

THE WATER-CURE JOURNAL,

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

“*Wash and be Healed.*”

JOEL SHEW, M. D., EDITOR.

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(From Howitt's Journal.)

PHYSIOLOGY FOR THE PEOPLE.

By William B. Carpenter, M.D. F.R.S.

Dependence of Life upon Water.

(Continued from page 1.)

It is not difficult to understand, in some degree at least, why so large a quantity of liquid should exist in those parts of the living structure which are most actively concerned in the operations of life. For we know that almost every chemical change requires that one (at least) of the substances concerned shall be in a liquid state. Thus, to take a simple illustration, if we mingle together carbonate of soda and tartaric acid, in the state of finely-divided powders, no action will take place, provided the substances be perfectly dry; and so long as they remain so, each will preserve its original state. But let a spoonful of the mixed powder be stirred into water; the ingredients, being then dissolved, act energetically upon one another; the tartaric acid uniting with the soda, and the carbonic acid passing off in effervescence. Now, as every operation of the living body, whether Vegetable or Animal, involves some Chemical change, it is easy to see the necessity for the presence of liquid in every portion of its texture. We have a good illustration of this, in the

case of the germination or sprouting of seeds. Most seeds, when mature or ripe, have a hard dry covering; and the internal substance loses that soft pulpy consistence which it had at an earlier period, being so dry and firm as to be little disposed to change. This condition is obviously favorable to the preservation of the seeds' vitality for a lengthened period, but not to the chemical changes which they must undergo in the process of germination; and accordingly we find that, if kept quite dry, many seeds will retain their vitality for hundreds, or even thousands of years. But if they be moistened, one of two things must happen; either they will undergo those changes in which germination consists, the principal part of the seed being converted into matter for the nutrition of the young plant which then sprouts forth; or they will pass into decay, through chemical actions of another kind. Whether the first or the second of these consequences results from the moistening of the seed, depends chiefly upon the amount of warmth to which it is exposed; for a certain quantity of heat is necessary to cause the germ to spring into active life; and any thing short of this will only favor the decay of its substance. So also, when Animals can sustain being completely dried up and revived again, that very condition of their

tissues which renders them incapable of performing their ordinary vital actions, also prevents their decay; so that they may be kept in that state for any length of time, coming to life again upon the application of moisture after a year's torpidity, as readily as after only a few hours' suspension of their activity.

It is an obvious result of what has just been stated, that *the food of Plants and Animals must be always received into their vessels in a liquid or a gaseous form.* No solid substances can ever be taken up by the roots of Plants, until they have been dissolved in the water which they imbibe; and all the matters which are taken into the stomachs of Animals must be reduced to an equally liquid state, before they can be carried by its circulation into the several parts of the body to whose nourishment it is to be applied. Hence, in all living beings there is a demand for liquid, as the solvent or vehicle by which these solid matters, of which the remainder of the structure is composed, are introduced into it. We may just as well go without solid food as without drink. If the most nutritious substances were conveyed into the stomach, and that organ could not pour forth a liquid secretion capable of dissolving it, the mass of bread would be of no more use than if it had been a stone. And if, when taken into the blood-vessels, the solid matter be not sufficiently diluted with liquid to enable it to flow freely through them, it would at the same time produce the general stagnation of the circulating current, and would be incapable of serving any purpose in the nutrition of the body.

But further, the *various waste products of that decay of the tissues*, which has been several times alluded to as being necessarily connected with their activity as parts of the living Animal, *must be conveyed out of the body, either in a liquid or a gaseous form.* A considerable portion of them is carried off, as we have seen, by the process of Respiration or breathing; but there still remains a large amount which has to be separated from the blood by the two great glands, the Liver and the Kidney, and by a number

of smaller glands which are thickly scattered over the lining of the intestines, and over the surface of the skin. The purpose of these bodies is to draw off from the blood whatever substances are unfit to circulate in its current, and to get rid of them from the system; and in doing so, they necessarily draw off at the same time the liquid in which these substances are dissolved. Hence there is a continual loss of fluid from the living body, besides that which would be naturally carried off by evaporation from its soft and moist surface; and this loss is largely increased in many instances, as we shall presently see, by the exhalation of an additional quantity of vapour from the skin, for the purpose of keeping the temperature of the body *down* to its proper standard, when the heat of the external air, joined to that produced within itself, would otherwise raise it too high. Hence a continual supply of liquid is necessary to keep up the amount of it which the body ought to contain; and as none of the warm-blooded animals can be reduced by the loss of part of their fluid to the same torpidity as that into which certain of the cold-blooded tribes pass, any considerable deprivation of it is fatal to them. Hence we find that animals which are entirely deprived both of food and water, die much sooner than those which, though deprived of food, are allowed as much water as they require. And most of those unfortunate human beings, who have suffered from the extremity of *thirst* as well as of *hunger*, declare that the former is the hardest to be borne. Its maddening effects were never more remarkable than in the dreadful scene of the "Black Hole of Calcutta," referred to on a former occasion.

We shall now give a few examples in proof of the large and constant demand for water, which exists in all living beings, whose activity, whether of simple growth, or of movement, is considerable. Four young plants of spear-mint, weighing all together but 403 grains, have been found to take up by their roots in 56 days, no less than 54,000 grains, or seven pints of water. They thus took up daily nearly 6000 grains, or considerably more than

twice their own weight. The proportion of this however, which was retained in their structure, and contributed to extend it, was extremely small; for the entire increase in the weight of the plants was only 719 grains, or about 1-75th part of the water absorbed; and even of this, a considerable part would be due to the carbon taken in from the air. The remainder must have been exhaled from the leaves. Of the rapidity of this exhalation, when taking place on a bright warm day, any one may readily satisfy himself by placing a tumbler or glass jar with its mouth downwards upon the growing grass of a meadow or garden; its interior will be almost immediately rendered dim by the vapour which rises into it; and in a short time this will accumulate upon its sides, and will run down in drops. From an experiment of this kind, it has been calculated that an acre of grass-land, under a hot sunshine, will thus give off the enormous quantity of 6400 quarts, or 1600 gallons of water, all of which must have been supplied to the roots by the soil below. We can thus at once see how quickly all ordinary Plants must be so dried up as to lose their freshness, or even to perish, when the heat and light of the sun thus cause the exhalation of water from their surface to take place more rapidly than the supply is afforded to their roots. And we admire the wisdom and the beneficence of the Creator, who has provided vegetation even for the dry and barren rock; forming the *Sedums* (or stone-crops) of our own country, and the Cactuses, Euphorbiums, and other succulent plants of tropical climates, in such a manner that they can absorb a large quantity of water from the occasional rains, and part with it but slowly under the influence of the hottest sunshine, so as to retain their freshness and succulence even through the severest drought.

The exhalation of watery vapour from the skin is the most constant and certain of all the drains of liquid from the bodies of Animals. There are many in which it takes place to such an extent, that, even though the lungs are fitted to breathe air, the deprivation of water for even a few hours causes a fatal drying-up of the

body. This is the case, for example, with the common Frog; which is soon killed if kept in a dry atmosphere, although, if its skin be moistened with water, it may be confined for weeks without food. One cause of the speedy death of Fishes when taken out of water, is the loss of fluid by evaporation from the surface of their bodies, and more especially so from the delicate membrane of the gills. As soon as this last dries up, the air can no longer act properly upon the blood which is sent to them for purification; so that, although they are exposed to the atmosphere itself, instead of to the small quantity of air diffused through their native element, the blood, as it circulates through them, does not undergo the requisite change, and the fish dies of suffocation. Those fish usually die most speedily when taken out of the water, which have large gill-openings; whilst those in which the gill-openings are narrow, and in which the surface of the gills is not so freely exposed to the air (as is the case with the Eel tribe) can live for a much longer time. There are certain Fish which have a peculiar internal apparatus for keeping the gills moist; and these can leave the water, and can even execute long migrations over land. The same is the case with Land-Crabs, which habitually live at a distance from the sea, and only come down to the shore to deposit their eggs. We have here a very striking example of the dependence of one of the most important actions of life upon the moist state of a part of the surface of the body; and we can easily understand that the same general principle applies to others also.

The human Skin, like the leaves of Plants, is continually giving off a large quantity of watery vapour, which passes away quite insensibly to ourselves, unless the surrounding air be loaded with moisture. And a considerable quantity of water in the shape of vapour is also carried away in the breath. We become aware of the presence of the latter, when we breathe against a window on a cold day; for the glass, being chilled by the outer air, cools down the breath which comes in contact with it, and causes its moisture to

be deposited upon its surface. When several persons are shut up in a coach or railway-carriage, on a frosty day, the moisture which is exhaled from their lungs and skin quickly forms a thick layer upon the glass, which is renewed almost as soon as it is wiped away. The whole quantity of liquid which thus passes from the human body in the state of vapour, seems to average about two pounds per day. But a very much larger quantity is poured out, when the body is over-heated, either in consequence of violent exertion, or of the high temperature of the surrounding air. In this case it is exuded upon the skin faster than it can be carried off as vapour by the atmosphere; and it accumulates in drops, forming the *sensible perspiration*, the quantity of which may be increased under particular circumstances to an enormous extent. *Now the chief object of this pouring-out of water from the surface of the body is to keep down its temperature within the proper limits.* Whenever water or any other liquid passes off in vapour, it takes heat from the surface on which it may be; and thus, as long as the flow of perspiration continues, its passage into the atmosphere in the state of vapour has a cooling effect upon the animal body. Provided, therefore, the internal supply of liquid be abundant, and the air be dry enough to carry off the moisture in vapour as fast as it is exuded, the temperature of the body will be but little raised by any external heat that does not absolutely burn it. And thus it is that persons who have accustomed themselves to sustain the heat of furnaces, stoves, etc., can remain for some time in situations in which the thermometer rises to 500 or 600 degrees of Fahrenheit's thermometer, a temperature nearly sufficient to boil quicksilver. But if the body be exposed for a short time to air not many degrees hotter than itself, but already loaded with watery vapour, no cooling effect is produced by the perspiration, because the liquid poured out from the skin cannot be dissolved by the air, and carried off by it; so that, if the external heat be kept up, the temperature of the body itself is raised above its natural standard, and death is the result.

Hence we see that all Organized bodies require a continual supply of liquid,—in the *first* place, as one of the principal materials of the bodily fabric; and *secondly*, as the vehicle for the introduction of the solid part of their food; whilst Animals require it also, *thirdly*, as the vehicle for carrying off those products of the continual waste of the system which the Respiratory process does not remove;—and, *fourthly*, as the means of keeping down the temperature of the body, when the external and internal supply of heat would otherwise raise it above its natural standard.

In the next paper, we shall inquire whether any other liquid than *Water* can be regarded as having any beneficial action on the body, whom habitually employed.

(From Chambers' Journal.)

THE NERVOUS SYSTEM.

There is no subject, perhaps, which is so often mentioned, but so little understood by the public in general, as that of the "nerves." How often do we hear all classes of the community refer any unpleasant sensations or fanciful ailment to their being merely nervous; little understanding, however, when they make use of this term, what possible connection there can be between their feelings and their nervous system. Perhaps we shall surprise them when we mention that they can neither eat nor drink, walk nor talk, nor perform any action whatever, either voluntary or involuntary, but through the medium of their nervous system; a "system" the nature and functions of which we shall here endeavor to explain.

In man and other vertebrate animals, the great centre of the function is the brain and spinal marrow; the latter a prolongation of the brain as it were, down the spine. Now this great centre of nervous matter is endowed with two distinct functions. 1. That of being able to convey *motor power* to the muscles, by whose agency we are enabled to perform all the ordinary actions of the body, all the movements of our limbs. 2. That of sensation, which is of two kinds—*common sensation*, or that feeling of pain which is produced

on the injury of any part of our body ; and *special sensation*, to which are to be referred the five senses—of feeling, of sight, of hearing, of smelling, and of taste. From this mass of matter, capable of endowing the parts of our body with the power of motion, and of feeling or sensation, numerous trunks are sent off to all parts of the human frame—ramifying over its structure to such an inconceivable state of minuteness, that we cannot touch any part of our body, with even the point of a needle, without being conscious of pain, proving that some part of this great nervous centre has been injured or excited into action. The great nervous trunk which supplies the lower extremity of man is equal in thickness to his little finger ; divide it, and he loses all power of moving his limb, all sense of feeling : the limb, to all intents and purposes, is dead ; and, deprived of its nervous influence, mortifies. This power of endowing parts with motion and sensation is situated in two distinct structures, of which the brain and spinal marrow are composed ; and anatomists, from their color, are accustomed to call them the *white* and the *gray* matter. In the brain the gray matter for the most part is external, inclosing in its folds the white matter ; whilst in the spinal marrow it is internal, being completely surrounded by the white. Now, as a general rule, all the nervous trunks of the body and their branches, with the exception of nerves of special sensation, are composed of fibres derived from these two sources—that is, from the white and the gray matter ; and these nervous trunks are conductors of that *change* produced in the nervous centre by the influence of the *mind*, which gives rise either to motion or sensation. But a most extraordinary fact, and one which is capable of being proved by direct experiment, is, that the change which takes place, to give rise to the phenomena of motion, has its origin at the great nervous centre, the source from which the trunks arise ; and further, that this change takes place in the white matter. On the other hand, the change which gives rise to the phenomena of sensation takes place at the extremities of the nervous trunks—that is, at their ultimate

distribution ; and this change takes place in the gray matter.

The anatomist, in his dissections, is able to prove satisfactorily the origin of these nervous trunks ; and he finds that all those rising from the spinal marrow, and most of those which are said to rise from the brain, do so by two roots, one of which is connected with the white matter, and the other with the gray. He can and has still further proved, by experiments performed on the living animal, that irritation by pinching or pricking of the root which arises from the white matter gives rise to no sensation, as the animal shows no signs of suffering are immediately induced. Again : if in the dead animal we excite muscular contraction by means of galvanism, we must send the charge of electricity through the limb by means of the root arising from white matter, as no effect would be produced if we attempted to do it by means of the root arising from the gray. Allowing, then, the fact, that these nervous trunks are composed of two sets of fibres, one conveying sensitive, the other motor influence, let us apply it to practice.

Some part of the body meets with an injury—a change is immediately effected in the extremities of the sentient fibres, sensation is developed, and the change thus induced is conveyed by the sentient fibre to the brain, and through its medium to the mind. Through the mysterious agency of the mind, then, the motor power of the great nervous centre is brought into action, and a change is induced ; this change is conveyed by the trunks to the muscles supplying the injured parts, or to other muscles, by whose combined action it is removed from further injury. But it is not necessary that an injury should be inflicted that motor influence should be generated, as the mind has the power of inducing at will. All the movements of our bodies are effected by muscular action, and through the agency of the will. We move not a hand or foot, nor look at an object, without the mind having first willed that it shall be done.

But there are many actions in the human body which are performed independ-

ently of the will, though evidently under the influence of the mind, and through the medium of a nervous system; and this system is called by the anatomist the *sympathetic*. It consists of a number of little knot-like bodies called by the anatomist *ganglia*, which are extended along each side of the vertebral column—the whole of these ganglia being connected, by means of fibres, together. Now, it appears that each of these ganglia is capable of generating nervous influence, independently of the brain; hence each may be considered as a distinct nervous centre. The trunks arising from these ganglia are distributed principally to all those organs on which the vitality of the body depends, which are employed in secretion and its nutrition. It is the medium by which all parts of the body are brought into relation with each other, so that no one part shall become diseased or injured without the rest sympathizing with it, indirectly, therefore, becoming affected as well. Familiar examples of this fact are of every-day occurrence: a violent blow on the head will produce vomiting, owing to the sympathy which exists between the brain and stomach; and *vice versa*, a blow on the stomach will produce fainting, and even death, from the shock to the nervous system, and the arrest of its influence through the medium of the brain.

And now let us turn our attention once more to the influence of the mind over the functions of the body, through the agency of this part (the sympathetic) of the nervous system. We will here select a few familiar examples. What is referred to when one's mouth is said to be "watering" at the sight of some favourite fruit or food, is dependent on the influence of the mind acting through the medium of the nervous system supplying the organs secreting the saliva. Tears, again, are abundantly secreted under the moderate exciting influence of the emotions of joy, grief, or tenderness. When, however, the exciting cause is violent, they are suppressed; hence, in excessive grief, the anguish of the mind is lessened on the flow of tears. Fear stops the flow of saliva; and it is a common practice in India to detect a thief among the native

servants by putting rice into their mouths, and he whose mouth is dried after a short time is considered the culprit. Under mental anxiety, persons become thin; freedom from it favours deposit of fat. It would be an endless task, however, to recapitulate the many examples that could be brought forward proving this influence of the mind; so that nervous complaints must be looked upon as disorders of the mind, and not of the body; cure the one, and you will cure the other.

EATING AND DRINKING.

Shall we "live to eat," and enjoy the good things of life,—roast turkies, plum puddings, frosted cakes, and pastries of various kinds? or is it our duty, rather, "to eat to live," to select from the multitudinous variety which nature has placed before us, those, and only those articles, which reason and experience convince us will best promote health of body, soul, and mind? We incline to the latter opinion, for the reason that the organ of Alimentiveness was not given to us any more than that of Amativeness, for the purpose of the enjoyment which might accrue from its indulgence, but as means only to a particular end. And yet, many persons who no doubt pride themselves upon their freedom from the "lusts of the flesh," are habitually as sensual as the constant visitors of those not very reputable places, houses of ill fame. We made a comparison of this kind in our first number, and we repeat the remark, that there is no difference in character between the two acts. The one is fully as injurious as the other, and probably even more so; for those who practise the one generally deemed the worst, are always given to the other, and "vice versa," to some extent. We at one time heard Prof. Finney make the remark, that the man who was given to the pleasures of the table, was pretty sure to be licentious; and he alluded, in confirmation of this idea, to the case of a *clergyman* who travelled on the same boat with him at one time, and while on board was exceedingly particular in regard to eating, finding fault with almost every thing put upon the table. At the place of destination, he watched his course,

and he, or some one else, soon saw him enter a house of ill fame! We recollect once dining at a place where that, to us, perfectly horrid article of diet, a *lobster*, was being devoured with great gusto by the family, children, and all. The daughter said to her mother, "are you not afraid of being made sick, by eating so plentifully of the lobster, mother?" to which the good lady replied, "I do not care if I am; I would be willing to be sick for the sake of the pleasure of eating it." Only think of it! Willing to suffer pain, and derange the whole system, knowingly, for a very few moments' indulgence! yet that lady, no doubt, thought herself a Christian. The other day, a young lady for whom we have a high respect, said to us as we stopped, to dine at their hospitable home, "I should think that it would be a great self-denial on your part, never to eat any meat." We told her that it was none at all, for we had not the least particle of desire for any such food. The fact is, that after abstaining awhile from rich food, and living on the Graham system, a person's appetite improves so much, that they experience even more gustatory enjoyment than the flesh eater possibly can. We have just made our supper upon a Graham biscuit, with a little milk poured upon it; and after partaking of the simple repast, we remarked to our companion, that it tasted much better to us, than the pies and cakes we had eaten during our absence. We will add one more anecdote upon this subject, and then leave you, reader, to reform your dietetic habits, or to go on in your evil course, just as you deem best. Two years ago, we breakfasted upon the top of a mountain in New Hampshire, and upon our refusing to take any meat, the landlady seemed highly offended. "Oh," said she, evidently somewhat miffed, "I guess those of us who 'eat and drink, and enjoy the good of it,' will come out fully as well at last as those persons who deny themselves so much." We told her that was only Solomon she was quoting, and we did not think very much of him, for he had several hundred wives: and as to self-denial, it was none at all, not to eat *dead carcasses*.—*Christian Reformer*.

(From the Herald and Pioneer of Freedom.)

HYDROPATHY.

(Continued from page 8.)

Dyspepsia with all its horrors reigns triumphant in the man I have described, and the medicine man thinks to frighten the hydra-monster by a few well-timed doses of blue-pill, aloes, &c. He thinks by removing the engorgement of the liver (the immediate cause) he will nullify the whole difficulty entirely; but he finds the more he removes the engorgement, the more it won't stay removed. Why? Because no medicines can remove the "great first cause" of all the trouble. That cause, as I have said, is the departure from true conditions, a violation of the laws of being and health. Of course, then, it is vain to talk of restoring the patient to health till he ceases his transgressions. But, not only the primary cause cannot be removed by medicines, for neither can the secondary cause. This secondary cause, in most of the cases in question, is derangement of the functions of the skin. The pores are obstructed, and hence the morbid matter cannot escape. Any one not blinded by prejudice can see the absurdity of giving medicine to cleanse the skin. To be sure, a good smart sweat will remove, for the time, all obstructions,—as calomel will remove obstructions in the biliary ducts of the liver. But don't you see that the force and consequent friction necessary to do this must inevitably tend to reproduce the disease, and wear out the machine? But the great objection is, it *don't cure*. It only temporarily relieves, and what is worse, the patient is rendered, thereby, more susceptible to the same and other diseases than ever, and the doctor has to keep curing him till he dies. The true way of proceeding, as we believe, is, first, to remove the cause by a return to the right path. "Cease to do evil, learn to do well." In fact, you *will* "do well," the moment you "cease to do evil." But this is not all that is necessary in every case; for sometimes the patient has lived in violation of law so long that even when once more in the right path, the recuperative power within, however active it may be for restoration, cannot alone accomplish it. It

calls for help. What then? "If a man ask for bread, will ye give him a stone?" If you had a nice watch clogged up with dust, would you have some Bristol brick powdered up, and thrown in, to remove obstructions. Or would you have the dust carefully removed by one who knows all about it? You prefer the latter. So do I. The man of pills and powders throws irritants into the system by the spoonful, to remove irritants! Obstructions to remove obstructions! In other words, he tries to cast out devils by the prince of devils, instead of lending a helping hand to Nature, and letting her do the work. In very many cases, all that is necessary, after a return to true conditions, are daily and faithful ablutions of the entire skin with cold water, the shock of which will enable the restorative power to throw to the surface the morbid accumulations, while the water itself will do the necessary cleansing. But in severe acute or chronic diseases there may exist some long-continued obstruction, or determination of blood in or to some important organ. This can only be overcome permanently and properly by careful packing in the wet-sheet, long-continued and repeated, with sitz-baths, foot-baths, wet bandages, plunges, douches, &c., &c., according to the case. I would give it, as a general rule, first to try a faithful wash-down in all common cases. Then if there be local pain, apply wet bandages to the part, often renewed, till the pain is gone. "But," says one, "suppose I have been eating something that hurts me, mustn't I take ipecac, tartar-emetic, or something of that kind?" No, *sir*. A little warm water will answer the purpose in most cases; and in cases where a little won't do, a large quantity forced down will do it without fail; and, what is more, without cramps. Those who have tried both think the cramps no improvement, though a great addition. "Well, I know warm water is sickish, but one thing you'll grant, I know, that if I get costive, so far as to go four or five days, or longer, I must take physic." No, I don't allow any such nonsense. I don't believe in the necessity of taking physic at all. I have been in extensive water-practice for

two years, and haven't seen a case where the necessity existed. Neither can I imagine such a case. "What then should I do?" Why, if any obstructions existed in the bowels I would remove them in the most natural way possible, viz. by the use of water-injections, sitz-baths, &c. No, no, friends, there is no need of taking medicines in any case. They are not only useless, but injurious in the extreme. "I was well, wished to be better, took physic, and died." If you want to *stay* well, live the true life, and take no medicine. If you want to *get* well, and avoid chronic disease, use no physic. God hath given you, in great abundance, *the means*. Use them. "Wash and be whole."

E. A. K.

WATER-CURE JOURNAL.

NEW-YORK, FEBRUARY, 1848.

✂ To our SUBSCRIBERS.—*Many have failed in paying their subscriptions for the past year. Will such do us the favour to send the amount due as soon as possible?*

We are continually shocked by seeing and hearing of *violent deaths*,—particularly of fevers. Will not those PHYSICIANS who are suffering and dying of ship-fever at Staten Island—will they not accept this water-cure, which will cure them *easily and speedily*? We see, in one of the Sunday papers, that a water-cure physician offers to go and cure them. We offer the same. We know of a certainty that we *can* do it. When we reflect how many we have known to die of the different fevers in the cities, and how many in our youth we saw die in the country, that we could, with our present knowledge, cure *so easily*, it is painful indeed: but we can remember, also, with melancholy pleasure, persons saved with water, from water having been stealthily obtained. We ourselves saved the life of a friend by

giving him freely of water which had been forbidden for days. The physicians had said that he must die. We were left alone to nurse him, in our turn, and in the first hour gave him freely of water, without asking any questions. The patient lay, part of the time, in a stupid state, but he always welcomed the water, and watched us with a strange expression, after we had given it, as if to say, "You are a welcome nurse." He was delirious, however, and went on picking his bed-clothes, etc., etc. In the course of two hours, he had drunk a gallon of water; he slept, and we stood and watched him, his weeping wife at our side, but conscious that we had done him no harm. He awoke at last, in a profuse perspiration, and thus he was saved.

Doctors do not now refuse their patients water to drink, as formerly; for they have learned the *simple fact* that all the moisture is being lost; that their patients are *drying up—burning up*. But drinking water alone will not always cure fever; we need the "cooling wet-sheet," the cold bath, and, last, the sweating-sheet; the temperature and treatment to be regulated as the symptoms indicate.

And it is time Doctors learned how to cure fevers and all acute diseases. We know you are honest in letting your patients die, for, alas! you are dying yourselves!

Many persons live through the fevers, *in spite of* the drugs; some are cured *with* the drugs; but physicians all agree that they make one disease to cure another. Of course, then, the constitution is more or less injured. Most persons affected with chronic disease refer to some former sudden illness in which they were effectually drugged, and some chronic disease fastened upon them, and their whole after-life enfeebled.

How few *natural* deaths we have! Most of those who live to be sixty, are but wrecks; the vigor, the vivacity, the cheerfulness, which belongs, *naturally*, to persons of this age, where is it? We see the young all around us contemplating old age as necessarily a state of feebleness, decrepitude, and gloom. Even those who inherit, *naturally*, strong constitutions, are drugged and drugged, until *they* are wrecks.

(For the Water-Cure Journal.)

DEAR DR. SNEW,—Your request that I should write for your Water-Cure Journal in your absence, I cheerfully comply with; but my letters will be very *practical*, as *facts* are needed. The *theory* is so beautifully true, that *pure* water is nature's best medicine, it seems *too good* for us poor, diseased, blind, mystified beings. Still many cannot believe it, because it is *so simple*; and when doctors have *ceased* experimenting, and all drug-cures have failed, still the blind sufferer cries, "Who has been cured by this water-cure? Tell me facts; don't tell me this foolishness, that simple water will cure every *curable* disease, but tell me *who* have been cured, and how, and of what."

Well, as I am to tell your readers facts, please tell them, in the first place, that I am one of your earliest patients, and that I was one when the water-cure was more of a theory, as it were, than it is now; that I have been relieved of much suffering, and that I have relieved many others under your own eye and with your own approbation.

I could not tell you, in one letter, or a dozen, the blessing it has been to me and mine. I have not written to you for your Journal; but it was not for any want of a disposition to do so; I left it to others more competent, and proved my gratitude to God and you by doing continually for other sufferers, as you know. The result of my labors I shall tell you in my future letters. Every sincere and thinking person must, by carefully studying and observing, see the reasonableness of this water-cure system; but it is a lamentable

fact, that even educated people, *scientific* men and intelligent women, never think for themselves at all in matters pertaining to their health. They leave it all to the doctor. Physiology is neither interesting nor necessary for them to understand, though they are dying by inches—they and their children. Not long ago, a distinguished lawyer of New York warned a friend not to put his only son under your treatment, for, (said he,) “all these new systems of cures are humbugs, and you will run a terrible risk in so doing.” The friend answered, “You know nothing of this water-cure; you have denounced it as a ‘humbug,’ as you do all new things, for you have never *thought* of the matter at all.” “Well, Doctor W—— says” so and so; and, of course, he took “the Doctor” as infallible. Since this conversation with his water-cure friend, his only son has passed away from this earth; not from *sudden accident*, or *natural death*, but with “typhus fever.” Does the consciousness, that no one need die of fever, that it can be put out with certainty, bring much consolation to the bereaved father? Thus it is, and continually do we see persons suffering, dying, and eating drugs to the last breath, taxing their already over-taxed systems, instead of *assisting nature to restore itself*. How long people are in learning this simple fact, that with water they can answer to all indications; that they can use it effectually as a purgative—as an emetic—to cool—as a poultice—to invigorate—to deplete—to soothe pain—to wash away disease, and drugs, and the diseases drugs have made—leaving the patient purer, stronger, and, of course, wiser!

Gratefully, yours,

M. L. S.

(For the Water-Cure Journal.)

REMINISCENCES OF GRAEFENBERG.—NO. I.

It was a beautiful morning in June; and the sun had already gilded with his golden rays, the green mountain tops, making all nature look gay and cheerful, as though in sympathy with the warm hearts that were glowing with delight, anticipating, with pleasurable emotions, the expressions of royal favor

about to be shown to the noble peasant of Graefenberg.

The gentlemen patients repaired to the Stadt House in Friewaldau, to witness the presentation of a gold medal, the gift of his Imperial Majesty, to Priessnitz, as a testimony of the esteem and respect with which he was regarded.

The medal was presented with all due ceremony, amid shouts of approbation from the spectators, mingled with rich strains of melodious music from the Graefenberg band.

Having received the gift, Priessnitz repaired to the church, to acknowledge, in the duties of religion, the goodness of God, in sustaining him through the opposition which, at one time, raged against him and his system, and brought him, finally, to enjoy the public confidence and the royal favor.

From the church, he returned to his own dwelling at Graefenberg; and here, a scene, entirely unexpected, met his view. His modesty had positively forbidden the splendid illuminations which had been proposed, preferring to have only an evening entertainment in the saloon, the refreshments for which he generously provided.

But the ladies, not having been permitted to witness the ceremony at the Stadt House, determined not to be left entirely out of account in the festivities of the occasion.

With as much secrecy as possible, they procured from Neisse a splendid basket, filled with the most rare and beautiful flowers.

All the little female patients were arrayed in white, and crowned with garlands of flowers. Two, who were rejoicing in the success of Priessnitz's skill and the efficacy of water, in the recovery of health from distressing chronic disease, were selected to present to him the basket of flowers, as he entered his own door, repeating, at the same time, some stanzas composed for the occasion. These were peculiarly expressive of their gratitude for his attentions, and in praise of water as the superior remedy for sickness and disease.

The ladies formed two lines, through

which he passed, each one congratulating him as he passed along, until he entered the door, when the little girls bearing the basket met him. He had sustained himself through the exercises of the morning with manly dignity; but when he met the group of little girls, heard their tones of gratitude and affection, and received from them the pure and simple offering, he could no longer restrain himself, and he burst into a flood of tears. The day passed, and the evening closed with music, dancing, and refreshments: but the recollections of it are permanent, and the Graefenberg patients still speak with enthusiastic delight of the day when the royal authorities gave public and permanent testimony in favor of the Father of the Water-Cure. L. M. B.

Long Island, Jan. 25, 1848.

To the Editor of the Water-Cure Journal:

Although I have no tale of marvel to unfold to you touching the wondrous effects of good cold water in healing any fearful disease of my own, I yet venture to pen you a few lines,—more by way of rendering thanks, perhaps, to the projectors of the Journal, for the light which they have shed upon my way through life, than for any other particular reason; and yet I would fain hope that I may be able to afford some few brief hints in respect of caring for one's own health, that may possibly be of some slight service to other young men.

I have very good reason to believe that the accidental turning of my curious attention to the water-cure treatment, through interest in a friend who was "going through the processes," has been the undoubted means of warding off from my own poor frame not a few of the miseries necessarily incident to a life of ease and ignorant indulgence. You must know that I was quite distinguished as a child for the "sweetness" of my "tooth" in matters of delicate discernment appertaining to the *cuisine*, and that, on growing up to maturer years, I was actually complimented by a notable house-keeper, for the rare possession of "a wonderfully refined taste!" My word was revered in discussions about pies; my look was

eagerly regarded as I first sipped my coffee at breakfast, and no one was admitted to know better how to pronounce on the merits of game, fowl, and beef. You will readily gather from all this, I fancy, that I was on the royal road to the realm of *dyspepsia*; and, sooth to say, so I was!

Well, I parted from my friend when he set out for Syosset, with not a little concern about his future fate, and a good deal of misgiving about "internal drowning;" but, as luck would have it, some eight or ten weeks afterward, back he came, and paid me a visit, fresh, strong, and hearty as he could very well be at the outset of his cure. I soon found him, however, singularly averse to repeating any of the dietetic experiments in which we had formerly delighted,—more, I must say, to the delectation of our palates ("deditigulis!") than the comfort of digestion. Lobster salad was "cut" with disdain, for the sake of mere vegetables, and all fish, flesh, and fowl were steadfastly passed by with the coolness of a Levite. But, to make a long story short, I began to ponder upon these things, and, my curiosity having been roused, while no attempts, whatever, were made to make me a proselyte, —else I fear I should have continued as before, out of sheer obstinacy,—I fairly entered upon the study of the system, and my *instinct* soon told me that it was founded upon *the right*. Farewell, then, to tea and coffee and stimulating food! And all hail to a more genial and healthful diet, a far more easy digestion, and more balmy sleep! I have learned to appreciate the virtues of *pure cold water*, and I have experienced, in my own person, its beneficial effects, in purifying and invigorating my general health. One short twelvemonth ago, I was shivering in flannels, but now I have discarded them entirely, without suffering from cold. Then, too, I would "catch cold," and keep it for weeks, while now I am comparatively free from its annoyance, and easily contrive to keep it at bay with the grateful wet bandage and the soothing wet-sheet. Gladly would I go on to detail to you further the great benefits I have derived, to my own certain knowledge, from the genial treatment which

you so judiciously recommend, but I fear I should encroach upon limits that might be better devoted to more valuable matter. Suffice it to say, that I am far from looking as if I were "going into consumption;" I never have enjoyed such good health in my life, and I am happily relieved from all anxious inquiries in relation thereto, which I well remember I was surfeited with under the *ancien regime*.

Gratefully, yours, LANDOR.
New York, January, 1848.

LETTER FROM A SUBSCRIBER RESIDING IN
NEWARK, N. J.

DR. SHEW:

Sir,—If you deem the following cases serviceable to the cause in which you labor, you are at liberty to insert them in your valuable journal.

On the 18th of April, 1815, at two o'clock A. M., Gorham Stebbins of Wilbraham, Mass., aged twenty-three years, was violently attacked with a fever that prevailed in the neighborhood, and which proved fatal in many instances. The physician of the village being taken about the same time, (and who became a corpse in less than sixteen hours,) Dr. Joshua Frost, of Springfield—one of the oldest and most approved physicians in that region—was sent for. In the mean time, efforts were made to produce a state of perspiration, in the usual way of administering hot drinks and hot applications externally, &c. But all attempts to produce any thing like moisture upon the skin were utterly fruitless. In course of the forenoon, he became delirious—seemed literally burned and consuming with fever. His face assumed a dark crimson hue,—his tongue became black and hard, so that by-standers could plainly hear every movement of it in his mouth. The nerves were so affected as to produce a motion of the head to such a degree as to raise it from the pillow every instant. Dark spots appeared on his limbs—an indication of speedy dissolution, the Doctor said. A more distressing spectacle, probably, was never witnessed of so short standing, and caused by fever alone.

About two o'clock P. M., Dr. Frost arrived. He pronounced it a case tran-

scending any thing he had ever seen in all his years of practice,—administered a large dose of calomel, and left, saying, "The young man must die." "Could not live till morning," &c.

Previous to G.'s delirium, he expressed a desire that Dr. Hyde—a young physician 18 miles distant—should be sent for; assigning as a reason, that Dr. H. was a *Naturalist*. He came about 5 P. M.; but the friends of S. had given him up to die, supposing it impossible he could live; and expressing a wish that nothing might be done to distress or disturb him, the Dr. was deterred from any attempt for two hours. But having examined and watched him closely during that time, his hopes predominated over his fears, and he persuaded the family to permit him to undertake.

In mid-spring, at evening, he extinguished the fire, set open the doors and windows, removed all covering from the bed, except the sheet, and bathed him freely in cold water at short intervals. Soon perspiration started. About midnight, his reason returned; and by morning, he was altogether a new creature. The motion of his head had ceased—his countenance was fair—he lay calmly on his side, and in his right mind—fever all subsided. He continued to amend rapidly, and in a few days was able to resume his ordinary business.

Had it not been for the timely application of *cold water*, a few hours, without doubt, would have closed up the scene with him.

Another case, very interesting and satisfactory to me, occurred some three years since under my own hand, in a little boy of my charge, four years of age, who was violently attacked with croup, to which he was subject. In the night I was aroused by the hoarse cough so peculiar to that disorder. I immediately applied the wet bandage about the neck, &c., as usual. Next morning, finding the case a severe one, I administered some lobelia, as directed by his father. This failing of the design, some "Hive Syrup" was procured, but all to no purpose. His croaking cough was incessant through the day, without any of the symptoms. I was conscious he could not survive many

hours, unless relieved speedily; I was advised to send for medical aid. But I had a secret purpose of trying the experiment of the "wet sheet"—to me, *then*, quite novel—having only a little theoretic knowledge of the treatment from reading. As soon as the family retired for the night, I commenced operations. It was winter—in lat. 42—but I stripped the little sufferer, and with some palpitations, yet with a good degree of confidence, consigned him to his wet envelope, covering him closely,—for I had not then learned the scientific mode of "packing away." Soon he announced himself in a perspiration. In about half an hour, I took him up, rubbed him dry, wrung out the cloth again, and put him in a second time. He soon fell asleep, and on awaking, his first words were, "I am well now." His cough was entirely gone! After giving him a thorough rubbing, I put him in bed. He slept without interruption through the night, and the next day was apparently as well as ever: Since then, in similar attacks, I have recourse only to the "simple element," and find it effectual, though he has had no attack so severe since.

A few weeks ago, he broke out with the measles. I found cold water sufficient to "bring them out," and *carry them off*. He is a strict temperance boy—meat, butter, tea, coffee, and spices are his utter abhorrence—never having acquired a taste for them. He claims to be a "thorough Grahamite."

With great respect, your humble, yet ardent co-operator,
A. S.
Dec. 29, 1847.

(For the Water-Cure Journal.)

MR. EDITOR:—Feeling a deep interest in the cause of Hydropathy, and wishing that all should know the benefits of it, I here send you the results of my own experience. If it be of any use in advancing the cause, it is at your service.

I had ever been accustomed to frequent ablutions, but generally with tepid water. In case of cold, particularly, when accompanied with a cough, cold water drinking has, for years, been my remedy. But it was not until the spring of 1846, when my friends returned from the Water Cure,

in Philadelphia, that I adopted it systematically.

I had in early life been quite dyspeptic, but, by carefully avoiding any thing which disturbed the stomach, I had been relieved of all its distressing symptoms; still, there were many things which I could not eat without severe suffering.

It was in April 1846, that I commenced daily cold bathing. At first, I used the rubbing sheet, and soon took the plunge bath; always following it with water drinking, and when practical, with a long walk. I soon experienced a renovation of strength and spirits, which caused me at the age of fifty to feel *Life a blessing*: in walking, I bounded forward with the elasticity of childhood. I have frequently walked eight or ten miles, without any sensations of weariness, when, without the use of water, two miles was a very fatiguing walk.

It is now nearly two years since I have practised daily cold bathing; never omitting it except when in circumstances where it could not be obtained.

Since that time I have discontinued the habitual use of tea and coffee, and in other respects have conformed to the Hydropathic diet, and, whatever others may say, or think, I have never been obliged to leave the table hungry, having *always* found plenty of wholesome food. I can now eat with impunity many articles of food which I formerly could not eat without great suffering.

Since that time I have not taken a particle of medicine, though I have had one or two acute attacks, and last winter suffered a time from inflamed eyes; but these, too, yielded to water treatment.

With the use of water, I find myself able to perform more labor, both physical and mental, than most ladies think possible. Yours, respectfully,
L. M. B.

Long Island, Jan. 12, 1848.

FRESH AIR.—Horace Mann has well said: "People who shudder at a flesh wound, or a tinge of blood, would confine their children like convicts, and compel them, month after month, to breathe quantities of poison. It would less impair the mental and physical constitutions of our

children, gradually to draw an ounce of blood from their veins, during the same length of time, than to send them to breathe for six hours a day, the lifeless and poisoned air of some of our schoolrooms. Let any man who votes for confining children in small rooms, and keeping them on stagnant air, try the experiment of breathing his own breath only four times over; and if medical aid be not at hand, the children will never be endangered by his vote afterwards."—*Selected.*

(For the Water-Cure Journal.)

AWAY WITH YOUR COFFEE AND TEA.

A SONG.—BY MRS. A. C. JUDSON.

Away with your coffee and tea,
 Away with your high-sparkling wine;
 The goblet most pleasing to me
 Is that wherein pure bubbles shine
 Just fresh from the fountain, transparent and bright,
 Cold water,—ay, this it is gladdens the sight.

The wine-bibber drinks,—and his brain
 Is phrenzied,—beclouded and dim
 His vision,—while sorrow and pain
 Are close-link'd companions for him;
 His thirst is not quench'd, but the more he partakes,
 A craving still deeper and stronger it wakes.

And what is the pleasure *they* gain,
 The lovers of coffee and tea?
 'Tis transient,—their stomachs complain,
 Their powers of digestion not free,
 While head-ache ensues—the nerves are unstrung,
 And premature age marks the brows of the young.

Not so with cold water.—Oh, no,
 It is in its nature design'd,
 By Him who hath made the streams flow,
 To bless both the body and mind;
 Yea, oft and again hath the effort been tried,
 Yet there's *no drink so good in the wide world beside.*

The feverish thirst it allays,
 And renders the vision more clear;
 Who drinks it will add to his days,
 And life will far brighter appear,—
 While health shall enliven his frame, and his powers
 Be fresh as the verdure in Summer's glad hours.

Then away with your coffee and tea,
 Away with your high-sparkling wine;
 The goblet most pleasing to me
 Is that wherein pure bubbles shine
 Just fresh from the fountain, transparent and bright,
 Cold water,—ay, this it is gladdens the sight.

THE WATER CURE IN AMERICA.—A collection of the most important and instructive cases of disease treated by water in the United States, furnished by the Principal Practitioners of Hydropathy, and others: with Descriptions of the leading Establishments, Publications, &c. Edited by a Water Patient. 12mo. Price 50 cts. in paper, (mailable); 75 cts. in cloth.

This important work, published by Wiley & Putnam, is now ready for delivery, and will be found invaluable to every Physician and philanthropist, as well as to individuals and families, being written in plain and popular style, and made easy of reference to any disease, or class of disease, by a clear and copious index. The principal contributors to the work, thus far, are Drs. Schieferdecker, Shew, Bedortha, Wesselhœft, and Underhill; but there are many strong cases and testimonials from other physicians, from clergymen, patients, and philanthropists throughout the country, many of which will be new and interesting. The work is edited by a gentleman, who, owing his own health and that of several friends to Hydropathy, has turned aside from his own avocations, at some inconvenience and loss, to make known in this volume (which he has stipulated shall be sold at a very low price) something more of the new system.

Certainly no work (on this subject) has yet originated in this country which can be compared to this, and we advise our friends to procure it at once, and to assist in making it known.

Two copies of this work will be forwarded by mail to any person sending us one dollar, free of postage.

DIETETIC.—A report has gained currency in various journals that Sylvester Graham, the champion of Vegetable Diet, had, under the advice of a physician, abandoned his theory, and gone to eating animal food. Mr. Graham, however, contradicts the report in a note addressed

to the Northampton Gazette, in which he says :

“ Will you allow me to assure the public that when I change my views on the subject of diet, or find it necessary to eat animal food for the sustenance of life, or for the preservation or recovery of health, I will myself publicly announce it. Meanwhile, it seems to me that those who are so officious in meddling with what does not concern them, and what they know nothing about, and say nothing about but from mischievous conjecture or malicious fabrication, would do quite as well to mind their own business.”—*Selected.*

INJECTION INSTRUMENT.

The French injection instrument is made upon a very simple plan, of India-rubber, being a sort of tube, having attached at one end a small metallic or ivory pipe. This is easily introduced into the lower bowel; water is poured into the opposite end, one, two, or three pints at a time, which is then easily passed into the bowels by pressure from the hand. We are assured these instruments, properly made, will last for many years. So important are clysters of water, every individual should have some convenience of the kind. The instrument above described is usually sold at \$1 50. Those who send us \$1, free of postage, can receive one, enclosed, through mail, at a trifling postage. Address the Editor, postpaid, New York.

NEW LEBANON SPRINGS

WATER-CURE ESTABLISHMENT.

In view of all the facilities here afforded for the practice of Water-Cure: the abundance and variety of water; the picturesque scenery; the pure and exhilarating mountain air; its central situation—so near to the great thoroughfares which connect East and West, North and South—the establishment will, doubtless, continue to receive its due share of patronage. It has now entered upon its third year. At the central house, the various Baths, as Plunge, Shower, Douche, Hose, Fountain, Eye, and Ear, cold or warm, are so constructed as to be comfortable, inviting, and easy of access by invalids, at all times. The rooms are so warmed as to render them perfectly comfortable, even in the coldest weather. For such as can go abroad, a bathing-house has been built in the beautiful glen, thirty rods distant from the Infirmary, adapted to the entire treatment, with an ever-flowing and living Plunge and Douche Bath—the latter descending thirty feet perpendicular; the column two inches in diameter, and white with motion. This Douche is without a rival.

At the principal Cold Spring, half a mile distant, a large Bathing-house has just been built. The water in this Spring is at a temperature of 46 degrees in midsummer.—Another Cold Spring, at a temperature of 50 degrees, has been fitted up, and the various baths constructed. In the neighborhood, there is an abundant Spring not yet improved for bathing purposes, at the remarkably low temperature of 40 degrees.

The expense, per week, varies according to room and attention required, and is from \$5 to \$8, including board, medical advice and attendance.

Preparatory for the treatment, each patient is expected to bring, or procure on the ground, two linen or cotton sheets, four woollen blankets, two comfortables, and six towels.

D. CAMPBELL, & SON, Proprietors.
N. EDVORThA, M. D., Resident Physician.

P. S.—Located 25 miles east of Albany, 7 miles west of Pittsfield, Mass., and within an hour's ride of the Boston and Albany, the Hudson, and also the Housatonic Railroads.

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MEDICAL AND COMMERCIAL PRINTING OFFICE,
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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.

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.

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.

The Water-Cure Manual is now ready for sale at 47 Bond street, N. Y. It is printed from the best of type, on good paper, in 12mo form. This book, at so low a price, is intended strictly for the spread of the cause.

The Hand-Book of Hydropathy gives a succinct view of the Water Treatment, as applicable in different diseases to which the human system is subject.

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, post-paid, by mail.

WATER-CURE FOR LADIES:—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases, with a full Account of the Processes of Water-Cure. Illustrated with various Cases. By Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 156, 12mo. Wiley & Putnam, New York.

PHYSIOLOGY, ANIMAL AND MENTAL: Applied to the Preservation and Restoration of Health of Body and Power of Mind. By O. S. Fowler, Practical Phrenologist. Published at the Phrenological Cabinet, 131 Nassau street, by Fowler & Wells. Price of the work, mailable, 50 cents.

LICENTIOUSNESS, AND ITS EFFECTS ON BODILY AND MENTAL HEALTH. By a Physician. Wm. H. Graham: New York. Price 12½ cents.

FACTS AND IMPORTANT INFORMATION ON THE SUBJECT OF MASTURBATION, FOR YOUNG MEN; With its Causes, Prevention, and Cure. Dow & Jackson: Boston. Price 12½ cents.

FACTS AND IMPORTANT INFORMATION, &c., FOR YOUNG WOMEN. Dow & Jackson: Boston. Price 12½ cents.

The above works may be ordered from us through the mail.

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 and 50 cents. The Water-Cure for the Sick: price, 50 cents. And the Facts in Water-Cure of Human Life; and his Lecture to V.

NEW-YORK AND LONG ISLAND WATER-CURE ESTABLISHMENT, BY DRs. SHEW & ROOF, At 47 Bond street, New-York, and Syosset, Long Island.

Patients are received at this Establishment as heretofore. The location is a most salubrious, healthful, and beautiful one, and the water is the purest of any known.

The terms of Board and Treatment at this place are as follows:—Medical fee for a full investigation of the patient's case, and original advice for treatment, \$10; but less, if there is need of a reduction from that price. To clergymen and families, and to the needy, medical advice gratis. Board, Treatment, and all necessary advice, after the first Consultation, \$7 to \$14 per week, varying according to the room, the length of time, and the amount of treatment in the case; this sum to be paid weekly.

N. B.—Each person should bring four good woollen blankets, two heavy sheets, (linen are best, but cotton answer a good purpose); or the use of these may be hired in the Establishment.

GLENHAVEN WATER-CURE.

THIS INSTITUTION, for the treatment and cure of Diseases by Water, will be opened for the accommodation of Patients, on and after the first of December.

The medical department will be under the immediate and entire control of Doctor S. O. GLEASON and wife—late of Greenwood Water-Cure, Cuba, Alleghany Co., N. Y. They will give their entire attention to the treatment of such persons as may visit Glenhaven with a view to health.

The business department will be under the supervision of JAMES C. JACKSON, to whom all letters having reference to admission into the Establishment should be addressed. They should be directed "Scott, Cortland County," and *post-paid*, when they will receive prompt attention.

Glenhaven is situated at the head of Skaneateles Lake, and for desirableness of location is unsurpassable. It is quiet, with scenery of the majestic and romantic; fine, pure, dry air; with an Eastern and Southern exposure, sheltered by high walled mountains from the North and West winds.

The house is new and commodious, with rooms of good size. It stands six rods from the bank of the Lake, which stretches in width, opposite the House, three-fourths of a mile. Its elevation above the Lake is twenty feet. In the rear of the House, the ground rises moderately for some distance, when it makes a rapid ascent of one thousand feet in half a mile.

Six hundred feet up the mountain rise the Glenhaven Springs. Two of them make at one leap a fall of twenty to thirty feet, one of them making a natural shower-bath of indescribable beauty. The water is very pure, perfectly soft, abundant, and in the summer at a temperature of 45 degrees above zero.

The great thoroughfare from Skaneateles to Homer, passes within $\frac{1}{2}$ miles of the establishment. A stage leaves Skaneateles Mondays, Wednesdays, and Fridays, for Homer, and leaves Homer for Skaneateles Tuesdays, Thursdays, and Saturdays. Persons wishing this mode of conveyance can come to SCOTT, where they will find a good Hotel, the proprietor of which will send them to Glenhaven for a reasonable sum.

On the first of May, it is calculated that a new, well built Steamboat will commence running from the village of Skaneateles to Glenhaven, landing passengers at our door.

TERMS OF ADMISSION.

Persons who do not need extra attendance will pay six dollars a week in winter, and five in summer. Those who choose to occupy a room alone, will be charged ten dollars a week. Bills payable weekly. This rule has no exceptions.

Each Patient must bring a linen sheet $1\frac{1}{2}$ yards square, 2 good woollen blankets, 3 cotton comfortable for packing purposes, 4 towels, and some linen for bandages.

44 3t

JACKSON, GLEASON & CO.

JOHN BURDELL, DENTIST,

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

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.

W. 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.

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