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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. 33.]

[From the Water-Cure Manual.]

AN HISTORICAL SKETCH OF THE DISCOVERIES OF PRIESSNITZ.

[All who have read the subject of water-cure, must have noticed that there were discrepancies in the accounts of the different authors concerning the discoveries of the immortal founder of the new system. Our friend, A. J. COLVIN, Esq., of Albany, the able and talented District Attorney of that city, was nearly one year at Grafenberg, and being on very friendly and intimate terms with Priessnitz, he availed himself of the opportunity of writing down a full account of his discoveries and progress in his method of cure. Much credit is due Mr. Colvin, for the service he has so faithfully performed for hydropathy. Our stay was very short at Grafenberg, and although Priessnitz devoted to the answering of our inquiries more than we could have asked, yet we could not, in that short time, converse with him concerning the history of his discoveries and improvements, without too much encroaching upon other matters of more practical importance. We knew, moreover, that Mr. Colvin had already obtained a correct account of these discoveries, and that they would, through him, come before the American people. We feel under the greatest obligation to that gentleman, and are certain, that the facts and information

he has furnished will be duly appreciated by the friends of the system generally in this country.

Concerning some apparent discrepancy between Mr. Colvin and Dr. Smethurst, and the authenticity of every part of his statement, Mr. C. writes as follows :

"The 2d of October, 1842, may have been a day of 'great rejoicing at Grafenberg, being kept as the forty-third anniversary of the birth-day of Priessnitz.' The reason of which probably was, because the 2d fell upon a Sunday, which is always selected in Germany for such purposes, if it fall within a day or two of the true time. A look at the almanac will determine how this is. I, too, was at Grafenberg in Oct. 1844, and the 3d was kept as the anniversary, because the 4th was a Saint's day, and you know it won't do to dance in Catholic countries on such days—and this was the reason assigned to me for not keeping the anniversary on the 4th.

"You may depend implicitly upon all the facts which I have furnished you—they were obtained from the lips of Priessnitz himself. I wrote them down as he gave them to Capt. Moore, of the English army, a thorough German scholar, educated at one of the German Universities, and speaking the language just as well as his native tongue. To be certain that there were no mistakes, I read

my notes to Mr. Niemann, Priessnitz's interpreter, who, at my request and in my presence, asked Priessnitz if they were correct, and Priessnitz said they were, with few exceptions, which, of course, I corrected on the instant. To satisfy me of the injury made by the cart wheel, in his side, Priessnitz unbuttoned his vest and shirt bosom, and placed my hand upon the spot. *In regard to his age I was very particular, I am not mistaken.*

"Being a lawyer myself, I was aware how likely one is to be deceived, unless he be particular in his cross examination. I was particular, and I again repeat, that my statement may be implicitly relied on."

ALBANY, Feb. 1st, 1847.

Dr. Shew : My Dear Sir,—You apprise me of your safe return from Grafenberg, and your intention to publish another work on the Water-Cure. Anxious to accompany it with a history of the discoveries of Priessnitz, you ask me to furnish mine, which you are pleased to say, is probably more accurate than any or all else. I had intended to prepare my notes for publication, but the length of time which has now elapsed since they were made, will prevent, unless in the shape of detached articles. I with pleasure, therefore, extract what you desire, to print or burn, as you may prefer.

I was at Grafenberg, you are aware, upwards of nine months. I arrived here in the autumn of 1844, in a state of health which might be considered desperate. The Water-Cure was my last hope for restoration ; if that failed me, I had but to look forward to a brief life of misery and the grave.

I shall never forget my drive up the mountain, from the little village of Freiwaldau to Grafenberg. It was on the morning of the 25th of September, through a driving shower of rain. Although the day was so cold and windy that the teeth chattered in my head, I met on the road numerous persons dressed in light summer clothing, without cravats, the shirt open, and thrown wide over the coat, and the only covering for the head, an umbrella. I supposed them the insane of Priessnitz's establishment, but soon ascertained my

mistake, for it was the common habit of the patients while taking exercise preparatory to the baths.

I was ushered into the presence of Priessnitz by his secretary, as forlorn and sad a looking object, perhaps, as ever solicited his skill. Priessnitz's dress was of the plainest kind ; his coat a gray frock, loosely and badly cut, pantaloons of the same material, vest double-breasted, and buttoned up to the throat ; his complexion was fair and slightly pitted, (I afterwards heard him say, that he had the small pox before he had a knowledge of the water-cure, or he would not have been marked,) hair light, and shortly cut, the forehead expansive and well formed, expressing high perceptive and intellectual power—moral sentiments well developed—eye restless, brilliant, and strikingly penetrating—nose prominent, mouth large and square—lips firmly and handsomely set together—the figure erect and manly—all together, his appearance was impressive. I felt that I was in the presence of no ordinary man. A member of the Aulic Council, who spoke English indifferently, was present, together with several other persons.

A letter from Ex-President Van Buren, which I was careful to have translated into German, was the means of a ready and favorable introduction. Priessnitz rapidly inquired the history of my malady, passed his hands quickly over mine, said I was curable, and that on the following day he would accompany me to the bath to determine the treatment.

* * * * *

Having experienced in my own person the efficacy of the practice, and witnessed its extraordinary success in the persons of others, I naturally felt a lively interest to obtain from Priessnitz, not only a connected account of his discoveries, and the mental process by which he arrived at them, but also a sketch of himself and family. I accordingly, a few days before my departure, apprised him of my wishes. So many unfounded and contradictory versions of his discoveries had made their way into books, pamphlets, and newspa-

pers, that he was the more willing to oblige me.

Vincent Priessnitz, then, was the youngest of six children, and was born on the fourth day of October, 1799, at Grafenberg, the family residence, which has since become so celebrated by his discoveries. Although often stigmatized as an unlettered peasant, and of ignoble parentage, yet his father was a respectable landed proprietor. In virtue of the laws, whereby the real property descends to the youngest son, Priessnitz, on the death of his father in 1838, became possessed of the family estates and residence. He received the rudiments of education at the Catholic school, in the neighboring village of Freiwaldau, and was as well instructed as the majority of farmers' sons in our own country. His mother lost her life in the year 1821, on the same field where himself, not many years before, had received an injury, the cure of which had contributed very greatly to extend his reputation, and lay the foundation of his future system. His only brother, and the eldest born, is a distinguished Catholic priest, and is now at the head of the principal cathedral in one of the neighboring provinces.

At the age of thirteen, Priessnitz sprained his wrist, which caused much pain and inflammation; he instinctively applied it to the pump. Finding that the water cooled the part, and assuaged the pain, but unable to keep it constantly there, it occurred to him to apply an *UMSCHLAG*, or *Wet bandage*. He applied one accordingly, which he re-wet as fast as it dried. He found that this was entirely successful in removing the inflammation and relieving the pain, but that it induced a rash; and as this was a phenomenon new to his youthful mind, as unaccountable, it led to much reflection. Was it favorable or the reverse, that such a consequence should flow from such a cause? Could it be that his blood was impure? He persevered in the application, and the wrist speedily regained its strength. Shortly after, being in the woods, he crushed his thumb. He again resorted to the *Umschlag*, and with like success: but again the rash made its appearance. He thought his blood must

be bad; yet he could not decide without further evidence.

The success which had attended the application of the *Umschlag* in his own person, filled his mind with delight. He was impatient to see it tried upon others. Whenever, therefore, he heard of a neighbor who had received an injury, or had enlarged or swollen joints or parts, or was afflicted with pain, he urged, and generally prevailed upon him, to use the *Umschlag*: but he remarked that the rash did not uniformly appear; and in such cases the process of healing was rapid, while in those wherein it did appear, the cure was more obstinate.

This convinced him, that in one the blood was healthy, while in another it was mixed with peccant matter, and that water possessed the property of extracting that matter. In cases of *chronic ulcers*, and where there was no inflammation, it occurred to him to cover the *wet Umschlag* with a *dry one*, for the purpose of creating heat, or a return of inflammatory action, without which, he discovered, a cure could not be effected.

In the sixteenth year of his age, the accident occurred to which I have alluded, nearly depriving him of life, and the world of the embryo system. Priessnitz was engaged in driving a young horse, with a load of hay, down the mountain. It became necessary to cog the wheels, to prevent the too rapid descent of the cart. He was standing before the horse, holding him by the head, while others were performing the work of chaining; the horse got frightened, and rushed down the hill. Unwilling to allow him to destroy himself, Priessnitz held on, and was dragged down between his feet. While in this position, three of his teeth, two of them upper front teeth, were broken, and his arms and body severely bruised by the horse's hoofs. He could hold out no longer; the cart passed over his body, crushing three of his ribs. He was taken up senseless, and while in this state, the surgeon of Freiwaldau being summoned, probed his wounds, and pronounced them incurable. With a return to consciousness, Priessnitz bethought himself of his never-failing resource. He tore off the

bandages of the surgeon, and applied the *Umschlag*. How grateful, and how soothing the application! The inflammation was subdued, the pain alleviated, and he felt persuaded that he should get well. He replaced the broken ribs by pressing his abdomen against the window-sill with all his strength, and inflating the lungs so as to swell out the chest. He then re-applied the *Umschlag*, and finally recovered, although to this day he bears in his side a deep impress of the wheel by which he received the injury.

The accident, as is usual in country places, created quite an excitement, but the cure far greater. The simplicity of the means, and that a mere stripling had evinced such boldness and fortitude, were matters of astonishment. The reputation of the *Umschlag* was not only increased, it was established.

From this period, the mind of Priessnitz was directed towards the curative power of cold water. He felt that he had entered upon a mighty field of discovery, and he was resolved to know the extent of it. He now began to use the *Sponge*, in connexion with the *Umschlag*, and with such marvellous success, that the peasants believed him a wizard; to test which, he frequently found, in the morning, a broom-stick placed across his door-sill. This credulity, natural, perhaps, to the ignorant, who are prone to attribute to supernatural power every occurrence which passes their comprehension, encouraged him in his experiments.

What was he to do where disease was general, not located? The *Umschlag* and *Sponge* were found insufficient. Why not envelope the whole body? He was transported with the idea; and the *LEINTUCH*, or *Wet Sheet packing*, sprung into existence.

Of all his discoveries, this may be esteemed the most important, considered with reference to the extent and variety of diseases in which it is employed; and would alone have embalmed his memory in the recollections of a grateful posterity. The old and the young, the feeble and the strong, are alike submitted to its soothing and revivifying influence. Priessnitz was elated! And well he might be, for he

had made a discovery which entitled him to the homage of the world.

But he did not stop here. Finding some LOCAL CHRONIC AFFECTIONS resisting as well the *Leintuch* as the *Umschlag*, he conceived the idea of *partial baths*, for a long time continued, to produce perturbation and reaction deep beneath the surface. HENCE THE FOUNDATION OF HEAD, EYE, ARM, SITZ, LEG, AND FOOT BATHS. Still, there was a class of these cases so obstinate as to resist this united treatment. What was to be done? He had experienced the potency of falling water. Why might it not be the agent which he desired? He erected at once, in one of the beautiful dells of the mountain, a *DOUCHE*, and the object was attained!

The *SWITZEN*, or *packing in the woollen blanket*, was suggested by observing that perspiration frequently relieved pain, and was efficacious in many diseases, and, as unlike the *vapor* and *hot baths*, it did not accelerate the circulation and debilitate the system; and as sweating in it, after a proper time, would voluntarily terminate, he did not hesitate to give it the preference over all other known modes of promoting perspiration, and adopt it in practice. The patients who were obliged, occasionally, to remain in it some time, on complaining of a sensation of faintness, he relieved, by opening the windows and washing the face. The relief thus afforded, induced him to *sponge* the body, and ill consequences following, he directed the whole person to be immersed. Hence he was led to the *WANNEN BAD*, or *Plunge bath*.

There was still a class of cases, such as apoplexy, paralysis, tetanus, lock-jaw, hydrophobia, insanity, poisoning, &c., and some cases of determined colds, inflammations, and fevers, to which none of the treatment yet devised, except in some stages, perhaps, the *Leintuch*, was adapted. Here was a trial for the new system. Could it be overcome, the triumph was complete. In all the cases mentioned, a speedy cure was hoped for, in the judgment of Priessnitz, if a marked change could be produced. His genius did not desert him in this extremity. He designed *ABGESCHRECTES*, or *tepid shallow bath*,

to meet the emergency. Containing but a few inches of water of a temperature of from 60° to 70° F., the patient could be kept in it, exposed to active friction, until the object sought for was effected, (and he has been known to keep a patient in for nine hours.) And here we have the *chef d'œuvre* of Priessnitz's discoveries. It is his favorite resource in these and in all cases of extremity: and it is not too much to say, that without it, many of his most splendid achievements must have been unrecorded.

The *ABREIBUNG*, or *Dripping Wet Sheet*, was a much later addition to his practice, and was suggested by washing with the hands and a towel. It is used, generally, as preparatory to other and stronger treatment, although it is, in some instances, continued to the termination of the cure.

After his reputation became somewhat extended, Priessnitz visited patients at their houses; but he remarked that such were not cured as rapidly as those who took the trouble to come to him. Hence he was led to conclude, that to make mankind appreciate a benefit, they must pay for it, either in belief, in trouble, or in pocket; and as he charged nothing for his services, the system would have died a natural death, had he discouraged the idea, that there was not something supernatural in it, and permitted it to rest on its simple merits. He also remarked, that as soon as he adopted the plan of calling on the patients, instead of their coming to him, they fell off from hundreds to tens in the year. He therefore declined to go out at all, and refused to prescribe, unless personally solicited at his own residence. *And this was the germ of the present establishment, the fame of which has spread throughout the world.*

The Medical Faculty were not slow to perceive the tendency of these discoveries to the overthrow of their unprogressive system, which had for centuries, like a pall, covered the earth. As early as 1821, the three practising physicians of Freiwaldau, Dietrich, the brother-in-law of the Burgomaster, and two brothers by the name of Gunter, formed

the nucleus of a plot to destroy him. Every person to whom he had administered was secretly inquired of, whether the *Umschlag*, the *Sponges*, or the baths, were not medicated, or whether Priessnitz did not make use of some agent other than water, or some herb or drug, in connexion with the water. Could such a fact have been established, the overthrow of Priessnitz had been certain, for in no country are the laws against empiricism more stringent than in Austria. He was thus constantly upon his guard, and his utmost ingenuity and invention were required to make water alone supply the place of every other remedy. Between the years 1821 and 1828, these envious physicians had him brought several times before the Syndic, or Chief Justice of the town, to answer for unlawful practice; but he was always acquitted. In the year 1828, however, the most determined effort was made to crush him. The country was scoured for witnesses, and a large number were examined, to prove he had done them injury. Not one, however, but acknowledged he had received benefit. One, a miller by occupation, who had been cured of gout, as one of the Gunters declared, by him, on being asked, "Who had helped him?" replied, "Both: Gunter helped me out of my money, and Priessnitz out of my disease." On being again asked, "What he paid Priessnitz?" he replied, "Nothing: I still owe him thanks, which I now return him for the first time." But what availed testimony? The Syndic was in the interests of his persecutors, and Priessnitz was impotent against their wealth and influence. He was declared to be illegally tampering with the public health, and ordered to be arrested. From a sentence so manifestly partial and unjust, Priessnitz appealed to the tribunal of Brunn. This judicature reversed the judgment of the Syndic, and decided, that as it appeared Priessnitz made use of nothing in his practice except water, he was at liberty to pursue it. His persecutions did not terminate here; the faculty still followed him; their ancient and cherished system was in danger; and the arrogant innovator must be silenced.

He was complained of before the tribuna of Wiedenau, a neighboring province. His accusers, however, unable to bring any proof, other than such as they had before produced, the complaint was dismissed; but he was forbidden to treat any patients out of his own district. Priessnitz replied, with spirit, that water was free to all, and he would not inquire whence the patients came. But the malevolence of his enemies was sleepless. They resolved that the matter should be brought to the notice of the Court at Vienna. For this purpose, the Medical Faculty there were appealed to. They interfered, and succeeded in bringing the subject before the Emperor Francis. Baron Turckheim, of the Aulic Council, together with a commission of District and Staff Surgeons, was appointed to proceed to Grafenberg, to make investigations, and report the result. They went, strongly prejudiced both against Priessnitz and his system.

At this time Priessnitz had at his establishment quite a number of patients, or cure guests, as they are universally termed at Grafenberg; and his success in curing disease, which had baffled the arts of the most eminent of the Faculty, was decisive.

The commission examined his *baths*, his *leintuchs*, his *switzens*, analyzed the water, and interrogated the Badedieners, or bath servants, and patients. But nothing was elicited to convict the audacious peasant. The bath tubs were made of wood, the *leintuchs* of linen, the *switzens* of wool, the water was pure and unadulterated, gushing from the thousand springs of the mountain: and to the interrogatories, the badedieners and patients replied, that no agent except water was employed in the treatment. So favorable were the reports made by the commission, that he was permitted not only to continue his practice, but he was authorized to give certificates of inability for service to military officers, who might place themselves under his care, with the like effect as staff surgeons: a result of the efforts of his accusers as unexpected as it was galling to them. Instead of his condemnation, which they had confidently anticipated, behold! he

was exalted to an equality with themselves. This was too much for endurance. He must be deprived at least of the countenance of the government. In 1834, therefore, after the death of the Emperor Francis, the head of the Department of Brunn was prevailed upon to withdraw it. Priessnitz was advised strongly to make an appeal to Vienna, but, disgusted with this exhibition of petty envy, he refused. It was not long before the military, numbers of whom, from all parts of Europe, were now his patients, assailed the invidious interference of the authorities of Brunn. The ambassadors from the different courts at Vienna were induced to interpose, and Priessnitz was restored to the favor of which he had been so unjustly deprived. But it is a significant sign of the apprehensions entertained of the ultimate triumph of the water-cure, that, to this day, all publications in favor of it, and the establishment at Grafenberg, are expressly forbidden in the Austrian dominions, through the influence of the Medical fraternity.

Thus terminated in disaster, after thirteen years of opposition, the attempts to destroy the new system. Henceforth, its disciples have only to be true to it, to witness its final consummation.

Priessnitz was married in the year 1828, to Miss Sophia Priessnitz, a distant relation, the daughter of the chief justice of the adjacent village of Bochnishdorf. By her he has had eight children, the eldest of which only was a son. This son, while an infant, died from a spasm induced by the administration of a dose of medicine: the mother and friends insisting that water was not calculated for the case. Priessnitz with reluctance yielded to their prejudices. Not anticipating so rapid a termination, he thought he might interpose in time to save, but the fatal dose had sped its errand, and the little sufferer was beyond even the power of water. From that day to this, no medical practitioner has darkened his threshold, except to study his system, or become his patient.

But I have spun this letter, I fear, to an unreasonable length. In the sincere hope that the blessings of the water-cure may be disseminated, and that it may

eventually, as I feel firmly persuaded it should, take the place of all other methods of curing disease,

I am, with sincere esteem, very truly yours,

ANDREW J. COLVIN.

BABY—AN AUTOBIOGRAPHY.

(Concluded from page 124.)

"I awoke but to fresh troubles; to new and unheard-of inflictions, of which it is almost impossible to state whether the utter nastiness, or the barbarity, were the most shameful. Like a criminal from the rack, condemned to undergo farther ordeals, no sooner did the nurse notice that I was taking a survey of the chamber, than she immediately darted upon her prey. From a small skillet, or pan, she poured forth a thickish unpleasant substance, whether called pap or gruel, I never could learn, for I heard both names applied indiscriminately: and first—oh, beast!—drawing the mess through her own skinny and grizzly lips, she poked the revolting spoonful almost into my throat. Reject it I could not; down it went. In flavor, certainly not so abominable as my breakfast of castor oil, this, my second meal, was rendered no less obnoxious by the process of its administration, or service. Surely, in this instance, whoever sent the meal, the devil inspired the cook.

"The consequence might easily have been foreseen; but it was very hard that, from no excess of my own, I was attacked with cholera—the fashionable name for what my grandmamma, in ultra-refinement, termed a stomach complaint. But whether called by a learned Greek, a fashionable, or a vulgar name, I was compelled to endure what I had been compelled to incur. I was no volunteer glutton or drunkard: superior to man, I had not made the ill of which I had so much cause to complain.

"Had it not been for the continuance of my malady, I might have fancied that the world was not a perpetual hell. For several hours I was not meddled with. A great piece of flannel was wrapped round my head and shoulders, and I was smothered in the bed, which had something of warmth more consonant to my constitu-

tional habits, than the cold of a winter night to which I had been so much exposed.

"A weary period having elapsed, I was removed from my nest. The fire yet burned cheerfully; but the candle had grown to an immense wick, with a top like the dome of St. Paul's, and a light, dim and flickering. Nurse sat by the fireside, in a great arm-chair, smelling more than ever, of the beverage which was as the breath of her nostrils; that breath, by the by, was ever and anon turned to a deep, but by no means musical diapason. Lying on her knee during one of these naps, I gazed around with that degree of curiosity which new situations commonly excite; for I naturally wished to become acquainted with the manners, habits and customs of my fellow creatures. The view impressed me with no idea of comfort. Phials with labels about their necks; pipkins, napkins, basins, clothes, chairs, and tables, at all sorts of angles, &c. &c., seemed so untidy, that I could well understand why it was called a sick room; it was enough to make any body sick.

"As morning approached, two or three maids began to peep in. They giggled, walked on tiptoe, and appeared as highly elated as if each had borne a son of her own. They drank with the nurse, and carried off some tea and sugar to make breakfast. One or two of them looked at me and observed that I was a nasty looking animal. After which they laughed and took a glass, whispering, as far as I could gather, a great deal of impertinent nonsense.

"Carrying me in her arms, the nurse, about this time, went towards the window, and quietly withdrawing the curtain, lest mamma should observe how malignant she was treating me, exposed me to the full glare of morning. The flash of pain was excessive; instinct shut up my eyes, or I should have been blinded for life. But this was only one of the slightest of the miseries heaped upon me.

"Soon after, my first acquaintance on the earth returned, under pretence of inquiring about my health. The villain, in my own hearing, approved of all that had been done to me, and spoke of repeating

the same kind of usage if I presumed to dispute their authority. While he was talking, another man came in, who, I soon gathered, was another ruthless enemy of mine. Indeed, I saw now that he was the origin of all my distress; the instigator of my persecution; and, like a coward, bribed others to commit the crime he had not courage to perpetrate with his own hands. I tried hard to divine what new plot was hatching against me, but could not make it out. I only observed this fellow slip the bribe into the open fingers of the other, who, though called doctor, which is derived from learning, looked smilingly like a murderer, evidently promised acquiescence, and walked away, grinning most diabolically, as he conveyed the gold to his pocket.

"The noise, I presume, waked my poor mamma, for she uttered a low noise, and moved slightly on her pillow. Alas! it was but to provoke outrage; the second savage strode up to the bed, and putting his face close to her's, gave her a smack, which, though partially concealed, was perfectly audible to my ear. How I longed for a giant's strength, to punish the miscreant! But I was condemned to a similar fate. The suffering saint was so accustomed to ill-treatment, that she only smiled faintly, and waved her pale hand; when the assassin quitted his prey, and advanced towards me, my rage and hatred were inconceivable. I think I could have repelled him, had he assailed me alone, but one of his infamous associates was still left to help him. She held me towards him, and he served me exactly as he had served my martyr of a mother.

"Till then, I knew not the pang she bore with such patient resignation: of all the pains I had yet encountered, it was the most poignant and severe. His chin was armed all over with sharp spears, and short cutting knives; and these, by a dexterous motion, such as only long practice could have taught the tormentor, he contrived to stab into every pore of his victim's face. I screeched aloud, and I saw the tear come into mamma's eyes; but the others, as before, only made a scoff of my agony. "He is a charming boy, and your very picture! he is indeed his papa's own!"

said the nurse, (as confounded a lie as ever was uttered! and, besides, my countenance was so distorted, that I was like nothing human;) and then papa chuckled out a hoarse laugh, and taking his purse, without the least affectation of secrecy, bribed and rewarded his other vile companions.

"A few words passed between them; and again inflicting the torture upon his unhappy and unhesitating wife, the flinty-hearted tyrant withdrew.

"I had hitherto preserved considerable resolution under the indignities and dangers of my situation; but the last occurrence depressed me exceedingly. I clearly perceived that the only living creature attached to me by sympathy, was exposed to the worst of injuries on that account; I saw that she was broken-spirited and uncomplaining, though decidedly unable to undergo, as I had done, the continued attacks of our adversaries. As a proof of this, I may state, that she took a cup of the oil, which the nurse presented to her, without even kicking or squalling. My soul died within me, and the shock of my feelings, I have no doubt, hastened my own dissolution.

"Well, the day wore on; several women called in for a few minutes, and all seemed of a mind that I ought to be made way with. One advised a second spoonful of oil as the means; another, something named Daffy's Elixir; a third, a drop or two of gin; on which the nurse swallowed a bumper aside, to show, as it were, how it might be taken without flinching. Among the rest was a very old female, whom they styled grand-mamma, because she was dressed in a stately guise. This hideous person disguised herself by putting two round glasses over her eyes, and then came close to me. Oh, the insufferable beldam! a powder, of the most pungent and acrid nature, which she had concealed about her nose till near enough to shake it over my innocent organs, was so cunningly applied that I was not even aware of the insidious act, till in the midst of fondling, the whole catastrophe overwhelmed me. I endeavored to ease myself by sneezing; upon which the company burst

into a titter :—my curse be upon them for their inhumanity !

"By degrees we were left again to night and solitude ; but my nerves had been so lacerated, and my constitution so impaired, that it soon became too evident the machinations of the conspirators were likely to terminate to their contentment. Lest it should be too slow, one of them was again sent for my first worthy friend, and he ordered more poisons to be forced down my throat. In nothing was I left to nature ; my very limbs were encumbered as if they had dreaded that being a *sans culottes*, a *sans culottes* I would die ; the inconveniency of this I will not describe. I was born to ill-luck in every thing—to good luck in nothing.

"Flayed, drowned, insulted, incapacitated, smothered, abused, tortured, poisoned, is it to be wondered at that I resigned myself quietly to the prospect of a release ? My poor mamma was unhappy, and cried : and the last of the conspirators appeared upon the stage. He was a ferocious looking fellow, with a red face and twinkling eyes ; and I suppose he was brought at the late hour from a masquerade, as he was dressed in a domino. I fancy he had taken off his mask ; but I will not positively assert aught of which I am not sure.

"Be that as it may, he took a little book from his pocket and mumbled a few sentences ; (it would have gratified the literary taste with which I was born, had he uttered them distinctly ;) he then dipped his fingers into some water and contemptuously threw it in my face. Previous to this, however, there was a dispute among the actors in my tragedy. Mamma said softly, 'Let it be William Frederick Augustus Gustavus ; I so love a beautiful name, and one of which we may be proud hereafter ;' but my ruthless papa replied, 'No, it must be Peter Nathaniel, or uncle Peter may be offended, and old Nat. Curmudgeon, who has promised to stand godfather, forget him in his will.' 'Peter Nathaniel,' accordingly exclaimed the black ruffian, when he dashed the water over my piteous countenance.

"It was of less consequence, for the curtain was now about to fall. I felt too weak to resist this contumely, and sub-

mitted to be placed on the bed of my sorrowing parent. She gently laid me on her bosom, and the sight was so affecting that the bearded barbarian, papa, seemed to be moved by it. He dropped some consolatory words, and said, if any thing could restore me, that loved bosom would. I was sorry to be obliged to agree with the murderer in any one opinion, though I felt I was departing ; but in truth, this soft and yielding breast was delightful whereon to rest my fevered cheek. I raised my little hand towards it—I threw the latest glance of my closing eye upon it—I drew one draft of nature from its fountain—I uttered one short sigh—I had for one moment tasted an earthly heaven, and for an everlasting heaven I winged my flight." With this beautiful sentence, Baby concluded his auto-biography.

WATER-CURE JOURNAL.

NEW-YORK, MAY 1, 1847.

DIRECTIONS TO WARD OFF ATTACKS OF AGUE AND FEVER IN CASE OF TENDENCY THERETO.

May 9th, 1847.

Mrs. Kedzie, of Rochester, N. Y., aged 24, naturally of rather feeble constitution, and of active sanguine temperament, went West during the summer of the past year, and as is the case with many who go thence, passed through a run of fever. In her case it was not of the ague kind at first. Mrs. K. was as a matter of necessity treated allopathically. In about ten weeks she was apparently safe from the first attack, at which time the ague form commenced. This was broken up, as is said, by quinine. Twice since, new attacks of the ague have come on. The general health has not been at any time since as good as before the disease. The spleen and liver are both enlarged, and there is much unpleasant feeling in the head.

The question then in this case is, what modes of water treatment may be prac-

tised in a domestic way, to invigorate the general system, so as to ward off these attacks? For the enlargement and inactivity of the liver, the blue pill form of mercury has been given; Mrs. K. not having taken medicine for years, and living in modes more simple than is common, it was found necessary to give medicine in very small quantities only. The blue pill generally, in such cases, causes an apparent amendment, for a while, at first. But other things being equal, the liver is never in reality improved by this drug, but on the contrary is undeniably certain of being made worse.

1. Mrs. K. is to take a thorough cold bath each and every morning on rising. If this is in the form of the shower, the head must not be exposed to the water. Washing the face, temples, and neck both before and after the general bath, will be salutary. The full injection, (water cold) is then to be taken, and a walk in the open air, or exercise sufficient at least to cause a comfortable degree of warmth. Some two or three tumblers of soft water, (filtered rain water, which answers a most excellent purpose, she can have,) to be drank before breakfast. A large wet girdle is to be worn during the day, and frequently, as every two or three hours, re-wet. This must not be allowed to become dry or too warm, as in that case it would debilitate rather than support.

2. For two weeks at first the wet sheet is to be taken alternate days, in the forenoon, three times per week. After two weeks, six days of the week, and always followed by an ablution of some kind. A walk or exercise after each general application, to cause a general circulation and warmth. The alternate days when the sheet is not taken, the ablution instead. The sheet never to be taken longer than one hour, and only a half hour, provided

there is by that time a comfortable warmth. She is not in any wise to seek sweating.

3. Always in the afternoon a tonic hip bath, that is cold, at first about five minutes, increasing up to 10 and 15, practising, at the same time, a good deal of friction on the abdomen with the wet hand.

4. At evening, before going to rest, are to be taken, a foot bath, a general towel or hand bath, and a small injection, cold, to be retained. For this the amount of about one tumbler full may be taken at first, and the quantity thereafter gradually increased to as much as can be retained without there being caused an unpleasant desire to evacuate the bowels. But if, at any time, the bowels do act from the injection, no harm is done, and a second quantity may then be introduced, which will be now certain of remaining. This application will cause better sleep, better digestion, and an improvement of all the functions of the viscera or internal organs. This, together with the large injection to cause a movement early in the morning, is to be for months continued, whether the bowels act at any other time of the twenty-four hours or not.

Sundays, a moderate use of water, as by one or two ablutions, will be sufficient. It is better to give nature a little rest as it were, or at least a change one day in the week. The treatment thus produces better results.

Crisis may be expected in some form. Boils will probably appear sooner or later. Eruptions will come out on the abdomen. There will probably be more or less of crisis diarrhoea, attended with little or no pain, and causing very little if any debility. There may be some slight night sweats. The feelings will be at times very variable, the patient sometimes believing that she is becoming worse. She may experience some symptoms of rheumatism as

crisis. If crisis occurs to a considerable extent, the treatment is to be moderated and made only palliative. Then as the symptoms pass off, a more vigorous treatment is to be pursued as before.

If, at any time, the ague comes on, a more vigorous treatment than the above may be advantageously pursued. Thus three or four hours before the chill is expected, instead of one wet sheet, a number may be taken, one after the other, as fast as they become warm, with a half bath, or ordinary bath, with much friction between each application of the sheet. The sheet, and bathing, being thus practised for three or four times, will be very apt to ward off the ague chill entirely. There will, of course, be chilliness produced by the bathings, but this will be totally different from the ague chill. The patient may then remain comfortably in bed, or rise, as there is indication. If, however, the ague chill does come on, the half bath, as in an ordinary washing tub, should be perseveringly kept up. Two or three persons should assist rubbing the surface a great deal. If the patient is weak, water may be used at 70° F. But the more deep and lasting the chill caused by the water, the better and more permanent will be the effect. If the hot stage has come on, it is to be treated by the cooling means, as in any fever attended with an increase of thirst and heat. Eat nothing at all the ague day, and very lightly the next.

As to diet, the general principles apply in this case as in all others. Good domestic brown bread should be the "staff of life." Brown bread, a moderate use of milk, with fruits, cooked or uncooked, according to the season; these constitute the perfection of diet. Potatoes, rice, hominy, mush, &c., articles of the farinaceous kind, that are not too fine and

concentrated, are, of course, allowable. The patient should take no butter, no rich or greasy articles, and as little as may be of sweet. Well may persons be thankful, if they can have such food as this.

CASE OF MR. H. H. HITE, OF VIRGINIA.

Middletown, Fred. Co., Va.

April, 1847.

Dear Sir:—I shall avail myself of this opportunity to communicate to you the result of my experiment with the water-cure treatment, as a therapeutic remedy.

It is a matter of wonder what an alteration has been wrought in my appearance since the day of my departure for your establishment. Then my weight only reached the alarming number of 95 lbs. which I have been unable to say since the day I entered my teens, (a term of twenty years nearly.) My circulation was then also quite partial; nervous excitability, great and almost insupportable; digestive apparatus feeble, and physical power comparatively prostrated. What now are the cheering revelations of a few brief months? A gain of nearly, if not quite, 30 lbs. of flesh, (it has been probably a month since I weighed, and my weight then was 122½ lbs.;) double the physical power, and a considerable amendment of the digestive functions; consequently my chest and stomach, which was before very much sunken or concave, is now convex, measuring probably three to four inches more in circumference; my nervous excitability is perceptibly abated, and circulation has become quite general. Hence my ability to withstand the vicissitudes of weather and to keep comfortable in a room, or out in the open air, which would before have been intolerably chilly. I can also retire to bed with my legs and feet warm and comfortable, and that too without the aid of any other heat than that which is generated through the increased energy of my vital organs, superadded to these a clear, healthy and ruddy complexion.

The question may be asked, what has produced these wonderful effects? A plain and moderate diet, plenty of exercise, and

pure air,—the sage editor of the New York Observer, and many others of the would-be Solomons, would say. I say not so, for my experience for the last four or five years contradicts it; but a moderate prosecution of the water-cure treatment as taught at your establishment, in conjunction with those necessary auxiliaries, (the former mainly,) effected them.

My metamorphosis, I may truly say, has become quite a subject of remark and astonishment to many of my acquaintances hereabouts, who knew my condition then and behold it now; but, sir, my disease is by no means thoroughly eradicated; notwithstanding these changes, I confine myself to farinaceous diet mainly; fruits I find are inclined to turn acid, I therefore seldom take any; meat and butter, tea and coffee, are wholly inadmissible as articles of diet, though I have a keen appetite for them; they are pernicious, I conceive, to the system of the strong and healthy, how much more so must they be to the weak and sickly? I shall conclude by stating that my case has produced quite a sensation in this section, which will doubtless never cease being felt. Whether for good or evil, let those who have and talk seriously of going on to your establishment or the one at Philadelphia serve as an answer, which may be ere long still more plainly indicated by the presence of many others. Many who, upon learning my departure for New-York, and my object in going, pronounced me a mad man, now consider me as having been "wise unto salvation," in a secular sense at least.

Yours respectfully,

H. H. HITE.

Remarks on the above.

It is now but little over a half year since Mr. Hite was at our establishment, and commenced the cure. The benefit he has received is certainly very great; yet this is only the mere beginning of what will be. Mr. Hite is a man of system and energy, and will persevere faithfully. Great as are the advantages of water-cure, too much is generally expected from it in a short time, whereas the full,

permanent and more substantial benefits of the system are to be gained only through years of practice. Like compound interest, there is gain upon gain.

Mr. Hite appears to be in error in regard to the use of fruits. Acid fruits do not turn acid in the stomach. It is sweet things that turn acid, as in the vinegar-making process. But fruits are generally too much sweetened, and then acidity is brought on. Mr. H. should persevere with the fruit, sweeten less, and as the digestive organs become more invigorated, all healthful articles will be managed more readily.

This case is one of the many in which, under a judicious water treatment, there is so striking a gain in flesh in the use of the vegetable diet. Of those who are too thin, more will be found to gain, and in a shorter time, from such food, with at the same time, a moderate use of milk, than on all the flesh-pots of Christendom. We intend, hereafter, to give some striking examples of this kind. There is any amount of prejudice concerning the so-called vegetable diet, and besides, the depraved appetites of the ignorant multitude are on the same side. There is a reason why, according to the Scriptures, the human family were, in the beginning, to subsist on the vegetable productions of the earth, and why the Jews, in the hardness of their hearts, were permitted to use only certain of the least objectionable kinds of animal food. There is, we say, reason in these things, and these shall one day become generally understood.

THE WATER-CURE AT COOPERS-TOWN, N. Y.

We copy the following notice of Dr. Roof, and of his location, from Dr. Westcheff's "Green Mountain Spring." From the accounts of several of our friends

and patients who are familiar with the facts, we are happy to learn that both Cooperstown and Dr. Roof deserve all that is said in their favor, and we commend the establishment there to the patronage of the friends of hydropathy in that section. We have just learned that Dr. Roof has taken the delightful house, half a mile from the village, recently occupied by Chief Justice Nelson, the grounds of which border on the lake. The rooms being nearly all engaged already, he is making arrangements for more extended accommodations.

"DR. WESSELHOFST :

Dear Sir,—You and your readers will be glad to hear that hydropathy is becoming popular in various parts of the State of New York, and that among the different establishments, for its practice, some, at least, are in charge of men well calculated to protect it from the effects of ignorance and speculation.

DR. PHILIP ROOF, on his return from Grafenberg, some months since, selected COOPERSTOWN as the place most admirably adapted by Nature for a Hydropathic Establishment. It lies on the margin of Lake Otsego, a beautiful sheet, of nine miles long, surrounded by wild and romantic hills, which abound in places of interest, associated with the popular tales of the American novelist, Cooper, whose residence is here. "Mount Vision," whose commanding view of the lake and surrounding country, first attracted the founder of the place—"Leatherstocking's Cave"—"Otsego Rock"—and many other interesting places, are still the favorite resort of the numerous visitors to this delightful summer retreat. The Susquehanna river constitutes the eastern, as the Lake does the northern, boundary of the village; both afford many pleasant and shady bathing places, and the Otsego bass, salmon-trout, &c., are famous among sportsmen and epicures. No more delightful scene can be imagined, on a summer's day, than the cool and placid lake, sprinkled with sail and row boats,—little pleasure parties, sailing matches—fisher-

men; and the various gravelly points and groves, enlivened by little groups of happy visitors, in pic-nics, musical and dancing parties—artists or amateurs, sketching the scenery—or the more contemplative lying on the grassy mounds, drinking in a more quiet enjoyment. Nor is the scene less exciting, when, in winter, the lake's glassy surface is alive with merry and athletic skaters.

Cooperstown, the "Templeton" of the "Pioneers," has long been known as one of the most delightful villages in the State. It is on high ground, and the air, in summer, is cool and invigorating. An eminent writer, in noticing the beauty of the lady residents, attributes it to the "salubrity of the climate, favoring the development of their forms and constitutions." He remarks, also, the general refinement and liberal tastes of the inhabitants. Music is cultivated in most of the families. The author of the "Historical Collections and Pictorial History of the State of New York," says, in that work, "The scenery is refined and intelligent; this, with the uncommon beauty of the surrounding scenery, and the healthiness of the climate, will, ere long, render it a summer resort for the *élite* of our large cities." It lies about seventy miles west from Albany, and is reached in eight or nine hours, from that city, by means of the Utica railroad, which comes within twenty miles of the village, where stages are in waiting.

Numerous cold springs are found among the surrounding hills, several of which are already conducted into the village. The expenses of living are so low, that persons of the most limited means can reside here with the greatest economy.

Dr. Roof and his family were themselves cured of disease by hydropathy, and after considerable observation of the system in this country, becoming satisfied of the superiority of the system, they sailed for Germany, and spent three months at Grafenberg, in daily intercourse with Priessnitz and his seven hundred patients, in study and inquiry into the means of cure there. They have recently returned, have treated the few patients whom they could accommodate with marked

success,—and are preparing more liberal quarters for the summer. Dr. Roof is well known in this section as a gentleman of high respectability, intelligent, and caution, and the friends of hydropathy hope for much good from his devoted energy and enthusiasm in the great cause.

Yours, truly.

Cooperstown, N. Y., Feb. 26, 1847.

LOWELL WATER-CURE ESTABLISHMENT.

A new Hydropathic Institution, situated in Dracut, about fifteen minutes' walk from the city of Lowell, will be opened on the fifteenth of May, 1847, for the accommodation of invalids.

This establishment combines the advantages of proximity to a large city, and a rural residence. It is so far removed from the city as to enjoy the seclusions of retirement so much desired by the invalid, and still so near as to afford abundant opportunities to gratify curiosity, by mingling in the busy scenes of a manufacturing community. The location is elevated and airy, while the city and vicinity presents to the eye one of the most beautiful prospects the country affords.

In fitting up this establishment, the proprietor, Dr. R. Darrah, has spared no pains or expense in making it one of the most comfortable, convenient, and desirable locations for hydropathic treatment now offered to the public.

The house is elegantly furnished, and sufficiently commodious to accommodate from thirty to forty patients, with a good supply of pure water, and a bathing apparatus that will not be inferior to that of any other establishment of the kind. The bathing-house is constructed with two entire sets of baths, and made accessible from each wing of the house, one of which is occupied by gentlemen, the other by ladies.

Dr. H. Foster, late from New Lebanon Springs, N. Y., will take charge of the medical department. He hopes, from past experience, both in medicine and hydropathy, to be able to merit the confidence and approbation of all those who may feel disposed to place themselves under his care. Dr. F. will be in constant

attendance at the establishment, to give all necessary direction connected with the treatment. The most experienced nurses and attendants will be provided, and every exertion made to render it a pleasant and agreeable home for the sick and afflicted.

Terms for board and treatment will vary from six to ten dollars per week, according to the rooms occupied and attention required.

N. B.—On account of the peculiarity of treatment, each patient will be required to furnish one linen and two coarse cotton sheets, two thick woollen blankets, and two or three comfortables.

All communications addressed to the physician, at Lowell, (post-paid,) will receive prompt attention.

DR. R. DARRAH, Proprietor.

H. FOSTER, M. D., Physician.

New Water Establishment at Troy, N. Y.—We are glad to inform our readers of this new concern. Dr. Hamilton, for many years of Albany, has removed to the fine and beautiful city of Troy, and established himself in the new practice. He has a high, salubrious, and very slightly location, with what is said to be an excellent spring of water rising under the house. Extensive arrangements for rain water are also made. Dr. Hamilton will, no doubt, give, as every one should, an analysis of his spring water. It is due the public, that the actual quality of the water in every establishment should be freely published. The assertions, "very pure," "very fine," &c., are not sufficient. These remarks are intended to apply not to the Troy establishment, alone, but to all.

THE EYE BATH.

Washing the eyes often, and opening and shutting them in cold water, is very successful in all weakness and inflammations of the parts. Many a case of weak eyes will very soon become cured by the use of this bath, when all other means have failed.

The book of "AMERICAN CASES OF WATER-CURE, with details of treatment; description of establishments, of Hydro-pathic publications, &c.," which we announced some months since, as preparing for the press, is to be published in a few weeks. The delay has been occasioned by waiting for some interesting reports of cases from distant parts of the United States, and in arranging the whole work in the most convenient and economical form, to ensure it a general circulation. The price will be 50 cents in paper covers.

WET BANDAGES, OR UMSCHLAGS.

Locally, water may be applied in various ways. Bandages are made to produce the same effect upon any part of the body, as the lein-tuch upon the whole body. As cooling or refrigerant applications, they should be applied of a size suited to the part inflamed, folded from three or four to eight times, dipped in very cold water, and are to be renewed from every three or four to ten minutes, according to the necessities of the case.

As to the effect of the various partial applications of cold water to the system, "they act by determining the force of oxygen from one part to another. They produce all the effects of both bleeding and blistering, except the pain."

"If," says Liebig, "we surround a part of the body with ice or snow, while the other parts are left in a natural state, there occurs, more or less quickly, in consequence of the loss of heat, an accelerated change of matter in the cooled part."

"The resistance of the living tissues to the action of oxygen, is weaker at the cooled part than in the other parts; and this, in its effect, is equivalent to an increase of resistance in these other parts—the whole action of the inspired oxygen is exerted on the cooled part."

"In the cooled part of the body, the living tissues offer a less resistance to the chemical action of the inspired oxygen; the power of the oxygen to unite with the elements of the tissues is, at this part, exalted."

"In the cooled part the change of mat-

ter, and with it the disengagement of heat, increases; while, in the other parts, the change of matter and liberation of heat decrease."

"And thus," says Dr. Johnson, "by the judicious use of cold water alone, all the good effects of blistering and bleeding are most readily produced, without any of the bad effects. The bad effects of repeated bleeding in certain diseases are well known to medical men. We know perfectly well, that it often happens that a patient is saved by bleeding, from dying of an inflammation, only that he may die of a dropsy; that a patient is often saved by bleeding from dying of hæmorrhage from the lungs, only that he may die the sooner of a consumption."

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 Brewster'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, 6¼ 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, 18¼ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

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, 162 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."

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