate frames require more care in order to become vigorous, and are in more danger through the prevalence of fashion. Frequent and thorough ablutions, a simple and nutritious diet, we undoubtedly secure for all our children.

"But I plead for the little girl, that she may have air and exercise as well as her brother, and that she may not be too much blamed, if, in her earnest play, she happens to tear or soil her apparel. I plead that she be not punished as a romp, if she really enjoy those active sports which city gentility proscribes. I plead that the ambition to make her accomplished, does not chain her to her piano till the spinal column, which should consolidate the frame, starts aside like a broken reed, nor bow her over her book till the vital lung, which ought to pervade the whole system, mounts into the brain and kindles the death fever."

Concerning the importance of mothers studying the anatomy and physiology of the human system, Mrs. S. remarks :

"Mothers, if you would do your duty, get a treatise on anatomy, and become familiar with its rudiments. At least acquaint yourself with the physiology of the skin, the lungs, circulation of blood, and the digestive organs. I cannot flatter myself that I am imparting any thing new when I mention that the former is composed of three lamina or layers, and that the inner one is a tissue of nerves and blood vessels, so minute that the finest needle cannot be introduced without puncturing some of them. Through these ever open and invisible pores, the waste matter of our continually changing bodies escapes, equalling in weight more than twenty ounces every twenty-four hours. This evacuation, if checked, so overtaxes other excretory organs as to produce disease, and if retained on the surface and returned through the absorbents, acts as a poison in the system. Daily an entire ablution, with correspondent friction, is necessary to preserve in a healthful state an organ of such importance to the animal economy. The sympathy between the skin and lungs is so established and intimate, that a neglectful state of the former has much to do with the production and progress of pulmonary disease, that frequent and favorite messenger of death. Food, after being received into the stomach, sends forth its nutritious portions in the form of chyle, to be mixed with the blood. This junction is formed at the right side of the heart, but the mixture of new and old fluid is not fitted to sustain life until propelled through the left side of the heart. It is submitted by the agency of the lungs to the air. Then taking its true color, it is transmitted through the arteries to the most remote extremity, and called back again from its life-giving visits to pass review in its citadel. Thus the whole volume of blood which in an adult is from three to four gallons, passes once every three minutes through the heart, on its way to and from the lungs. And those unresting laborers, the heart and lungs, from the first moment

of existence, till we turn to dust, continue their labors, independent of their volition, wondrous symbols of that Almighty, which, whether we wake or sleep, is 'new every morning, fresh every moment.'

"Outlines of the mysterious mechanism of our clay temple, we ought certainly to study, that we may not, through ignorance, interfere with those laws on which its organization depends. Rendered precious by being the shrine of an undying spirit, our ministrations for its welfare assume an almost fearful importance. Appointed as the mother is to guard the harmony of its architecture, to study the arts on which its symmetry depends, she is forced to perceive how much the mind is affected by the circumstances of its lodgment, and is incited to cherish the mortal for the sake of the immortal.

"Does she attach value to the gems of intellect? Let her see that the casket which contains them be not lightly endangered or carelessly broken. Does she pray for the welfare of the soul? Let her seek the good of its companion, who walks with it to the gate of the grave, and rushes again to its embrace on the morning of the resurrection!"

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DR. NORTH'S OPINION OF HYDRO-PATHY.

Dr. North, of Saratoga, in an article on the medicinal character of Saratoga Springs, published in the May number of the New-York Journal of Medicine, makes the following remarks:

Hydropathy is just now making itself famous among us. I most unfeignedly bid the process welcome among the specialties of the age, even at the risk of being "read out" of the good family whose respect I most ardently desire. Operose and forbidding in the extreme, as is the everlasting round of wet sheets, wet bandages, douches, hip baths, immersions, &c., &c., the acquisition of health to a poor groaning individual, is with the

whole six months' course and the liberal compensation besides. These daring innovations on the too tender and delicate habits of our females, who have been withdrawn from the sun and rain and winds, confined in rooms of 70° or 80° temperature, enveloped in flannels, furs, and rubbers, shuddering through fear of a cold of a week's duration, deserve and shall have my word of praise. They are doing great good. I have long desired to see my fellow-beings emancipated from the false fears and notions of common colds. I calculate that every disciple who has braved the splashings of the water-cure will never again be in bondage to the common notions of bundling up. Excusing their stomachs, too, from hot slops, hot soups, hot food, &c., will do them no evil.

I rejoice that my brethren have opened their eyes. They have sent me several invalids this season, who have under their directions gone into a tolerably full employment of the cold water remedies. We ought not to forget that, except the cold diet, the remedy is our own. "It is our thunder." Those members of the convention who have decided to be *eclectic*, and to cull what is valuable from *all* the specialties, will allow me to state that Dr. Edward Johnson, a regular physician of London, has published the "Results of Hydropathy," describing at length nineteen cases of his treatment, in which he has firmly adopted the valuable part of the process, rejecting the humbuggery that was originally connected with it, and, at the same time, combining calomel, quinine and the lancet, &c. Our faculty should take the matter into their own hands, for, with a little energy, it can be practised in their daily ride, and they should continue to employ select parts of the treatment long after the public shall have grown weary of the formidable undertaking of residing six months in one of these self-denying and pains-taking establishments.

We have thus quoted from Dr. North's article the whole of his remarks on the water-cure. We regard him as a very worthy and able practitioner of the old modes, and as being on the whole consi-

derably in advance of his brethren generally. Two or three things, however, we must briefly notice.

That "*the remedy is our own*,"—this is a common remark among the faculty. But who is there that claims for water more of *antiquity* than the advocate of the new system. From the earliest ages water has been known as capable of being rendered one of the mildest, and, at the same time, one of the most powerful of curative and hygienic agents. But we ask, how was the remedy used? Why was it, that so deep a delusion prevailed so universally, and for so long a time, in regard to the use of cold water in fevers? Why was it that mere *theory* so swayed the medical world from the true principles of scientific research and the dictates of common sense? The plain matter of fact is, *the remedy was not generally understood*, and all that had been done by the profession prior to the time of Priessnitz was but as the first drops before a most plentiful rain; as the first gleanings of daylight compared with the brightness of the noon-day sun, "*our thunder*" was comparatively neither used nor understood.

"*The humbuggery that was originally connected with the system.*" The long hard word, the second of the foregoing sentence, is very convenient for many to use. But if Priessnitz has connected "*humbuggery*" with his system, it is such "*humbuggery*" as cures people; such as has well stood the test of a fourth of a century; such as has enabled him to practise the Godlike art of healing with unparalleled success; such as has attracted for an humble mountain genius more of the world's attention than any other man of the times.

"*Long after the public shall have grown weary of the formidable undertaking of residing six months in one of these self-*

denying and pains-taking establishments." Let the intelligence of the present and future generations decide as to whether water establishments shall be grown weary of; whether they will diminish or multiply, until they are to be found in every nook and corner of our land; and whether health can ever be obtained or long preserved without "*the taking up of the cross*!"

What we have said thus hastily, is from no personal ill feelings on our part. On the contrary, we entertain a high regard for the character, talents, and manly independence of our mutual acquaintance, Dr. North.

APPLICATION OF ICE IN THE TREATMENT OF INJURIES AND BURNS.

In the London and Edinburgh Monthly Journal of Medical Science, it is said, "The application of ice to a great proportion of severe wounds, is the established practice of several of the most respectable French surgeons."

"In the Hospital St. Louis, burns are treated in this way, and its extensive application to burns appears to us to be that in which its employment is most strongly opposed to our treatment of the same injuries."

"However extensive the surface or the depth of a burn, it is immediately covered with bladders half full of powdered ice, which are fixed by different contrivances, according to the injured part, and this treatment is continued till the separation of the eschars (scabs) takes place. If the burn is very extensive, the patient is placed in a sheet, and, held by two men, is plunged into the cold bath."—*Annales de Therapeutique*, May, 1846.

The writer in the London and Edinburgh Journal remarks: "It is said that the patient experiences immense relief from

all the more unfavorable symptoms, now gradually subsided, and in a few hours, while still wrapt in the ice, she broke into a free perspiration. The ice was now, with as little motion as possible, taken away; and from this time the patient gradually improved, though a modified treatment was necessary to prevent and control subsequent exacerbations of the inflammation. During the treatment, an abscess, which had long been forming, burst, and was discharged per vaginam.

This lady is yet unhealthy, and probably will never again enjoy perfect health; and the case is only given to show the power of cold water—of ice over one of the worst cases of puerperal fever we ever witnessed. Had her health, prior to confinement, been only reasonably good, and the fever unconnected with prior organic derangements, much milder treatment and shorter time would have been required.

The time was, when we would have thought any one insane to recommend the constant use of such extreme cold over the whole body in any case; but more certainly would have been confirmed in his insanity, to prescribe these applications for one whose health had for years been but a shadow, and now sick of child-bed fever. Other cases, less violent, and in comparatively sound constitutions, we have known die under the best medical attention. If, then, the water-cure is not only safe in such cases, but curative, surely we need not fear its use; but there are thousands who do, and deem one *mad* to even name water, and water *only*, for child-bed fever. At one time, before the subsidence of the inflammation, a portion of morphine was given, which, for the time, rendered her less sensible of her pain. No other medicines were used, and this was of doubtful good."

(For the Water-Cure Journal.)

Dr. Shaw: Esteemed Friend—For the encouragement of those who are weak in the faith, permit me to relate a few cases of disease and treatment that have come under my own observation. The past winter has been characterised with the prevalence of an irritation of the

lungs, producing a harrassing cough that has not readily yielded to ordinary treatment from any school of practitioners. Many converts to Hydropathy, whose faith rested upon their knowledge of its success in certain cases, (not comprehending the philosophy of water-cure,) finding *this* not to yield to an amount of treatment hitherto sufficient to remove a cold, a sore throat, or an ordinary cough, have concluded that *water* was not able to eradicate *this peculiar kind*, and applied, though reluctantly, other remedies. I have myself consented to such experiments, not of my own choice, but for the satisfaction of others, in testing the question for themselves. On my own person, and other members of my family, has this disease held its grasp an unusual length of time, in spite of ordinary treatment. But by close observation, many experiments, and the best philosophic reasoning I am capable of, I am fully convinced that more *active* treatment by *water only*, would have allayed the irritation in the usual time.

Those also who reluctantly resorted to other remedies, found them less congenial than the preceding treatment by water; but this being resumed with increased activity and perseverance, soon gave relief. The course of treatment for these complaints having been given in the Journal, I need not particularize.

I may however say, once for all, that the effect is uniform, and the result *many* times approaching the marvellous. That the best general treatment for influenza or croup, is to keep the whole system warm, (especially the hands and feet,) nearly or quite in a gentle perspiration, at the same time extracting the heat from the part most affected, whether lungs or throat, by cold wet cloths covered and changed according to the amount of heat present, covering less, and changing *oftener* when it is intense.

When the temperature of these is raised above the natural heat in those parts of a well person, (under similar circumstances as to the state of the atmosphere in immediate contact with it,) they should be removed, the part well rubbed with a cold wet sponge or cloth, followed by a dry one, and a fresh wet one applied cov-

ered as before, and the patient exercised or covered up in bed until warm. A thorough washing of the whole body should be applied twice a day; and oftener, if a sensation of heat be present. Care should be taken to rub well, and see that a proper degree of warmth is soon restored, by *exercise* if able, by *other* means if not able: so that no cold be taken. Drink often of cool water, but not to produce a chill.

Besides many cases of the kind named, I have, in the course of the season, witnessed and treated the following in particular,—neuralgic and rheumatic pains, and stiffness of the joints, with inability of action in the *limbs*,—*dyspepsia*, *cholera*, *cholera morbus*, *fevers* of different kinds and degrees of intensity, pleurisy, dysentery, *tic doloureux*, with great swelling of the face, scalds, burns, wounds, sprains, and bruises. Female weaknesses and much sufferings of various kinds, sick and periodical *head-ache*, sour stomach, nausea, constipation, and inflammatory sore throat or quinsy, erysipelas, &c. In none of these instances has the result failed to meet our most sanguine hopes. No medicine in any case has been given. Two cases I will describe.

Case 1st.—A young woman was taken with pleurisy, high inflammation of the lungs and a harassing cough, pain in the head, nausea, torpor of the bowels, a heavily coated tongue, rapid and wiry pulse, and a high general fever. Pain in the side yielded in about eight hours treatment, soreness remained twenty-four hours after. Raised bloody, corrupted, and frothy matter from her lungs. Sometimes a chill would intervene, so that active treatment, with warming application, drinking warm water and abundant friction, were called for and applied. Then again the general fever, and especially the inflammation of the chest, would rage so that the coldest wet sheet in winter (not frozen) was applied, with slight covering, changed in ten minutes for another as cold, packed up and left one hour, during which wet towels, cold, were kept on the throat and chest, changed every five or ten minutes. All this followed by a thorough ablation and friction, and after a little rest, copious and often repeated injections,

and drinking freely until a movement of the bowels was effected. Injections were tempered according to the feeling and choice of the patient.

At first the attack was regarded as only an influenza, like many others of the same family, and was not met with the amount of active treatment the case required, to quell it most speedily; and the consequence was, that nearly a week elapsed before the fever ceased to return. Great debility and a little flagging of the pulse now were present. I was told I must stimulate. I replied, "I will *try* the stimulus of *cold water first*, add a little chicken tea, &c., and if we are like to *fail*, we will go for *ether*; give cayenne *next*, and even *brandy*, rather than let her *sink*.* As this is the first case of such severity that I have entirely controlled, I will not incur too much responsibility by carrying out a radical theory in so critical a case, *unless* it is like to answer the purpose. Patient slept continually. Was with difficulty aroused enough to drink a little water every twenty minutes, from nine to two o'clock at night; all this time there was an entire loathing of every kind of nourishment, even chicken tea or gruel, and had been for near a week. In the mean time, being closely watched, her *respiration* and circulation were both found to improve, and by 2 A. M. was more easily roused and became more wakeful, took a little nourishment, and in half an hour was able to get out on the floor, stand up alone, and wrap a blanket about herself, which she did to my surprise, while I was out of the room, there being no female attendant present. She would have waited on herself and returned to bed without help, had I not discovered the movement, which so astonished me that I hastily *approached her*, fearing a delirium had seized her. But all was quiet and regular, and after taking a little more nourishment, she fell again into a sweet sleep, and in the morning was comfortable, and willingly took some light food. Treatment was suspended except *rubbing*, wet and dry, and an occasional injection.

* But these means would do no good, only harm. (ED. JOUR.)

Next day, the tongue retaining its coat, and stomach not getting right as we desired, an emetic was given by causing her to drink six quarts of tepid and lukewarm water in two hours; at intervals vomited freely. Repeated toward night, and attempted it once more after a day or two with the best success as to relief, though without vomiting. Much less water was this time taken. Daily ablutions and a few more injections completed the cure in a few days. Numbers have died with this disorder—a kind of putrid fever called, by some “a new complaint,” “pleurisy,” &c. Those treated allopathically, who lived, suffered greatly from one to three weeks, and then were slow in getting up.

Case 2d.—Symptoms, high inflammation of the throat, difficulty of breathing, incapacity of speech above a whisper, and inability to swallow the least quantity of pure liquid without great effort, a rapid pulse and general fever. Such was the condition of the wife of S. K. Smith, of this place, when I was called in haste to see her *immediately*, which I did as soon as the distance of half a dozen miles would permit. The family having confidence in water had *tried* it, as they said, thoroughly. They had also subsequently applied mustard-seed poultices, until the throat was nearly blistered, and now, at the request of a neighbor, had upon it a plaster of some kind of salve. A moment's inspection satisfied me that a wet sheet packing, and a frequent change of cold wet cloths, were called for. The plaster was removed and these applied. The cloths on the throat were changed every five minutes, while in the sheet one and a half hour. Then a rubbing wet sheet, *cold*. My greatest trouble *now was*, that no water could be swallowed—inaction of the bowels and constipation prevailed; but a repetition of some forty injections in about four hours overcame the obstruction, and gave relief to all parts except the throat. Wet sheet repeated at 4 P. M. and at 2 A. M. Cloths upon the throat frequently changed the whole time. About 9, the same evening, a tepid half bath, with three attendants pouring water over the whole body, and rubbing briskly for the space of five minutes; then dressed for bed. Much care was

needful to keep the feet warm. Before daylight she could swallow water, and soon water-*gruel*, and with moderate treatment, thereafter rapidly improved, and was well in a few days. I saw her first at 10 o'clock A. M. and left her comfortable at 4 the next morning. Thine for progression,
SAMUEL KEESE.

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ECONOMY.—We are informed that the refuse tobacco of the manufactories is about to be employed in making paper cigars. A strong decoction of the tobacco is made in which paper is saturated.—The paper is then dried and rolled into cigars either alone or mixed with tobacco. The cigars are said to be very mild and agreeable, and well adapted for “ladies!” There is economy in the plan, it must be conceded, but we think it would be still more economical to preserve the infusion which is wasted by chewers and smokers and apply it in like manner.—Carpets and floors might at least be saved by adopting our suggestion. If any cigar maker wishes to amass a fortune, let him try it. A large, water-tight cart, such as scavengers use in collecting the slops from the kitchen, could soon be filled by passing from door to door, gathering the contents of spittoons from private and public houses. A concentrated infusion of the *best* tobacco would be thus preserved containing enough of the *virtue* of the plant to make the most delicious paper cigars. Why not? The best snuff for ladies' use is said to be made of the stumps of cigars picked up from the floors and spittoons of public houses?—*Pledge and Standard*.

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