

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.

VOL. III.—No. 7.]

NEW-YORK, APRIL 1, 1847.

[WHOLE No. 31.]

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

WATER.

"All hail to pure cold water,
That bright rich gem from Heaven;
And praise to the Creator,
For such a blessing given!
And since it comes in fulness,
We'll prize it yet the more;
For life, and health, and gladness,
It spreads the wide earth o'er."

MRS. A. C. JUDSON.

Water is the most common and abundant of all material substances on the face of the earth. About three-fourths of the whole globe is encircled by it. Water is the great emblem of purity, and, at the same time, a symbol, on the one hand, of weakness, and on the other of power. In delicate dew-drops—in the fine mists of mountain air—in the snow flakes, so light that the most delicate balance is not sufficient to weigh them—water appears the very symbol of weakness. If we take a drop of it upon the finger, and rub it with the thumb, it vanishes, as it were, into nothing. Is there in nature any thing so feeble, so unresisting? In majestic rivers—in terrific floods—in mighty falls—in the overwhelming avalanche—and in old Ocean's depths, we find water possessing the most formidable power. In the rending of rocks—the tearing apart of the most noble ships—and in the destroying of man's proudest works, is the nature of this

element, so feeble, and yet so powerful, made known to man.

What is there in nature so beautiful as water? In the form of genial spring showers, that fertilize and render fructiferous the earth—in the opening flower-buds—in glistening dew-drops—in sparkling fountains—in rivulets—in spring streams—in cascades—and in the delicate tear-drop that moistens the cheek of woman, how beautiful is this agent, every where so abundant—pure, simple water!

The earth becomes dry and parched; flowers cease to put forth their blossoms; the trees yield no fruit; the grass withers, and the plain becomes dusty. At length, after many days, the clouds begin to gather; the lambs are heard bleating upon the hills; the cows gambol, and fowls prepare their feathers. The showers, all fresh and genial, descend, and nature, as with one uplifted voice, praises that Being who sends the rain.

The inebriate, at the midnight revel, quaffs deep of the intoxicating bowl. His brain becomes fevered, and his body "ill at ease." When he began his inebriation, he would have scorned the simple beverage of nature; but now his sensations are imperious, and he longs for that drink which alone is sufficient to quench his thirst.

A sick man has high, burning fever and delirium, which last for days. More ear-

nestly than for all other blessings, he begs for cold water to drink. In the belief that it is dangerous, he is denied. He grows more and more thirsty. The tongue swells, the lips crack, and the pores become closed. In every breath he puts forth, and at every exhalation that passes from his body, its moisture is being carried off. Yet, strange though it be, his thirst no one dares to quench. At last, in his sufferings, he breaks over all restraint, and drinks to the fullest extent of his desire. Before sleepless, he now passes into a profound rest. Drenching perspiration breaks out, and in the morning he awakes refreshed, and in his right mind, and the power of his disease is broken up.

Thus we have in water, abundance, simplicity, purity, feebleness, not less than terrific power; awfulness, grandeur, sublimity, beauty, the purest of all beverages, and the best of all means for healing the sick. Who can be sufficiently thankful for this, one of the best of Heaven's gifts—PURE COLD WATER.

Qualities of Water.—For all drinking, culinary, and medicinal purposes, we should, if possible, obtain water that is pure and soft. The test of an ingenious washerwoman is sufficient. Any well or spring water, that washes equally well with rain water, we may be certain is good.

Animals have been observed to prefer even muddy soft water to that which is hard, however clear. Any one who watches the effects, may easily determine the difference, when he changes from the use of hard water to that which is soft. The former sits heavy upon the stomach. It often causes indigestion and derangement of the alimentary canal. This is proved by the fact, that a change to hard water is often attended with diarrhoea, dysentery, &c., when the change back again soon cures the complaints.

Almost every family may have a cistern, so constructed as to afford a liberal supply of good rain water. When the rain falls, it may be made to run off at first, until it becomes clear. Some have two cisterns, with a filter between, so arranged in the partition that the water, by its weight, is forced through it, and is thus always

made pure. Have, by all means, water that is pure and soft.

Spring and well water are used mostly in drinking and culinary purposes. These are generally hard. There may be, however, exceptions. In various parts of New England, the water of springs and wells is of an excellent quality. At different points along the Connecticut river, it is very pure and soft. Probably, in almost every section of our country, there is more or less of good water; but the greater part of it is hard.

I brought with me specimens of water from Grafenberg. I have examined quite a number of springs in this country, and have not yet, except in one instance, found any as good as that. It has, in the gallon, only one and a half grains of mineral substance, principally the compounds of lime, as is generally the case in hard water. This is a very minute quantity, indeed—so small, that, probably, not the least difference could be detected between it and rain water, in the processes of washing. As good as we consider the Croton water, in New-York, it contains, nevertheless, in the gallon, upwards of four grains of mineral impurities. Probably, in no water establishment yet formed, either in this country or England, is the water so good as at Grafenberg. The well water of cities and large towns is often rendered very impure. All manner of filthy and disgusting substances find their way into the wells; and troublesome diseases have been known to have directly resulted from the use of the water.*

Water in the vicinity of burying-grounds.
—The subject of choosing burying-places

* "Dr. M. Barry affirms that the troops were frequently liable to dysentery, while they occupied the old barracks at Cork; but he has heard, that it has been of rare occurrence in the new barracks. Several years ago, when the disease raged violently in the old barracks, (now the depot for convicts,) the care of the sick was, in the absence of the regimental surgeon, entrusted to the late Mr. Bell, surgeon, in Cork. At the period in question, the troops were supplied with water from the river Lee, which, in passing through the city, is rendered unfit for drinking, by the influx of the contents of the sewers from the houses, and likewise is brackish from the tide, which ascends into their channels. Mr. Bell, suspecting that the water might have caused the dysentery, upon assuming the

in cities has, of late years, very properly received attention. In the city of London, water has been rendered very impure and loathsome, by the proximity of burying grounds. The drainings of the filth of cities, it is beginning to be more understood, deteriorate water greatly. Still, many persons, as for instance, thousands in this city, will persist in drinking the filthy water of the well, merely because habit has brought them to relish it better than pure soft water.

The plan of conveying water through metallic pipes, is, in some respects, objectionable. Iron pipes soon become coated with insoluble compounds, so that metal is no longer exposed to the action of the water. Lead pipes are, of all, the most objectionable. In this city, it is perfectly easy to detect lead in water that has stood for awhile in the lead pipes so much used. There is a prevailing opinion to the contrary, I know; but I quote the authority of Dr. Chilton, a man second to no one in judging of things of this kind.

It is necessary, then, in order to be safe, when the untinned pipes are employed, that, before using the water, it run awhile, to carry off and wash out the solution of lead.

THE CHOLERA.

This dire disease, it is said, is again on its way from the East. Whether this be true, or whether it may ever again reach our country or not, some remarks concerning it may prove not without value. It is a sad truth to dwell on, that so little was learned of the true nature of the cholera or the proper modes of treating it. On this subject, Professor Elliotson, of London, says, "We are not, in the least, more informed as to the proper remedies, than we were when the first case of cholera occurred; we have not been the least instructed by those who have had the disease to

treat. Some say that they have cured the disease by bleeding; others, by calomel; others, by opium; and others, again, say, that opium does harm. No doubt many poor creatures died uncomfortable, who would have died tranquilly, if nothing had been done to them. Some were placed in hot water, or in hot air, and had opium, and calomel, and other stimulants, which altogether, were more than their systems would bear, and more than would have been borne, if they had been so treated even in perfect health." It has indeed become a fashion with medical teachers and authors to assert, *that nothing is yet known as to the mode of treating the cholera.*

In another place, I have cited the opinion of Professor Chapman, of the University of Pennsylvania, that he recommended the giving of ice and the coldest drinks to the full extent of the patient's thirst, the best mode he had seen adopted. The thirst in this disease is greater than any other known. The serum, or watery part of the blood, is passing off by the bowels in the most terrible manner, and this is the cause of the general thirst.

The notions concerning the causes of the cholera, were as contradictory as the modes of treatment employed. As it first originated among the Hindoos, where rice is eaten freely, therefore rice must be a cause. Accordingly, it has had with some the name of *rice disease*. But this conclusion concerning rice is as short-sighted and unsatisfactory as are many of the conclusions in the so-called science of healing. That was taking a very small and one-sided view of the matter. The great facts, that the Hindoos have, for centuries, been among the most ignorant, degraded, sensual, drunken, and licentious people of the globe, were lost sight of. Nor is it at all surprising, that the disease should sweep off such numbers, and cause such frightful ravages among a people degraded and debased to an extent rarely equalled even upon the face of the earth. These things are not understood. It is often preached to us, that disease comes upon the human family arbitrarily, through the agency of an inscrutable Power. *Causes and effects are not sought out.*

care of the sick, had a number of water-carts engaged to bring water for the troops, from a spring called the Lady's Well, at the same time that they were no longer permitted to drink the water from the river. From this simple but judicious arrangement, the dysentery very shortly disappeared among the troops."—*Dr. Cheyne.*

Not less satisfactory than the modes of treatment, were the modes of prevention recommended. In London, there was much tea drank, but not so in Paris. In the latter city, there was more cholera; therefore, the drinking of tea must be a good preventive of the disease. Here is the same loose reasoning, if it may be called reasoning, as in attributing the disease to the use of rice in India.

It may appear strange, that the use of alcoholic drinks was recommended as a means of prevention, when, at the same time, it was discovered that drunkards were the persons, of all others, most liable to the disease. Yet, in this country, and in Europe, generally, the habitual use of alcoholic drinks was recommended, as a means of prevention of the cholera.

In this country we have had two examples, most conclusive and satisfactory, as to the best modes of preventing the disease. There is in the city of Philadelphia a sect little known, the Bible Christians. The members of this body abstain religiously from all intoxicating substances and from flesh. They aim to live temperately and soberly in all things. The Rev. Mr. Metcalf, of this sect in Philadelphia, gives us the following account of their experience during those fearful epidemics, the yellow fever and the cholera:

"When the yellow fever broke out at the foot of Market street, in the autumn of 1818, my residence was in the immediate vicinity of the infested district, namely, in Front near Market street. There I continued with my family, while most of our neighbors fled from the site for fear of being affected with that dreaded malady: yet we all continued to enjoy excellent health. The following year our experience was similar. During the period of the cholera, I am not aware that any of our members were in the least affected by that disorder. My duty as a minister frequently led me to the bedside of the sick and dying poor, and often to perform the last obsequies over the dead; yet amidst all these painful duties, the same kind and merciful Providence which 'tempers the wind to the shorn lamb,' protected and preserved me in the enjoyment of uninterrupted health. You doubt-

less remember there were many conflicting rumors of opinions among eminent physicians and others, about the propriety of avoiding vegetables and fruits during the continuance of the epidemic. I have no knowledge that any of our members made the least alteration in their accustomed mode of diet during that time, and yet they all escaped suffering from that fatal contagion. In my own family, vegetables and fruits were as freely used as in former seasons, without suffering any inconvenience."

The experience of those in this city who adopted a similar course as the Bible Christians, was not less striking. It will be recollected, that Mr. Sylvester Graham was the means of inducing a considerable number to follow his peculiar modes. Mr. Graham says, in his work on the Science of Human Life: "The opinion had been imported from Europe, and generally received in our country, that a generous diet, embracing a large proportion of flet meat, flesh soups, &c., with a little good wine, and a strict abstinence from most fruits and vegetables, were the very best means to escape an attack of that terrible disease. Nearly four months before the cholera appeared in New-York, I gave a public lecture on the subject in that city, in which I contended that an entire abstinence from flesh-meat and flesh-soups, and from all alcoholic and narcotic liquors and substances, and from every kind of purely stimulating substances; and the observance of a correct general regimen in regard to sleeping, bathing, clothing, exercise, the indulgence of the natural passions, appetites, &c. &c., would constitute the surest means by which any one could rationally hope to be preserved from an attack of that disease. I repeated this lecture after the cholera had commenced its ravages in the city, and notwithstanding the powerful opposition to the opinions which I advanced, a very considerable number of citizens strictly adhered to my advice. And it is an important fact, that of all who followed my prescribed regimen uniformly and consistently, not one fell a victim to that fearful disease, and very few had the slightest symptoms of an attack."

Mr. Graham adds also in a note : " During the prevalence of the cholera in New-York in 1832, it was most extensively, clamorously, and continually asserted that the 'Grahamites' were dying by scores with the epidemic, and this opinion has gone abroad through the country, and is perhaps generally believed. Yet I solemnly declare that I made the most diligent search in every part of the city where any such case was reported, and called on every physician who I heard had made such assertions—and in the newspapers of the city, publicly called for the specification and proof of such cases, yet I could not find a single instance in which an individual who had adopted and consistently observed the regimen I had prescribed, had died of the cholera or any other disease, and but two or three instances in which there had even been a single attack ; and in each of these cases there had been decided imprudence."

How is it possible to account for the fact, that such overwhelming testimony as that of the Bible Christians and the Grahamites, so called, has not yet found more favor with the world than it has ? Shall it be said that the mode of life that is best to enable the system to resist those terrible diseases, the yellow fever and the cholera, is not the best for all periods and times ? Most assuredly it is. And were it not for the all-pervading power of appetite over reason, such lessons as the above, so invaluable and convincing, would have been long ere this heeded. If the cholera again comes, let us see what may be brought about.

Dr. Smethurst, of England, in his very excellent work on water, gives us the following account of what the great Priessnitz accomplished in the cholera in his country :

" When the cholera raged some few years ago in Germany, Priessnitz saved a great many from death in Grafenberg : he did not lose a single case. In slight cases, tepid sitz baths of long duration, (up to two hours,) were sufficient, with constant rubbing of the abdomen and lower extremities ; cold water being drunk in small quantities ; injections aided the cure. In more serious cases, where con-

vulsions and paralysis had already supervened, the patient was put into a half bath, and rubbed until the body got warm and steamed. After being dried, and resting awhile, the patient was wrapped in wet sheets and sweated in them. Besides this, frequent tepid injections and sitz baths, of an hour and a half long, cold water being of course administered all the while.

Diet should be very strict ; fish, (eels particularly,) fruits, salads, and fresh beer are injurious ; it should be light and nutritious ; cleanliness must be particularly observed, fresh air inhaled, dwelling and bed-rooms well ventilated.

Dr. Casper, in Berlin, was also very successful in curing cholera ; his plan was this : The patient, if the skin be dry and withered, is placed in a dry tub ; if soft, with a clammy perspiration, in a lukewarm water bath, the water reaching up to the navel. Then four to five pailsful of quite cold water are thrown over head, chest, and back, downwards ; at the same time two pailsful of cold water are thrown horizontally against the chest, from the end of the bath. Every thing must be done quickly, and the patient then put to bed ; the bath being repeated in three or four hours. In the interval, ice-cold bandages are placed on the chest and abdomen, and renewed when warm ; the head is covered similarly with ice-cold compresses, to prevent an access of nervous fever, which often succeeds an attack of cholera. Cold water for drink, by which the disposition to vomit is much diminished, but increased by warm drink. Frequent baths and frictions will diminish, if not always prevent, the extension of the ravages of this epidemic."

CONSUMPTION.

Case of Mr. Waterman Roberts, of Hartford, Conn.

I am now forty-five years of age. My habits of life have been decidedly active. My health, until about five years ago, was usually good. My grand-parents were long-lived. My father died at the age of forty-seven—my mother at fifty.

seven, of consumption. One of my brothers, younger than myself, died a few years ago, at about forty, decidedly of the same disease. My mother had the disease some eight years; my brother about three years.

Five years ago last November, I was attacked with the lung fever. For a while before that time, my health had not been as good as usual, but I still kept about. For this attack I was bled, according to the usual modes in such cases, freely. The bandage became disarranged in the evening that same day, soon after the bleeding was practised. I awoke and found my arm in a puddle of blood, as it were. I immediately undertook to rise from my bed, but fell in the attempt, and fainted. The loss of blood made me exceedingly weak, but I appeared to be in a measure free from the fever. At the end of about two days lung fever returned with increased violence, and I became delirious. Various means were resorted to, and after some days I began to mend so as to be about the house a part of the time. I was, however, very weak and highly susceptible to cold, and could not undertake business until late in the spring. I never again became so strong as before, until after I resorted to the use of water. An obstinate cough followed this attack, and was very bad. I raised, first and last, a good deal of matter, apparently from my lungs. Food also disagreed with me, and I lost much flesh. About two years after my attack, I had become much reduced, and had frequent night sweats.

About this time, (Feb. 1844,) I was advised by my physician to take a voyage to the West Indies. I sailed to St. Domingo, and was absent some three months. The voyage appeared to be of benefit during my absence. My cough was less, the raising less, and I became a little stronger. But on returning to Hartford, my difficulties soon returned, but not so formidable until cold weather again set in. Warm weather appeared then to agree with me best.

In December, of the same year, I became much debilitated and discouraged. By the advice of some of my friends, one in particular, I was led to examine the water

system, and, as you will recollect, called upon you for advice. You left it optional with me whether to go home and be treated, or to return to you. The first I concluded to do. I was very thin, and susceptible to cold. You advised me to begin cautiously with tepid bathing and a good deal of friction. The wet jacket upon the chest to be covered with flannel, I was to commence at once. After a few days, I commenced showering with cool water immediately after the tepid bath. My health was such that I frequently took colds. You recommended, that at such times I should lay awhile in the dry blankets, to cause warmth, and that I might the better endure the baths. Occasionally, I sweated in the blanket, and perhaps, in a few instances, became weakened thereby.

For a time, I bathed twice daily. The cool towel bath at evening acted most beneficially in arresting the night sweats. The wet application worn over the chest night and day, changed three or four times in the twenty-four hours, seemed to allay irritation in the lungs, and to prevent the cough. The effect was very soothing, as well as warming. After some weeks, I at times left off the wet jacket for a day, and was surprised to find that the surface was warmer where the wet cloth had been than elsewhere. Still I felt the need of it for its tonic and soothing effect. You directed me to have no more fire in my sleeping room, and to have it well aired by day. I was also to exercise in the open air daily, and to be out as much as I could possibly bear. It was better for me, you said, to go out even when it was stormy and inclement, than hover over the fire in a hot room. I asked if I had not better take some syrup or medicine for my cough. These I had taken by the quart. You said, "Nonsense; the cough will take care of itself, as your strength becomes improved."

I was to partake only of plain, coarse food,—brown bread, especially; the less meat the better. The coarse bread has been my "staff of life." Until I became strong, I used plain fresh meat but once a day. I left off tea and coffee, drank only soft water. My appetite had been by turns very poor, but now increased won-

derfully. Digestion improved also much. From that time to the present, now two years and two months, I have, with some little drawbacks, been growing firmer in health and strength. For the past eight months, I seem to have been able to accomplish as much and undergo as great bodily fatigue as for the same space at any time within the last ten years.

I feel yet that the lungs are the weakest part, and I sometimes take colds; but I have each time succeeded in throwing them off by renewed treatment, the blanket-baths, wet jackets, injection, &c. The tepid bath taken usually at from 70 to 75° F. followed by a slight shower, cold has seemed to be of all baths the most beneficial. For the past seven or eight months, I have as a rule used the water cold. I have good reaction, and the cooler the air now, the more am I invigorated. Differently from before, I now enjoy the cold weather decidedly the best.

And now, after having followed the water treatment for more than two years, although my lungs are not yet free from weakness, and I am liable to serious pull-backs, yet I feel grateful to God, that I have received such wonderful benefit. And I do herein add my testimony, that I have unwavering confidence in the water-cure.

Case of Mr. Jacob Campbell.

The case of this gentleman is certainly, all things considered, a very remarkable one. Mr. Campbell is a resident of this city, engaged (principally at the desk,) at the bank of the Bowery. He is of very fair, delicate complexion, blue eyes and auburn hair, a most perfect subject for consumption. The disease is also hereditary in the family, on the father's side. His father's brother died of it, and he has lost already a brother and sister by consumption.

Mr. C. is now thirty-one years of age. About one year ago, the present time (15th March, 1847,) he called to consult me. He had had a pain, at times severe, in the left lung, for two years. For eighteen months, he had raised blood, but in large quantity. He expectorated a good deal, apparently from the lungs. This

exhausted him very much; he was indeed so debilitated that it was with difficulty he could go to and from his place of business, or attend to his labors at the desk. He took colds often and at the most trifling exposures. He had suffered also a good deal from constipation, and appetite was poor.

Mr. Campbell could not at the time come to my house, nor could he leave his business. Accordingly, he was under the necessity of doing what he might at home. I directed him to commence bathing, once a day for three or four at first, and then twice per day, and wearing the wet jacket about the chest, to observe strictly the rules of diet, and gradually to go more and more in the open air. There was an immediate amendment in all of his symptoms, and he pursued the regular course for months, continuing business, however, all along. He grew stronger and stronger, and the appetite improved; the wet jacket removed all pain from the chest, the expectoration grew less and less, and the spitting of blood entirely ceased. Mr. C. says now he has been as strong all winter as he ever was in his life. Appetite perfectly good for the plainest food, and the bowels regular. The expectoration is not all gone, but he says there is not now more in a whole month than formerly in one day.

Whether there were actually tubercles that had gone to suppuration or not, it is impossible to say. Mr. C.'s former physician, a man of respectability and experience, declared that tubercles did certainly exist. The result of the treatment has been entirely beyond my most sanguine expectations. It is to be observed, however, that Mr. Campbell persevered in the treatment with a diligence that deserves great credit.

It seems, then; that this was a case in which the patient fled to the water treatment just in time to save life. No one acquainted with that dire disease, could believe that Mr. Campbell would long hold out, as things were going. Generally, consumptive patients come to us after all other means have failed, and then it is too late, only they can be invigorated somewhat, and kept incomparably more com-

fortable (if we may use that term,) than by any other known means. There is probably a point at which, if water treatment was commenced, almost every one could be saved. But after the disease has become deep-seated, we must tell our patients frankly, *that in all probability they must sink.*

WATER-CURE JOURNAL.

NEW-YORK, APRIL 1, 1847.

(From the Editor's Note-Book.)

A VERY DANGEROUS CASE OF CROUP AND MEASLES CURED BY WATER.

March 12th, 1847.—Went to attend the little son, three years old, of Mr. Osborne, of 444 Grand st. He had been exposed to the measles, and the parents daily expected the coming on of this disease. For three or four days, the little boy had been coughing, and had the symptoms of a considerable cold. The day before, there had been some sneezing and slight affection of the eyes, which symptoms usually precede an attack of the measles. In the evening, came on an attack of the croup. The nursery room, or one in which the children generally were, had a close coal stove, and was, therefore, as is a common thing throughout the city, most of the time too warm. Mr. Osborne's children seem also to have a predisposition to colds and the croup. Two have been lost under the ordinary modes of treatment the preceding year,—one of croup, and the other of inflammation of the lungs.

In this case of the little boy Homer, Mr. Osborne called for me in the night, but was unable to find me. Consequently, he went home, and himself and wife concluded to do what they might towards arresting the disease. They had some knowledge of the water treatment, but concluded to give some of Cox's hive

syrup, an antimonial preparation, for the purpose of producing vomiting. There is a great error among many with regard to the giving emetics in croup, and, by a wrong explanation, physicians often promulgate it. In croup, as is well known, there is always a strong tendency to the formation of a false membrane in the throat. Whether this membrane comes in the larynx that goes to the lungs, or whether in the œsophagus, or meat pipe, that lays back of the breathing pipe, is not at all considered. The emetic, it is supposed, causes the throwing up of the phlegm and false membrane by actual contact with the part affected. But it should be remembered, that the medicine passes only in the œsophagus. Every one knows how much difficulty is experienced, if a little of any substance is swallowed the "wrong way." It is admitted, however, that vomiting does cause some apparent relief in the croup, and also, by that process, there is caused some expectoration from the throat. Yet the harm done the system by the poisonous drug, far exceeds the good. Mr. and Mrs. Osborne had also made water applications to some extent. Cloths wet in cold water were kept upon the throat and chest; the body had been washed, but not in very cold water. Water, as much as was desired, had also been given to drink. All that was done with water was well, and had, no doubt, done considerable good. He was allowed food as usual, and this was an unfortunate thing.

At 12 o'clock, noon, I arrived at Mr. O.'s. It was now sixteen or eighteen hours since the first appearance of the croupy symptoms. I at once told the parents that I did not believe the little child could live. There was that deep, hollow, stridulous or barking cough which every one fears so much, who has had to deal

with the croup. I had seen cases apparently as bad as this, perhaps worse, that had, under water treatment, resulted favorably. But in cases as bad as this appeared to be, cures would be the exception, and not the rule. It was then understood that I would, of course, prefer not treating a case of the kind, especially as the medicine mentioned had been given. I said, however, to the parents, "It is for you to decide. You have called me, and now, after giving you my opinion, you are to determine who is to treat your child. If you desire it, I shall be the last to give up, as long as any thing can be done." After considering the matter a few minutes, they determined to rely exclusively on the water, and trust for the result.

First, then, the child was to have no more food for twenty-four hours at least. He was to be encouraged to drink a little water often, and the bowels were to be kept open by injections. He was to have a bath immediately, (not in water entirely cold, as the previous applications had kept the fever down very much;) wet bandages were to be kept about the neck, and large, wet towels about the whole body and lower limbs, nearly to the feet; and these all were to be changed every hour. Thus, substantially, a wet sheet, the whole of the time, was to be used. If the general fever should, by any means, come on, a thorough ablution would be practised, and then again, immediately, the wet cloths. The child was, of course, wrapped up sufficiently to induce a comfortable degree of warmth. A general bath or affusion was to be performed about three or four times in the twenty-four hours.

Returned at evening. The feverishness was much reduced, and, on the whole, the symptoms a little better. Still the croupy cough was decidedly bad. We had hoped that the measles would soon ap-

pear upon the surface, and thus some relief would be brought. One object of the constantly wet cloths, was, by their poultice effect, to bring out the eruption. Those who have witnessed the water treatment in measles, must have observed the truly wonderful effect of the wet sheet in bringing out the eruption. Often a single application, with a bath, serves to bring out a complete rash. Now, at evening there were some appearances of very slight eruption about the face and neck, but nothing of any account. As the tendency to fever was now less, the cloths about the neck and body would be changed once in two hours. A bath, (the extreme chill removed from the water,) to be given late in the evening, and if, towards morning, the symptoms should grow worse, still another.

In the morning we found the little boy had passed a better night than the one preceding. The eruption now began to appear more distinctly, but was yet very tardy. Keep on precisely the same treatment. Allow the little fellow to taste of apple, a small portion, if he chooses, at the regular meal time, but nothing else. The first day the appetite was most imperious. But this always takes place in fasting,—the first day is the worst to bear.

This same treatment, continuing the wet cloths over the greater part of the surface the whole of the time, changing them every two hours, and giving three to four baths, by affusion in the wash-tub, small quantities of water frequently to drink, tepid injections daily, admitting, constantly, fresh air to the room, and giving a very small amount of nourishment, was kept up for three whole days, reckoning from the noon of the first day in which I saw the little boy. Not more than a half ounce of food was given in all this time; and the little fellow grew

better and better every hour. It was not until this time, that the measles were fully and in perfection over the whole surface. I had never seen a case anything near, so tardy under water treatment as this. We would now give a little more nourishment, but yet only a little at a time, and but three times in twenty-four hours. Keep on the wet envelopment precisely the same as before, the sooner to poultice away the eruption. The croupy cough had diminished constantly, as the eruption came more and more out.

The fourth twenty-four hours I was away from the city. On returning, I found the wet cloths had acted like a charm. It seemed as if in that time almost every trace of the eruption was literally bleached away. Some cough, of course, remains.

Now, for the fifth day, and onward, the wet cloths will be applied two hours forenoon and near evening. Sparging the surface will be performed, after these applications, and the mild bath, by affusion, morning, before breakfast, and on going to rest; more nourishment will be given, and yet but a small quantity at a time, and this amount of treatment at least is to be kept up for one week.

Towards morning of this fifth twenty-four hours, the little fellow became restless and coughed. The wet cloths were put upon the chest and he then became quiet, and went again to sleep.

The lungs and throat, it will be recollected, are very liable to become more easily infected, after the measles. With this treatment Mrs. Osborne will practise upon her little boy. I am now confident no ill result will follow, and he will grow more and more vigorous and strong. It should be remarked, the face and eyes were frequently washed, and light was admitted freely into the room. Darkening the room

is injurious to the general system, and causes weakness of the eyes. Wash the parts and accustom them to the light.

This case, I confess, has thus far resulted very differently from the manner in which I felt almost certain it would.

Other cases of Measles.—A few days since two or three children of Mr. H. P. Osborne, of an adjoining house of the above, had the measles. I was called but once to one of the children, Mrs. Osborne has studied the water treatment considerably. She gave the wet sheet and thus brought out the eruption quickly. She repeated it daily, gave baths, kept down the fever, and dieted, and all went on well. These were good instances of domestic water treatment. The little girl I saw had passed through the worst part of the time, but Mrs. C. not having seen the measles treated by water, wished to know from me whether she was proceeding well.

Another case.—Some days since Mr. Joseph Allen, of MacDougal street, called and wished to know what to do for his little girl. She seemed to have a cold, and was coughing. I told him to give her the wet sheet and an extra bath per day, to have her diet plain and spare, and if the cough yet proved at all troublesome, to have the wet bandages upon the chest. The sheet and bath brought out the measles. I directed that the sheet be given twice a day, an hour each time, and a tepid bath as often as the fever rose. Wet bandages constantly upon the chest, and injections to regulate the bowels. Every thing went on favorably.

Another case.—My friend, Mr. Perry, 115 Orchard street, tells me he has just been treating a child of his with the measles. Friends, relations, and the doctor have expostulated, but all without effect. Mr. P. tells me he is succeeding well.

I have known no cases of measles to be

lost when water treatment alone has been practised.

SUGAR, SYRUP, AND OTHER FORMS OF SACCHARINE FOOD AS INFLUENCING HEALTH.

We alluded in a former number of the Journal, to the evils arising from too much concentration, or too great richness in food. As an inevitable and unavoidable law of the animal system, it should be remembered *that to sustain life, food must contain bulk as well as nutrient principle.* A certain proportion of its substance must consist of particles of matter that remain unchanged in the system until expelled, otherwise the animal dies. A horse fed upon fine grain exclusively, soon becomes diseased and drooping. Any number of the most healthy dogs may be fed upon the best of fine bread and water, and if they are allowed no other and coarser food, they all famish in about seven weeks or fifty days. Fed upon sugar or other saccharine matter, the same result would take place, only in a shorter time. But if the animals are fed upon brown bread and water, the bread having in its substance the bran or innutritious and indigestible part of the grain, they thrive perfectly well. It is a well established principle then, that in food a certain degree of coarseness, so to speak, is indispensable to life and health.

Now, as regards the use of sugar and other forms of saccharine matter, there is, in this country of overflowing abundance, a great amount of mischief caused. The young infant even is taught, so that it rejects its food if it is not well sweetened. All this is, on the part of the mother, intended for the best good of her offspring; she would not do any thing—nay, she would sacrifice her own life rather than to be in any wise the means, knowingly,

of destroying the life of her child. Mothers err greatly in these practices of rearing children, but not in their unremitting and perpetual love for them. How necessary, then, that correct information and correct principles be placed within the reach of all. Let all who will, read and understand.

A certain amount of the sweet principle in food is salutary and good. Almost every form of food of the fruit and vegetable kind, contains in the natural state more or less of it. A suitable amount then is by no means to be objected to. Still there are some forms of natural and very healthful food for well and strong persons that is too sweet and rich for the stomach of the feeble. Good and well matured sweet apples, for instance, it is well known, are famous for fattening swine. So also is this fruit highly salutary for a strong healthy man. The same too may be said of sweet grapes, blackberries, peaches, plums, &c., and so also of the sweet potato, plantain, and banana of the warm climates. Still it should be remembered that those good things may be and often are partaken of too freely. Let us look more specifically to the forms of these evils.

Sweetening food for infants.—Infants that are fed by hand either wholly or in part are almost everywhere injured, to a greater or less extent, in this way. The prevailing notion among medical men, mothers, and nurses, has been that the milk of the cow can be improved by first reducing it somewhat by the addition of water, and then sweetening it with sugar. It is true that the milk of the human mother does contain a fractional amount more of the saccharine principle, the sugar of milk, than that of the cow. I was formerly in the habit of recommending our patients as we had been taught and were ac-

customed to do, but after having had a more extended experience, we have come to the conclusion that it is best not to sweeten the milk at all. Give to the child the food regularly and at stated times, and pure cow's milk, without any change whatever, will be found to answer a most excellent purpose, and until the child has its teeth, we think the best of all substitutes for the mother's milk.

Acidity of the stomach is one of the most common symptoms of indigestion or a disordered stomach. Infants, every one must have observed, often have this; so also have adults. Now we know, if diluted sweets be placed in a warm place, as in a cask standing in the sun, or in a bladder suspended in warm water, acetous fermentation, or the vinegar-making process, very readily goes on. So in the stomach, the sweet substance becomes diluted by the fluids taken, the milk and the gastric juice; the stomach is perhaps already in a state of debility; the warmth, then, and the moisture, cause the acidifying process to go on. Few have dreamed of this, and careless observers would think of almost any thing sooner than that sweet would become sour. Sour substances are often feared, and they are often supposed to be the cause of acidity in the stomach. But this notion is altogether an incorrect one, as all who are at all troubled with acidity may easily determine for themselves.

We have known many who have called themselves vegetable eaters, fail eventually in their experiments by their inordinate use of sweet. Their stomachs have become, they say, "as sour as a swill-tub;" they have taken, too, very likely, soda, or some other alkaline article, with the view of correcting the difficulty. They get a little relief for the time, but, other things being equal, they are certain of becoming

worse and worse. The vegetable diet had done wonders in the beginning of their experiment, (when in fact they were more careful,) but now they return again to flesh, and they say their acidity is all gone, and therefore meat is the best. It is strange that they should forget that all medicine, meat, &c. in the world, could not accomplish the effects they obtained by the vegetable food, and, moreover, it is not understood, that *putridity* (as of flesh meat in the stomach,) is to be feared incomparably more than mere acidity that arises from vegetable and farinaceous food.

Drinking very freely of soft, pure water, is highly salutary in acidity of the stomach. It becomes diluted and washed away, so to say, and thus loses much of its effect. But by far the better mode is to prevent the evil by removing or discontinuing its cause.

Who can estimate the amount of evil caused by the use of candies and confectionary, so common in our country now-a-days. Not only does the evil exist in our cities and large towns, where these articles are principally manufactured, but peddlers go all about the country vending them at stores, groceries, &c., and thus they have become in general use. It is a fearful task to rear young children under any circumstances, but how much more so under the influences of these pernicious practices?

LACING AND INSUFFICIENT EXERCISE AS CAUSES OF DEFORMITY.

Not a little has been written and published in this country, concerning the injurious effects of lacing and want of exercise. A good deal of change has already been caused in the public mind, yet, if we mistake not, females generally dress too tightly about the chest, and exercise by far too little. Besides the general de-

bility induced by these causes, there is the one of deformity, which many must carry to their graves, as an evidence of the folly and ignorance of the times in which they lived. We here quote some remarks from the excellent Physiology of Dr. Andrew Combe, on this subject.

"It is notorious, that a majority of those girls, who, in opposition to the laws of nature, are enclosed in stays, and get insufficient exercise, become deformed, an occurrence which is, on the other hand, comparatively rare in boys, who are left, in conformity with the designs of Nature, to acquire strength and symmetry from free and unrestricted muscular action. In a seminary for young ladies, for example, containing forty pupils, it was discovered, on examination by Dr. Forbes, that *only two* who had been resident in it for two years, had straight spines; while out of an equal number of boys, imperfect as their exercise often is, it would be difficult to discover as many whose spines were not straight. Here, then, is ample proof, that stays and absence from exercise, so far from contributing to an elegant carriage, are directly opposed to its acquisition; and that the indulgence in exercise, even when not carried so far as the wants of the system require, instead of being hurtful to the spine, contribute powerfully to its strength and security. Yet such is the dominion of prejudice and habit, that with these results meeting our observation in every quarter, we continue to make as great a distinction in the physical education of the two sexes in early life, as if they belonged to different orders of beings, and were constructed on such opposite principles, that what was to benefit the one, must necessarily injure the other."

Thin pantaloons in winter.—Some weeks ago, I endeavored to find some linen pan-

taloons of sufficiently dark color, that people would not think a man crazy for wearing them in the winter. Not succeeding, I obtained some thin worsted ones, made for summer wear. These I wore without drawers. A few days since, early in March, I found a summer, cotton material. The weather was raw and cold, but the pantaloons felt so clean and comfortable, and the limbs so elastic and vigorous, they were a great luxury. Some may laugh at this, but it is all a fact. I remember well, however, a few years ago, when very dyspeptic, and the system saturated with mercury, (it having been breathed in chemical operations and experiments,) I could not have worn thin pantaloons in winter and no drawers, without taking almost a death-cold. How different is my situation now. When I was at Grafenberg, last November, I saw old men and young men, who had so accustomed themselves to air and water, that they went bare-headed, with the breast open, without vest and with thin pantaloons, all when snow was upon the ground. Become gradually as hardy as you can, if you wish to ward off disease and enjoy good spirits, contentment and health. [*Ed.'s Note Book.*]

WATER APPLICATIONS IN DRUNKENNESS.

A few years ago, while playing in the streets of the small village in which I lived, an incident occurred which may be worthy of note. It was evening, and a large number of boys, in company with myself, were collected to pass a few hours in youthful frolic. We enjoyed ourselves for some time at our sport, and finding no mischief to busy ourselves about, concluded to retire for the night. As we were about to put our plans into execution, a strange noise was heard from a house opposite. I hastened with boyish curiosity.

And at once rushed to the place from whence it proceeded. As we drew near, the cry of murder, as if proceeding from a female, plainly assured us that we were at liberty to enter. Some one whispered that the head of the family was a lover of rum. Thus we concluded that he must be at this time "three sheets in the wind," and so we found him. That man, who but a short time before, was sitting with his family around the supper table, enjoying all the comforts which home and sobriety can afford, was now foaming with rage, and with the little strength which Bacchus had left him, was beating his feeble wife with a chair. We immediately seized him and bore him from the house. He was naturally a strong man, but for particular reasons was at the time very easily handled. After some deliberation, we concluded to sober him down, as we called it, by sousing him in the stream that ran near by; and sure enough, it did sober him, for after we had given him a good wetting, he became unmanageable, and catching a saw-buck that stood near, hurled it in our midst, wounding me and several others. You may imagine that I was careful after that, in assisting to sober a drunken man by the means used in this case.

La Morté Barney.

THE HAND BATH.

(For the Water-Cure Journal.)

Mr. Editor: I do not concur in all the views expressed in your February number, entitled "Hints to those who commence the use of cold water." The towel bath may deter beginners from the practice, rather than invite them to it, in my judgment. The operation is chilling and often repulsive. They shrink from the contact of a wet cloth, unless impelled to it by urgent necessity. It is only long practice and experience of its benefits that make it enduring. What would I advise then? Just what I have recommended to hun-

dreeds who have made trial of the sponge, towel bath, &c., and from the unpleasant sensations induced, have abandoned them. Wash the body at the wash-stand, as the face, with the naked palms, not with tepid but *with cold water*; let the face and head be first subjected to the operation, then the chest, stomach, abdomen and extremities, throwing occasionally a little water over the shoulders, doing the work with energy. Dry the body thoroughly with a coarse towel and follow this with the naked palms again, until reaction is completely restored. Then dress, drink a glass of water, fresh from the fountain, and exercise in the open air, or if that be impossible, walk about the house, up and down stairs, use the dumb bells, saw wood, or jump the rope, &c.

I have known wonders effected with this simple bath, in many diseases, but especially in dyspeptic cases.

Those who have adopted it have often told me they never before knew the benefits of cold bathing; and the beauty of it is, that it may be taken while travelling and absent from the comforts of home, at all times, and whenever a basin of water may be found. They ceased to think that cold water was injurious to their constitutions, as they had often imagined it was, and they became converts to the new system.

Since my return from Grafenberg, I have been often consulted on this subject, and have uniformly advised the hand bath, and always with success.

Would you sleep well? Leave your bed saturated with perspiration, and take the hand bath, and your repose will be refreshing.

Would you, who are in health, maintain that health, and have length of days, repeat the hand bath just before getting into bed at night, and with proper temperance in diet and in drink, your desires will be obtained.

Yours sincerely, A. J. C.
Albany, Feb. 24th, 1847.

Remarks.—People are certainly very much afraid of cold water. It must be admitted, however, that the first impression of cold water, in cold weather, is not

pleasant to any one. It is because of the secondary and exhilarating effects that persons come to value its use. We have not found that difficulty our correspondent expresses in persuading patients to use the towel bath. This alone has done wonders for many. Whether it or the hand bath is the better mode, we thank our friend for his suggestions. "Flesh to flesh" is certainly a good mode, yet the towel bath seems to have some advantages over that by the hand, as above described. We can certainly operate upon the upper part of the "back" to better advantage with the towel. Besides, it would not do very well when at a friend's, whose lady is a neat and tidy housewife, to "splatter" the water about the carpet, as would be the case in employing the hand bath. We may take a good bath by means of the towel without spilling one drop of water, provided we are a little dexterous.

As to the use of tepid water, that is, water from 70 to 90° F., it is cold water in effect, being colder than the blood, milder in degree of course, in proportion to the mildness of the temperature. Priessnitz uses tepid water in some cases of weak persons, gradually accustoming them to the colder. But very few, however, are so weak as not to be able to use the above described bath entirely cold.

The Green Mountain Spring, in noticing the *American Water-Cure Advocate*, (by Dr. Cope, Salem, Ohio), says:

"How did the editor find out Mr. Calvert to be the American author of 'Scenes and Thoughts in Europe'? We were the first to publish the extract which Dr. Cope has given in Nos. 10 and 11, and we added the name to it, that was a secret to others. Or has there been published a new edition of this work, with the name of the Author?"

The extract here alluded to was published in the July number (1846) of the *Green Mountain Spring*. We published the article some weeks previous to that

time, giving the name of the author. We cannot now say whether Mr. Calvert's name was attached to his work, but it was no secret here as to who was the author, even before the work was published.

Some one has sent us the February number of "*The Golden Rule*," published at Lansingburgh, New York. We are much pleased with its present appearance. Terms, one dollar a year in advance. Will the editor send us the January and March numbers?

Missing numbers of the Journal.—A few have complained of not receiving the Journal regularly, which is probably owing to the numbers getting lost on the way. This we do not much regret, as we have reason to believe that they are lost to good advantage. Will our subscribers inform us when such is the case, that we may forward the missing numbers.

DR. H. D. SHEPPARD, of this city, is authorized to receive subscriptions to the Journal. We would recommend him to the attention of our friends, who may have occasion for his advice. We have been acquainted with Dr. S. for years, and have confidence in his judgement and direction in the water-cure. We have, at different times, had occasion to leave patients in his charge.

A number of our friends, (if we may take the liberty of claiming them as such) who have done nobly in obtaining subscribers to the Journal, will receive through mail or otherwise, a copy of the *Water-Cure Manual*. These they will please accept with our sincere thanks for their favors.

"Health is the poor man's riches—the rich man's bliss."

Works to be sent by Mail.

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

This work will now be ready for sale in a few days. It is to be printed from the best of type, on good paper, in the 12mo form. The book, at so low a price, is intended strictly for the spread of the cause.

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

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

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

These three works we can send by mail to any part of the United States, and, under the new post office law, at a few cents' expense. The three together are afforded at one dollar. The Water-Cure Manual, at 50 cents, or the Hand Book and Facts, at the same price; either of which sums may be enclosed and sent postpaid by mail.

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

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

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.

Works not to be sent by Mail.

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

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

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

THE WATER-CURE & HEALTH ALMANAC,

By JOEL SHEW, M. D., is published by WM. H. GRAHAM, 162 Nassau street, New-York. Price, 6¢ cts. single, or 50 cts. per doz. This work will prove a convenient means of spreading the new system.

JOHN BURDELL, DENTIST,

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

Water-Cure Institution in New-York.

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

TERMS OF THE JOURNAL:

Payment in advance—For one copy, \$1; three copies \$2; eight copies, \$5; twenty copies, \$10—when sent to one address. City subscribers will receive their numbers at William H. Graham's, 163 Nassau street, or at the office of publication, 56 Bond street. For sale by periodical dealers generally.

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

Bela Marsh, 26 Cornhill, Boston, Miss A. Pane, Providence, R. I., Colon & Adrianse, Arcade Building, Philadelphia, and Wm. H. Graham, Tribune Buildings, New-York, receive subscriptions to the Journal.

WRIGHT'S

BOOK, JOB, AND COMMERCIAL PRINTING OFFICE,
74 Fulton, cor. Gold Street.