

THE WATER-CURE JOURNAL,

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

“Wash and be Healed.”

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[WHOLE No. 32.]

(FROM “THE WATER-CURE MANUAL, by Joel Shew”.)

VARIOLA-VARIOLOID, OR SMALL POX.

Varioloid is only small pox modified by vaccination. This is proved from the fact, that matter taken from a varioloid pustule, will communicate genuine small pox to one who has never had the disease naturally, or by inoculation, or who has never been vaccinated. Varioloid may be said to be mild small pox.

Symptoms.—There are at first symptoms of approaching fever, languor, drowsiness, pains in the head and loins, and pain at the pit of the stomach. There is despondency and irritableness of temper. The pulse quickens, and the general fever comes on. With adults there is sometimes profuse sweating, and children often have fits. It has been said that one fit forebodes a mild attack, but several a severe one. But we may conclude that no fit at all forbodes something better than even one.

Appearance of the Eruption.—After the premonitory symptoms have prevailed a day or two, “there appear, first on the face, and then successively throughout the body and extremities, small red spots, and these rise into elevated pimples, and these again into hard tubercles, in the common acceptation of the word. So that, first of all, there are mere red spots on the skin; these spots rise into what are com-

monly called ‘pimples;’ and these pimples become very hard. They become pellucid; and on the first day, (counting from the first attack of feverishness, headache, &c.,) they become pustules. From being pellucid, they have purulent contents, opaque and white; and those which are large, are at first generally depressed in the centre. They are not perfectly filled at first, but are filled in the circumference more than in the centre.”

It is impossible for any one to determine for the first day or two, or even at the first of the eruption, whether the attack be really one of the small pox; but this is not important, since the treatment should be precisely the same in all such attacks.

Period of Maturation.—The ordinary course of Maturation of the pustules is as follows: “On the eighth day, counting always from the first, if there be much eruption, the face swells from the inflammation. If the disease be pretty severe, the cellular membrane beneath falls into more or less irritation, and secretes abundantly; so the face swells on that account. The same circumstance causes the eyes to close; and the continued extension of the irritation causes the mouth to ‘run,’ and the fauces (parts of the throat) to inflame. On the eleventh day, the pustules are at their height, as full and as nume-

rous as they will be; and the swelling of the face, the 'running' of the mouth, and inflammation of the fauces, subside, and then the hands and feet swell; first the hands, and afterwards the feet. The spots spread down the body and arms, towards the hands and feet; and, as these parts suffer the least, so they swell the least; and when the swelling commences in them, the irritation is already begun to subside in the parts originally affected. The pustules are then said to 'maturate,' that is to say, they grow ripe and perfect." Such is the ordinary cause of small pox; but cases often occur in which there is considerable variation from the foregoing description.

This formidable disease may end in death at any time from the first attack of the general fever, up to the thirtieth or even fortieth day. It, however, very rarely proves fatal before the appearance of the eruption, and from the observations of writers of all countries, it would seem that the eighth day is generally the one of greatest danger. The second week exhibits the greatest amount of mortality.

Small pox often comes upon persons having other diseases at the time. Those who have poor health are indeed much more liable to an attack, and it is much more apt to go hard with those who have already a serious malady to combat.

Two years since, the author wrote, for the *Water-Cure Journal*, the following case, with observations on the small pox.

Robert B. Hughes, son of Mr. Hughes, 15 Desbrosses street, sickened on the 30th of January, 1845, with a severe and continued pain in the region of the stomach; had chills alternating with high fever; tongue thickly coated. He ate nothing the next day and drank only lemonade. At noon of the second day after the attack, the editor was called. In addition to the above symptoms, there was obstinate constipation. Pulse 112 in the minute.

The treatment recommended was simple, and as follows: Two full clysters of tepid water were to be given, the one immediately following the other. These caused the bowels to act freely, giving at once considerable relief. The young man

was then allowed to rest for a few minutes, while water was being prepared for an ab-lution, or as Professor Elliotson would say, for giving the patient "a good sousing in a wash-tub"—a bucket of water put in an ordinary tub, the water having the extreme chill taken off. The head, neck, and body were quickly washed over, the water being freely poured upon the different parts, and the whole surface being rubbed briskly and constantly with a wet brush, until the surface was completely red. This wet brush rubbing is a better means of exciting quickly the skin than rubbing merely with the wet hand. The operation was performed quickly, yet it caused considerable shivering and chattering of the teeth. With a view of preventing the severe pain in the stomach and side, a large wet towel wrung out of moderately warm water, was put about the body, so as to act as a fomentation or poultice, and this was well covered with a bandage of dry muslin cloth, one foot and a half in width, and four yards long. For the comfort of the patient, as well as to prevent shivering, moderately warm bricks were placed at the feet and the region of the stomach.

The effect of this purging, washing, and bandaging was striking. The time occupied from the commencement until the patient was warm and comfortable in bed, was about thirty minutes. Yet in this short space the severe pain had almost entirely subsided, and indeed in a short time after, it was entirely gone. The pulse had fallen from 112 to 85 in a minute, and a refreshing sleep soon followed. The same applications were directed to be made in the evening, and the patient was thus enabled to obtain a very good night's rest. The next day the washing, bandaging and clysters were repeated morning and evening, and the washing and bandaging at noon. It was believed that by this means, the patient drinking at the same time as much water as he could conveniently bear, and taking only a little water gruel for nourishment, the fever would soon subside. Still the complaint seemed to be hanging about him. On the morning of the third day of the treatment, an eruption appeared upon different parts of the body. The

patient was questioned as to whether he had been exposed to any of the eruptive diseases, which he had not, knowingly. It was stated to him and the parents, that whatever the disease might prove to be, the indications of treatment were plain and the same—to wash the body as often as necessary to keep it cool, or in other words, to keep down the fever, to apply wet bandages on every part of the body where there was any pain, smarting or discomfort from the eruptions; to abstain from nutriment, except a little water gruel two or three times a day, and to drink not only as much Croton water as the thirst craved, but as much as could be taken without decided discomfort, and daily to open the bowels by clysters. Through such treatment the young man was kept quite free from pain, and comparatively comfortable. In the course of a day or two more, there was no difficulty in determining the case to be one of real small pox. The same general treatment was continued, and at the middle of the second week from the appearance of the eruption, the young man was so far recovered as to be able to walk out in the city, and was, in fact, quite well. He has continued to grow firmer and stronger in health continually since.

Few constitutions are in so bad a condition as was that of the young man before this attack. Within four or five years past, he had been taken ill apparently in the same way as at this time, except that each attack was more severe than the one preceding; and, indeed, the one next previous to this last was of such severity, that medical attendance was necessary for three months. In consequence of these attacks and the medicines taken, together with laboring habitually in a confined atmosphere, and the habitual use of the ordinary pernicious diet of civic life, the constitution was brought into a condition highly susceptible to disease, and such as, under the ordinary drug treatment, would, to say the least, be in a very unfavorable condition to combat this terrible disease, small pox.

A remarkable fact in the effects of water in this disease is this: If every thing is well managed, the body kept cool by

bathing, drinking, and cool air to breathe, and if every part upon which eruption exists is kept covered with clean, moist cloths, of temperature to suit the feelings of comfort, as a rule, not a mark is left by the disease. This fact was established long ago; and yet the cooling treatment so grateful, as well as efficacious, is yet so contrary to the generally received opinions, that it has seldom been adopted. In reference to the use of water, there has been as much error in the world concerning this disease as concerning other inflammatory or febrile affections. It is, however, fortunately, now beginning to be well understood, that in all inflammations and fevers, whenever there is thirst, this dictate of nature should be freely and fully answered; that whenever the whole body or any of its parts are hotter than natural, it is perfectly safe with cold water to cool the whole body or any of its parts; that cold water is incomparably the best febrifuge in nature. Comparatively a few years ago only, in this country, as well as in most parts of Europe, it would be considered the height of madness to use cold water in burning fevers and inflammations.

Dr. Currie used water very largely in the treatment of a great variety of diseases and with remarkable success. In his work on the Effects of Water, he says, "The singular degree of success that, on the whole, attended the affusion of cold water in typhus, encouraged a trial of this remedy in some other febrile diseases. Of these the small pox seemed more particularly to invite its use. The great advantage that is experienced in this disease by the admission of cool air, seemed to point out the external use of cold water, which, being a more powerful application, might be more particularly adapted to the most malignant forms of small pox. The result corresponded entirely with Dr. C.'s expectation. Of a number of cases in which he witnessed the happy effects of the affusion of cold water in small pox, he gave the following one: "In the autumn of 1794; J. J., an American gentleman, in the 25th year of his age, and immediately on his landing at Liverpool, was placed under my

care; the prevalence of the small pox rendering it imprudent to wait till the usual preparations could be gone through, or indeed till the fatigues of the voyage could be in some degree removed. He sickened on the seventh day, and the eruptive fever was very considerable. He had a rapid, feeble pulse, a fœtid breath, with pain in the head, back, and loins. His heat rose in a few hours to 107°, and his pulse beat 119 times in the minute. I encouraged him to drink largely of cold water and lemonade, and threw three gallons of cold brine over him.* He was in a high degree refreshed by it. The eruptive fever abated in every respect,—an incipient delirium subsided, the pulse became slower, the heat was reduced, and tranquil sleep followed. In the course of twenty-four hours the affusion was repeated three or four different times, at his own desire,—a general direction having been given him to call for it as often as the symptoms of fever returned. The eruption, though more numerous than is usual from inoculation, was of a favorable kind. There was little or no secondary fever, and he recovered rapidly.”

In reference to the safety of the affusion of water, incidentally it may be here remarked, in answer to the objection sometimes made, that a man with the skill of a Dr. Currie, or a Priessnitz, may safely direct when and how to practise affusion of water, but that practitioners in general would not be able to make the nice distinctions necessary, and that much harm would thus be done by the general introduction of the practice, that the distinctions are in reality easy, and can be made by any person of ordinary capacity. Dr. C.'s rules were made as the result of long and careful experiment, and are these: that “The safest and most advantageous time for using the aspersion, or affusion of cold water, is when the exacerbation, (increase of the fever,) is at its height, or immediately after its declination is begun: and this has led me almost always to direct it to be employed from

six to nine o'clock in the evening; but it may be safely used at any time of the day, when there is no sense of chilliness present, when the heat is steadily above what is natural, and when there is no general or profuse perspiration.”

It would be difficult to conceive how any one of common sense could be at a loss in proceeding according to these plain rules, laid down by Dr. Currie. By this simple means, Dr. C. succeeded in curing a great variety of cases of disease, and often where the ordinary means had failed. He afterwards found that drinking of water was also a powerful means of reducing fever, and after making many careful experiments, he determined that the same rules were to be observed in drinking as in bathing or affusion.

But to return to the small pox. Many cases are on record, showing the great superiority of the cooling, above that of the stimulating, treatment. Hahn, a German physician of note, who wrote in 1738, ascertained from experiment, that in small pox, as well as in measles, scarlet fever, and other rashes, “we may freely wash with cold water, from the first to the last, during the whole course of the disease, in order to prevent the fever from becoming too violent. The skin is thus rendered more soft, so that the acrid matter can more easily pass through it. In small pox, the corrosive quality of this acrid matter is rendered milder, so that it does not eat into the skin, leaving scars behind, and very few patients who have been treated in this way have been marked by the disease.” This writer gives a somewhat amusing account of the African mode of treating this disease. “The Africans wash all their small pox patients. A captain having a cargo of slaves, amongst whom this disease made its appearance, treated them according to their own mode. Being permitted, the other slaves tied ropes around the bodies of those that were sick, and dipped them frequently during the day into the sea, drying them afterwards in the sun, and in this manner they were cured.”

But of all that has ever transpired in the healing art, the work of Priessnitz stands pre-eminent. His success has

* Lemonade is, in such cases, at most, only admissible in a weak and very slightly sweetened form. Dr. C. generally used fresh water, and preferred it to salt.

never been equalled. He has treated in all manner of diseases, although we are often told the contrary, and in no disease has his treatment been more successful than in small pox. An American gentleman, after having been at Grafenberg six months, lately, writes concerning Priessnitz's treatment of small pox: "We have had it here in the establishment, some eight cases, within six months, and not one death; one of them a case of black confluent small pox, complicated with measles, and the patient was out in fourteen days."

By those who have confidence in the new treatment by water, it is often inquired, "Is vaccination necessary?" To this it may be answered, it is now well known that vaccination frequently fails to protect the system from small pox; besides, it is an important fact, not generally understood, that obstinate and long continued skin diseases often follow vaccination, and many children seem never to enjoy firm health after the introduction of this poison into the system. The writer has been surprised on questioning parents, to find how frequently evils, apparently from this source, arise. After due consideration upon the subject, we have come to the conclusion that no child of ours, or of whom we may have the charge, shall be vaccinated. In our estimation, it is not wise thus to poison the system; besides, if children are reared as they should be, (which, by the way, unfortunately, very few understand,) they will seldom be attacked with the disease, and if it should be taken, it is easily and safely cured by means of water, and this without a mark being left. Such an assertion as this, we are well aware, will be a cause of sneering and ridicule; yet we have one satisfaction: facts are as stubborn as ever, and truth must finally prevail. The Jews, because of the hardness of their hearts, were permitted to put away their wives; so those who cannot do better, should resort to vaccination. In this view, and this only, is vaccination a great improvement.

Since writing the above, I have had two long years in which to look over this whole matter more extensively. I think

those who are best acquainted with me, will give me the credit of being a lover of truth, wherever I find it, even though it conflict with previously formed opinions. I will now state what appears to me true in regard to the treatment of small pox, and the true merits of vaccination.

During the last two years, about fifty cases of small pox and varioloid, so called, have come under my immediate observation, most of which were treated by myself. Some of the cases were of infants, and the rest of persons between infancy and fifty years of age. Of all these, but one died, a young man who it was thought best to remove from the city, in consequence of the weather becoming warm, and the small room in which he had been confined. He was decidedly convalescent at the time. As things turned out, drug treatment was practised, (not by myself,) and the man finally died of inflammation of the stomach, as was said by his physicians.

A number of these cases, indeed the larger part of them, occurred in the heat of summer. The past summer, Mrs. Weeks, of 278 Third street, my patient, was attacked, if I recollect rightly, within three days after child-birth, it being her first. She had practised bathing for about one year, regularly, and lived plainly. She got along with little indisposition, and in a very few days her infant was attacked. This seemed to have very little effect upon its health. It was bathed often, and kept cool, and everything went on very well. In fact, in all the cases of infants and young children, there seemed to be no difficulty at all, and, after a sufficient time, the marks seem all to disappear. Of older persons, some may become slightly marked, so that it may be discovered by close inspection. Some who had very depraved health may remain marked, in a slight degree, permanently; but as a general rule, it is not too strong an assertion to state, that water patients *have no permanent marks*.

It will seem to the world, that a man must be most foolishly and ridiculously radical, to decry vaccination. All agree, that every now and then a life is destroyed by it, and that not unfrequently ill

symptoms are found to follow the practice. But it is believed that, on the whole, thousands of lives have been saved by it; and this is, no doubt, true. Priessnitz is decidedly opposed to vaccination. I asked him if it had not saved many lives. He answered, it no doubt had, and added, but how much better is it for people so to live as to be in no danger from the disease. This, I believe, is the true ground. Priessnitz also said, the best that could be, vaccinated persons would be constantly liable to attacks of disease, in consequence of the poison having been introduced into the system. He regarded, that the healing and sanative power of nature would be thereby decidedly injured.

It should be understood, that vaccination often fails of its object. We constantly find persons having the small pox who had been previously vaccinated. Indeed, so well is this understood, that, according to the highest authority in medicine, it should be practised, the oftener the better, at least every year. Keep trying to see if it can be made to take.

Many persons have desired me to refer to the case of Mrs. Shew, and I have promised so to do. Early in May last she experienced a very severe attack of this disease, and some have been led to remark, that the fact of her having the disease so severely, was rather an argument against the water-cure and vegetable system of living. She had, to all appearance, been most wonderfully benefitted by some years of bathing and attention to diet. It was therefore said, how could she possibly have the disease so severely. In order to give a correct view of her case, it will be necessary to take into consideration some other circumstances besides those of the immediate attack.

The parentage of Mrs. S., as well as the relatives generally, on both sides, are of frail constitutions. Her mother died some years since of the consumption; so also others among the uncles and aunts upon both sides of the family connexion. Her father, a well known physician in the region in which he resides, is convinced that he himself has within him the germs of consumption, and that he must sooner or later fall a victim to its ravages. Mrs.

Shew has had weak lungs for years, and is withal strongly predisposed to that fearful disease. Again and again, before commencing bathing, she had had attacks of inflammation in the chest, and she is of opinion that she must have sunk ere this, had it not been for the effects of water, diet, and other hygienic means. At the time of the attack of the small pox last spring, she had been nursing her infant seven months. It was very large, strong, and healthy. During the winter, she had a fall that debilitated her system considerably. One week before the attack, she met with another fall while in one of the douche rooms, bathing. The small of her back came across a sharp stone, and this affected that part severely. On the first day of May, the time of general moving in the city, she stood from early in the morning until night in the hall of our residence, at 56 Bond street. This is a very airy situation. A bad, raw, damp chilling wind blew all day, and in this hall in which Mrs. S. stood, overseeing the things that were being moved into the house, the doors at both ends were open most of the time, thus causing a most injurious draught. Owing to this exposure, and the state of her health at this time, the limbs and extremities were all day chilled like marble. The exposure I was not knowing to at the time, and it proved a most unfortunate one. In the evening of the same day, Mrs. S. was seized with the most violent pleurisy. This was of itself dangerous enough for any mode of treatment. We combated it with water, and before morning had succeeded in quelling the symptoms of approaching small pox. Such it proved to be, and thus came one terrible disease upon the heels of the other.

It was often said among certain friends and acquaintances, "Now we will see if Dr. Shew does not resort to medicines. This will be a test." These friends, we are certain, would not by any means accuse us of dishonesty; but it seems a hard thing for the world to believe, that a physician can practise precisely in his own family as he does among his patients at large. As to the matter of Mrs. S.'s taking medicines, those who know her will

agree with me, that it would be out of the power of man to induce her to take them, provided she could have access to a suitable water treatment. In her opinion, no medicine bears any comparison to pure clean water, and her uniform practice has for years been in accordance with that opinion.

Mrs. Shew's attack was, all things considered, a very severe one. Her system was greatly depressed by the pleurisy, and the other previous causes mentioned. The fever ran very high, or at least would have done so, had it not been for the cooling means that were constantly used. Great quantities of ice were eaten, and much cold water drank. The most free circulation of air was admitted into the room, and the strictest regard paid to cleanliness. By sponging, ablutions, the giving of ice and water to the full extent of thirst, wet cloths laid frequently upon different parts of the surface, injections, the cool air, ventilation, and the frequent change of bedding, clothes and linen, the fever was kept down as much as might be in so terrible an attack. But very little nourishment was given any day for three weeks, and that of water gruel only. Some days none at all was taken. Mrs. S. had her senses every moment of the whole time. She felt that she must very soon have sunk under the power of the disease, had there not been the most constant and unremitting use of the means of water-cure.

It is a remarkable fact, that her young infant, not having been vaccinated, although repeatedly and often exposed to the contagion, did not at all receive the disease. It would be almost impossible for her to have been more exposed in an airy situation, and well ventilated house, than she was. She was moreover at this time suddenly weaned, in consequence of her mother's sudden attack. It should be remembered, however, that she is a strikingly perfect specimen of health. At that time, seven months of age, she had been bathed in the coldest Croton water always twice daily. In the coldest weather she was taken into the open air daily, from three to six hours each day, except now and then when the weather was very stormy. It is also to be remarked, that our

hired help, some of whom had never had the disease or been vaccinated, to their knowledge, although most of the time with Mrs. Shew, both by night and by day, did not one of them receive the disease.* One of the girls had all the promontory symptoms of the disease, but no eruption came out, and she was ill but two or three days. Mrs. Shew's brother, also, had apparently the preceding symptoms of small pox, but nothing more. The same was true, likewise, of her uncle, residing in the same house. Every one of these persons, servants and all, were in the habit of daily bathing. I have, in a number of other instances, known those who were in the habit of daily bathing, go clear in the same way, having only the preceding symptoms for two or three days, and in a slight form. I experienced these myself at one time, when I was much exhausted from arduous duties, and had been treating the two young children of Mr. J. K. Wellman, publisher, of this city, they having the genuine small pox. I had the feverishness and feelings of stupidity for two or three days, and there came some half dozen pustules, and all went on well. My vaccination, practised when I was yet a lad, took little or no effect at the time.

Prevention of Marks in Small Pox.—As far as my experience extends, I know of no case, with the exception of one, in which there are any marks that can be seen at all, except by very close inspection. If diet, bathing, and a good deal of daily and frequent rubbing of the face with cold water, after it has healed, are practised, the discoloration and marks gradually wear away. For a year, or even more, there continues to be improvement in this respect. It remains yet to be proved, in Mrs. Shew's case, whether the marks remain in part or not.

It has been found by experiments in hospitals, that unctuous plasters containing mercury, kept upon one side of the face, are to a greater or less extent, effectual in preventing marks. This is a mode,

* I should have remarked, that Mrs. Shew's friend, Miss Lazarus, who was with her night and day, and unremitting in her kind attentions, experienced the disease in a slight form.

however, which I would by no means adopt. Mercury is absorbed and diffused throughout the system, in whatever way it may be brought in contact with the surface. Masks of wet linen kept cold upon the face, by the frequent use of ice or the sponge dipped in the coldest water, appear to have a good effect in preventing marks. As to the healing the skin, it should be remembered that pure water is the most friendly of all known agents to promote the growth of living parts, provided we can use it properly. Because of the great smarting in Mrs. Shew's case, it seemed necessary to use some oily substance, to protect the raw surface from the air. I have my doubts, after all, if this were the best mode. Some have recommended fine cloths wet in milk; but I have no knowledge of their effects. Mrs. Shew's case, I should have mentioned, was of the confluent kind, always much more dangerous than the distinct.

Cases at Lebanon Spring.—In the winter of 1845-6, the small pox was taken to this place by some one who had been in the cities. It broke out in a house very near the water establishment here, and, among others, some of my patients had the disease. There were, I think, two or three deaths in the neighbourhood, perhaps more. But none who subjected themselves to the water treatment suffered much from their attack.

Dr. Schieferdecker, of Philadelphia, a practitioner of the new system, received the disease, last spring, from a patient whom he was treating. Although he had it in a severe form, the water treatment carried him safely through. Had the dietetic and other hygienic habits of our friend the doctor been more in accordance with nature, he would, to say the least, have had the disease much less severely than he did.

I have seen multitudes of chronic diseases of every name and type, which had long and incorrigibly withstood medical treatment of every kind, yield, in some instances, immediately, and in others in a few weeks or months, to a pure vegetable diet and general regimen, regulated by physiological principles.—*Dr. Lambe.*

WATER-CURE JOURNAL.

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TREATMENT OF CHILDREN.

A friend writing us for advice for his wife, adds to his letter the following remarks:

"As I am one of a club who take your excellent Journal, I will take the liberty to remind you of a promise you made some time since, to give your views on the treatment of young children. For I believe there is nothing more necessary, and consequently nothing that would be more acceptable to your readers. I do this more particularly at the solicitation of a sister-in-law, the mother of two children, who are frequently unwell, although she is careful of their diet and regular in bathing them. She sometimes thinks, however, that their digestive organs were injured by the frequent use of such innocent corrections as soot tea, which old nurses are prone to use. Her eldest, a little girl of about four years, seemed about four months ago to be pretty healthy; but suddenly a change came over her. She lost her appetite, became drooping, and sometimes fretful. Her lips and nose became swollen and sore, and she had many symptoms of worms. Although she has been nearly well at times since, yet she has never been entirely free from them. Her mother not knowing what to do with water in such a case, used some Thomsonian medicines, with little of any benefit. But she has found that the only way she could obtain for her child undisturbed rest was to wrap her in a wet night dress, and ever since the child has called for it. This is now her only medicine."

Remarks.—It is true that there is nothing respecting health that is of greater importance than a right knowledge of rearing children. In the city of London one half of the whole population die under three years of age. In New York and our other large cities, there is probably not so large a proportion, yet the mortality of infants and children is fearful in the

extreme. It is indeed asserted, that, throughout the whole civilized world, on an average, one half of the race die within five years of birth. What awful facts are these. Does it not behoove every parent to ponder well the causes that lead to such terrible results?

The true principles of rearing children are very simple once they are rightly understood. First begin with nourishing the child with the greatest regularity, always at stated times. We were at first in the habit of directing this to be once in three hours. But from later experience we believe once in four hours to be the better mode; no nursing should be allowed in the night, that is, after the usual time of the parents going to rest. Even on the four-hour plan the infant will often go over its time, or lose one of its meals. The appetite may become importunate, but still the mother must persevere and wait until the next regular time. The child can be taken into the open air or in different ways amused and brought to forget its cravings for nourishment. Giving from a spoon small quantities of pure cold water will also be good.

This matter of being strictly regular in the habits of giving nourishment is of so much importance, that we cannot too strongly urge upon mothers the great necessity of persevering under all circumstances to observe it; and whatever may be the apparent hindrances, as a most sacred duty, the mother should let no earthly consideration come between her and its fulfilment to the very letter.

As regards "dosing and drugging," mankind are as ignorant as concerning tea and coffee drinking, and the use of tobacco. The first thing of all, as it were at the very first breath of life, *a dose of medicine must be given*. Nature does not do her work well, it is supposed. "We must give some-

thing to make the bowels act," ignorance says, and this without ever waiting to see if nature can do her own work or not. In the same way, too, the multitude proceed whenever any slight indisposition comes on. The great and important facts, first, *that nature herself always performs the cure, whatever may be the so-called remedia! means used*, and second, *that every dose of medicine, however simple or minute, if it have any effect at all, produces always a certain amount of harm*. The world has great and important lessons yet to learn concerning the healing and ever-acting power of nature. Hitherto she has been regarded as a feeble decrepit old woman, wholly incapable of doing her work.

We beseech then, that our readers will weigh these matters carefully. If your child becomes ill, do not at once lose your self-possession and set to doing as if the tissues of the system were only so much inanimate matter, that could not be injured. Remember the myriads of delicate little nerves that are spread out through every part of the system so thickly, that the point of the finest needle cannot penetrate any part without injuring them; and that these are particularly abundant and sensitive throughout the whole surface of the alimentary canal and internal parts. Pause and consider well what you do. Multitudes are destroyed by harsh and injudicious means.

As to bathing, regulating the diet, taking children into the open air, keeping them away from fires, overheated, filthy, and unventilated rooms, the wearing of clothing loose and of proper character as to warmth and coolness, sleeping upon hard beds, and in pure air, and all other circumstances that pertain to health, precisely the same principles are to be obtained in the treatment and management of infants and children as adults. The general princi-

ples of these things should be attentively and perseveringly studied. In every mind interested, land marks, so to speak, should be formed, and then whenever an indisposition comes on, the individual knows at once how to proceed, and feels a confidence as to the result.

This subject is one of so much importance, we feel a reluctance to leave it. We promise ourselves hereafter to be more full and specific in giving directions as to the management of children, and at the same time advise that those interested study, diligently and attentively, the general principles of the water-cure.

LETTER FROM FRIEND KEESE.

Had hydropathy but one such friend and true worker in every village and neighborhood as *Samuel Keese*, it would not be long ere a very different state of things would exist from the present. The following extract will show for itself the engagedness of the writer :

"Peru, 4th month, 16th, 1847.

All hail! Success to our cause, and relief to suffering humanity! Hydro-pathy is making its way, with rapid, gigantic strides, through the mountains of prejudice and opposition that are brought against it. The following list of twelve subscribers, made up in a single forenoon, in a place where but one could a year ago, will show progress.

Mrs. H. Powers, who was treated by myself, has been wonderfully benefitted, and is now enjoying what may be termed restored health. She has done nobly in encouraging the reading of the Journal."

Reader, you who have been benefitted through the means of water-cure, what are you willing to do for its spread? Does not the system deserve the best efforts of its every friend? Act, then, according to its worth, and that rule by which all should be governed, and hydropathy will shed now and henceforward, untold, unheard of blessings on the human race!

BABY—AN AUTOBIOGRAPHY.

The following amusing article was published some years since in a foreign periodical, but will, however, be new to nearly all our readers. Among the severer duties of life, it may afford some little pastime. Ideas of a practical nature, besides, may be elicited, on reading it, since it will call to mind some of the foolish and pernicious practices pursued in the early management of "babies."

"Every reader, of common sagacity, will readily perceive at once how the following auto-biography was communicated, and therefore I will not, as is too much the fashion among authors, by profession, trouble them with unnecessary explanation. Suffice it to say, that the authenticity of the narrative is unquestionable; for I had it out of the individual's own mouth, and I have not altered one syllable. Sceptical persons might doubt the existence of those precocious talents which enable *Baby*, at the early age of twenty-four hours, to deliver the painful relation of all its experience and sufferings in this world; but when it is recollected that the human mind often exhibits wonderful phenomena amid the bright glances which precede death, it will be acknowledged that the present memoir is the result of one of these half mundane, half celestial illuminations of the spirit.

"My first perception of life," said *Baby*, "or at least the first particular which I consider it fitting to record—for I am not like a German biographer, who would go farther back, to the very beginning of things,—was my being handed from the rough grasp of a man, into the arms of a filthy old woman. I cannot describe to you the disgust I felt at the hag. Her countenance was most forbidding; her eyes inflamed; her nose reddened towards the point, and her breath abominably infected with the odors of gin. I did not know, on inhaling the scent of this offensive compound, what it was; but the wretch was determined that I should not long remain in ignorance of its effects, either in a gaseous or a liquid form.

"It was evident from my entrance into

the world, that this monster entertained a design against my life ; and though I resisted with all the energy of a free-born and independent infant, the contest was too unequal, and I finally sunk beneath her machinations, and those of my cruel persecutors.

“ The moment I perceived that her intentions were fatal, I set up a squall which you might have heard, in the stillness of the night, quite across the square ; but it was utterly disregarded, or rather made the subject of mockery. ‘ There’s a stout boy,’ cried the demon ; ‘ I’ll warrant ye, that will expand the bones of his head for him.’ My poor head indeed was the immediate object of her attack ; for taking another gulp of gin from a glass, and spouting some of the fiery fluid into her hand, she instantly deluged my skull with it, and rubbed with all her might. Oh, the dreadful torture which I endured ! The burning substance penetrated through the fontinelle, or mole of the head, to my very brain, and scorched it into agony. I writhed and screamed in vain ; and, the paroxysm of madness over, uttered a low and piteous moaning, which might have melted the heart of a fiend. But mercy was never meant for me. Conscious of my inherent rights and dignity, as a British man child, and resolved to support both at the expense of my fortune and existence, oppression and tyranny were soon leagued against me, and I was crushed by the foul combination.

“ Not yet a quarter of an hour old, the barbarous usage I had undergone was but a prelude to the whole iniquitous course which was systematically pursued against me, by all but one being, who, from her affection to me, was exposed to almost equally relentless persecution. My poor mamma, she alone showed any sympathy for Baby ; but she was too powerless to afford me efficient succor, in aid of my own brave exertions.

“ Finding that the application of the gin, though it turned my brain, did not absolutely destroy me, the old woman, whom they called Nurse, (Curse would have been a juster title.) endeavored to kill me in another way. There was a large brown pan in the middle of the apartment, filled

with tepid water ; into this the murderess plunged me headlong. She thought she could drown me ; but again my activity and presence of mind prevailed, and I saved myself from a watery grave, by the vigour with which I kicked, and the force with which I squalled. Astonished by my courageous conduct, and baffled in her wild scheme, the tigress was compelled to desist ; but if she could not accomplish the murder, she could gratify her hellish spite, which she did, by taking an opportunity to scrape me from head to foot, more in the manner of a dead pig than a living boy. I was much hurt by this process ; my excoriated skin smarted all over, and I could do nothing but cry and howl as if my lungs were bursting. To this natural appeal no attention whatever was paid by my unnatural enemies.

“ The next attempt upon me was of a different, but hardly less infamous character. You are aware how they used to treat the mummies in Egypt, in the olden time. From this, I presume, the idea was taken, for the new torment practised upon me. Laying me in her lap, the malignant old woman took a long roll of linen, and began to swathe me up as if indeed I were a defunct Egyptian, never intended to live or breathe more on this earth. Round and round did she whirl me ; and I never experienced such a sensation of giddiness before, as that which now overcame me. I could frame an idea what it was to be tumbled about ; but to be tossed and gored in this violent manner, was too much to be borne. I was, however, reduced to passive endurance, by being so tightly bound, and so worn out by the conflict I had inflexibly maintained, that I seemed almost reckless of what was done to me. I fancied at last they were going to execute me without the formality of judge or jury ; for they put an ugly cap upon my head, and brought a band under my chin and across my throat, to strangle me, tightening the ligature even to suffocation. I cannot tell how I escaped, but I did escape this, the third attempt upon my life, within the first thirty minutes of its duration.

“ A very few moments’ repose being now hapless, I began to reflect upon my hapless condition. Here was I, with-

out a friend in the world who could help me, with a bold and uncompromising spirit, it is true, but comparatively weak and defenceless; here was I, naked and exposed to the most diabolical malice of foes, who had obviously entered into a conspiracy to make away with me by some means or other. What could I do? to whom could I appeal? there was no one to take my part. But I will not anticipate events; they crowded fast enough into my miserable span, as you shall now hear, without being troubled with any reflections upon them.

"Having walked into the world about midnight, I looked at the time-piece on the mantel-shelf, and found that I had been more than two hours in this busy life; but circumstances had crowded so rapidly into the space, and I had been made so utterly miserable by the stirring scenes in which I acted so important a part, that I felt no appetite whatever. On the contrary, I seemed to entertain a loathing for food; my indignation may therefore be conceived, when I observed the odious female, to whom I have so often already had occasion to allude, preparing some diet, and evidently for me. I knew it by the scowl upon her countenance, as she took up a bottle and poured some of its contents into a silver teaspoon; my presentiment was very soon realized. Seizing me quickly unawares, I had barely a moment to extend my jaws in the act of bawling for assistance, when the gag, or spoon, was thrust into my mouth, and the whole of its nauseous freight forced down my throat. Scream I could not; a sort of gurgling noise was all that could be heard: I sank back, and thus tasted the first of bitterness which my youthful stomach was doomed to receive.

"I have intimated, like other geniuses, I was born with literary tastes, and a taste for the fine arts. I am sure, had my life been prolonged, I should have turned a celebrated author, as well as painter: as it has been decreed, I can only claim the fame of being the "Little Unknown." But there was something curious in the coincidence, that my earliest acquaintance with literature and painting should be so vastly disagreeable as to consist of

my reading *Ol Ricini*, (castor oil,) on the bottle whence I had been poisoned, and swallowing that oil which might have been the medium of a nobler production than it was now destined to produce. Mingled with the tints of a Titian, it might have created an immortal *Venus*. But I will not pursue the contrast.

"A sense of sickness took possession of me. I asked myself,—is this the food of human beings? Is it for the enjoyment of such delicacies as this, that gormandism and sensuality fill so prodigious an extent in the existence of men? Ah! were their palates as pure as mine, how would they abhor such indulgences! I am ashamed to own it, but as this is a biography of truth, (and I believe the only one ever written, (I must confess, à la Rousseau, that I internally exclaimed with an oath, 'It is d—d bad,') The recording angel, I trust, considering my provocation, would deal mercifully with this offence.

"Fatigue had now completely exhausted me, and sleep began to steal over my faculties. A yawn was the sign of this soporific condition; and it will be credited, that the wretched nurse would not even permit this natural symptom. She who had violently forced my mouth open for her own cruel purpose, would not suffer me to open it myself; but the moment she saw me seeking for this relief, she clapped her finger and thumb under my lower jaw, which she pushed upwards, till I thought it would have cracked again.

"Inured to suffering, sleep at length closed my weary eye-lids, and I slumbered free from sorrows for a while. But it was the mere insensibility of tired nature,—not a sweet and refreshing repose. Ignorant people, and especially poets, talk of balmy sleep being like an infant's. Bah! they must have forgotten their infancy—the swaddling which precludes free respiration,—the other incumbrances of babyhood. For my share, I had a horrid dream. I fancied I was put away from the world again; and I could, but I will not, a tale unfold.

(To be continued.)

For Convulsions, use the cold bath.

(For the Water-Cure Journal.)

"WASH AND BE HEALED."

BY MRS. A. C. JUDSON.

Go wash in pure water, 'twill gladden thy soul,
And make the diseased clayey tenement whole;
'Twill nerve thee for life's deepest trials, and bring
A zest with each joy that around thee may spring.

Wash often—wash daily—'twill save thee from ills,
That long dreary catalogue dire disease fills;
'Twill quicken thine energies, strengthen thy frame,
Yea, yield thee rich blessings too many to name.

And thus to be healed is no human design,
Its source high as Heaven—its author divine;
On the pages of Truth it is written quite clear,
And oft do the tests of its virtues appear.

"Go wash," said the prophet, to Naaman the great,
When proudly that lordly one came in his state,
Expecting some wonderful skill would be shown,
But see—he just bathes, and his leprosy's gone.

"Go wash in the pool," said the Saviour to one
Who ne'er had beheld the fair light of the sun;
The word was obeyed—quick, new vision was given,
And joyful he went, lifting praises to Heaven.

Go wash in pure water—'tis plentiful and free,
All o'er the wide earth flows this blessing for thee;
Then use it most freely—quick, new vision was given,
Thy Maker designed it in wisdom and love.

EXTRACT OF A LETTER FROM
SQUIRE HEATH.

March 13th, 1847.

Dr. Shew: Dear Sir—Enclosed is thirteen dollars, which I send for twenty-six copies of the *Water-Cure Journal*, to commence with the first number of vol. 2d. Forward them to Ithaca Post Office, N. Y. I have endeavoured to make what interest I could for your Journal, and shall undoubtedly obtain more subscribers. I will cheerfully render you what service I can in that way; you will recollect that I left your house in June last. I propose to be in the city in May, and shall want to take up my residence with you. As you may not readily recollect me, I will call to your mind the circumstance of my *scraping* a few tunes with you on the violin. Soon after I left you I had a tremendous boil or carbuncle on my shoulder, which lasted two months. It formed nine different heads, and broke or opened in as many places. I had perhaps fifty or sixty smaller ones on me at different times during the summer. I have reason to speak well of the *Water Cure*, as I have

received great benefit from it, and as some of my friends say, it has rescued me from the very face of death. I have gained from twelve to fifteen pounds in weight, and feel more like living than I have for many years.

I have so much confidence in the water treatment, that I feel anxious to have an establishment of the kind started in our village. The location here is admirable for it, and the marked effect and benefit received by D. D. Spencer* and myself, (two of the hardest cases in town.) have given the system such credit that I think a house here might be filled with patients in a short time.

Obituary.—DR. H. H. BROWN, of West Randolph, Vermont, we are informed lately deceased. Dr. Brown has for years been known to numbers of our readers as a zealous and very efficient advocate and practitioner of the new system, and a true friend of physiological reform. He was much benefitted years ago by great perseverance in attending to matters of this kind, and doubtless preserved life much longer and in a more healthful condition than could otherwise have been the case. We regret that we have not room to publish the letter written us by a friend of the deceased. Those friends who knew Dr. Brown best, will long lament the loss they have sustained.

Our friend who writes us from South Attleboro', Mass., concerning his case of chronic rheumatism, we advise, by all means, to pursue a more vigorous treatment. Do not omit the bath any morning. Make the applications gradually more and more powerful. Occasionally, as of a Sunday, moderate the treatment, and then, on the following day, pro-

* D. D. Spencer was at the establishment just before Squire Heath left. An article from him will be found in No. 12 (1846) of the *Water-Cure Journal*.

ceed again vigorously. In consequence of what may be termed a crisis excitement in the system, the rheumatism will at times appear to be worse. Persevere, notwithstanding, and the result can but be good. Riding daily in the open air, sitting in the open air, &c., will be very beneficial. A long, long course of treatment will be necessary, in order to accomplish all that can be in a case so formidable as this.

Inducements to obtain Subscribers for the Journal.—Any present subscriber who will forward us *one dollar*, for himself or another, will be entitled to receive, through mail, *one copy of the Water Cure Manual, gratis*; or any one who will send us *two dollars*, for *two copies of the Journal*, (these to be directed to one or two persons, as may be desired,) shall be entitled to *two copies of the Manual, gratis*. Every one who is acquainted with book-making, will know that these offers are much more liberal than is consistent with the conditions of mere money-making. We are aware of the fact, that many friends of our system have, like ourselves, but moderate means, yet we are anxious, as hitherto, to do all in our power to spread the great truths of hydropathy.

The Water-Cure Manual to Clubs.—To any one who will send us *one dollar, free of postage*, we will send *three copies of the Water-Cure Manual*. The postage on such works is now but a few cents. Those who wish to avail themselves of reading on the subject of water-cure, and at the same time aid in its spread, have now a most excellent opportunity. The Manual, even at the retail price, (fifty cents,) contains a very large amount of reading matter for that sum. We designed to embody in that work more practical, available information than could

be found in any other work. We have flattered ourselves, that it would give general satisfaction, and so far as we have learned, we are not likely to be disappointed.

Bound copies of the Water Cure Journal for 1846.—We have yet copies of the whole year of the Journal for 1846. A few of these can yet be obtained, by mail, at the subscription price. The rest are strongly bound in a form suitable for the parlor or library,—afforded at \$1 50. Those who desire a copy in this form, and cannot send for it at once, (inasmuch as bound works are not mailable,) may send us their names, and we will retain a copy for them. These volumes are now scarce, and ere long cannot be obtained at any price.

WATER-CURE ESTABLISHMENT NEAR NORTHAMPTON, MASS.

The following extract is from the Hampshire Herald, sent us by D. D. Ruggles for publication. We have not visited his establishment, nor have we tested the softness of the water, but from the description given by others, we have reason to think well of it.

L. B.

“We last week visited the Water-Cure Establishment at Bensonville, in this town,—and were gratified with an opportunity of examining the whole establishment in all its parts from top to bottom; and hence are able to testify concerning it.

This is the first new building that has been exclusively erected for Hydropathic purposes in this country, and it is said by those who have visited other kindred establishments, to be the most commodious and compact. It is 36 by 70 feet, two and a half stories high, with separate parlors, bathing and dressing rooms, for ladies and gentlemen. All the baths are supplied with an abundance of pure spring water. There are twenty lodging rooms, each well ventilated, calculated and furnished for two lodgers. There is also a ventilator through the roof of the building. It is regarded by scientific men as admirably calculated for the business.

Whatever may be the views of medical men of Mr. Ruggles' singular mode of practice; judging of symptoms by the sense of touch—detecting the

character of diseases by the character of the skin, invalids award to him the credit of accurately describing their symptoms; and many who suffer from diseased lungs go to be examined by him before venturing the water treatment at home, or at other establishments. He holds that the absence of electricity in the region of the lungs, after a half-bath of a certain temperature, is PROOF that the patient cannot be safely treated by water.

There are other prominent facts which are strong in his favor:—1st. The testimony of all his patients, who feel and know that they are treated understandingly; 2d. He has been a Hydropathic practitioner about three years; and though nearly all his patients have been of that class who were beyond the reach of medical aid, he has lost but one patient during the time, and this one was frankly told by Mr. R. before entering the Cure, that his symptoms and age were against a successful treatment. 3d. His success has secured for him the patronage of wealthy friends of the new system, who have advanced him the means for building the best constructed edifice of the kind in this country.

Terms for board and treatment at the Northampton Water-Cure, for double rooms, are \$5.50 per week, payable weekly. Single rooms \$3.50. (washing extra.) When patients are so feeble and helpless as to need extra attention, or fire in their rooms excepting for swathing purposes, find their own nurses and fuel, or pay an extra price.

Each patient furnishes himself with two or three thick comfortables, three woollen blankets, one linen and four cotton sheets, two pillow cases, six coarse crash towels, some well-worn linen, to cut for fomentations, an old cloak or mantle, and a syringe."

The peculiar doctrines of Mr. Ruggles concerning electricity, &c., we do not wish to be understood as advocating. We may notice them hereafter. Mr. R. has proved himself to be a judicious and efficient practitioner of the new system, and this is sufficient for our present purpose. He has our best wishes for his success.

The following anecdote is related of Frederick, King of Prussia:—One day, while walking through the public gardens of Berlin, he met with a stout, well-fed gentleman, one of his subjects, who complained to the king, whom he did not know, of the misery of his bad health, which made him spend half his fortune in constant travelling to watering places, without any relief. The king told him that he would recommend him to an excellent physician at Spandau, (the next station and fortress,) who would undertake his cure for a trifle, and that he would

answer for the success. The gentleman^d accepted this offer with great pleasure, and took a note from his kind adviser to Spandau, when, on delivering it, he was, by mistake, as he thought, taken into the fortress, and obliged to work hard; with very scanty food. He complained bitterly of this mistake, wrote to Berlin to his friends, but had no answer, till, six months after his arrival at the fortress, the king came himself, to inspect the prisoners, and was very glad to see his patient in perfect health, but rendered to a shadow of what he had been before. He congratulated him on his recovery at so cheap a rate, and sent him home, cured forever.

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 is now ready for sale at 47 Bond street, N. Y. It is 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.

DR. SHEW'S WATER-CURE INSTITUTION AT SYOSSET, (OYSTER BAY),

NEAR NEW-YORK,

Is now opened for the reception of Patients. Passage daily from Fulton Market, (steamboat Croton,) at 3 o'clock P. M., or persons may go by the Long Island Railroad as far as Hicksville, at 9½ A. M.; also in the afternoon, each day. For healthfulness and beauty of location, it is believed this place is unrivalled; and the numerous and very copious Springs are of greater purity than those of any other establishment in this or the old country, so far as analyses have been given. The terms of board and treatment shall be made as moderate as is consistent with the necessary expenses of an establishment of this kind. The charge, after the first medical consultation and investigation of the patient's case, will vary from \$5 to \$10 per week. Persons will bring their sheets, blankets, towels, and injection instruments, or these may be hired or purchased on reasonable terms at the establishment. For further particulars, address, post-paid, JOEL SHEW, M. D., either at New-York City, or Syosset, Long Island, New-York.

City patients will be treated at Dr. Shew's residence, 47 Bond street, New-York.

SHOWER AND OTHER BATHS.

WILLIAM WEST, 133 Hudson street, New York, opposite St. John's Park, manufactures a great variety of Portable Shower Baths, Bathing Tubs, Sponge, Seat, Foot, and Hip Baths, &c. &c., all of which are afforded at very reasonable prices.

Mr. W. has invented a shower and *douche* Bath, united by which a half dozen buckets of water may be used at once, and the same repeated as many times as is desired. These Baths are easily taken apart and transported. Shower Baths at 6, 10, 12 and 15 dollars; Shower and *douche* combined, \$20. Address, post paid, as above.

THE WATER-CURE & HEALTH ALMANAC,

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

JOHN BURDELL, DENTIST,

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

BOOKS ON WATER-CURE.

BELA MARSH, 25 Cornhill, Boston, has for sale, the large work on Hydropathy, or the Water Cure: by Joel Shew, M. D.; price \$1. The Hand Book of Hydropathy; price, 37½ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18½ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

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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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