

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. 29.]

THE MORE ANCIENT USES OF WATER.

(Continued from page 37.)

Of the earlier English writers upon water, we may notice Sir John Floyer, a practitioner of eminence in his day. His directions for bathing are as follows: "Not to bathe when hot and sweating (meaning no doubt the heat and sweating brought on by exercise;) not to stay in the bath over two or three minutes, or as long as the patient can easily bear it, and to go in and out immediately, on the first bathing, after an immersion of the whole body. To use the cold bath, before dinner, fasting, or else in the afternoon, towards 4 or 5 o'clock: it is dangerous to go in after great eating or drinking. To use sweating with cold bathing, in palsies and rickets, and several diseases of the nerves with obstructions." He mentions how cold water sweating was used to diminish the weight of a horse-jockey: "Dip the rider's shirt into cold water, and after it is put on very wet, lay the person in very warm blankets to sweat him very violently, and he will lose a considerable weight." This observation of Sir John Floyer reminds the author of a case he lately had, a clergyman, (to whom he is permitted to refer as to the effects of water treatment.) By great excess in mental labor, and at the same time, like the generality of mankind, taking too much food, and of im-

proper kinds, he had brought on a complication of difficulties, particularly in the head and nervous system generally. He had also become too fat. During the first week of the treatment copious sweating, with various other means, being resorted to, he said on weighing that he lost 7 lbs. He was at the same time gaining rapidly in strength and improving in every respect.

Washing the feet, this writer says, cures corns, and the hip bath cures hæmorrhoids. His advice upon regimen was very much like that of Priessnitz: "To abstain from excess in animal food, to use much of fruits, and to drink only water: not to use hot things, high sauces, brandy, spirits, fermented liquors, salt meat, spices, tea, coffee and chocolate; not to wear too warm clothing; flannel renders the person very tender, and subject to the changes of weather, and too much perspiration; not to sit much by the fire, but to take exercise in the open air, riding or walking, and that down beds are very injurious."

This writer mentions the following case: "Mrs. Watts, of Leicester, went to the cold bath at London about Michaelmas in 1699. She was troubled with continual vomiting and wandering pains in her limbs and head, convulsive motions or twitchings of the muscles, violent hyste-

rical fits, colic, flatulency, sweatings, loss of appetite, an emaciated state of the body, extreme tenderness, sensibility to slight changes in the weather, chilliness, vapors and pains, especially in the teeth. Tonics, as bark and iron, emetics and opiates, were tried in vain. Under the advice of Dr. Baynard, she had recourse to the cold bath, and used two-and-twenty baths in the space of a month, dipping herself under water six or seven times every morning, without staying in the water any longer than the time of immersion, and went warm from her bed to the water. By this bathing, the skin became healthy, and she was not subject to colds as before. She recovered her strength and appetite and became more plump. Her weakening sweats, pains, flatulency, and convulsions, ceased."

Sir John quotes another writer, Dr. Ellison of Newcastle, showing the results of people going to St. Bede's, Honwick, or St. Mungo's wells, which were extremely cold water. "People of all ages resorted to these two wells, for various complaints. Adults remained in a quarter, or near half of an hour, the back or other diseased parts being well rubbed all the time. They used no preparative physic. The sick went to bed immediately afterwards, and sweat for two hours or more. The healthy went in for pleasure, and immediately on coming out experienced a warmth all over, and were more nimble, and their joints more pliant.

"These springs were very celebrated for the cure of rickets in children. They were dipped in the water quickly, left only long enough for the clothes to become thoroughly wet. The children were then quickly wrapped up in warm blankets, which caused powerful perspiration. After being left a suitable time, the sweating clothes were taken off gradually, so that they cooled by degrees, and then dry clothes were substituted. The children were not debarred their usual play; care was taken that their necks were kept warm, to secure them from catching cold."

Dr. Baynard was also a writer upon the effects of water. He is quoted as having said, in view of remarkable cures done by

water, which had fallen under his observations, "I always (I thank God) looked upon it as most impious, and one of the worst of wickednesses, in serious things to impose upon the living, but much more to *bantle*, and hand down a falsehood to posterity—a fault (I doubt not) too many of our physic observators have been guilty of."

Among other cases of his are the following:—"A young man was seized with rheumatism in every joint, which had become enormously swollen, and had continued for at least six weeks. He was therefore put in a chair, and thus let down into a bath, and brought up before three minutes were over. He was able immediately to walk up stairs, and in an hour's time walked back to his lodgings. In less than a fortnight his joints were reduced to their natural size. He fully recovered his health, and continued to follow his occupation."

A man with chronic catarrh, by accident fell to the neck into water frozen over. He went home, got warm clothes, slept soundly, and the next day was nearly free from his cough. Sir Henry Covingsby, he said, when a young man, suffered severely from the gout. He is now in his 88th year. He drinks spring water. Formerly his fingers and toes were full of chalk-stones, which had now become entirely dissolved and dissipated, and the joints were reduced to their natural size by the use of the cold bath, which the old knight was positive would cure the gout in every person. He had been under the care of celebrated physicians for a numbness of the lower limbs when 30 years of age. All sense of heat and feeling were lost, so that nettles would not sting him, or clothes make him warm. After some years, he was still worse. Tired in mind, body, and purse, he at last resolved upon another mode of cure. He used all the cold means, and was bled once a month. He went into a cold spring water bath, at all times of the year, but commenced in the summer. The first bath blotted him, (that is, brought out an eruption,) and so more and more, every day, by pimples rising and then dying away. The pores were opened and the natural heat restored.

He ever afterwards for 40 years continued his own doctor."

A learned doctor of laws informed Dr. Baynard, that being light-headed of a fever, and most intensely hot and thirsty, he got from his nurse and rushed into a horsepond, and stayed for more than half an hour. It brought him presently to his senses, and allayed both his heat and thirst. He went to bed, fell into a profound sleep, and when he awoke, (in a great sweat,) he found he was quite well, but had afterwards some head-ache, which he thought proceeded from not wetting the head.

Dr. Dover of Bristol related a case of a waiter of Oxford, during the small-pox, who went into a tub of water, and sat there at least two hours, yet recovered and did well. The servant of Sir Thomas Yarborough, during the delirium of small-pox, got from his bed and plunged into a piece of water, but was presently got out. The small-pox seemed to be struck in, but upon his going to bed the disease came out very kindly, and he safely recovered. A countryman, of Harrow-on-the-Hill, suffering from severe rheumatic and spasmodic pains for nearly six months, lost the use of his lower extremities, so that he was unable to stand. He tried various remedies in vain, and had been salivated with mercury. He was entirely cured by cold bathing.

Dr. Baynard said, no men live so long, and so healthy, as the dabblers in cold water. An old fisherman said that little sleep, a cold diet, and thin clothes, were the only means to live healthy, and long, and that the *water air* made him eat heartily. He had known many old watermen and fishermen, full or near a hundred; and those who worked at Witney, in Oxfordshire, at the blanket mills, carrying wet blankets in their arms, next their breasts, winter and summer, not only never catch cold, but live to an extreme old age. Dr. Baynard also related an anecdote of a countryman, who, during a discussion as to the best means of getting an appetite, said he had tried the ways proposed, but nothing was like going a-fishing, up to the chin in water for an hour or two; "that will get you a stomach, I'll warrant you; nor am I dry."

Dr. Baynard received a letter from

William Penn, as follows; "As I find the Indians upon the continent more incident to fevers than any other distempers, so they rarely fail to cure themselves by great sweating, and immediately plunging themselves into cold water, which they say is the only way not to catch a cold. I once saw an instance of it with divers more in company. Being upon a discovery of the back part of the country, I called upon an Indian of note, whose name was Tennouhan, the captain-general of the clans of Indians of those parts. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a *bagnio* for him. The bagnio resembled a large oven, into which he crept by the door on the one side, while she put several red hot stones in at a small door on the other side thereof, and then fastened the door as closely from the air as she could. Now while he was sweating in this bagnio, his wife (for they disdain no service) was, with an axe, cutting her husband a passage into the river, (being the winter of 1683, the great frost, and the ice very thick,) in order to the immersing himself after he should come out of the bath. In less than half an hour, he was in so great a sweat, that when he came out he was as wet as if he had come out of a river, and the reek or steam of his body so thick, that it was hard to discern anybody's face that stood near him. In this condition, stark naked, (a body cloth only excepted,) he ran to the river, which was about 20 paces, and ducked himself twice or thrice therein, and so returned (passing only through his bagnio, to mitigate the immediate stroke of cold) to his own house, perhaps 20 paces farther, and, wrapping himself in his woolen mantle, laying down at his length, near a long but gentle fire, in the middle of his wigwam or house, turning himself several times till dry, and then he rose, and fell to getting us our dinner, seeming to be as easy and as well in health as at any other time.

"I am well assured that the Indians wash their infants in cold water as soon as born, in all seasons of the year."

An Indian cure for rheumatism is mentioned by a recent writer, in a quotation

from Cox's Columbia River. The writer had suffered much annoyance from acute rheumatic attacks in the shoulders and knees; an old Indian proposed to relieve him if he would follow the mode of cure practised by him in similar cases among the young warriors of his tribe. On inquiring into the method, the Indian replied it merely consisted in getting up early every morning for some weeks and plunging into the river, and leave the rest to him. This was a most chilling proposition, for the river was most firmly frozen, and an opening was to be made in the ice preparatory to each immersion. The Indian was asked if it would not do equally well to have the water taken to the bedroom. But he shook his head and replied that he was surprised that a young white chief, who ought to be wise, would ask so foolish a question. On reflecting, however, that the rheumatism was a stranger among the Indians, and that such numbers of whites were subject to it, and above all that he was 3000 miles from any professional assistance, he determined to adopt the disagreeable expedient the following morning. The Indian first made a hole in the ice, large enough to admit both, upon which he made a signal that all was ready. Enveloped in a large buffalo robe, he proceeded to the spot, threw off the robe, and both jumped into the frigid orifice together. The Indian at once set to rubbing the shoulder, back and loins, while, meantime, the hair became ornamented with icicles; and while the lower joints were being rubbed, the face, neck and shoulders became encased with a thin covering of ice. On getting released, a blanket was rolled about the body, and the patient went quickly back to the room, in which a fire had been ordered. In a few minutes there was a warm glow over the whole body. These ablutions were found so beneficial they were continued twenty-five days, at the expiration of which the old Indian was pleased to say that no more was necessary, and that he had done his duty like a wise man. He was never after troubled with a rheumatic pain.

An old Canadian, according to the same writer, who had been laboring many years under a chronic rheumatism, asked the

old Indian if he could cure him in the same way. The Indian said it was impossible, but that he would try another process. He accordingly constructed the skeleton of a hut, about four and a half feet high and three broad, in shape like a bee-hive, which he covered with deer skins. He then heated some stones in an adjoining fire, and having placed the patient inside, in a state of nudity, the hot stones were thrown in, and water poured over them. The entrance was then quickly closed, and the man kept in for some time, until he begged to be released, alleging that he was nearly suffocating. On coming out he was in a state of profuse perspiration. The old Indian ordered him to be immediately enveloped in blankets and conveyed to bed. The operation was repeated several times, and although it did not effect a radical cure, the violence of the pains was so far abated, that the patient could follow his ordinary business, and enjoy his sleep in comparative ease.

These, and like applications in rheumatism, which have been mentioned, will naturally enough seem to many as extremely hazardous. In the second case of the old Indian, he knew very well that the old Canadian did not need the same treatment as in the other case, nor could he bear it. The old man could have been safely and far more benefitted by having had washings and rubbings after his sweatings, and sweating bandages applied to the diseased parts. The writer lately cured a very severe case of rheumatism, so much so that the man could scarcely move, and was wholly confined to his bed, unless lifted out. He had been well treated according to the common practice, for nearly three months. The ninth day he was out walking with his common-sized boots, (his feet having been much swollen,) and has been well ever since.

Prof. Elliotson of the University College, London, in speaking of this disease, says, "With respect to the parts themselves, we shall find it of great use to apply cold water or cold lotions, (cold water is the best,) as long as the temperature is higher than it ought to be, and they are comfortable to the patient. There is no danger of applying cold, with these limi-

tations. If the patient should be timid, and yet long for cold evaporating lotions, (water is the best lotion,) they may be applied tepid, as in the case of gout; but I never saw any injury arise from cold in rheumatism, where the parts were hotter than they should be, and the patient felt hot."

(For the Water Cure Journal.)

EFFECTS OF TOBACCO UPON THE NERVES.

As it seems to be a matter of question among some as to the effects of Tobacco upon the system, allow me, if you please, to give you a history of that part of my life made miserable by its use. As is generally the case with those of my age, I was first induced to take Tobacco from seeing others do the same, being unfortunately at the age of sixteen, surrounded by those who used it without regard to quantity or quality. Unlike some who go for years perhaps without experiencing any perceptible injury from it, I used it comparatively but a short time, when I was brought to feel its effects in no slight form. I was told by my parents and others that it was injurious. Still I had a desire to ferret out its mysteries, and, if possible, to know how bad it was. It was not my intention, when I commenced, to follow the practice long, for I very naturally supposed that I could stop at any time. In fact, I hardly knew what it was to form a habit, and much less to recede from it when formed. When I first commenced Tobacco, it did not go so well with me, causing, not unfrequently, a sickness of the stomach and dizziness of the head. It took about four weeks for the poison to bring the stomach to that deranged state to allow of the inhalation of its fumes without offering resistance. But by a little perseverance on my part, the weed triumphed; the intestines and brain becoming at the same time perfectly subdued by its powerful and subduing effects. This accomplished, all went smoothly along for about six months, during which time I used it more or less, daily. An instance now occurred in which I had cause for alarm. Being accustomed to spend a part of my leisure hours in gunning, in compa-

ny with a friend, who, by the way, was a good shot, and as much taken with the sport as myself, we would, when game was scarce, pace the ground, and try our dexterity at target shooting, (our target being a knot on a tree or something of the kind.) This is an exercise that tries the strength of the nerves, and although at first too much for my comrade in the shooting line, I now began to experience frequent trembling and unsteadiness of the hand, which was of course, accompanied by bad shots. The result was, my friend would not unfrequently come off master of the field. He did not use tobacco, and therefore I did not hint to him the cause of my late failure. My friend was a good-natured fellow, and we passed it by merely as bad luck. I always left him with the hope of being more successful at our next meeting, but alas! my hand grew more and more unsteady, and as often as I brought my piece to bear upon its prize, so often did my nervous system prove treacherous, until at last I was obliged to hang up my rifle and seek amusement elsewhere. As is generally the case with those who are addicted to the habit, I now considered that I could not do without it, in consequence of every thing's going wrong, unless accompanied with the stimulating effects of the article in question. For instance, if I attempted to roll a log over, I must, in order to do it scientifically, roll at the same time a quid over in my mouth. It was impossible for me to keep my mind upon any subject long at a time, unless of the most interesting nature. Such was my case when I left home in fall of '45, for the city of New York. I used no tea or coffee, and was well aware that Tobacco was destined to "use me up" unless a decided stand was taken. People may rail at my inability to rid myself of the monster, but to such I will only say, that you are not capable of judging of the matter until you yourselves have gone through the task. On arriving at New York, I confined myself to one paper of Tobacco per week, but this did not do the work—it was only adding fuel to the flame, and I was obliged to resort to other means; a change of diet, exercise, and keeping the mind at work. This, with

the change of life from the dull country to that of a lively city, had the desired effect. Stimulated with the hope of recovering my strength of nerve, I was soon enabled to lay it aside altogether. By keeping something in my mouth as a substitute, I soon had the satisfaction of overcoming the habit, but not wholly the desire for it; for although I have not tasted it for months, my hand will, at times, involuntarily steal into my pocket in search of the filthy weed.

By the aid of a cold bath, mornings, a non-stimulating diet, daily exercise, &c., my hand has regained its wonted steadiness, and as far as my knowledge of physiology goes, it must ever remain so.

If I should chance to meet my friend again, I shall not hesitate to challenge him for a shot.

LA MORTE.

DR. GULLY'S OPINION ON THE COMBINATION OF DRUG AND WATER TREATMENT.

Dr. Gully, formerly of London, now of Great Malvern, England, one of the most talented writers, and a practitioner of the new system, in his recent work on the cure of chronic disease, has the following remarks on the effects of drugs in connexion with the water treatment of chronic disease:

"The cessation from taking drugs is a striking item in the negative means, *i. e.* in the withdrawal of causes. To it is very much owing the great and immediate relief which most patients, under the water treatment, experience in the first week or two; the absence of the daily irritant leaving the viscera (internal organs) at rest, instead of causing in them morbid excitement, which is reverberated upon the animal nervous system, inducing all manner of diseased sensations, and especially calling the attention of the brain to what is going on in the viscera. Without the withdrawal, no lasting benefit is to be obtained from the water treatment. It may be expedient to treat a case with drugs alone, or with water alone; but to say that chronic disease can be cured by a mixed treatment of water and drugs is a ridi-

culous contradiction, or an interested compromise; a net, in short, thrown to catch two extensive sects of persons, the simple and the prejudiced; an excuse for gleaning from all fields. Imagine a patient who, having tried all kinds of drugs, has added the irritation they produce to that of the original malady, placing himself under a treatment which, while it professes to reduce the irritation arising from both sources, at the same time keeps alive both; so that the morning wet-sheet packing takes off the visceral disorder of the previous day's dosing, and even prepares the body to be more keenly irritated by the dosing of the current day. This is like emptying the right-hand pocket to pay the left. The person carries just the same amount: at least, the patient remains in *statu quo*—more probably, in *statu pejori*. I speak not now of the modicum of water applications, which have always been more or less employed by medical practitioners, such as partial spongings, short hip baths, &c., but of the systematic employment of the various processes which have been introduced of late years under the name of 'Water-Cure;' and I maintain that a combination of that treatment, with the administration of drugs for the purpose of cure, is altogether fallacious, and an error by which the patient must suffer. Nor is this a mere assertion of doctrine; on three or four occasions I have been persuaded to adopt such a combined plan, and have soon had to abandon it at the request of the patients themselves, who found that medicines administered whilst the body is under the operation of the water treatment, excite a much more intolerable irritation even than they did previously. They who prefer to use both means, are scarcely authorised to attribute the results of their treatment to the water system, or to call themselves professors of that system; and their combination of drugs, bleeding, wet-sheet packing, douching, &c., is infinitely more dangerous than simple medications by drugs."

And as for a *cure* in chronic diseases, we think Dr. Gully would hardly admit that *any* treatment short of the natural one—that is, by water, air, exercise and

diet—could effect that object; and a mode of treatment which is capable of curing the most inveterate diseases, viz. chronic ones, should certainly be sufficient for the less inveterate cases, viz. acute ones.

INJURY FROM BATHING.

Although it is a luxury to bathe, mischief frequently arises, during the warm season, from not observing the proper time and rules. It is a common thing for people in the country, (the young especially,) to labor hard through the day, eat a hearty meal perhaps, and while undergoing fatigue, plunge themselves into the water. They often remain in an hour at a time; and is it to be wondered at, that some of them, upon coming out, experience pain in the head, stomach, &c., or are attacked with cramp, while enjoying the sport.

While on a visit to the country last spring, I chanced to speak to a friend of the progress of water-cure, when a gentleman then present took the liberty to assert that water ought not to be used as a remedial agent.

Through curiosity, I asked him the cause of his prejudice, when he proceeded in substance as follows. Some time previous he went in company with others to enjoy a bath in the vicinity of Lake Ontario. He had been in the habit of bathing, but never before felt any bad effects. Although in this instance he did not stop in an unusual length of time, still upon coming out, he began to feel unpleasant sensations. The result was, he was seriously ill, and for many days unable to perform the duties of his profession.

Upon inquiry, I found that he had labored hard, not only the same day but the whole week previous, and it being very warm weather, he became much fatigued. This with undigested food upon the stomach, rendered the system unfit for a bath. Hence the mischief arose. It should be remembered that the morning is the best time for working-people to bathe. The digestive organs are not at work, and the mind and whole system is at rest.

LA MORTE.

SINGULAR EFFECTS OF MUSIC UPON MARTIN LUTHER.

D'Aubigne, in his History of the Reformation, gives the following narration concerning the effects of music upon Luther. The incident took place while he was in a convent. He was himself a good musician, and exceedingly fond of the art.

“One day, overcome with sadness, he shut himself in his cell, and, for several days and nights, suffered no one to approach him. One of his friends, Lucas Edemberger, uneasy about him, took with him some young boys, choral singers, and went and knocked at the door of his cell. No one opened or answered. Edemberger broke open the door, and found Luther stretched on the floor, without any sign of life. His friend tried in vain to recall his senses. Then the young choristers began to sing a sweet hymn. Their clear voices acted like a charm on the poor monk, to whom music had always been a source of delight, and by degrees his consciousness returned.”

The salutary effects of music upon the sick have often been observed. Plaintive airs, well performed, whether by the voice or instruments, will not unfrequently soothe and quiet the nervous system, when all ordinary means fail. Raving maniacs have been subdued in this way. Cheerful music is often good in cases of melancholy and low spirits. It should be taught in every family, and in all of our schools; and it is gratifying that there is in our country at the present time a fast-growing love for this heaven-born art.

Straps upon pantaloons, unless the cloth is exceedingly elastic, are always liable to be injurious, and have, in some instances, proved the cause of serious injury to the knee. Very troublesome, if not dangerous affections of this kind, especially in persons who have a tendency to scrofula, have been thus induced.

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DIET AT GRAFENBERG.

It appears to us that the relative value of the diet at Grafenberg has not generally been well explained, or understood. It has been represented to us as being, to say the least, of objectionable kind, and such as should be improved. If we mistake not, the food furnished at Priessnitz's table, is, on the whole, plainer, and less objectionable than can be found anywhere else in a large establishment. Priessnitz contends, *that brown bread and water, alone, are entirely sufficient to sustain man in the best health.* "Live upon brown bread and water if you desire the best cure," says Priessnitz. Accordingly, he furnishes an abundance of bread of this quality. Two kinds are used; to wit, coarse or brown rye, and brown rye and barley bread. There are, perhaps, about equal quantities of these eaten, and the quality of each appears to be considerably coarser than that used by the poorest classes, even. All of the brown bread in Germany seems sour. This is the case at Priessnitz's, and strange as it may appear, it does not seem to disagree with any one. We have never seen the injurious effects that have generally been supposed to be the necessary result of mere sourness in bread. Whatever may be true in this matter, a person very soon comes to relish these kinds of bread at Grafenberg. Especially is this true if he climb the mountains and hill sides, and drink freely of the very pure soft water so abundant there.

Some writers have left their readers to infer, that Priessnitz cared nothing for the bread being of a coarse quality, or brown, except that it is more economical. They have said, in describing the modes of living at Grafenberg, that white bread must be

paid extra for, and that Priessnitz does not object to it. The fact is, he admits of some things that he does not consider the best; nor is he at all unwilling to converse upon those matters. He allows the fruit women at the door of the establishment to sell small rolls of very excellent white bread. Occasionally, a patient buys one of these for a change, and carries it with him as he goes to the table. There is, however, but very little of this used, and it is well enough understood that Priessnitz recommends the brown instead of the white bread. The morning meal the year round, is composed of bread, butter, and milk, with the addition, perhaps, of fruit at certain seasons of the year. There is sweet milk and sour buttermilk, and we believe, at times, sour milk that has not been churned. It is very common in Germany to use these sour articles. Sweet milk is strained into sour to curdle it. This is something similar to the first part of digestion in the stomach. At all events, it appears to be more healthful and less liable to cause feverishness, head-ache, or drowsiness, than sweet milk. Farmers tell us, that the milk and whey, upon which swine are fed, is much better sour. Indeed, some go so far as to assert, that if these animals are kept upon the sweet articles altogether, they are certain to become diseased, and, perhaps, die. Sour milk, slightly sweetened, sour butter-milk, and sour pot-cheese, (Dutch cheese, as some call it in this country,) are famous dishes with the Germans.

Butter is very moderately used in Germany. At Priessnitz's table, I doubt if six patients, as a rule, use more than one in this country. There is but very little upon the table. A very thin small roll of it is seen here and there. Some of the patients appear to take none. As is the case in Germany generally, the butter is

salted but very little. Perhaps this is one reason why so small an amount is taken. And if a larger quantity were used it being nearly saltless, the effect would be decidedly less harmful than if it were salted, as in this country, for salt is in every sense a drug, and one that should be avoided. With this doctrine, and for the same reason, Priessnitz agrees.

The supper the year round, is precisely the same as the breakfast, except at times, boiled potatoes, unpeeled, are brought upon the table. These may be slightly warm, but with this exception, the breakfasts and suppers are entirely cold. It will, perhaps, appear strange, that such meals are relished highly as they are, but every one can call to mind times when he has been compelled to lose a meal, or when he has wandered in the woods, picking berries, hunting, or fishing, and has returned home with an appetite that would cause him to relish most keenly any cold thing he might chance to lay hands upon. This is a natural healthful appetite, and such as is enjoyed at Grafenberg, for the patients there make, as all patients must, the matter of cure one of *work*. It is a law of nature, that health can by no possible means be attained without this.

Dinner.—Some, in advocating the diet generally recommended at water-cure establishments, have spoken as if it were not important that the dinner be cold. It is superfluous to say that the same rules apply at one time of day as another. No doubt at these establishments, generally, the dinner is not cold, like the breakfast and supper, as it should be. In the hurry of such a place, things are crowded together, and the dinner comes upon the table smoking hot. This can, and should, be avoided.

Objectors to Priessnitz's dinners, have not sufficiently, we think, considered the

difference between *two* courses of dishes and *many*. In the European higher circles, as is well known, dish after dish is brought, so that if a little only be eaten of each, the many littles would be found to make a large whole. Persons would be astonished often to see what quantities they eat, little by little, if they could see the whole meal upon one plate. Now, at Priessnitz's, there are, properly speaking, only two courses. The brown bread is always upon the table. At dinner, each person has two plates, one upon the other. The first dish usually consists of boiled, lean meat, with potatoes, carrots or turnips, made into what would be, in this country, understood as a sort of a stew, a very plain dish. There is also sometimes cabbage, or sour kroust and roast meat of different kinds, but this is intermingled with a large proportion of vegetables, bread, dumplings, and the like and is not in those huge masses that we see roasted meat in this country and England. After the first comes a kind of desert dish, as it may be called; rice pudding, so plain and free from sugar, or sweet, as hardly to deserve the name; apple puddings, or apple dumplings, plain griddle cakes, with milk or cream sauce, slightly sweetened. Such are the dishes ordinarily furnished at the table of Priessnitz. Considering the fact, then, that there are but two courses, and that these two consist of very plain and uncomplicated forms of food, the Grafenberg dinner, it must be acknowledged, is a very plain one; and we affirm, that any individual who has an appetite at all natural, if he be not set and obstinate in his own way, may, at any time, sit down at the table of Priessnitz, and make a most excellent repast—one that will undergo the process of digestion in an infinitely more friendly and pleasant manner than those large dinners which Americans and Englishmen are so

fond of. If food is of very plain character, containing never more than a very small amount of sugar, or other saccharine matter, no eggs, spices, and but a trifling amount of salt, and is sufficiently free from concentration of every kind, there is little danger of active water-drinking people taking too much. If invalid persons will try this mode of partaking of but one or two very simple articles, avoiding the rich and concentrated substances, sugar, molasses, butter, &c., they will be astonished to observe what a difference there will be experienced in the feelings and comfort of digestion. The rule of the world, however, is to study how near the line of actual destruction they can go and yet for time escape.

Diet is a matter of so great importance, that we purpose hereafter to enter into a more lengthy consideration of what we believe to be the best and least objectionable kinds.

THE DRINKING OF WATER.

"Though I look old, yet I am strong and lusty;
For in my youth I never did apply
Hot and rebellious liquors to my blood:
Nor did not with unbashful forehead woo
The means of wickedness and debility;
Therefore my age is as a lusty winter,
Frosty, but kindly."

"O, that men should put an enemy in their mouths to steal away their brains! that we should, with joy, revel, pleasure, and applause, transform ourselves into beasts! O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee—devil!" SHAKESPEARE.

Scarcely any man can be found, now-a-days, who takes upon himself at all to think, but believes that water is the best possible drink,—the best to promote healthfulness of body, vigor, cheerfulness, and contentment of the mind;—the best to enable the system to endure excessive heat, cold, or protracted exertion of any of the faculties of man. How different from this universally received opinion has been the practice of ages! Immediately after the flood, it was found that he who was

above all others as the favored of heaven had yet within him the artificial love of intoxicating substances; and how far back in the period of man's history these substances were used, it would be difficult, if not impossible, to determine. I will not stop here to adduce the proofs that all intoxicating and exciting drinks are more or less injurious to the system, and unfriendly to life.

That water is the best and most natural drink, is not a doctrine peculiar to modern times. In the Sacred Scriptures we find abundant examples for its use. It was not tokay, or sherry, or claret, that was formed for our first parents in the garden of Eden. When there was made great provision for the Syrian army, the drink was water. When Rebecca received the offer of marriage, she gave to Abraham's servant water. Elijah, when fed by the ravens, drank water. The only drink of the valiant soldiers of Gideon, was water. Daniel and his three friends, famous for wisdom, and learning, and personal appearance, would drink only of water. The Jews were promised by the King of Assyria, that they should *eat* their own vine, and of their own cisterns drink water. For the infant at the breast, next to the bland and healthful fluid, coming from the maternal breast, as well as for the aged and infirm, is *water*, the most kindly of all drinks.

Too much, indeed, cannot be said in praise of cold water. No where in nature, either in spring or fountain, lake or stream, has Providence provided any thing as a beverage so grateful; and in health, whether wandering among the snows of the north, or the sands of the tropics, man everywhere finds this beverage the most grateful and the best. When, too, the system is all parched and burning in fever, superlatively grateful, how reviving and invigorating is pure cold water to drink!

We will now cite some opinions of physicians and others, who, notwithstanding the times in which they lived, had the sagacity to discover the great and immutable truth concerning the value of water as a drink.

Hippocrates, the father of medicine, who lived more than two thousand years ago,

considered water the best drink. He lived to an old age, ninety years, and it may be fairly inferred that he availed himself freely of the fluid he admired. It was a recommendation of his, that those who have head-ache, drink nothing but pure water.

Galen, of the second century, who, next to Hippocrates, was considered the prince of Greek physicians, was a strong advocate of water. He said he had cured many cases of continued burning fever by giving his patients nothing but cold water to drink; and not one of them died who had recourse to this simple remedy sufficiently early. He had seen many cured of a severe pain in the stomach in a single day, merely by drinking freely of cold water. Galen was very abstemious and simple in his habits of life; and like Hippocrates, lived to a very advanced age.

Pliny considered it a great absurdity that mankind should bestow so much trouble and expense in manufacturing artificially such a variety of drinks, when Nature has prepared to their hands a beverage of so superior a quality.

Celsus, an ancient physician and philosopher of note, strongly advocated cold water. He recommended cold water when limpid, light, without smell and taste, (pure soft water,) and obtained from a clear running stream.

Hoffman, a contemporary of Boerhaave, professor of physic at Halle and physician to the King of Prussia, said that water proves agreeable to persons of all ages. The drinking of water is serviceable in every complexion. Those who drink only water are observed to have much whiter and sounder teeth. They are brisker and more alert in all the actions, both of body and mind, than those who use malt liquors. In reference to the use of mineral waters, so much in vogue in chronic diseases, he said, it was not owing to the light sparkling air in the saline or other mineral substances combined with the water, so much as to the medicinal and other properties of the common water with which they are mixed, and which is drank in large quantities.

Hufeland, another distinguished German physician and professor, said water is the great promoter of digestion, an ex-

cellent reviver of the stomach and strengthener of the nerves, and assists all the secretions of the body, and that it purifies not merely the skin, but freshens and exhilarates both mind and body. It strengthens and preserves against the changing influences of air and weather, keeps the solid parts supple and the joints pliable. It preserves the vigor of old age. It is a powerful preventive of bile and putrefaction. Hufeland mentions also the case of a Mr. Thedan, veteran surgeon-general, who ascribed his long life, more than eighty years, to the quantity of water he drank for upwards of thirty of the latter years of his life. Between his thirtieth and fortieth years he was a most miserable hypochondriac; oppressed with the deepest melancholy, tormented with palpitation of the heart, indigestion, &c., and fancied that he could not live six months; but from the time he commenced his water regimen, all these symptoms began to disappear, and in the latter half of his life he enjoyed better health than ever before, and was perfectly free from his troublesome ailments.

Hahn, who was also a German physician of note, said "Water does not, as some suppose, weaken the stomach, but increases the appetite, as may be seen by the larger quantity of food taken at meals. Those who make this assertion contradict themselves; for a debilitant stomach requires a less and not a larger quantity of food.—Others imagine that by drinking water they lose their color and flesh. Even if this were the case, and they did become a little paler and thinner, such a loss is not to be compared to the general improvement of health obtained thereby. It yet remains to be shown whether a protuberant stomach, with swollen, flabby, puffed-out cheeks, is to be preferred to a more slender shape and a thinner face; or whether the rude country glow of health, is not to be preferred to that pale and sickly hue so much admired by people of fashion. But water drinkers generally retain their health and color. A few, however, who had swollen, flabby or spongy flesh, and therefore unhealthy, have in appearance become thinner, and lost their puffiness, having exchanged it for a firm and compact flesh, therefore healthy. Those who, from the

use of ardent spirits and thick glutinous beverages, as beer, brandy, &c., have got reddened, violet, copper-colored faces, have not by drinking water become pale, but have exchanged their violet or purple redness for a more natural color. Every man, I think, ought to be satisfied with such a change.

Zimmerman, the author of the well-known work on Solitude, and physician to Frederick the Great, king of Prussia, strongly recommended water. "Water," says he, "does not chill the ardor of genius." He instances Demosthenes, whose sole drink was water. "Pure soft water is the most suitable drink for man."

Sir John Floyer, one of the earlier English physicians, a man of high repute, said, "The water drinkers are temperate in their actions, prudent and ingenious; they live safe from those diseases which affect the head, such as apoplexy, pain, blindness, deafness; also gout, convulsions, trembling, and madness. Water resists putrefaction, and cools burning heats and thirsts; and after dinner it helps digestion." "That good, pure water has a *balsamic* and healing quality in it, I could give many instances, as well externally in curing wounds, as internally in ulcers, excoriations, &c., for I once knew a gentleman of plentiful fortune, who by some accident fell to decay, and having a numerous family of small children, whilst the father was a prisoner at the King's Bench, his family was reduced almost to want, his wife and children living on little other than bread and water. But I never saw such a change in six months, as I did in this unhappy family; for the children that were always ailing and valetudinary, as with coughs, king's evil, &c., were recovered to a miracle, looked fresh, well colored and lusty, their flesh hard and plump."

The Editor of the London *Lancet*, a standard medical journal, some time ago, in an article in which he professes to analyze water-cure, makes this assertion, "If we could always persuade a patient who consults us for the first fit of the gout, to drink water for the rest of his life, to take exercise and to diminish by half the amount of animal food he is in the habit of taking,

there would be but little chance of a return of the attack."

The celebrated Dr. Cheyne, of Dublin, gives a striking case, illustrating the effect of pure soft water as a drink in enabling the body to withstand fatigue. He says, "I had once the opportunity of inquiring into the habits of the workmen of a large factory; they generally wrought from twenty-four to thirty-six hours at a time, according as the furnace continued in a proper state, and I found, during this time, which was technically called a journey, that to supply the waste caused by perspiration, they drank a large quantity of water, in the quality of which they were very curious; it was the purest and softest in the district, and was brought from a distance of two miles. There were three men out of more than one hundred that drank nothing but water; the rest drank porter or ardent spirit; the three water-drinkers appeared to be of their proper age, while the rest, with scarcely an exception, seemed ten or twelve years older than they proved to be."

Dr. Franklin, when a printer in London, proved to his fellow-workmen that water was sufficient to enable him to exert more physical strength than they could put forth with the use of porter, an article to which they were much addicted. This, Franklin claimed, contained but a very small amount of nutriment, and not enough to cause any appreciable effect in sustaining strength. It is, however, more from the morbid craving for present *stimulation*, that other drinks than pure water are taken, than from any belief that *strength* is by their use permanently sustained.

Many more examples of water-drinkers and water-drinking might be given. Facts like the foregoing, I trust, will prove to the general reader, as they have to myself, interesting, especially in these days of cold-water praising and temperance.

Does man naturally drink?—It has been a question with some whether man is *naturally* a drinking animal. One author of notoriety, Dr. Lambe, argues that we must suppose every animal to be furnished with organs suited to its physical necessities. "Now I see," continues this writer, "that man has the head elevated

above the ground, and to bring the mouth to the earth, requires a strained and painful effort. Moreover, the mouth is flat and the nose prominent, circumstances which make the effort still more difficult." But in all this reasoning, it is forgotten that of the most pleasant, safe, and natural modes of drinking water, is that from the hand. If a person is wandering of a sultry summer day, along the mountain side, and parched and thirsty, he comes to a spring, pure, fresh, and bubbling, he very quickly lifts the fluid portion by portion, in the half closed hand, and raises it to his lips; besides, it is as natural for man to employ his ingenuity, provided it is done in accordance with certain laws, as for animals instinct. Man, I have no doubt, like animals, in general, drinks.

Considerable has for some years past been said by medical writers, in this country, concerning the case of Dr. Wm. A. Alcott, of New England, the well known writer on various subjects connected with health. This gentleman is quoted as having gone more than a whole year at a time without tasting of drink, and hence it has been inferred that he did not believe in drinking even of pure water. This was never Dr. Alcott's idea. His object merely was, so to regulate the habits of labor, exercise and diet, that thirst would be experienced but seldom. He was well aware that the supply of some pounds of fluid that pass from the body daily, by respiration, evaporation, &c., must in some way or other constantly be kept up. This he did in great part by the free use of fruits, principally apples, which contain a very large proportion of water.

Philosophy of Water-Drinking.—The human body, as a whole, by weight, consists of about 80 parts in the 100, of water. Even its dryer portions, as bone, muscle, cartilage, ligament, and nerve, contain a large proportion of this fluid. The blood has about 90 parts in the 100, and the brain nearly the same amount. Without the presence of water in the living body, food will not be digested in the stomach; no chyme would be elaborated, to supply the chyle, or chyle to form the blood. Respiration, circulation, secretion, nutrition, perspiration, elimination—neither of these

could take place in the human system without the presence of a large proportion of water.

The living body may be compared to a perpetual furnace, which has a tendency, constantly, by evaporation, to become dry. If food and water are, in every form, withheld, man grows parched and feverish. In a few days, delirium supervenes, and, in about three weeks, he dies. But if water be taken according to the demands of thirst, no fever or delirium ensue, and life goes on more than twice as long as when both food and drink are withheld.*

It is not, however, proper, as has been done, to speak of water as a nutriment. It is immediately concerned in most or all of the transformations constantly going on in the system; but that water is ever decomposed or chemically changed, has not been proved, nor have we reason to believe that such is ever the case.

Drinking in Fevers and Inflammatory Diseases.—We can scarcely give a lecture, enter a neighborhood, or even a family, and introduce the subject of water, but that we are at once told of remarkable instances of cure, which the narrator has known to take place, through the drinking of water. The patient was very sick; learned physicians declared, "For his life, he must not touch cold water." Every thing fails; the man grows worse—is given up; and, in the long, dark night, to give some small relief for his raging thirst, water is

* In the "Transactions of the Albany Institute," for 1830, Dr. McNaughton relates the case of a man, named Reuben Kelsey, who lived on water for fifty-three days. "For the first six weeks, he walked out every day, and sometimes spent a great part of the day in the woods. His walk was steady and firm; and his friends even remarked that his step had an unusual elasticity. He shaved himself until about a week before his death, and was able to sit up in bed till the last day." Kelsey was twenty-seven years of age at the time of his death; and during his fasting, evidently under the influence of delusion. At the beginning of his course, he assigned as his reason for so doing, that he would be furnished with an appetite when it was the will of the Almighty he should eat.

Barn-yard fowls, kept from food and drink, do not survive the ninth day. If water is allowed them, the twentieth day. These experiments can be easily tried; but, as the principle is well established, no possible good would result; and none but the most heartless barbarian would repeat them.

administered. The friends tremble for his safety, but he appears to grow better, and more is given. Sleep and perspiration ensue. The patient lives, "*in spite of cold water,*" shall any one say? Or, perhaps, in his delirium, he has broken over all bonds, and quaffed, suddenly and deep, of the fluid which, above all earthly things, he craved; or, by stealth, hire, or threats, he accomplishes his object. Who ever knew a patient in high, burning fever, (not induced by over-exertion,) killed by cold water? Many have been thus saved, but more, alas! incomparably more, have been lost, for the want of its use.

Let the sick drink freely, copiously, according to the demands of thirst. Be the disease curable or fatal, deny it not. Even in the last hours of consumption, by draughts of pure cold water let the fever be quelled, the suffering mitigated, and every thing done possible that may be, to smooth, in some degree, however small, the sufferer's passage home.

It is most surprising, that physicians should so generally, and for so long a time, have erred in regard to the use of cold drinks. Had *facts* been sought out, theories could not have prevailed over the precepts of Hippocrates, Celsus, Galen, Hoffman, as well as the voice of nature and the dictates of common sense.

(To be continued on page 81.)

THE NEW YORK OBSERVER ON WATER-CURE.

The New York Observer of October 24th, 1846, contains the following remarks concerning the water-cure, preceding the letter of the well-known authoress, Miss Beecher, on the subject of hydropathy. The passage is, "We have great confidence in the virtues of cold water, and we believe that the substitution thereof for stimulating drinks, together with pure air and regular exercise, has restored health to many invalids. And *these* cases of cure are attributed to *hydropathy*, while we have abundant facts to prove that the hydropathic treatment is destructive to the lives and health of many who submit

to it." We should be very glad to see the editors of the New York Observer undertake to substantiate the assertion that the hydropathic treatment is destructive to the lives and health of any who submit to it. We have occasion to prescribe for many patients in the city of New-York, and we will venture to affirm that the editors cannot do the new system better service than to set about the work of attempting to prove what they have said to be true.

Cheap Work on Water-Cure.—We have yet on hand a quantity of the 2nd half yearly volumes of the Journal, bound in paper covers. This is a work complete in itself, and contains an index. Rather than to be left upon dusty shelves, we offer them to our subscribers at the small sum of twenty-five cents—half the usual price. The postage on them is less than half the sum required for the twelve numbers sent singly. These are passing off daily, but we have a good number of them, and for the sake of the cause as well as the Journal's purse, we want them to go as fast as possible. Almost every person can sell at least one number of this volume.

BUCKWHEAT CAKES.—We are often told of the unhealthiness of buckwheat cakes; yet we seldom find people fearing much, provided they have a good quantity of the article before them. The fact is, buckwheat is one of the lightest and most healthy forms of vegetable farinaceous food. The cutaneous eruptions sometimes found to appear when it is freely used, are probably caused by the too free use of butter in connexion. It is taken hot, moreover, by which means the butter becomes melted, which state is decidedly its most objectionable form. The buckwheat should be well raised, and baked with the

use of as little oily matter as may be. Some ingenious housewives cook it beautifully, using only, occasionally, a small quantity of butter, or other oily matter, and between times sprinkling upon the griddle, from a drudging box, a little flour, to prevent the cakes sticking. The article, when thus prepared, eaten moderately cool, with the addition of a very small quantity only of maple or other syrup, honey, good molasses, cream and sugar, or with apple sauce, or other stewed fruit, will be relished by all. From experience in the matter, we are prepared to affirm that the dietetic use of buckwheat is not necessarily attended with unpleasant effects; but, on the contrary, is one of the most healthful substances used by man. Leave aside the butter, the flesh meat and gravies, and the too great quantity of saccharine matter, and nothing is to be feared from buckwheat.

TREATMENT OF SMALL POX.

ARGYLE, Washington Co., N. Y.,
February 9, 1847.

DR. JOEL SHEW—

Dear Sir: You will recollect I called on you last spring, and received from you a prescribed course of treatment. My health has much improved. My object now in writing is to procure from you a detail of the treatment of Small Pox by water. We have a number of cases in our village, and I have not confidence in the old modes. I wish you would state *particularly* how I must treat the disease if any of my family should chance to take it.

Yours respectfully, H. SHIPHERD.

Answer.—I take this moment of receiving your letter to answer it. Do every thing, NOW AND BEFOREHAND, you can to keep up a state of firm health in your family. Bathe twice a day; go much in the open air; diet plain; use no meat, no butter, but little milk, and no sugar or sweet things; eat all plain, coarse food. You will then have nothing to fear.

If the small pox comes on, at the first symptoms commence resolutely; use wet sheets, (not for sweating); a good deal of bathing in water nearly cold; give water-

gruel (Indian) once or twice a day, a very small quantity only, and none if there is not strong appetite; drink water only—to be taken often and in small quantities; suffuse the whole system, so to say; give injections, tepid, twice a day. When the eruptions come out, you will need to use wet cloths, laid over different parts of the body a part of the time, to quell the fever. Keep a sort of wet mask, cold, upon the face, to prevent marks.

Be resolute in all this matter, but do not chill the system, or at any time allow it to become too hot. All then will go on well. Have patience, and remember nature always performs the cure.

Virtues of Cedar.—An article under the above heading, now going the rounds of the papers, seems to attract the attention of many. It is in substance as follows: If the seed or leaves of the cedar be placed in the haunts of different animals, it has the effect to drive them from their places of resort. This is very natural—the article being poisonous, most animals shrink from it. However, there are exceptions to this. We know of several of the animal creation who have not the common sense of these creatures.

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, 37½ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18½ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

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., &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.

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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 volume, 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.

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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.

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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 & Adriance, Arcade Building, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.

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