

THE WATER-CURE JOURNAL,

DEVOTED TO THE

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

“*Wash and be Healed.*”

JOEL SHEW, M. D., EDITOR.

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(From “THE WATER-CURE MANUAL, by Joel Shew,” a new work now in press, to be published in a few days.)

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.

(Continued from page 37.)

Drinking, after great exertion and fatigue.—Every one is well aware, that life is sometimes suddenly destroyed by persons drinking a large quantity, when greatly fatigued. It is easy to avoid all danger in these cases, by sipping the water, only a few drops at a time, as it were. The body is already in perspiration, which is, of itself, a cooling process; and a small quantity of water, slowly taken, proves sufficient, soon, to quench the thirst. Washing the face, hands, and temples, and holding water in the mouth, are safe and excellent means.

Treatment for injury of this kind.—By whatever means the system becomes severely chilled, so that prostration takes

place, the first indication is to secure warmth. In all cases, the more the body can be brought to generate its own heat, the better, provided this is done quickly enough to answer the end. Frictions with the dry hand, and, perhaps, still better, the wet, are means to be used. If the patient can be brought sufficiently to his senses to be made to drink enough, vomiting, by means of blood-warm water, should be practised. This action of the stomach always excites circulation, perspiration, and determination towards the surface. According to the philosophical and very accurate experiments of Dr. Currie, of Liverpool, the best of results followed the use of the warm bath, warm applications to the region of the stomach, that is, over the great solar plexus, or centre of the sympathetic nervous system. By this means, as well as through the stomach, internally, the general system may be speedily warmed. The armpits and inner part of the thighs and feet are also highly sensitive, and, therefore, good places for applications of this kind. It is best of all, when we can, to make the body warm itself, so to speak; but this cannot always be accomplished, and then artificial means must be used. The same general rules apply, in whatever way the chilliness and exhaustion may be brought on.

Rules for Water-Drinking.—A very

good rule for the healthy, and such as have active exercise, is to drink, except in fatigue and exhaustion, as thirst demands. Patients may have the general direction to take at such times, as when the stomach is empty, as much as can be conveniently borne, which will generally be from six to twelve half-pint tumblers in the whole day. Feeble persons must not go on very rapidly at first. If they have been accustomed, a long time, to hot drinks, they should, on commencing, make small beginnings, gradually training the stomach in the new way. Wonders may thus be accomplished, if the patient can have system and perseverance enough to proceed.

The better statement for invalids perhaps, is, "exercise as much as may be without causing too great fatigue; by this means, the system becomes invigorated and warmed; more fluid is thrown off, more is needed, and more relished; so exercise and drink as much as you conveniently can."

Some persons who have accustomed themselves much to exercising and drinking, have gone great lengths in the matter; taking even more than one hundred tumblers in the day, and apparently experiencing no harm.

Drinking at Meals.—People generally have an impression, that drinking at meals is injurious; and yet they are ready enough to take soups, tea, coffee, cocoa, chocolate, and the like, not to mention stronger articles, healthy or unhealthy, as fluids may be. It is said the gastric juice is diluted and weakened, and that therefore digestion is retarded. But it should be understood that the stomach is not a sack for holding gastric juice. The first part of digestion is the absorption of the more fluid portion of the food. The more solid contents are crowded to the lower or pyloric part of the stomach, and a sort of hour-glass contraction takes place. The fluid becomes absorbed, and afterwards, as the churn-like motion of the stomach commences, the gastric juice oozes forth like perspiration upon the surface, to commingle with the food. Does not every one know that grapes, apples, and the like substances, almost all water, are among the most healthful forms of food? In fact,

these substances, taken in suitable quantity, as by half teaspoon doses, if the stomach is so weak as to require that, are, to say the least, among the very best things possible for the sick. This is especially true in fevers, in which cases food is so illly borne; and certainly, food that is good for the sick must be as good for the well, needed of course in greater quantity, proportioned to the amount of strength.

In a late work by Drs. Wilson and Gully, practitioners of water at Malvern, England, we find the following suggestions, intended to apply to all who are undergoing the water treatment:

"The less you drink of any thing at meals the better; not because the liquid dilutes the gastric juice, as some have said, but because it gives a stimulus to the secretory vessels of the stomach, different from that of the dry aliment which is the right stimulus, and the consequence is likely to be, the secretion of an improper gastric juice."

If the food must be *dry*, what will Drs. Wilson and Gully do with their fine peaches, apples, plums and grapes. With a good plateful of any of these articles before a man, it would be hard to convince him, I think, of their hurtful tendency. These good things, it is true, are often taken in too great quantity, and when the stomach has already more than it can bear. The trouble then is from the *quantity*, and not the *quality* of the food. These articles, moreover, are often taken at improper times. As to the second part of the above objection to liquids, viz: that water gives the secretory vessels of the stomach a stimulus, the consequence of which is likely to be the secretion of an improper gastric juice, it is merely an assertion without proof. Who knows but that a weak, debilitated stomach, (as all patients to a greater or less extent have,) needs this very stimulus? A mother's breast is inflamed and swollen, the milk thickened, and little or none of it can be made to flow. The cooling of the part with cold water, (*stimulating* it, according to the physiological notions of Drs. Wilson and Gully,) causes the milk to come forth, in streams even, and although thick and viscid at first, if the process be continued sufficient-

ly, it gets to be more and more bland, instead of becoming bad. I believe the same principle holds good in regard to the stomach and the gastric juice. If this be true, there will often be cases in which the drinking of water at meals must be salutary and good. The food, every one knows, should be well masticated, and not "washed down." The larger part of drinking for medicinal or curative purposes, should, however, be practised at other times than the meals. To enter at length into this matter, would involve more space than we can here give.

Farmers, and those who labor much during the long, hot days of summer, sweating a great deal, as they must necessarily do, tell us that if they drink freely at meal-times, they need much less water, or, in other words, experience much less thirst. Here, then, would seem to be an argument in favor of drinking at meals.

Let it be remembered, that almost every kind of food is made up, the larger part, of water. Even baker's bread contains 35 per cent.; domestic bread generally more than 50 per cent.

If all the habits are well regulated, true natural thirst will seldom be experienced by the healthy, and it remains yet to be proved, that, (except in certain cases, as in hiccup, heart-burn, acidity, &c.,) the drinking of water is useful at such times as when there is no thirst. Priessnitz recommends drinking at meals, but not to excess.

Acidity of the Stomach, Heart-burn and Thirst, caused by improper food.—Mr. Sylvester Graham, who has written so strongly, and in general so accurately, upon the subject of health, fell into the error of advocating the disuse of drink in acidity, heart-burn, and the like, and others have done the same. Generally in such cases there is no thirst, but sometimes this becomes very tormenting. Now in all these cases, if I can understand the effects of water, both upon myself and others, I am certain that copious drinking is one of the best, if not *the* best, means that can be used, *i. e.* after the difficulty is already present. Better much, of course, to avoid the trouble by practising sufficient

moderation in food, but if the evil comes, drink.

Digestion is one thing and fermentation another, and very different. If the stomach is weak, food is apt to pass at once into acetous fermentation, just as would be, were it in any other warm moist place. The acid substance is an irritant or excitant to the coats of the organ, thus causing the difficulties in question. The more it is diluted, therefore, the less effect can it have, and the sooner is it washed away! The undue heat in the part is quelled, and the stomach is invigorated, the better to perform its functions.

Wind upon the stomach may be expelled by drinking very often small quantities of water.

The smaller difficulties of digestion had perhaps better not be interfered with. When the process goes on fairly, three or more hours should supervene before drinking is commenced. Towards the end of digestion, the stomach becomes jaded, so to speak, when the sipping of water will prove salutary.

Hiccup, as is perhaps generally known, is at once arrested simply by drinking. Even in those cases we all dread so much, in which hiccup is an almost certain indication of approaching death, it may often be arrested by small draughts of water frequently repeated. It does one's inmost heart good, if he can do something to relieve his friend when upon the bed of death. Other cooling means are here also useful.

Bleeding from the Stomach.—In this there is great heat in the part, and cold water is very grateful as well as salutary. The swallowing of small pieces of ice, and taking frequently small draughts of ice-cold water, are the best means until hemorrhage is arrested. Any part that is bleeding can hardly be chilled too much.

Cholera.—It is a fashion for the profession to assert that nothing is known of the true mode of treating the cholera, because the opinions concerning it were so contradictory. Professor Chapman, of the chair of theory and practice in the medical department of the University in Philadelphia, said three years ago, in my hearing at one of his lectures, that the

best mode he ever saw in cholera was, giving the patient as much ice and ice-water as he desired; and, said he, it is astonishing what quantities such patients would take in this disease. In this the professor was right. There is no disease in which the serum or watery part of the blood passes off so rapidly as in this. There must necessarily be a thirst proportioned to the loss of fluid, and there is no other disease in which such enormous quantities of water are tolerated as in this.

Constipation.—Persons are all bettered more or less in this complaint by drinking freely of pure soft water. Nothing, however, will answer fully for plainness of food in these cases. Water drinking is good, but other means in connexion must be used.

Mineral Waters.—Patients go to watering-places, leave their cares, anxieties, excessive labors, mental and physical, rise early, go much in the open air, drink spring water, and by so doing are sometimes benefitted, sometimes made worse. The same principle precisely, holds good in the use of all mineral waters as in drugs. It is for the *drug* effects only that they are taken. The same amount of pure soft water, drank in connexion with the other favorable circumstances, would be incomparably better than the mineral water. Ask one hundred persons who have tried both methods, and ninety-nine, if not the whole number, will decide in accordance with that which I have affirmed.

Head-Ache.—Many persons troubled with this symptom, have only to restrict themselves to water-drinking, partaking temperately of plain food, and the difficulty vanishes. But some had rather eat and drink, and die, than deny self. Poor human nature, how weak!

The Teeth.—The good effects of water-drinking are very apparent in the condition of the teeth. These beautiful and useful organs are thus rendered firmer, whiter, and less liable to decay and ache.

The Skin.—Water-drinking affects very favorably the skin. It becomes clearer, more beautiful, and has a better hue. Old and obstinate skin diseases, pimples, eruptions, and rashes, have been cured simply by drinking pure distilled water for

a length of time, the person at the same time being temperate in food. In a crisis way, these symptoms may at first become a little increased, but only the sooner to be expelled.

Palpitation of the Heart.—This symptom may, in many cases, be cured merely by coming down to water, and excluding all other drinks.

Vomiting by Water.—If there is need of vomiting, as in internal cramps, colics, pain in the bowels, flatulency, prostration by heat or cold, poisoning, &c., water vomiting is a most serviceable means. Drink many tumblers of blood-warm water, place the finger in the throat, or knead the stomach, and the vomiting ensues. Repeat the process again and again, till the organ is completely cleansed. Perseverance must be practised here, in some cases, at least. Persons must be urged to the work, if they have not, of themselves, courage enough. The sick cannot always be their own masters in these things. If a cathartic action is caused by the water drank, the effect is good.

Water-Vomiting in Poisoning.—Domestic animals, it is well known, if they become poisoned, as by arsenic set for rats, take, at once, to water. Rats do the same; but whether they are generally killed or not, would not be so easy to determine.

Nearly three years ago, a very worthy lady, in this city, was, beyond doubt, poisoned by her husband, a physician, and worthless character, in the following way: There had been serious difficulty between them; and, one day, he wrote a penitential note, requesting her to call at his office. She being anxious to do all she could for peace and good will, went. They were neither of them, strictly speaking, temperance persons; so he took down what appeared to be some bottles of porter. But, of one of these he poured a part of the contents for her, and took the other for himself. She said, immediately on drinking the article, it seemed as if it flew like fire through the whole system, to the fingers' ends. She went instantly to the door, was helped into a carriage, and arrived soon at her boarding-house. She was at once carried into the house,

but could scarcely utter a whisper; and severe cramps and contractions of the muscles and limbs, with coldness of the extremities, had come on. A lady in the house, who understood water treatment, commenced quickly giving water to drink. The mouth, throat and stomach were so burning, the patient afterwards said, that she could not at all taste the water, although ice-cold. I was sent for immediately; but, the messenger not finding me, another was called. When I arrived, the attending physician, together with the well-known chemist, Dr. Chilton, was present. They approved of what had been done, and continued the vomiting, as the symptoms demanded. Gallons of water were drank and vomited; and, by this simple means, apparently, the lady was saved.

There was one thing remarkable in this case. Dr. Chilton, although so ingenious a chemist, could not possibly detect any poison in what was vomited. The physician, who we have every reason to believe gave the lady poison, was remarkably well educated, and knew, doubtless, too well, that there were some vegetable poisons which no chemist could possibly detect under such circumstances. Cases of poisoning have not unfrequently been cured in the above way. Poison, taken internally, inflames the stomach. Water is the effectual agent to reduce inflammation, as well as to cleanse, and here we can get immediately at the very part, and the remedy is besides the most grateful one to be found. The lady above referred to said, that she felt as certain as possible that she must have died, had it not been for the water, so much had she suffered. This she said on my first seeing her, and so to this day.

To check Vomiting.—Vomiting is sometimes very obstinate. I have never yet had any difficulty to arrest it. Persons in this state are often dosed and dosed with such quantities of food and medicine, so frequently, and of so many kinds, that it is no wonder at all that the vomiting does not cease. Many cases would stop soon enough, if the patients were only let alone. The stomach is always feverish when vomiting occurs in this way. What

does common sense then dictate as the remedy? Let cold water be taken in small quantity, according to the strength. And if there is strength enough to cause vomiting, some water at least can be borne. The vomiting may continue a while, but when the stomach is cleansed and sufficiently cooled, it stops. Give then afterwards no nourishment until the organ has had a good rest.

SINGULAR EFFECTS OF BATHING.

Many wonderful things are recorded of the effects of the general cold bath. Insane persons, who have, accidentally or designedly, plunged into cold water, have been almost as suddenly brought to their reason. There is a well authenticated story, like this: An insane man, living upon the Connecticut river, was observed by his friends to be making his way with a rope in his hand towards the river. Knowing his suicidal propensities, his friends followed. He succeeded in climbing a tree, the branches overhanging the river. Before he could be reached, he succeeded in placing the rope about his neck, but in his haste forgot to attach it to the limb; so in jumping off, instead of being hung, as he intended, he fell into the cold river. He was taken out by his friends, and at once recovered his senses.

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

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

We were informed of a gentleman of Boston, who some years since had the rheumatism very severely, and one cold winter's day accidentally fell through ice

into the water. His friends took him out, thinking, of course, that death would be the certain result, but were surprised to find him very soon recovered of the disease. Such occurrences have every now and then happened, but, valuable as is bathing, we cannot reckon upon them as being the ordinary result. Drunken persons, as is well known, are very soon sobered by a good cooling with cold water.

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

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

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

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

Not only is no injury done to the health, in these cases, but sometimes great good. As we are now writing, our worthy co-worker, Mr. La Morte Barney, hands us an anecdote, penned down as given by the

individual who related it to him, as follows:

"Not long since, a clergyman called at our office, and appearing to be much interested in the new system, I, through curiosity, asked him what first induced him to turn his mind to the subject. He said he had been for years afflicted with the rheumatism, which grew upon him as he became more advanced in life. One piercing cold Sunday, about a year ago, in time of a revival, he was persuaded, against his inclination, to preach. A large congregation assembled; the room was very warm, he became much excited, and at the end of his discourse, was in a profuse perspiration. He was now prevailed upon to undertake the baptizing of a number of persons. Putting his trust in Providence, he was soon at the water's side. Not feeling able to perform the service of prayer, he requested a brother to lead in that exercise. The latter, instead of making the prayer as short as was desirable, continued it to an unusual length. At the conclusion, the former had become so chilled as to be scarcely able to advance into the water. With difficulty he succeeded in baptizing the proposed number, but, at the end, found himself unable to come out from the cold element without assistance. He was conveyed to the nearest house, stripped, made dry, and wrapped in warm blankets, and although chilled as he was, he became before a long time, comfortable. The result was, that instead of being killed, as was supposed would be the case, he was at once relieved, and his rheumatism left him. Occasionally, since, he has had slight returns of the disease, which have been as often driven off by the applications of cold water. Thus singularly was this individual brought to experience in his own person the wonderful effects of cold water."

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

"A gentleman of this city (a patient of Dr. Shew's,) tells me the following story. In the early part of last March, he went, in company with a physician, on a fishing excursion. The latter had an affection of the throat, which part he was very careful to exclude from the cold, fearing if the

cold air came in contact with that part, it might end in serious consequences. However, they had not been engaged long at their sport, ere a flaw struck them, and upset the boat, leaving them in the water. They remained in this predicament nearly half an hour; a boat then came to their rescue. They reached the shore, and there being no conveyance at hand, were obliged to run, as it were, for their lives. They reached the house, and with some difficulty relieved themselves of their frozen clothing. After some time they became warm. They passed the night, and their sleep was not troubled with frightful dreams. In the morning, the doctor was at a loss to know what had become of his bronchitis. In accidents like the above there seems never to be any harm done, except the individual becomes either greatly exhausted or the body frozen."

(For the Water-Cure Journal.)

**FEMALE WEAKNESS—CASE OF
MRS. HOWES.**

Barnstable, Jan. 15th, 1847.

Doctor Shew :

Dear Sir—I have long felt a desire to communicate to you the effects of water upon my person, but have deferred, not feeling myself competent for the task. Seeing a notice of my case in the Journal not long since, I was induced to attempt a brief history of my troubles, and the manner in which I was relieved. In the early part of the year 1840, I was taken with the falling of the womb, attended with much inflammation. This prevented me from walking. I immediately applied to a physician, who, thinking I had taken cold, prescribed accordingly. He requested me to exercise by walking, which upon attempting to do, I was completely prostrated. Thinking that he did not understand the nature of my disease, I employed another in his stead. He, too, insisted upon my exercising much, but I failed rapidly under his prescriptions. After about ten months, finding his skill exhausted, he left me of his own accord. By this time, my stomach and bowels had become very weak and dyspeptic, and my nervous system was much debilitated. I next employed a Thompsonian physician, under whose

treatment I suffered severely. His stimulants buoyed me up for the time, but in the end I was weak and miserable. Death would be more desirable. For four years I was afflicted thus, during which time I had dyspepsy, dysentery, diarrhoea, and cholera. I then went to the Massachusetts General Hospital. I remained there about three weeks, undergoing nearly the same treatment as recommended by my former physicians. Here I got little or no relief. At the expiration of this time, I was visited by the head physician of the establishment, (Dr. Bigelow,) who immediately informed me the nature of my complaint. He advised me to try the water-cure. This was the first time I had heard of water as being used to cure disease, still I did not hesitate to give it a trial. It being something new I was inspired with hope; I returned home and immediately commenced the treatment. I used the sitting bath daily, except when too much fatigued to undergo the operation of a bath; I would, in such instances, apply ice to my bowels, letting it remain on the parts an hour at a time. This I found to be very soothing, and always refreshed me. I took a sponge bath occasionally, and kept the head cool. This was the principal treatment for two years. During that time I gained slowly, but gradually. I now commenced the wet sheet and shower bath, which had a better effect than my former applications. It seemed to be the finishing stroke. I soon began to walk about, and by perseverance in my efforts, I was at length able to dispense with my chair, which I used to move about the house in. This chair was erected on wheels for the purpose. For about five months since, I have felt quite well, and have reason to hope that I shall remain so. I shall continue my baths as usual.

Very respectfully yours,

MERCY P. HOWES.

Tea Headache.—There is a vast amount of headache now-a-days, caused solely by the use of tea. The removing the cause of the difficulty, then, in such cases, will sooner or later prove certain to effect the cure.

WATER-CURE JOURNAL.

NEW-YORK, MARCH 15, 1847.

(From the Editor's Note-Book.)

CASE OF AN OLD PERSON—CHOLERA MORBUS AND VOMITING.

February 26, 1847.—Was called, to-day, at 12 M., to see Mrs. Riley, an old lady three years since from Ireland. She is sixty-nine years of age. Took, day before yesterday, salt mackerel, which seemed to disagree with her very much. A severe cholera morbus came on, with vomiting, and liquid discharges from the bowels. Her daughter went to a druggist, near by, and obtained of him a prescription; but the medicine appeared to make her worse. At all events, the discharges grew much more frequent. Last night, she slept not a wink, she says, and the bowels kept acting every few minutes. It had been a long time since she was confined to bed a day; but now she was so weak and giddy, she could not possibly rise. The room is a very narrow one, in a brick building. There is a small window in one end, close by the door. Her bed is in a little dark place, enclosed at the other end of the room, and it is not possible to have any ventilation there, the walls being of brick, and no openings, except at this door and window, far from her place. The room is not cleanly, and the air is as foul as can be imagined. What can we do in such a case? Here, too, are puny little children in the same room, so that the door and window cannot be left open; and even if they could, there would be no fresh air in the poor old woman's bed-place. We had the children taken away, and the door swung back and forth for a time, to change the air. Before doing this, however, we use water.

The old lady vomited just as I came in. I thought I would endeavor to make an

explanation that all could understand, for they had called me at random, without knowing that I was a water man. As she was vomiting, I said, "You have a great deal of bad stuff in your stomach and bowels. We must give you a good washing out both ways. This stuff is all very bad." So it is, she said, and in the common-place Irish expression, "Sure, and I am putting it through me all the time." Drink this water, (lukewarm,) I said, as much as you possibly can. The stomach was well cleansed by repeated vomiting. I had taken one of the best of injection instruments with me, and told the daughters then to give three or four injections of the tepid water, as much as she could receive, and to follow this up every time the bowels discharged, or whenever she experienced an inclination that way. I told the patient I would be back again in an hour. They gave, immediately after my leaving, three injections, one after the other, of about one quart each. The warm fomentation was to be placed over the whole stomach and bowels, and to be covered with flannels. She was to drink little and often, to quench her thirst.

Returned in an hour. There had been no more purging or vomiting, and she felt the greatest relief. Drank often a little water, as directed, and all the thirst was now gone. She was to eat nothing at all till I should come again.

Returned at 4 o'clock. Had changed the fomentations two or three times, and the patient slept well.

The patient being just across the way, called again at 6. Feels much better, but is some giddy. Bowels do not act any more. She feels as if she could eat. Allow one tea-spoonful of oatmeal gruel. Is to keep on with the fomentation, *i. e.*, it is to be changed as it becomes dry. She is to take the injection, if the bowels

act. She is to be rubbed over the whole surface with towels from tepid water. She is too aged and feeble to bear the water entirely cold. Is to sit up as much as she can bear in the evening, so that she will sleep the better.

27th, 7 A. M.—Called on the old lady. Rested very well during the night. Is getting stronger. She sat up some time in the evening. Took only the tea-spoon of gruel. She was wakeful after four in the morning. The air in the room intolerably bad. Feels better and better, but in the night "had parted with a deal of wind." She prefers Indian meal to oatmeal. Is to take a table-spoonful of gruel with one tea-spoonful of milk; no tea or coffee. Is to take nothing else before noon. "God bless you, doctor, dear; and if it had not been for you, I would have died. I will do just as you say."

A little after mid-day, called again. The old lady is sitting up, and looks much better. Twenty-four hours, now, the bowels have been perfectly quiet. She says, "Will you allow me a little tea or coffee?" It will not be good for your stomach and bowels. Can you take a little crust coffee? She says, smiling, "Oh, hunger will do any thing, you know. Just as you say, doctor." Well, take a half tea-cup of crust coffee, that has in it one table-spoon of milk, and no more. Sweeten it a very little, and take this with a piece of brown bread toast, as large as your three fingers. Take this about four o'clock, as you have been in the habit of eating but twice a day. This will do you till morning. Eat very slowly, and make the most of it you can. Bathe again at night, and put on the wet cloth when you lie down. Use the injection, if the bowels act.

28th, morning.—The old lady very well; no trouble in the bowels. Good appetite.

Is to increase a little in the same kind of food and drink. Will follow tepid bathing, and take injections each day, if the bowels do not act without.

THE GRAHAM SYSTEM--EXPERIMENTS IN THE ALBANY ORPHAN ASYLUM.

It is understood by most persons in this country that Mr. Sylvester Graham, now of Northampton, Mass., caused a considerable degree of interest, some years ago, in giving popular lectures upon the subject of health. Mr. Graham's writings, setting forth his peculiar views, have also circulated quite extensively. This gentleman, as is well known, advocated strongly the importance of attention to diet, but, at the same time, not less the giving due attention to bathing, cleanliness, air, exercise, &c., and, in short, to each and every particular and circumstance that tends in any way to affect health. Mr. G. was often enough vilified, misquoted, and misrepresented, as is true of all reformers. Still, not a small number of persons have become, as it were, his followers, and most of these affirm that they have, by so doing, been greatly benefitted in health. A few we have known, who have thought the experiment not a good one; but in cases of this kind it has not been difficult to discover that the individuals have erred in some important particulars and gone contrary to the teachings of Mr. Graham, and in, perhaps, a still larger number of instances, persons have been driven back to their old modes, by the want of self-denial and control. It is not every one that has mental and moral strength sufficient to forego the whole sarrago of spirits, tea, coffee, tobacco, and improper articles of diet, at one and the same time, although he is well convinced of the great advantages to be derived in so doing.

Many suppose that Mr. Graham's sys-

tem, as it is called, simply refers to anti-flesh and brown bread eating, a supposition that could not be further from the truth. Mr. G. has always, at least, admitted of the moderate use of milk, which is, essentially, animal food.

It will be observed that the leading opinions of Mr. Graham and Priessnitz are precisely the same. Both have been, as it were, co-workers, without any knowledge of each other, until of late. Both were insisting upon the necessity of plainness in food, the avoidance of all stimulating substances and drugs, of bathing, exercise, air, &c. Both affirmed (although some meat is eaten at Grafenberg,) that brown bread and water alone are sufficient to sustain an individual in the firmest health.

The following account of an experiment made some years since, in the Albany Orphan Asylum, according to Mr. Graham's directions, but few, at least of our readers, are acquainted with, and we therefore give it. In the changes such an institution undergoes, in the election of new officers, superintendents, matrons, &c., and with the great lack of accurate knowledge concerning the subject of health, it is doubtful if this experiment has been continued on. Whether this be true or not, we are not aware. It is indeed lamentable that results so valuable should not have been more generally appreciated.

The Orphan Asylum of Albany, N. Y. was founded in December, 1829. Orphans and other destitute children of the city, were gathered into it, to the number of from seventy to a hundred and thirty.—The house at first occupied was too small for the good accommodation of so large a number; but great pains were taken to keep it clean and well ventilated. One room was set apart for a nursery or sick room, and a woman, with sometimes one or two assistants, employed to nurse the sick and feeble. Drs. James and Green

were the attending physicians. Great attention was paid to the personal cleanliness of the children, and their regimen generally as to bathing, clothing, air, exercise, &c., was intended to preserve and promote health. The diet consisted of fine bread, rice, Indian puddings, potatoes, and other vegetables, and fruit with milk; and to these was added flesh or flesh soup once a day.

A large and commodious house having been built for the purpose, the children were removed to it, in April, 1838. In September, 1833, a change was commenced in the diet of the children, and in the course of three months, they were brought fully into what is popularly called "the Graham system of living."—In August, 1836, the following account of the institution was published:—

"It is now more than six years since this institution was established, and about three since the new regimen was adopted, —so that the time has been nearly equally divided between the regimen which embraced animal food and that which excluded it. From the commencement to the present time, new inmates have been occasionally received into the asylum from the almshouse and from the city, and most of these children have been in very poor health, and some of them exceedingly diseased. During the whole period, also, children have from time to time been placed out in families, when they had arrived at a proper age.

"The average number of children in the asylum, has been about eighty. During the first three years, the changes were somewhat more frequent than they have been during the last; but during the last three years, there has been a larger proportion of very small children. Under the first regimen the children were washed all over once in two or three weeks; under the new regimen they have been washed all over every morning in the summer, and three times a week in the winter. Under the new regimen, the house has been much larger and more airy and convenient than that which was occupied most of the time while under the old regimen. Now then, let us look at the general results. During the first three years,

or while the first regimen was observed, from four to six children were continually upon the sick list in the nursery, and a nurse constantly employed to take care of them, and sometimes, the number of the sick was greatly increased and one or two assistant nurses rendered necessary. The attendance of a physician was found necessary once, twice, or three times a week uniformly, and deaths were frequent. In the summer of 1832, the epidemic cholera made its appearance among the children of the asylum and carried off six or eight of them:—and let it be observed, that during the cholera season, the proportion of flesh and flesh soups was considerably increased in the diet of the children. During the whole period of the first three years there were twenty-eight deaths.

“The new regimen, it has been stated, was gradually introduced at the close of 1833. While this change was taking place, a child was received into the asylum, diseased with the scald head. This disease, when once introduced into such an institution, is rarely arrested till every inmate has had it, and it sometimes takes years to expel it; but in this instance it was so promptly and vigorously met by a salutary regimen, that it was wholly arrested and driven from the institution before it had extended to half the children. The nursery was soon entirely vacated and the services of the nurse and physician no longer needed,—and for more than two years following, no case of death nor of sickness took place in the asylum. Within the last twelve months there have been three deaths in the institution. One of them was an idiot child received some months before from the almshouse; this child was of extremely imperfect organization, and low order of vitality; its bones were soft and flexible, and in all respects it was so miserable a mass of organic existence, when brought to the asylum, that no one expected it would long survive.—It however continued to live on for several months, and then died suddenly. The second case was also an idiot child, received from the almshouse in a bad state of disease, and died soon after it was brought to the asylum. The third case was a child which likewise came from the

almshouse in an advanced stage of disease, and died very soon after it was received into the asylum. At the same time two or three other children were received from the almshouse wretchedly diseased, but they have been restored to health.

“We see, therefore, that excepting the scald head brought into the asylum at the very commencement of its new regimen, and the few cases of disease imported from the almshouse within the last year; and excepting the death of the two idiots and one other child, all of which came to the institution with the grasp of death upon them, there has been no case of death nor of disease in the asylum during the last three years, or since the new regimen has been adopted. And therefore, it is speaking truth most strictly, to say that not a single case of death nor of disease has taken place in the institution within the last three years, from causes existing in the asylum; on the contrary, (to use the language of the Report of the Board of Managers)—‘under this system of dietetics, the health of the children has not only been preserved, but those who came to the asylum sickly and weak have become healthy and strong, and greatly increased in activity, in cheerfulness and in happiness.’ It may be said by some that most of this remarkable improvement is attributable mainly, if not wholly, to the change of situation; but let it be remembered that the old regimen was continued five months after the children were removed to the new house which they have since occupied, and that but little apparent improvement in the health of the children took place before the new regimen was adopted: up to the very period at which the change was commenced, the nursery was continued, and on the day when they began to adopt the new regimen, there were six children on the sick list. But almost from that very day, there began to be a manifest improvement in the health of the children, and in a short time, the nursery was wholly vacated, and has ever since been entirely unoccupied, except temporarily, by the few cases of imported disease, already mentioned.

“Miss Grimwood, the superintendent, and Miss Clark, the principal teacher, state

that since the new regimen has been fully adopted, there has been a remarkable increase of health, strength, activity, vivacity, cheerfulness and contentment among the children. Indeed, they appear universally to be perfectly healthy and happy, and the strength and activity which they exhibit are truly surprising.

"That an airy situation, and a clean and well ventilated house, are of prime importance to the health of such an institution, no one who understands the subject can entertain a doubt; but in order to arrive at correct conclusions in matters of this kind, every particular and circumstance should be carefully examined and justly estimated. In the case before us, it is fully evident that the change of situation was neither the sole nor the principal cause of the astonishing improvement in the health of the children. Nor can we justly consider the substitution of the coarse for the fine bread, nor the abandonment of animal food, the sole cause of such an improvement; but the improvement resulted from the co-operation of all these causes; it was the effect of a correct regimen throughout, embracing the diet, sleeping, bathing, clothing, exercise, and intellectual and moral discipline. And such a regimen, adapted to the physiological laws of human nature, constitutes what is called 'the Graham system.'

"Miss Grimwood and Miss Clark also state that the change in the temper and disposition of the children, since they have adopted their new regimen, is very great; they have become less turbulent and irritable and peevish and discontented, and far more manageable and gentle and peaceable and kind to each other;—and this, say the superintendents, is not the result of a want of spirit and energy, but of a healthy state of the whole system—a general serenity—an absence of morbid irritation.

"The effect of the new regimen on the intellectual powers of the children,' says Miss Clark, 'has been too obvious and too striking to be doubted. There has been a great increase in their mental activity and power:—the quickness and acumen of their perception, the vigor of their apprehension, the discriminating en-

ergy of their comprehension, and the power of their retention, daily astonish me!'"

From August, 1836, at which time the foregoing account was written, until November following, the children of the asylum all continued in excellent health. In November two of them were somewhat indisposed for two or three days, and then recovered their usual health, and all continued well until March 1837. In the second week of March the small pox appeared in the asylum, and in twenty-four hours, six of the children exhibited symptoms of that disease: or, as the event proved, three of them had the genuine small pox, and three of them the varioloid. These children were from three to twelve years of age. Alarming as this disease is considered, it was here nearly stripped of its terrors; for it was so mild as scarcely to interrupt the regular proceedings of the institution. One little girl was remarkably full of the genuine small pox, yet she was scarcely ill at all, and did not complain in the least, nor did she take any medicine. All she wanted was brown bread. Indeed this was the only thing that any of them seemed to crave while the disease was upon them. A little boy four years of age, who had been about nine months in the asylum, and who came there in very full habit, and had evidently been accustomed to gross living, and was from the first, much afflicted with worms, had the small pox far more severely than any other child, and the disease left him much more exhausted than it did any of the others. This little fellow had scarcely thrown off the small pox before he was taken, in his feebleness and exhaustion, with the whooping cough, and in spite of every care, sunk under his complicated difficulties and died. Another little boy had the small pox very full, but he hardly seemed to mind it at all, and soon threw off the disease as a light and harmless thing. By an untimely accident however, he was exceedingly exposed at the moment he began to recover, and took a violent cold; the lung fever set in, and after four or five days' sickness he died. The three children which had the varioloid were so slightly affected that their indisposition was scarcely perceptible. In fact, except in the case

of the little boy troubled with worms, the disease was so light and mild in all the children, that it hardly made any change in their diet, studies, or amusements and play; and the disease did not seem to impair their constitution in the least;—they rose from it at once, and went on as if they had not been sick.

Almost immediately after the small pox had left the asylum, the whooping cough made its appearance there, and eight or ten of the small children had it. Excepting the little boy already named, whom it found afflicted with worms and extremely exhausted from small pox, none of them minded this last disease at all. They continued in school as usual—ate and played as usual. They occasioned no trouble during the night; nothing was given them but their usual food and drink; and nothing extra was done for them. Their cough was very light and easy; and none of them complained.

After the whooping cough had left the asylum, all its inmates remained in good health for about six weeks or two months.

About the first of June, 1837, wheat being very scarce and high-priced, and those who provided for the asylum, not being aware of the importance of the children's being supplied with the unbolted wheat meal bread, furnished the institution with fine flour made of foreign wheat, which had been a little heated during the passage. When the children commenced eating bread made of this flour they were all in fine health: but they had not continued to eat it more than four weeks, before fifteen or twenty of them began to have sore eyes, and in the course of three or four weeks more, there were thirty cases of scarlet fever, and of these, two terminated in death. Still, however, this disease was so modified by the general regimen of the institution, that not more than three or four out of the thirty subject to it, were confined to their beds by it, nor did they require much extra attention.

That there was a very close relation, as to cause between the sore eyes and the scarlet fever, was strongly indicated by the fact that no child which had sore eyes had the scarlet fever.

About the first of September the asylum

was again furnished with a small supply of unbolted wheat meal, and from this time till the first of January, 1838, all the inmates of the institution enjoyed excellent health. At the commencement of the present year some change took place in the board of managers, and a new caterer was appointed, who supplied the institution with fine flour of second quality, but sweet and good. In the course of three or four weeks from the time the children commenced eating the bread made of fine flour, a number of them began to have sore eyes again. The superintendent, now feeling confident of the cause of this complaint, stated her convictions to some of the managers, and told them the children must have the coarse wheat meal bread, or their health could not be preserved. In the meantime, she endeavored to make the evil as light as possible, by giving the children very little of the fine bread, and sustaining them principally on good potatoes and apples. Very soon after this, however, a full supply of the coarse flour came, and from that time to the present,—now about five months,—the health of all the inmates of the asylum has been excellent and uninterrupted.

Albany, June 12, 1838.

CASE OF AGUE AND FEVER.

Through reading the mode of water treatment for ague and fever in the Water-Cure Journal of last year, Mr. J. W. Bonnell, of Camptown, N. J., informs us that he was the means of directing the following cure: A young lady, a sempstress in his employ, had the ague last fall. A regular physician was employed, and she was detained one month from labor. In the latter part of last month (January), she was again attacked as before. After the chill was off, (the third one,) she was placed in the wet sheet, and remained about two hours, and had a tepid bath. By these she was improved. She took water injections daily. The next ague day, the attack came on earlier and lighter than before. She had taken the sheet the well day. She now took it again after the chill was off, and this time free perspiration came on. The tepid bath was taken

as before, and she felt now much better. She rested well at night; the next day went about light labor, and took the wet sheet again in the afternoon. She ate nearly nothing for nearly three days of treatment, and the next day, the one in which to expect an attack, no symptoms appeared, and she has been entirely free from the disease since.

Remarks.—Many cases of this disease may be at once arrested in the simple way, as above. Some cases, especially old obstinate ones, will need a more powerful and longer continued treatment. The better mode is, while the chills are on, to give a long continued tepid bath, nearly cold, with a great deal of friction. Use then, after this, the wet sheet. Do not attempt to cause sweating. Prevent, as far as may be, the chills and the subsequent fever. Regulate the bowels by injections, and wear the wet girdle. Eat little, go in the open air, and drink freely and often of soft water. Act resolutely in this matter, and in a few days at most, all will go on well.

CASE OF SCALDING.

Were it only for the wonderful effects of cold water in scalds and burns that we advocate this remedy, we could hardly say too much. If there can be any thing the one hundredth part as good as *cold water for burns*, we shall lose some faith, we confess, in the new mode.

New York, Jan. 26th, 1847.

Dr. Shew:—The following is a case of scald that occurred in my family a few days since. It was just at evening, when my son, in the absence of others of the family, was assisting to fry some doughnuts. A few of these were dropped into the fat, which was very hot. The dough, being cold and moist, became instantly crusted over. Through this or some other cause, one of the cakes bursted with such violence that a large quantity of the hot liquid was thrown into my son's eyes, causing, necessarily, the most intense

pain. I immediately had his whole face immersed in cold water; but finding it difficult to breathe in this position, a basin of water was put upon the floor, and his head placed in such a position as to have the eyes covered with water, leaving, at the same time, freedom to breathe. The water was changed often. He became more and more easy, but upon lifting his head from the water the pain returned. This treatment was continued for about two hours, when a wet bandage was applied to the parts, and changed as often as they became warm. We feared that he would lose his eye-sight; but upon washing his eyes the next morning, we found but little injury done, and he suffered but little inconvenience from the burn. In a few days no trace of scald was to be seen upon his person. No other remedy was used except *water*.

Yours, &c.,

E. B. CUNNINGHAM.

CASE OF DIARRHŒA.

Not long since, Mr. Riley, of this city, was attacked with diarrhœa. He had been under the water treatment about seven months, for chronic rheumatism. At the end of this time, the diarrhœa came upon him. Knowing it to be a crisis, I advised him to let it go on for a while, thinking it would perhaps stop of itself. I told him to let me know if it continued to trouble him long. This he did not do; and it run along for nearly five weeks, when he came to me and said he could endure it no longer. He had no appetite, was weak, and could with difficulty get about. Two very full injections of tepid water were given in the afternoon, and the cold sitz bath a full half hour, upon going to bed. This caused no pain. He slept well at night; and the same treatment was resumed in the after part of the next day. The first application, however, gave complete relief. No food was allowed for two days, when, as may be supposed, his appetite returned, and the diarrhœa no longer troubled him. Although much weakened, his general health appeared to be much benefitted by this passing off of matters from the bowels.

LA MORTE BARNEY.

Water-Cure Manual. — This work is now nearly through the press. The Editor has had some experience in writing books. If his other attempts have been the means of doing some good in the cause of hydropathy, he trusts that this work may prove a much more valuable one. At all events, he has worked much and hard upon the book. We believe it contains a considerably larger amount of matter than any work of the kind extant. By having it stereotyped, so that large quantities may be struck off, we mean to afford it as cheaply as may be. The lowest wholesale price we will determine hereafter. The very excellent and finely engraved likeness of Priessnitz is an addition to this work which we are certain will be appreciated. About the 15th of March, (possibly sooner,) we shall be able to mail the book to those who have ordered, or may hereafter order it. Price, 50 cents. Address, (post paid,) "Joel Shew, M. D., New York city."

Changing the Form of the Journal. — Very few have complained of the change of the form of the Journal. In Dr. Shew's absence, it was commenced, the first of the present year, as a monthly, with a cover. It would be less expensive for us to furnish it to subscribers in this form, mailing it once each month, than without covers, and mailing it twice per month. Besides, we have been in the habit of distributing, gratuitously, about one third of our edition. And, for wider circulation, we have preferred the form of sixteen semi-monthly pages, to that of thirty-two monthly.

Specimen Numbers of the Journal and Almanac. — Specimen numbers of the Journal, and copies of the Water-Cure and Health Almanac, we now and then

send our patrons. Will they have the goodness to circulate these as they deem best to aid in the spread of hydropathy? Some persons, it will be remembered, are unwilling even to *examine* the subject. Many, however, would be glad to receive information of this kind, who have not as yet had opportunities of doing so. Not unfrequently does it happen that a small piece of information becomes the means of great good. Circulate, then, these pamphlets among those *who, for its own sake, love the truth.*

CASE OF MEASLES CURED BY WATER.

We have lately had an opportunity of testing the water-cure in a case of measles. This occurred in our own family, and within a few days. The patient was a girl some four years old; was attacked as usual, but had no medical aid, save the wet sheet, to bring the disease to the surface, and frequent ablutions in cold water, to allay the itching and fever. She was allowed to drink considerable water, which caused her to perspire freely. She was not confined to her bed at all during the time, and was but a few days recovering.

JOHN KEDZIE.

Rochester, N. Y., Feb. 5, 1847.

SHOWER AND OTHER BATHS.

WILLIAM WEST, 133 Hulton 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.

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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.

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

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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.

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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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☞ 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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