

THE WATER-CURE JOURNAL,

DEVOTED TO THE

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

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

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FRANKLIN ON THE ART OF PROCURING PLEASANT DREAMS.

In no respect was the good sense of the great Franklin exhibited more palpably than in his observations concerning health. His experiments and observations on bathing, air, ventilation, exercise, occupation, food, and drinks, every one has read. The following article, taken from his Essays, richly deserves a place in our columns, and as such we give it. It was "Inscribed to Miss *****, being written at her request."

"As a great part of our life is spent in sleep, during which we have sometimes pleasing and sometimes painful dreams, it becomes of some consequence to obtain the one kind and avoid the other; for whether real or imaginary, pain is pain, and pleasure is pleasure. If we can sleep without dreaming, it is well that painful dreams are avoided. If, while we sleep, we can have any pleasing dreams, it is as the French say, *tant gagné*, so much added to the pleasure of life.

To this end it is, in the first place, necessary to be careful in preserving health, by due exercise and great temperance; for in sickness, the imagina-

tion is disturbed; and disagreeable, sometimes terrible, ideas are apt to present themselves. Exercise should precede meals, not immediately follow them: the first promotes, the latter, unless moderate, obstructs digestion. If after exercise we feed sparingly, the digestion will be easy and good, the body lightsome, the temper cheerful, and all the functions performed agreeably. Sleep, when it follows, will be natural and undisturbed. While indolence, with full feeding, occasions night-mares and horrors inexpressible: we fall from precipices, are assailed by wild beasts, murderers, and demons, and experience every variety of distress. Observe, however, that the quantities of food and exercise are relative things: those who move much may, and indeed ought, to eat more; those who use little exercise, should eat little. In general, mankind, since the improvement of cookery, eat about twice as much as nature requires. Suppers are not bad, if we have not dined; but restless nights naturally follow hearty suppers after full dinners. Indeed, as there is a difference in constitutions, some will rest after these meals; it costs them only a frightful dream and an apoplexy, after which they sleep till doomsday. Nothing is more common in the newspapers, than instances of people, who, after eating a

hearty supper, are found dead in bed in the morning.

Another means of preserving health to be attended to, is the having a constant supply of fresh air in your bed-chamber. It has been a great mistake, the sleeping in rooms exactly closed, and in beds surrounded by curtains. No outward air, that may come into you, is so unwholesome as the unchanged air, often breathed, of a close chamber. As boiling water does not grow hotter by longer boiling, if the particles that receive greater heat can escape; so living bodies do not putrify, if the particles, as fast as they become putrid, can be thrown off. Nature expels them by the pores of the skin and lungs, and in a free open air, they are carried off; but, in a close room, we receive them again and again, though they become more and more corrupt. A number of persons crowded into a small room, thus spoil the air in a few minutes, and even render it mortal, as in the "Black Hole" at Calcutta. A single person is said to spoil only a gallon of air per minute, and therefore requires a longer time to spoil a chamber-full; but it is done, however, in proportion, and many putrid disorders hence have their origin. It is recorded of Methusalem, who, being the longest liver, may be supposed to have best preserved his health, that he slept always in the open air; for, when he had lived five hundred years, an angel said to him, "Arise, Methusalem, and build thee an house, for thou shalt live yet five hundred years longer." But Methusalem answered and said, "If I am to live but five hundred years longer, it is not worth while to build me an house—I will sleep in the air as I have been used to do." Physicians, after having for ages contended that the sick should not be indulged with fresh air, have at length discovered that it may do them good. It is therefore to be hoped, that they may in time discover likewise, that it is not hurtful to those who are in health; and that we may then be cured of the *aërophobia*, that at present distresses weak minds, and makes them choose to be stifled and poisoned, rather than leave open the windows of a bed-chamber, or put down the glass of a coach.

Confined air, when saturated with perspirable matter,* will not receive more; and that matter must remain in our bodies, and occasion diseases: but it gives some previous notice of its being about to be hurtful, by producing certain uneasiness, slight indeed at first, such as, with regard to the lungs, is a trifling sensation, and to the pores of the skin a kind of restlessness which it is difficult to describe, and few that feel it know the cause of it. But we may recollect, that sometimes, on waking in the night, we have, if warmly covered, found it difficult to get to sleep again. We turn often, without finding repose in any position. This fidgettiness, to use a vulgar expression for want of a better, is occasioned wholly by an uneasiness in the skin, owing to the retention of the perspirable matter—the bed-clothes having received their quantity, and, being saturated, refusing to take any more. To become sensible of this by an experiment, let a person keep his position in the bed, but throw off the bed-clothes, and suffer fresh air to approach the part uncovered of his body; he will then feel that part suddenly refreshed; for the air will immediately relieve the skin, by receiving, licking up, and carrying off, the load of perspirable matter that incommoded it. For every portion of cool air that approaches the warm skin, in receiving its part of that vapor, receives therewith a degree of heat, that rarefies and renders it lighter, when it will be pushed away, with its burden, by cooler and therefore heavier fresh air; which, for a moment, supplies its place, and then, being likewise changed and warmed, gives way to a succeeding quantity. This is the order of nature, to prevent animals being infected by their own perspiration. He will now be sensible of the difference between the part exposed to the air, and that which, remaining sunk in bed, denies the air access, for this part now manifests its uneasiness more distinctly by the comparison, and the seat of the uneasiness is

* What physicians call the perspirable matter, is that vapor which passes off from our bodies, from the lungs, and through the pores of the skin. The quantity of this is said to be five-eighths of what we eat.

more plainly perceived than when the whole surface of the body was affected by it.

Here then is one great and general cause of unpleasing dreams. For when the body is uneasy, the mind will be disturbed by it, and disagreeable ideas of various kinds will, in sleep, be the natural consequences. The remedies, preventive and curative, follow :

1. By eating moderately (as before advised for health's sake), less perspirable matter is produced in a given time ; hence, the bed-clothes receive it longer before they are saturated ; and we may, therefore, sleep longer, before we are made uneasy by their refusing to receive any more.

2. By using thinner and more porous bed-clothes, which will suffer the perspirable matter more easily to pass through them, we are less incommoded, such being longer tolerable.

3. When you are awakened by this uneasiness, and find you cannot easily sleep again, get out of bed, beat up and turn your pillow, shake the bed-clothes well, with at least twenty shakes, then throw the bed open, and leave it to cool ; in the meanwhile, continue undrest, walk about your chamber, till your skin has had time to discharge its load, which it will do soonor as the air may be drier and colder. When you begin to feel the cold air unpleasant, then return to your bed ; soon you will fall asleep, and your sleep will be sweet and pleasant. All the scenes presented to your fancy will be of the pleasing kind. I am often as agreeably entertained with them, as by the scenery of an opera. If you happen to be too indolent to get out of bed, you may instead of it, lift up your bed-clothes with one arm and leg, so as to draw in a good deal of fresh air, and by letting them fall, force it out again ; this, repeated twenty times, will so clear them of the perspirable matter they have imbibed, as to permit your sleeping well for some time afterwards. But this latter method is not equal to the former.

Those who do not love trouble, and can afford to have two beds, will find great luxury in rising, when they wake in a hot bed, and going into the cold one. Such

shifting of beds would also be of great service to persons ill of fever, as it refreshes and frequently procures sleep. A very large bed, that will admit a removal so distant from the first situation as to be cool and sweet, may in a degree answer the same end.

One of two observations more will conclude this little piece. Care must be taken, when you lie down, to dispose your pillow so as to suit your manner of placing your head, and to be perfectly easy ; then place your limbs so as not to bear inconveniently hard upon one another : as for instance, the joints of your ankles : for though a bad position may at first give but little pain, and be hardly noticed, yet a continuance will render it less tolerable, and the uneasiness may come on while you are asleep, and disturb your imagination.

These are the rules of the art. But though they will generally prove ineffectual in producing the end intended, there is a case in which the most punctual observance of them will be totally fruitless. I need not mention the case to you, my dear friend ; but my account of the art would be imperfect without it. The case is, when the person who desires to have pleasant dreams, has not taken care to preserve, what is necessary above all things—A GOOD CONSCIENCE."

SANATORY CONDITION OF PRISONERS ON BLACKWELL'S ISLAND, NEAR N.Y.

We extract the following account of the Sanatory Condition of Prisoners upon Blackwell's Island, from the "Second Report of the Prison Association of New York, 1846"—a society formed some two years since for the praiseworthy object of ameliorating the condition of prisoners before, during, and after their confinement in prison.

To the casual observer, the appearance of the various apartments of the prison is clean and wholesome. We observed no collections of filth, either in or out doors, that could in any appreciable degree vitiate the air ; and a judicious care appeared to be exercised by the officers to maintain

this condition. A critical examination of the buildings and cells, has, however, wrought the conclusion, that there are some very important defects in the arrangements, the removal of which would add greatly to their good and healthy condition. There is an entire absence of *ventilation* in any of the cells, or any part of the Penitentiary buildings. By this we would be understood, no means whereby the air, rendered foul by respiration, perspiration, and other causes, can be withdrawn, as it should be, as fast as it is generated, in order to preserve the atmosphere in a state of purity. In the construction of the building, an attempt appears to have been made, by a vent-hole in the back wall, next the ceiling in each cell, to accomplish this important purpose; but satisfactory tests assured us it is a complete failure, and the cells are wholly unventilated, except through the gratings of the doors, a plan well known to be utterly inadequate. Each cell will supply pure air to the lungs of its inmate, (supposing it is pure when he enters it, which it is not,) for a period of thirty minutes; he then begins to re-inhale the air, and it may easily be perceived that in the morning, after twelve hours' confinement, the atmosphere must be of a very offensive description. The close attention of late years bestowed upon the evil effects of foul air, has developed the important fact, that many diseases, (especially scrofula and fevers,) have their origin in it alone, and that the bodily and mental sufferings produced by it are very great. Pure air is the immediate and incessant pabulum of life itself, and a privation of it is as deleterious as the indigestion of bad food.

We observed two cells, used for punishment, which are *air-tight* and *perfectly dark*, the grating in the door being covered by a stout iron sheet. In these literally Black Holes, where nothing was to be seen but the bare floor and walls, we were told refractory convicts are sometimes confined, in utter darkness, for twenty-four, and sometimes forty-eight hours, without the least renewal of air, except when the door is partly opened to thrust in the meals. If the keeper of a prison cannot be permitted to maim a convict

for life, neither should he be allowed to subject him to such a horrible ordeal as this, inevitably sowing the seeds of disease, which half a lifetime of the best air and nourishment may not eradicate.

It has happened that the crowded state of the prison has obliged the confinement, in each little cell, of two, and sometimes three convicts. Two would then sleep on the bunk, and the other on the floor;—a condition scarcely less offensive than the Black Hole of Calcutta.*

While it is due to truth to say, that the interior of the cells are well coated with lime-wash, and presented generally a clean aspect, a close examination gave too abundant evidence that disgusting vermin had resisted all the attempts made to excommunicate them. A thorough ventilation would do much towards the abatement of that nuisance.

The *Female Penitentiary Hospital* is a wooden building, situated at the south end of the Island—its different parts apparently erected at various times, and most awkwardly arranged for its purposes. It contained about 130 patients, nearly all afflicted with the most loathsome scourge of humanity.

The ceilings are low, and the rooms very fully occupied, with no apparent means of ventilation except in warm weather by the windows and doors. Every thing appeared clean and well conducted, and the medical attendance judicious, as far as we could observe. We could discover no particular attention given to attempts at reforming this most degraded of all classes of humanity, though many little evidences were afforded that gentle and refined feelings had not wholly forsaken the frail daughters of vice, and leading us to believe that well-directed efforts, faithfully preserved in, might succeed in drawing some from longer treading the paths of ruin.

To many persons it is a subject of sur-

* The Black Hole is a close dungeon in Fort William, Calcutta. "One hundred and forty-six individuals were imprisoned in a room, twenty feet square, with only one window, and before the next morning all but twenty-three died under the most dreadful of tortures, that of slowly increasing suffocation."

prise, that so large a number of abandoned females should constantly be found on the Island, and especially in the hospital department of it. The committee have taken some pains to look into this matter, with a view, if possible, to discover the mode in which an exhibition, so terrible and extensive, of human degradation, is maintained; and how it is that the great expense of supporting and curing these miserable creatures, is thrown wholly upon the city; for it is well known that they are generally committed as vagrants only, assumed that appearance either voluntarily, or on compulsion of the brothel-keepers, solely for the purpose of being relieved of the disease with which they are afflicted. Our inquiries have resulted in the following communication from a gentleman of veracity and philanthropy, whose vocation, that of a druggist, brings him into communication with many of this wretched class, who have freely informed him of the vile schemes used to detain them in the employ of those worst pests of society, the keepers of brothels.

New-York, August 1st, 1845.

In reply to your inquiries, why the Penitentiary and Houses of Correction, at Blackwell's Island, contain so great a number of prostitutes, the following facts may afford some explanation. It is a constant and well known practice of the keepers of the houses of prostitution, in various parts of our city, particularly of the most abandoned and degraded portion of them, to look to Blackwell's Island as a place of refuge and last resort for the inmates of their establishments, in case of sickness and disease. Whenever any of the *boarders*, (as they are termed,) become diseased, or unfit to do their part towards supporting the house, they are made to turn out into the street after the night watch is set, and give themselves up as vagrants, when they are lodged in the watch-house, and next morning sent to Blackwell's Island for thirty or sixty days. Or if this plan does not succeed, they are plied with liquor, (which they are more or less addicted to,) and when intoxicated they become noisy and quarrelsome, and the poor wretches are soon arrested by the

watch or police, as disturbers of the public peace, and thus the object of the keeper of the establishment is attained. When taken to the Island, they are examined, and being found diseased, are placed in the hospital. The attention and care they receive there, suffice, in most cases, to cure them by the time the period for which they were committed expires, and they are then ready to return to their former haunts, and pursue the same course over again; and the same individual will be found in the hospital, at Blackwell's Island, again, in three or four months.

It is easy to perceive that such a system, well followed up by the keepers of brothels, (as it undoubtedly is,) will supply a very large number of wretched females to be supported at public expense, and that our Penitentiaries are absolutely crime, indirectly, to support and encourage crime.

Respectfully yours, &c. —

INFLUENCE OF AIR AND EXERCISE IN PROMOTING STRENGTH.

In the summer of 1839 we had the opportunity of witnessing one of the trial-races of Oscroft, at that time one of the swiftest runners in England. On the occasion we speak of, he ran 120 yards in eleven seconds: his pulse, just before starting, beat 61 strokes per minute, and at the termination of his extraordinary feat, it beat only 94! When it is taken into account, that, while in the act of running, he never made a complete inspiration or expiration, the performance can be considered little short of wonderful. We were informed by the man himself, that, though he was naturally remarkable for nimble-footedness, he was anything but "good-winded." Two months previously, he had been taken from a stocking-frame, and, by a careful process of training, he was brought into the state of bodily condition. Had it been possible for him, before commencing to train, to run the distance in the time stated, the effort, if it had not killed, would have nearly asphyxiated him. He would have been breathing for his life, and his pulse could not have been counted. As it was, at the contemplation of the task, he breathed without difficulty, and his pulse was increased

only 33 beats per minute! After such evidence as this, and it is only one of a multitude of examples with which the world is familiar, no man, not actually diseased, need despair of becoming active and vigorous, if he will only attend to the simple rules which are to guide his physical discipline. The man of whom we have spoken had not a good chest, for which reason he could not, under any circumstances, have run a long race; and his configuration of thorax (chest) was even opposed to an effort of speed for a short distance; but the natural obstacle was overcome for the time being by temporary training! We are, perhaps, not justified in saying *ex uno disce omnes*: but at least we can say, that if two short months of rigid living and exercise in the open air, can do so much for a man's constitution and strength, how much more permanent service may be done by a continued observance, though in a milder degree, of the principles we have laid down. How many listless and enfeebled frames would be roused, refreshed, and made fit for the wear and tear of a protracted life! How many minds, sinking into imbecility from actual lassitude, or oppressed by the melancholy of fancied cares, would be stirred by the busy and cheerful objects of worldly enterprise! We would fain teach the man too ardently devoted to learning, to science, or to worldly business, that with all his toil, and care, and penury of time, he is not a gainer; he may appropriate to his idol object an hour that should be sacred to his own service, and so doing he is a loser of twain: let him husband his moments as niggardly as he will, there is a certain reckoning which he must daily have himself, a certain time for his own rest and refreshment: and if that time be not granted, it becomes no matter of idle debtorship—day after day registers a fresh account against him; and at the end of a few years, the unsuspected foot of premature old age is announced by decrepitude, decay, and death.—*European Medical paper.*

The human body, in its most perfect health, is composed of at least eighty parts in the one hundred pure water.

WATER APPLICATIONS IN A FATAL CASE OF ERYSIPELAS OF THE HEAD.

There seems to be a general impression in this country that the use of cold water in erysipelas is dangerous in the extreme. The disease is attended with perhaps greater heat than any other to which the system is subject. From this fact, no doubt, the delusion arose. So in high fevers, it was long believed that no remedy more dangerous than cold water could be used; and the greater the heat, the more danger there was supposed to be. The best authorities in the healing art now all agree that the treatment of erysipelas, as well as of all other inflammatory diseases, should be of the cooling kind; and that cold applications, to arrest both the general and local fever in this disease, are always entirely safe, provided they are made in accordance with well-ascertained principles. The more heat there is in the system, or any of its parts, the more salutary and grateful are the means. Common sense, as well as science, dictates, that any means, however good, must not be carried to extremes. A medium is always to be observed. If there is anywhere a sensation of too great heat, unattended with fatigue, use the cooling means sufficiently often and long to remove that condition; not, however, to cause much chilliness, which, if protracted, might end in harm.

The Editor has repeatedly cured cases of erysipelas of the face and head by water treatment. He has failed in no single instance. In one case, a medical man took upon himself to affirm, *that the lady's constitution must have been one of a thousand, or she would have been killed.* Some have not sense enough to refrain from judging of a matter before hearing it; and we find this truth verified in the opposition so often set up to the Water-

Cure by those who knew not the first lesson concerning it.

The following account, written by our brother and assistant, Mr. La Morte Barney, who, in connection with Dr. Peirson, treated the case, exhibits, in a striking light, the power of water to mitigate suffering, when all other means fail. Does it not afford every humane heart satisfaction to be the means of relieving, in some degree, however small, the sufferings at approaching death?

"Saturday, Dec. 19, 1846, I was called, with Dr. Peirson, to visit Mr. L—— of 66 Liberty street, with erysipelas of the head. On Monday of the same week the disease first appeared. An allopathic physician was called early, but Mr. L. grew worse and worse. The head and neck were enormously swollen, the eyes were closed, the nose appeared as if buried in the flesh, and the features were lost. No one could recognize him, except possibly by the voice. There was great heat and pain in the head, and high general fever. He was delirious at times, and had not slept for three days and nights. Among other means used, the face had been rubbed over with moistened nitrate of silver, and wheat flour sprinkled upon the surface, which formed a dark-colored coating, hot, dry, and hard, like cement. The tongue, mouth, and lips were parched and swollen, and the system seemed as if literally burning up. What the object could have been in putting on the nitrate of silver and flour, we cannot comprehend. It could not have been the intention of the man of medicine to keep in the disease, or drive it inward, as that is the main objection urged against the use of water in cases of this and a like kind. That dangerous and troublesome symptom, hiccup, we should mention, had commenced about three days before. Council had been called in the case; and it was believed he could not survive the night. Such was the state of Mr. L. on the above named evening of our visit. We plainly saw there was no prospect of his surviving more than a very short time. All had been done by the

attending physicians that could be; and the friends were anxious that we should relieve, if possible, Mr. L. of this terrible hiccup, that appeared to be so rapidly wearing him out.

At 8 o'clock we commenced sponging the head and neck with cold water, and applying cloths wet in snow-water, to the same. The cloths grew quickly hot, and were as often changed. These applications produced a most soothing effect. At 9 o'clock he was wrapped in the wet-sheet, and warm applications were put to the feet, these parts being cold. The hiccup had intermitted before this, but on wrapping him in the sheet, it ceased entirely, and he passed into a quiet sleep. He slept soundly nearly half an hour, the latter part of which time it was necessary to open the blankets somewhat, to prevent the body becoming too warm. Slight muttering occurred at this time. The cloths upon the head and neck were changed every five minutes. The body appeared now to grow too warm, and the hiccup again returned. We at once removed him from the sheet, and, by the aid of four persons, administered a cold half-bath. Pouring water upon the head and back, as well as the rubbing and sitting in water, gave him great relief. Immediately on commencing this bath, the hiccup again left him. After about ten minutes, he was conveyed to bed, made dry, and rubbed with the dry hand. Mr. L. appeared delirious when we commenced, but now seemed rational, and conversed with ease on different subjects, and was jocose rather than otherwise. He said he felt much better. The alteration in his breathing, speech, and whole appearance, plainly bespoke to us that he was greatly relieved of pain and refreshed by sleep. He now fell asleep again, and so continued nearly three quarters of an hour, when the hiccup recurred. We at once gave the half-bath, as before. The hiccup was again stopped. At times, and as often as practicable, small quantities of water were given. At first it was with the greatest difficulty he could swallow, but could now do so more and more easy. No more general baths were given during the night, but the wet cloths upon the head and

neck were changed as often as necessary to keep down the heat. During the latter part of the night the hiccup ceased entirely. Mr. L. appeared to grow better until about ten the following morning, when it appeared as if phlegm were collecting in the throat, and, in a short time, quietly, and in his senses, he breathed his last."

WATER-CURE JOURNAL.

NEW-YORK, FEBRUARY 15, 1847.

HINTS TO THOSE WHO WISH TO COMMENCE THE USE OF COLD WATER.

Although water is susceptible of being made one of the most powerful of all remedial agents,—powerful for harm as well as good, if improperly used,—yet we have all along contended that persons in general may become able to make many of its hygienic and remedial applications with perfect safety. As yet, comparatively, but little attention has been given this subject by medical men; and even were not this true, it is often necessary for persons to prescribe for themselves before a physician can be obtained.

Numbers of persons doubtless will peruse this number of the Journal who have had no previous opportunity to examine the subject. To such in particular, and to all who are interested, we will now offer a few thoughts concerning some of the milder applications of water; and although we have been accused of not possessing fixed scientific principles, and of varying in some respects from the practice of Priessnitz, we will hold ourselves responsible, both here and elsewhere, for the practical accuracy of what we affirm; and those who differ from us, if they will write consecutively, and within a reasonable space, shall have a hearing in our columns. Such as love the truth, and are actuated by the principles of honesty, will prefer this course to that of back-bit-

ing and misrepresentations, sometimes practised.

There are in this country of overflowing abundance, many who are suffering from chronic disease. It is now acknowledged, that, as a general fact, medicines do not the least good in cases of this kind. The natural tonic means of water, air, exercise, attention to diet, and the avoidance of the causes of disease, are those only that can be here relied upon.

We lay it down as a rule, that all persons, of whatever age or sex, and in whatever condition, should, to enjoy the best health, have each and every day, some form of ablution with water. There are more reasons than one for this. The best that can be done in the present habits of society, all are subject, in greater or less degree, to the causes of disease. The invigorating power of water, therefore, is needed daily.

If a person is able to go about and expose the body to the open air, he may commence at once the towel-bath. The morning, on rising, is a good time. Let the whole surface of the body be briskly rubbed over with coarse towels, wet in cold water, (soft is the best) and then again made dry with the free use of the unwet towel, using a good deal of friction. A draught of water should then be taken, and a walk in the open air, especially if the habits are sedentary. If the habits are not physically active, this bath may, with advantage, be repeated two or three times a-day, particularly by the studious and those who have much mental labor to perform. This, like all other general baths, should not, as a rule, be taken until three hours or more after a meal.

Those who are very feeble, and are confined in bed, may have this given by assistants, the surface being rubbed part by part, exposing only a little at a time. The

water should be of a temperature suited to the patient's strength. It may be used at 70, 80, 90, or even as high as 95°, F., recollecting always that the cooler, the more tonic or strengthening, if it be well borne. It is best to begin safely, and then, from time to time, the temperature may be lowered, as it is found can be endured. With these frictions and ablutions alone, persevered in day by day, wonders may, in many cases, be accomplished. Feverish patients are often thus greatly relieved; and, in case the animal heat rises above its natural standard, the sponging or rubbing both may be practised many times in the day, as often as the heat augments.

If the feet are apt to become cold, rub them a few minutes in cold water, not when the parts are cold, but warm; and practise frictions and exercise, to cause circulation in the extremities after the bath. Fire warms the feet for the time, but weakens them so that they become cold, and the whole system is injured. Troublesome corns are soon driven away by the cold foot-bath.

If pains are experienced in any part of the body, the wet or moist fomentations, bandages, &c., will be found very useful. Thus, if a joint is painful, put about it a wet towel, covered with a dry one. If there is much heat, change it as often as it becomes too warm; if it feels too cool, cover it with flannel until it is comfortable. Fomentations may be made to the bowels, spine, chest, or any needed part; and the same general principles apply in every case. If there is increase of heat, the cooling means are to be used. If the pains are what are called nervous, and unattended with increase of heat, as in some forms of cholic, spasm, &c., warm fomentations are useful. If, in any case, cold increases pain, heat diminishes it, and the

contrary. The fomentation is the best and most convenient form of poultice that can be had. It may be used either a part or the whole of the twenty-four hours, as is found best.

If there is constipation of the bowels, —a state of the system now-a-days exceedingly common, and always troublesome, and attended, sooner or later, with serious consequences,—great benefit will be experienced from perseverance in the use of injections of pure water. Water is not, in its nature, like irritating drugs, and need not be feared in this application, even if used daily for a long time. It may at first be taken tepid, if the person is weak. Two, three, or more pints may be used at a time, and repeated as often as necessary. The early morning is, in general, the best time. On going to rest, a half tumbler full, or more, (but only a small quantity can then be retained in the bowels,) is a good mode, the larger injection still to be taken in the morning. In this state of the system, everything should be done that may be to invigorate the general health. Diet has much to do: avoiding concentrated substances, as butter, lard, sugar, fine bread, &c., is necessary. Rye mush, cracked wheat, or wheat meal mush, brown bread, hominy, and the coarser forms of food only, should be eaten. A moderate use of milk and a very small quantity of good molasses, or sugar, may be taken as a condiment. The apple, as a part of the meal, is good.

In diarrhœa, dysentery, cholera morbus, and the like, the injections are not less useful than in constipation. As often as the bowels act in an unnatural manner, give full injections, if it be one or ten times a day. If the bowels are weak, and the system, rather than otherwise, cool, the injection should be moderate enough not to shock,—luke-warm, as we

say; it should be comfortable. Infants suffering cholera infantum, are thus greatly relieved when drug opiates wholly fail.

In cramps of the stomach, colic, &c., caused by improper substances in the stomach, drinking, quickly, many tumblers of water, until vomiting is brought on, is highly salutary. Vomit again and again, until the stomach is thoroughly cleansed; administer injections, if need be; use fermentations; and, by these simple means, dangerous attacks will very often be at once arrested, and more good, a hundred fold, accomplished than can be by any amount of drugs, blisters, and the lancet, combined. In case of necessity, persevere in the use of these simple means, recollecting that pure, clean water leaves behind it no sting.

As a beverage, need we say water is incomparably the best that can be? Why is it, in these days of temperance, that so few are willing, exclusively, to adopt its use. Tea and coffee, as we shall hereafter more fully show, causes much headache, indigestion, constipation, decay and blackening of teeth, weakness of the nerves, and maladies too numerous to mention; and yet their use is as universal, quite, as the circumstances of persons will allow. These things shall not always be.

Many a person may be cured, merely by omitting the use of coffee and tea.

We have thus described some of the simpler uses of water. May these hints, hastily given, do something in establishing the great principles of temperance and of health.

THE TOOTH-ACHE AND THE PRESERVATION OF THE TEETH.

Cold water, taken in the mouth, every one knows, sometimes causes the tooth-ache; especially with those who are in the habit of using hot and stimulating food and drinks. So, likewise, it is known that

holding very cold water in the mouth for a continuance, changing it frequently, will often arrest the tooth-ache, for the time at least.

Priessnitz's usual mode is as follows: Tepid water is held in the mouth until it begins to grow warm, when it is changed; at the same time the face, cheeks, neck, and parts behind the ears are rubbed violently with the hands, which are dipped frequently in very cold water. It is well also to rub the gums till they bleed smartly. Sometimes it is necessary to add cold shallow foot-baths. Captain Claridge, of London, who was long at Gräfenberg, says that, while there, he never saw tooth-ache resist this treatment. Those who are accustomed to cold water, will find that a powerful douche, or any very cold general bath, will be serviceable. Walking thinly clad in cold air is likewise a good means.

In these times of depraved health and bad teeth, people should consult the dentist at least quarterly. I am sorry to be under the necessity of saying that there are in our cities, and the country generally, numbers of ignorant and unprincipled quacks in this much needed and invaluable profession. On the other hand, it is acknowledged throughout all Europe, that the skill of American dentists is unequalled in the world. Still a great amount of mischief is done among us, leaving out of account the pecuniary part of the matter.

There has been much controversy among the professors of this art, as to whether it is allowable, in any case for the plugging or stopping of decayed teeth, to use an amalgam containing, as one of its ingredients, a portion of quick-silver. I have known a number of instances in which it appeared to me there could be no doubt of the mischief thus caused. On no consideration whatever,

would I allow of its use in my own family, or in any case under my medical care.

As a general rule, teeth that are troublesome, and cannot be remedied by the skill of the dentist, should be carefully extracted. Those in pregnancy must be careful respecting operations upon the teeth at this time.

The teeth should always, if possible, be thoroughly cleaned by means of pure soft water and a stiff brush, immediately after each meal. If persons must persist in taking food prepared with lard, animal oil, broths, &c., it will be necessary, at times, to make use of soap. Tooth-powders of a very fine and mechanical nature only are allowable. There is no danger of brushing the teeth too hard or too much. Quill tooth-picks are the only ones that should be used. Tea and coffee blacken the teeth by their color; and all hot substances injure these useful and naturally beautiful parts of our frame. Cows that are fed upon hot still slop about our cities, like human beings who use hot food, lose their teeth. It is not so, as every one knows, with those that are fed upon natural food.

Every thing that deteriorates the general health, injures the teeth.

The Water-Cure is destined to do the greatest good in the preservation and improvement of the teeth.

(From the Editor's Note Book.)

CRAMP OR SPASM IN THE STOMACH.

A CASE.

The following case is of no very great importance, but will serve to illustrate the power of simple means, such as may be resorted to with entire safety by any one, in cases of emergency, and when a physician is not at hand. Cramp in the stomach is sometimes dangerous, and not unfrequently proves very troublesome to

manage, and is moreover, in some instances, the cause of great suffering to the patient.

At sea, on our homeward passage from England, 29th November, 1846, I was informed that Mrs. W——, a very worthy English lady, with a young infant at the breast, wished me to see her in the steerage. I found her writhing and groaning with cramp in the stomach; the extremities were cold, and the surface pale. She could not lie, but was in a sitting posture, held by assistants. The wind was howling through the shrouds, and the motion of the vessel so great that one was compelled to lay hold of any thing near in order to stand. I inquired whether Mrs. W—— had been eating any thing that disagreed, when I was told that her bowels had been out of order for some days. She had lately taken her meals irregularly, and this day particularly her food had gone badly. She ate about evening, and this had made her worse; then, in an hour or so, a kind-hearted old gentleman prepared a nice dish of coffee, with spices in it, which he thought would do her good. This of course only made her the worse.

The treatment in such cases is simple and easily-understood. According to the old mode of practice, some would adopt the plan of giving an emetic, tartarized antimony, ipecac, the sulphates of copper or zinc, flour of mustard, or perhaps what would be least harmful, and most efficient, of all these, lobelia inflata. By such means the patient may often be relieved; but it is always at the expense of injury to the stomach, an evil, greater or less, that should, if possible, be avoided. If the patient is a short, thick-necked, fat person, and something advanced in years, bleeding would be practised before giving the emetic, with the view of preventing apoplexy. Others, again, would give large

doses of some opiate, solid opium, or what would act more quickly, laudanum in very large doses, as forty, fifty, or even sixty drops, often repeated until the effect is produced. Those who have undergone any of these, (to us terrible modes,) and have also tested the effects of water treatment in like cases, can judge as to which are best.

I told Mrs. W. I should treat her differently from what she had been accustomed to, but would do precisely as if myself were in her case. I at once ordered an abundance of water, about blood-warm, to make it as mawkish as might be. She then drank, at my direction, as quickly as possible, a number of tumblers, and instantly copious vomiting took place. A large amount of acid and undigested substance was thrown off. She drank and vomited again and again, till the stomach became thoroughly cleansed. The pain subsided, and she went to rest; the feet were rubbed, and a bottle of moderately warm water was placed at those parts, and she soon slept. Next day she nearly fasted, taking only a little water gruel. She had no pain, grew stronger, and in every respect better. She omitted tea and coffee, and was careful in diet, exercised on deck in the open air, and thus grew better and better the whole passage.

In some cases of this kind it is necessary, besides the vomiting, to give injections. There is no danger of vomiting and purging too much, provided the water is pure, and used neither too cold or hot. Quart after quart of lukewarm injections may be given, until the alimentary canal is thoroughly cleansed, and the pain removed. Frictions upon the bowels, woolen cloths, or towels, wrung out of warm water, and the like, may be resorted to. I have never in one instance failed soon to bring relief in these cases. Once in a hundred, spasm

may be so severe that the wet sheet will be needed before complete relief can be obtained. Mark well the very small amount only of food allowable for some days after attacks of this kind.

Remarkable Cures of the Spinal Disease.—A little upwards of a year since, Miss Elizabeth Potter of North Brookfield, Mass., was brought to our Institution, in this city, to undergo a course of water treatment. She had been, for seven years, afflicted with a most severe and painful spinal disease, and was, for a larger part of the time, confined to her bed. She had, literally, “suffered many things of many physicians, and was nothing bettered, but rather grew worse.” For some months Miss Elizabeth had been using water, under our directions, at home, and had received some benefit; still, when she was brought to us, accompanied by her mother and family physician, her weakness was such, that she could not at all be raised in the sitting posture, and could be conveyed only upon a feather-bed. She remained with us about four months; and, by very praiseworthy perseverance on her own part, as well as that of her mother, she became, little by little, able to sit and stand, and, finally, to walk; and now (January 1st, 1847) is up and about, attending to reading, drawing, painting, light work, &c. Though an excellent scholar, she had not been able to read or write for years. A full account of this most remarkable case we will give hereafter, when the means are at hand.

Miss Isabella Thompson.—This young lady, daughter of the late Judge Thompson of Burlington, Vermont, suffered similarly to Miss Potter, but not for so long a time. She had been occupied in teaching music, French, &c., and had

not, for about two years, (speaking from memory,) been able to read or write a word. Her system was so sensitive, that she could be carried into the light, only by having over her face very thick veils. Scarcely any light could be borne in her room, and her voice was hardly above a whisper. It was supposed necessary, before she was brought to us, to administer, daily, powerful opiates.

Miss Thompson was with us some four months, before we left home for Europe. Under a very diligent treatment, she improved, from week to week; and, in about two months, she was able to correspond, by letter, with her friends. She became able, again, to walk her room; went, from time to time, to the parlor, to enjoy society, and partook meals at the table, with others. She rode, gradually, in the open air, and could go miles in the city, before we left. She had continued to improve, when we last heard from her, and will, we have reason to believe, yet enjoy, for many years, good health.

Mrs. Richards.—This lady (resident of this city) was prostrate, for a number of months, with spinal disease, that had resisted all ordinary modes. A number of physicians had attended her; but she, on the whole, grew worse. Under a moderate treatment at Mr. Richards' own house, (he then residing in Brooklyn,) and finally a rigorous one at our establishment, she was restored to health. For a number of months, she has now been industriously attending to household duties, and enjoys what may be termed good health.

The above are three successive cases of spinal disease, that have come under our care. Another we have at the present time, a most obstinate one, in which, however, we hope to effect a cure.

Better eat too little than too much.

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 cases of cures: Together with a consideration of the effects of Blood-letting, Calomel, Opium, Tartar Emetic, Iodine, &c. Also, a Dissertation on "Tea, Coffee, Tobacco, and Salt, as affecting Human Health." 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 will now be ready for sale in a few weeks. It is to be 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.

The essay on Tea, Coffee, &c., which we had before promised, we concluded best to embody in this work. It will thus come cheaper and more conveniently to the reader.

AMERICAN CASES OF WATER-CURE, &c.

This important work, which we announced some months since as in preparation, has been found to require considerably more time and attention in the collection and arrangement of its materials, than was then anticipated; and in order to make it as perfect as possible for a work of its limited price, its publication will be delayed until the *first of March*, up to which time reports of cases for the work may be directed to this office. It is intended to make it as low as fifty cents, in paper covers, if possible, or bound, seventy-five cents. The prompt responses and promises of cases and treatment, from the various practitioners of Hydropathy throughout the United States, give reason to expect a work of great interest and utility.

The blood contains about 90 per cent. water, and the brain nearly a like proportion.

Water-Cure Institutions in the United States.—We give below a list of Water-Cure Institutions, so far as we are acquainted with them, in the United States. Three years ago we had none. Three years to come the number will be largely increased, and so onward until the principal part of medical practice will be done by water. As we have, in this favored country of ours, more newspapers than all the rest of the world combined, and better facilities for diffusing general information, so, in a short time, we shall have a greater number of disciples and converts in the new system than all the world besides. We say not this in a spirit of boasting, and would that we could speak of other countries as of our own.

We have, doubtless, omitted some establishments in our list. Some of the physicians' names we regret we do not know. We shall be glad to make any additions and corrections with which we may be favored.

Lynn, Mass.—Dr. KITTERIDGE.
Near Lowell, Mass.—Now being formed; physician unknown.
Near Northampton, Mass.—Mr. D. RUGGLES.
Brattleboro', Vt.—Dr. WESSELHOFT, Editor of the Green Mountain Spring.
Cuba, Alleghany Co., N. Y.—Drs. CHAMPLIN & GLEASON.
Whitesboro', near Utica, N. Y.—Mr. P. CAMP, and Counselling Physician, name unknown.
Cooperstown, N. Y.—Dr. ROOF.
Lebanon Springs, Columbia Co.—Messrs. CAMPBELL & Dr. BEDORTHA.
New-York City.—Mrs. GOVE's Water-Cure House, 261 Tenth street. Mrs. G. also attends to out-door cases of women and children.
 Dr. SHEW, 47 and 56 Bond street.
 Dr. R. T. TRALL, Hudson street, Editor N. Y. Organ, a valuable temperance paper.
Morristown, N. J.—Dr. DEXTER.
Philadelphia, Pa.—Dr. SCHIEFERDECKER.
Bethlehem, Pa.—Dr. OPPELL.
Chester, Pa.—Dr. —, unknown.
Salem, Columbiana Co., Ohio.—Dr. COPE, Editor Water-Cure Advocate.
 Dr. UNDERHILL, *Massillon, Ohio*, now, we believe, at *Cleveland, Ohio*.
Milan, Erie Co., Ohio.—Dr. H. FOSTER.
Oxford, Geo.—Drs. GAITHERS & SMITH.
Milledgeville, Geo.—Dr. COYLE.
Biloxi, Harrison Co., Miss.—Dr. BYRENHEIT.

HEALTH AND HARDIHOOD OF INDIAN WOMEN.

The great power of endurance which the Indian women of the forest, uncontaminated by the blighting influence that civilization very often introduces among them, many have noticed. Every one has read the account of their remarkable health during pregnancy and child-birth. Washington Irving, in his "Astoria," in giving an account of journeying through the dreary deserts lying between the Snake and Columbia rivers, says, "And here we cannot but notice the wonderful patience, perseverance, and hardihood of the Indian women, as exemplified in the conduct of the poor squaw of the interpreter. She was now far advanced in pregnancy, and had two children to take care of; one four, and the other two years of age. The latter, of course, she frequently had to carry on her back, in addition to the burdens usually imposed upon the squaw; yet she had borne all her hardships without a murmur, and, throughout this weary and painful journey, had kept pace with the best pedestrians. Indeed, on various occasions in the course of this enterprise, she displayed a force of character that won the respect and applause of the white men."

There are numbers of cases of women in this city, whom we have advised during pregnancy and attended in child-birth, most of these, through the influence of a judicious course of water treatment, have borne up under those periods with a vigor scarcely less wonderful than that of the Indian women.

If all food and drink be withheld from the system, life lasts about three weeks; but if water be taken according to the indications of thirst, the individual survives fully twice that length of time.

SUPPOSED CASE OF CONSUMPTION.

Richmond, Wayne Co., Ia.

Dear Sir,—In addition to the already abundance of evidence offered us in favor of Water-Cure, I feel it my duty to communicate to the public, through your Journal, my success in the treatment of a few cases, one of which is as follows:

Mrs. L. N., 25 years of age, was brought to my house Sept. 10, 1846, with every appearance of being in the last stage of pulmonary consumption. Her friends and physicians despaired of her life; and, indeed, I thought her's a hopeless case. She was taken into the house by the assistance of friends. The exertion of moving her from the carriage caused violent fits of coughing, which ceased only at intervals of two or three minutes during the day, and, from that time, would throw up large quantities of blood. This brought on hectic fever and night-sweats, and a chill every morning. Her form was very much emaciated, and appetite poor. This, with the addition of diarrhoea to an alarming extent, is a brief sketch of her condition, when entrusted to my care.

Course of Treatment.—Commenced by sponging her off in cold water, mornings, wet sheet in the evening, followed by sponging with cold rain-water, and much rubbing. Remained in the sheet until in a gentle perspiration,—wore a bandage about the chest. Her appetite increased from the time she commenced the use of water. Cough soon left her. She followed the above course of treatment for three weeks, at the end of which time she was able to return home, thinking herself well (although she was not.) I received letters from her several times after she left, each stating that she was gradually getting better. She pursued the same treatment at home as she did when at my house, with but few exceptions. Another letter came from her about the 18th inst., stating that she had wholly recovered.

WM. DULIN, M. D.

Most kinds of food are more than one-half water, and many articles are nearly all water.

CHILD-BIRTH.

Extract of a letter from Friend Keese.

"Peru, Clinton co., N. Y.

1st mo. 11th, 1847.

"I forgot to say that my daughter-in-law followed Dr. Shew's prescriptions, through her period, and on the 18th ulto. gave birth to a strong, healthy daughter. We were our own or her physicians, and followed thy directions, and succeeded remarkably well. This is one of several instances which have fallen under my notice, of strong healthy children being born whose mothers abstained from flesh meat, and drank only pure water.

"Thy friend,

"SAMUEL KEESE."

EDUCATION: ITS ELEMENTARY PRINCIPLES FOUNDED ON THE NATURE OF MAN. BY J. G. SPURZHEIM, M. D., OF THE UNIVERSITIES OF VIENNA AND PARIS, &c. WITH AN APPENDIX, BY S. R. WELLS. FOWLER & WELLS, 131 NASSAU STREET, N. Y. PRICE, FIFTY CENTS, MAILABLE.

This appears to be an interesting work; and, considering the reputation of the author, we are led to believe it will have a wide circulation. It may be ordered by mail from our office.

A piece of plain flesh contains about 75 per cent. water.

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.

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, 37¢ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18¢ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

Works to be sent by Mail.

WATER CURE FOR LADIES.—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases: with a full Account of the Processes of Water-Cure. Illustrated with various Cases. By Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 156, 12mo. Wiley & Putnam, New York.

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

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

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

FACTS IN 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 Bulwer'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 for Ladies, at 50 cents, or the Hand Book and Facts, at the same price; either of which sums may be enclosed and sent postpaid by mail.

EDUCATION AND ITS ELEMENTARY PRINCIPLES: Founded on the nature of man. By J. G. Spurzheim, M. D. Sixth American from the third London edition, enlarged and improved by the Author. pp. 320, 12mo. Price 50 cts.

PRACTICE OF THE WATER-CURE: A detailed account of the various processes used in the Water Treatment; a sketch of the history and progress of the Water-Cure; well authenticated cases of cure, etc. By Drs. Wilson & Gully. Price 25 cts.

FITCH ON CONSUMPTION: Containing Six Lectures on the Uses of the Lungs, Causes, Prevention, and Cure of Consumption, Asthma, and Diseases of the Heart; on the Laws of Longevity, and on the mode of preserving Male and Female Health to an hundred years. With 28 illustrations. Designed for all classes of readers. By Sam'l Sheldon Fitch, A.M., M.D. Price 75 cts.

BACK NUMBERS OF THE JOURNAL.—We have on hand all the back numbers of the Journal, from the commencement. The First Series of nine numbers may be had, bound, for 25 cts. The New Series, (1st and 2nd half-yearly volumes,) issued last year, bound, are furnished at the subscription price, viz: 50 cts. per half-yearly vol-

ume, in advance. We have some odd numbers of last year, which we will be happy to furnish to our patrons gratis, who may have lost some of their numbers.

Works not to be sent by Mail.

HYDROPATHY: OR THE WATER-CURE. By Joel Shew, M. D. Its Principles, Modes of Treatment, &c. Illustrated with many cases, and with splendid engravings. Revised and enlarged. Price \$1.

THE WATER-CURE IN CHRONIC DISEASE. By James M. Gully, M. D. An exposition of the causes, progress, and terminations of various Chronic Diseases of the Digestive Organs, Lungs, Nerves, Lungs, Limbs, and Skin, and of their treatment by Water, and other hygienic means. Price \$1 25.

FACTS AND ARGUMENTS on the Transmission of Moral and Intellectual Qualities from Parent to Offspring. Price 50 cts.

THE WATER-CURE & HEALTH ALMANAC, By JOEL SHEW, M. D., is published by WM. H. GRAHAM, 162 Nassau street, New-York. Price, 6½ cts. single, or 50 cts. per doz. This work will prove a convenient means of spreading the new system.

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.

Water-Cure Institution in New-York.

The EDITOR, in connection with Mr. O. H. WELINGTON, receives Water-Cure Patients at 47 & 56 Bond street. We live with those who come to us, and have the means for giving all the varieties of treatment by the new mode. Terms, from \$8 to \$12 per week, varying according to the room required and the amount of attention necessary. Besides the regular weekly price, a medical fee will be due us for the original investigation of the case presented. A very short treatment of acute or other cases will be something more than the usual price. Patients should bring two or more heavy woollen blankets and an injection instrument, or these may be hired at a small cost. Address as above, post paid.

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Address, post paid, "Joel Shew, M. D., New-York City."

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

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