

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., AND DR. ROOF, EDITORS.

FOWLERS & WELLS, Publishers, 131 Nassau Street, New-York.

VOL. V.—No. 4.]

NEW-YORK, APRIL, 1848.

[WHOLE No. 46.

[From the German of Rausse. Translated by Dr. C. H. Meeker.]

INTERMITTING FEVER.

Fevers are usually classified under three main heads—capillary fever, intermitting fever, and nervous fever. The capillary fevers are divided into primary and secondary; to the former belong the inflammatory fevers; to the latter belong the typhus and putrid. The catarrhal and rheumatic fevers form a transition or intermediate class, and, according as they partake more of the inflammatory or more of the nervous character, incline at one time to the primary capillary form, at another time to the nervous form.

Of all fevers, only the primary capillary fevers and the intermitting fevers belong always to the primary diseases; generally, the catarrhal fevers belong there also, to whose more minute consideration room fails us in this edition; they are among the most unimportant and best known diseases, and their nature is apparent from the chapters on the inflammatory and rheumatic forms of disease.

The symptoms of a corrupt or diseased stomach in a fever give it that character which is usually called gastric. In the pure inflammatory form of disease all gastric character is wanting; on the contrary, the gastric character accompanies the intermitting fever, and is the over-ruling and

most prominent. The intermitting fever is distinguished from the gastric catarrhal fever by the regular cessation of the former for a space of time, after which it returns again; there is an intermitting fever which returns every day, one which returns every second day, and one which returns every third day. There are also intermitting fevers which, for certain periods of time, set in twice a day.

(1) *Symptoms of the Intermitting Fever.*—The preceding oftentimes very severe chill, which, in the inflammatory as well as intermitting fever, I do not include among the symptoms of recognition or distinction, because it is no characteristic, and, moreover, because I do not consider it as belonging to the disease itself, but only as a preparation for it.

The symptoms of intermitting fever are: blue color of the lips and nails, scanty secretion of water-colored urine, and a small rapid pulse during the period of the chill. During the heat, which generally extends itself downwards, the pulse beats full and quick, but still hard; the urine takes a clear light-red coloring; the head is disturbed, and a feeling of faintness arises from the stomach. The dry heat is followed by perspiration, and the pulse becomes softer; the perspiration has always an unpleasant, commonly a sour smell, and the urine precipitates a con-

siderable sediment if it is kept standing for some time in a glass vessel. During all the prescribed stadia the patient has a strong thirst for cold water, and in the course of the perspiration feels, also, a desire for a water-bath.

(2) *The Nature of Intermittent Fever* consists in impurity of the stomach, in the energy of the skin being partially destroyed by the presence of matters of disease under it, and in a reaction of the organism against these morbid matters. The fever is an effort to throw off, by perspiration from the skin, the morbid matters under it; the great thirst during the periods of the chill, which does not appear in the chill preceding inflammatory diseases, does not arise from the want of an abnormal quantity of oxygen for new formations, but merely from the want of a dissolving fluid, and is a proof of the effort of the organism to dissolve slimy corrupted substances in the stomach, and then, with the assistance of water, to discharge them by vomiting or diarrhœa.

The cause of intermitting fevers lies in the corruption of the stomach, which is produced sometimes by the contamination of the atmosphere and water by the presence of malaria in the vicinity of swamps and low lands, and sometimes by the conjoint effect of both these pernicious causes.

(3) *The Effects of Water-treatment* on the intermitting fever is actual cure of the disease through diarrhœa, vomiting, and secretion of critical perspiration and critical urine. The water taken through the stomach into the circulation sets free from mucous envelopement the matters of disease deposited in the flesh, and conducts them to the skin in the fluid, which passes off in insensible perspiration. The bath invigorates the skin, cleanses it, keeps the pores open, and, by means of the reaction after the bath, conducts the current of the juices from the internal parts towards the skin.

Although the water-cure, when it is applied in good season, as first treatment, always cures the intermitting fever radically, yet it is not effected so rapidly as with the inflammatory fevers, because the intermitting fever is a compound disease, and because there is no curative form of

disease so pure and energetic as the inflammatory form.

(4) *The Effect of Medical Treatment.*—Here, as ever, the medical treatment suppresses the symptoms of disease, and thereby converts the primary disease into a secondary, i. e. ends in the chronic fixture of the matters of disease. The fever remedies of the mediciners are China, Belladonna, Arsenic. Since the curative efforts in this fever originate chiefly in the stomach, it must naturally desist from these efforts, when substances, that are very injurious to it, are thrown into it and paralyse its energies. Then the curative symptoms of the fever naturally cease, and the mediciners, when they have suppressed the curative symptoms of a primary disease, think, or say, they have cured the disease. The patient's own feelings enlighten them always to the contrary; the feeling and instinct in the patient never err in primary diseases, and never deceive; physiology and true pathology speak likewise to the contrary, and the later after-effects of such medicinal cures teach in a terrible manner the contrary.

The medical remedies always dispel the intermitting fever for a time; however, it frequently returns again, as soon as the organism has somewhat recovered from the poisoning. Then medicine is administered anew, which often converts the curative fever into a destroying disease, into mucous fever, even into a putrid fever. These changes produced by medical treatment take place without any perceptible interval of health. After such intervals, and sometimes not till a number of years afterwards, in consequence of the medical treatment, there set in ossification of the stomach, dropsy, enlargements of the liver, besides contraction of the heart, and many other of such like destroying diseases.

In intermitting fever the diet must be modified according to certain rules; in all those primary diseases treated of before the intermitting fever, the instinct is the only and infallible regulator of the diet. The intermitting fever forms in this, as in many other respects, a transition from the primary to the secondary diseases.

WATER CURE.

All hail to the Water Cure! The sparkling, bubbling, gushing water, springing from its perennial fountain, pure and limpid; all unpolluted by the machinations of the regular physician, a man who seems inspired with a sort of determination to reject the simple remedies of nature, and rather prefers, if we may use the expression, to *kill* his patients, than to cure them by the administering of some element not composing a part of the well established "*materia medica*." Steamboats, railroads, and magnetic telegraphs, are hailed as great discoveries by all our wise men, when their benefits to the mass, especially the two former, are at least questionable; but here is one of the greatest discoveries ever made by mortal man, and one which bids fair to annihilate sickness, and banish disease from its powerful throne which it has so long unnecessarily occupied upon our earth; all by the simplest conceivable means, and yet how little comparatively does it excite the public attention. Instead of beholding water-cure physicians opening their offices all around us, we hear of but a very few who are known to practise upon those principles; and in our city, there are but two persons that we have heard of, who could be confidently relied upon to practise in this manner. Why all this indifference to what, to say the least, is vastly preferable to the old established practice of the school of physicians? Who that is at all blessed with feelings of benevolence, can regard our race, afflicted with such a multitude of diseases, and buried beneath so vast a mountain of ailments, without experiencing an earnest desire to be instrumental in removing a portion of this load of calamities, and of hastening the day when the inhabitants of the earth shall "no more say I am sick." Sickness is a great misfortune, a sore trial, and an untold injury to all who experience it. It causes immense suffering, the body being racked with inconceivable tortures oftentimes, pains heaped upon the poor victim, enough to awaken sympathy in hearts of stone, the agonizing convulsions, the terribly burning fever, the darting pains, piercing through the frame like so many

knives, the mind also debilitated until nought is left but the remnant of the intellect of former days; friends obliged to suffer almost as much as the patient/himself, property being wasted in fruitless efforts to cure the miserable man; everything going on differently from what it should; the man's business deranged, his schemes of worldly prosperity frustrated, and, if a good man, his plans for the salvation and renovation of his race all broken up, until death at last closes the scene, and the man, formerly stout and active, and now in the meridian of life, is hurried to the silent tomb, of no more use to the inhabitants of the world. The fashionable lady and the man of the world, deprived of further opportunity to prepare for a life beyond this; and the delicate female, whose life has cheered the otherwise forlorn days of some poor son of sorrow, and object of this world's contumely, whose ministering angel she was, as a wife and companion; all, have departed, without the least necessity. How angelic is deemed the one who watches over the sick bed of a friend, who wipes the clammy sweat from his brow, brushes the winged animals attracted thither by disease, from his face, reads to him words of comfort, and speaks in kind and tender tones, using all the arts that a benevolent nature can suggest, to make his "dying bed soft as downy pillows are," but after all, is it not a still greater mark of benevolence, a more certain test of true love, to do all in our power to *prevent* the suffering alluded to above by administering those kinds of remedies which will drive the disease from us, and very soon restore our friends and neighbors to perfect health, without having injured their systems, by the use of those poisonous substances, the effects of which ordinarily never wholly cease? This is what the *Water Cure* professes to do, and therefore it must be greeted by every truly humane person with feelings of indescribable gratitude and joy. The name of Priessnitz should descend to posterity, in connexion with those of Paul, Howard, Wilberforce, Clarkson, Garrison, &c., and an enduring monument should be erected to his memory, when he dies, commemorative of the

great discovery which will justly immortalize his name, as one of the greatest benefactors of his race.—*Christian Reformer*.

(From the Hampshire Herald, January 4, 1843.)

DR. RUGGLES' HYDROPATHIC EXPERIENCE.

For the purpose of avoiding the frequent rehearsal of the circumstances which led me to an acquaintance with the Water-Cure, and to adopt my peculiar method of practice, and to satisfy, in a degree, the many inquiries relative thereto, I here make a brief confession of my experience:—

First, As an Allopathic patient;

Second, As a Hydropathic patient: and,

Thirdly, As a Hydropathic practitioner.

1st. After six years' suffering, from liver complaint and dyspepsia, under the care of some of the most eminent Physicians in this country, during which time I was repeatedly bled, leached, cupped, plastered, blistered, salivated, dosed with Arsenic, Nux vomica, Iodine, Strychnine, and a variety of other poisonous drugs, which contracted an enlargement of the liver, the worst kind of dyspepsia, irritation of the lungs, chronic inflammation of the bowels, costiveness, piles, nervous and mental debility, and a numb or palsied state of the skin, which rendered me insensible to the prick of a pin or extreme heat; and, after blindness had shut me out from the light of day—in the opinion of gentlemen standing high in the profession, my life was limited to a few weeks.

2d. In January, 1843, I heard of the Water-Cure, as practised by Vincent Preissnitz; and from the effect produced in the case reported, I was led to hope, that I might obtain some relief from the extreme pain and weakness which I expected would soon terminate my existence.

Under the most embarrassing circumstances, with vague notions in relation to the application of water as a remedy, I commenced an indifferent course of treatment, which was continued several weeks; when I became convinced, (though I had improved,) that water, as an agent, was powerful for evil as well as good, and that unless it was understandingly applied, my hopes of relief were chimerical.

About this time, I heard of Dr. Robert Wesselhœft, of Cambridge, now of the celebrated Brattleboro' Water-Cure, from whom, by correspondence, I obtained salutary advice, and continued my practice with better effect. In a few months I was enabled to visit Cambridge, and consult Dr. Wesselhœft personally. After an examination, he found the liver so much enlarged, and my sight, and other symptoms, so precarious, that he was not sanguine of success; yet, considering the progress I had made, he recommended the erection of a douche bath, and advised a more thorough course of treatment. While the system was undergoing a slight change, under this course, I became gloomy, and suspicious that the ill-forebodings of friends, opposed to the Water Cure, might be realized.

At this point, the Dr. raised the first nete of encouragement, and advised *perseverance*, under a varied and milder treatment, until new symptoms required a more rigid course. Then the packing in the wet sheet once and twice a day, the plunge or shallow wash bath; the douche five minutes, three hip baths, from 15 to 20 minutes each, two eye baths, and a foot bath, comprised the daily course, until a fever crisis was developed, with symptoms of salivation, and other exudations, from the trunk of the body, which left no doubt in the minds of witnesses, that I had been faithfully drugged. It will be remembered that my Physician was in Cambridge and I in Northampton, and at this critical period, which continued about six weeks, my symptoms were so versatile, that many of his prescriptions were inapplicable, when received. In about eighteen months, however, from the commencement of the treatment, I had passed safely through the crisis, and my health finally became established, with an equilibrium of circulation. Sensibility and motion were restored to my eyes, with the feeble sight, which now serves me to walk alone, where I had formerly been led. For a time my whole system was attended with an unaccountable sensitiveness, which I never before experienced. My sense of feeling became so acute, that I could recognize individuals, and detect

shades of difference, in very minute objects. My case induced many, who were hitherto faithless, to believe in the Water-Cure; and as I had some conveniences for bathing, a few persons of both sexes were induced to obtain the advice of Dr. Westcott, and commence a course of treatment, under my care. This afforded me an opportunity to cultivate that faculty which enables me to detect symptoms of disease, and practise the Cure.

3d. I improved the opportunity thus afforded, to note the various symptoms, developed by the treatment, in the several stages of the complaint, in different cases, under the Dr.'s skilful direction. Practice strengthened this acute sense of touch, until the conviction was irresistible, that the skin is the organ through which the symptoms and character of disease are indicated—a fact, which the success that has attended my practice for the last three years has established before an enlightened public. I can feel near the surface of the skin of a healthy person, a regular and forcible action or emission, indicating vitality, or power. This, I think, is electricity. In an invalid who may be successfully treated, this symptom is *intermittent*, or *feeble*; but, where a person is suffering from general debility, beyond the power of water to afford relief, no vital, or electrical action, is perceptible near the wrist. This symptom is also imperceptible in the region of the *lungs* and *stomach*, when the case is incurable; and, for more than two years, I have found it prudent to decline all applicants for the cure, who lack this vital action, in the parts alluded to. In a case of Neuralgia, the electrical symptom alternates, in the parts of the body affected. At times, when the patient is suffering under severe pain, it is not perceptible; at other times, it is excessive.

In Sciatica, this system is similarly developed.—In Chronic Rheumatism, it is *quiescent*. In *inflammatory Rheumatism*, it is tremulous, and appears confined by the cuticle. In fevers, it is excessively active but appears not to escape the pores until it is conducted off, or equalized, by the application of the treatment. Although this is the first, in importance, yet there are other symptoms, attending the

skin, in various cases, that materially aid me in the varied and successful application of the treatment, which are easier felt than described.

Having thus briefly, though imperfectly, stated the circumstances that led me to an acquaintance with the Water-Cure, and to become a Hydropathic Practitioner, with an outline of the principles by which I am governed, I may be permitted to add a word of caution, to persons who think of availing themselves of the benefits of the Water-Cure.

1st. Such persons should be sure that their system is attended with sufficient vitality to commence the cure.

2d. They should begin right; that they may not impair their physical strength, and thereby impede their progress, or prevent success.

3d. A judicious course of treatment should never be suspended, with a view to its completion at a future time; as the best, if not the only opportunity, would be lost, for a speedy and thorough cure.

4th. Should a patient be partially relieved of morbid secretions, by a crisis or otherwise, and become convalescent, he should be extremely cautious in regard to diet, air, and exercise; and whatever may be his feelings, he should never abandon a proper bracing course of treatment, until an equilibrium of circulation is permanently restored.

5th. Water used for Hydropathic purposes should always be fresh from the well, or spring, excepting what may be warmed for a tepid bath.

6th. A bath should never be taken in a painted vessel, or within one hour before a meal, or two hours after.

From the testimony of numerous correspondents, who have commenced the treatment at home, and visitors, who have presented themselves for examination and prescriptions, and patients who have been treated at my establishment, I am satisfied that much error prevails, among the friends of Hydropathy, on the subject alluded to, and by whom a word of caution may be heeded.

As I have omitted to remark upon the condition of my own health, I would only add, that with the exception of imperfect

vision, occasioned by the convexity of the cornea, my health was never better than it is at present, or than it has been for more than two years past.

Respectfully,
DAVID RUGGLES.
Northampton Water-Cure, Jan. 1.

(Correspondence of the Boston Transcript.)

FRIEWALDAU, SILESIA, AUSTRIA,
Nov. 21.

On the 6th our party commenced the water cure under the ministry of the celebrated Priessnitz. The effect has thus far been most wonderful on all of us. Emma, who, through the summer, had no sleep, appetite, or energy, and who, seldom or ever, was free from neuralgic pains, now sleeps well, has an excellent appetite, is free from pain, and walks miles daily over hills and plains with a buoyancy and delight which it is a pleasure to witness.

H., too, has equally improved. The trouble in his head has entirely left him; and we have every reason to hope that the scourge of his latter years, dyspepsia, will be entirely driven out. He too walks up hill and down dale, miles at a time, and is in excellent spirits. I am under treatment for that devil, fever and ague, having been troubled with it more or less all summer in Paris, and during October so frequently that I could take no satisfaction in the society and amusements of the metropolis. Here I feel encouraged to believe, that I shall be rid of the rascal, and be qualified to enjoy life once more.

This is a cold region. The thermometer this morning is down to 26°; and all the mountain tops, with which this village is surrounded, have been covered with snow ever since our arrival. But the valley has been free, and the weather and walking are delightful. As for weather, however, Priessnitz's patients take no note of it; whether it snows, rains, or shines, is cold or moderate, 'tis all the same to them. I will give you a brief sketch of the *business* of the patients, (their business is *getting well*,) and you can judge whether the water-cure here is any joke, and whether we do not deserve to be rewarded hereafter with the best of health.

Well, the daily routine is this: as early as six in the morning, we leave a warm

bed, and go into another, on which there is a mattress, and on the mattress, spread first a thick blanket, and on this blanket a cold wet sheet, on which you stretch yourself, and it is closely wrapped round you. Then the blanket is wrapped equally snug, until you present very much the shape of a mummy, and on these is piled a feather bed, together with more blankets, if they are needed. This is called *packing*, and very properly. You remain in this condition some ten or twenty minutes, or until you feel comfortably warm. You are then unpacked, and thereupon immediately jump into a bath of the coldest water, where you remain two or five minutes. As you come out, a dry sheet is thrown over you; the windows of your chamber are opened. Placing yourself where the air blows fresh upon you, you flap yourself with the sheet some five minutes until you are perfectly dry. Then a wet band reaching from your shoulders to your hips is wound three times around you, and thus provided *you are ready to dress!*

Flannels are discarded. With nothing but linen next the skin you go forth, walk two or three miles, and return to breakfast at about eight or half past. For breakfast you have cold milk or water, home-made bread and butter, and, if you are luxuriously inclined, a cold roast apple. At nine o'clock the wet belt is replaced by a fresh one. From nine to eleven you walk or amuse yourself as you please. At eleven, you strip, and standing up are closely enveloped in a wet sheet from the neck downwards. For five minutes you are smartly rubbed by the bathman from your head to your toes. This done, a dry sheet is again thrown over you, with which you flap yourself dry as in the morning. You now take a *sitz* bath, or as we would call it a hip bath—sitting in a tub of cold water over the hips for a quarter or half an hour. After this you are rubbed—a fresh wet band is wound round your body—you dress, and walk till dinner time, one o'clock.

The dinner may be of any plain meat and vegetables you choose. Salt, oil and vinegar are allowed. You can have apples, raw or cooked, at all times. Water

is your only beverage. At two comes a fresh band, and you are a free man till five o'clock, when the morning's treatment is repeated, and you take your walk afterwards. On your return you partake of a meal precisely like that you had for breakfast. At eight o'clock, a fresh bandage is applied, and you may retire to bed as soon as you please, which is *generally very soon*. The treatment varies according to the maladies; and I think you will admit that we are laboring hard for health.

There are five or six hundred patients here, most of them very respectable people.

Among them are great numbers of the nobility from all parts of Europe. The only Americans here, besides our party, are Mr. Miller, representative in the last United States Congress from the city of New York, with his family, and Mr. George Douglas and family, also of that city. Yours, S.

(From the Herald and Pioneer of Freedom.)

HYDROPATHY.—NO. III.

Mr. Editor:—In all cases of disease the nervous system is more or less impaired in its tone. Hence the pain. In inflammations, the part affected is hot, red, sore, and painful, and sometimes much (always a little) swollen. These symptoms are all caused by the increased action of the circulatory system, the blood being determined, or incited to come, to the part in trouble, and forcing itself, in a large volume, through a small tube or vessel.

Now nerves which are the *seat* of pain (their *centre* being the brain and spinal marrow) always accompany the blood-vessels, side by side. Hence if the latter vessels be full, almost to bursting, on every side of those delicate nerves, which are so exquisitely alive to all sensation, you can easily imagine how the undue pressure of the swollen vessels must cause pain; for instantly you irritate, however slightly, the remotest nerve, the injury is transmitted, as by lightning, to the grand nervous centre, the brain, and the result is a destruction of the equilibrium of the nervous system,—the immediate cause of disease of all kinds. (*Mem.*—The idea of the Magnetic Telegraph was probably stolen from the nervous system.) Now

let us suppose a person has been badly burned, causing an inflammation of the worst kind, together with much pain, and a serious disturbance of the nervous equilibrium, induced by the direct irritation of the nervous tissue, and a sudden rush of blood to the affected part. A man of many medicines is sent for, and what does he do? Why, if he goes to work *secundum artem*, he begins by putting on an application of linseed oil, lime water, or turpentine, and cotton-batting. Why? Is this irritating practice founded on common sense? Does it give relief? No. Why is it adopted then? *Because it is laid down in the book.*

Did Eberle say it? Then, so it is;
No truth so valid as a word of his.

Yes, the book declares that many persons have tried these delightfully pleasant applications and got well? As for the extra amount of suffering induced by those terrible irritants, why that's nothing. The patient gets well and that's enough. But says the learned Dr. Precedent:—"We don't let 'em suffer, we don't; we give 'em something to kill the pain." Yes, that we admit, and,—what perhaps he wouldn't be so willing to admit,—kills the patient, too. "What! A doctor kill a patient with a little, t-o-e-n-t-y t-o-n-t-y dose of morphine?" Ay, nothing easier in case of a severe burn. Look at it. The brain, in consequence of the violence done to the nervous system by means of the sudden heat, and the appliances above mentioned, has become irritated to a degree almost beyond endurance,—so that it needs only one more blow to complete the work of destruction entirely,—every vein and artery being crowded to its utmost capacity. A very little dose of so subtle a poison as morphine will finish the work.

Morphine, as everybody ought to know, is the double-distilled essence of opium, and opium itself is one of the most deadly drugs in the world, the great medicinal Moloch on whose altar more lives have been sacrificed, certainly, than by any one disease. It is in its nature one of the most powerful stimulants known in its *first effects* upon the system, and afterwards is a deadly narcotic or stupifier, producing a sleep which is awakable from or not, ac-

ording to the dose, and the attending circumstances. It operates, in short, just like alcohol, only "more so."—Now I ask any reasonable person if such an article must not inevitably do harm when taken into the system at *any time*,—and especially if taken when the brain is already goaded to madness by a severe burn. "But what shall we do in such cases?"

I answer, lessen the irritation in the brain by removing the irritation of the injured part. "But how is this to be done?" Not on the principle generally pursued by physicians, that "a hair of the same dog will cure his bite," but on the common sense principle that *water will put out fire*. What is inflammation but simply fire,—and who, in his senses, would think of extinguishing fire with linseed oil, or spirits of turpentine? Water,—it is now getting to be very generally allowed even by physicians,—is one of the greatest sedatives, or quieters of pain, in the known world. This being the case (and I challenge proof to the contrary) any one must see that an application of it to an inflamed surface will certainly calm down the irritation, its soothing influence being conveyed, *vis the Nervo-magnetic Telegraph*, to the brain, going like a *corps du reserve* to a besieged fortress, or a relief guard to an exhausted sentinel. Then again, properly applied, water does what no medicine can ever do,—it removes immediately the engorged state of the blood-vessels, (which causes so much pain by repelling the blood from the injured part,) thereby taking off the pressure imposed upon the sensitive nerves. It also restores the equilibrium of the system,—which doses of opium and all stimulating lotions only disturb more and more,—and equalizes the whole circulation. In this way Nature has a chance to exert herself sufficiently, and in season to overcome the otherwise overpowering effects of the "bad burn;" while the old way (a barbarous relic of the dark ages) thwarts Nature, and prevents the restorative power which she has placed within, from exerting its "rightful supremacy."—"I speak as unto wise men; judge ye what I say." E. A. K.

A doctor once returned a coat to his

tailor, because it did not exactly fit him. The tailor, afterwards seeing the doctor at the funeral of one of his patients, said to him, 'Ah, doctor you are a happy man.' 'Why so?' inquired the doctor. 'Because,' said the tailor, 'you never have any of your bad work returned upon your hands.'—*Selected.*

WATER-CURE JOURNAL.

NEW-YORK, APRIL, 1848.

✍ The leading Editor of the Journal has just returned from Graefenburg. He was at the labor while there, (about two months,) of obtaining and writing down on the spot, Priessnitz's directions for all the principal diseases to which human nature is subject. A great variety of other information on subjects of health was gathered, all of which will be published in our little sheet. We hope thus to make it much more valuable than it has ever yet been.

✍ *Our Water-Cure Establishment at Syosset, Long Island.*—This is now open for the reception of patients. Dr. Roof remains at the establishment constantly—Dr. SHEW will attend at both places. We trust we shall be able to do fairly by our patients. We have a great abundance of water, purer and better than at any other establishment in the world, so far at least as we are acquainted, even Graefenburg not excepted. The air and scenery are also peculiarly fine. In the hot season, so oppressive at times in this country, the sea-breezes that are every day experienced, modify the air considerably, making it cooler and more salubrious than at any inland place in the United States, whether north or south. Some have quoted a saying, as coming from Priessnitz—which he never made, for he inferred the

Editor explicitly, that as to a sea-side location, he was not able to give any opinion whatever. He knows mountain air to be good; but whether sea air is more or less salubrious, he could not tell, and for the good reason, that he knew nothing of but the one. From our experience during the past summer, we are prepared to assert, that the climate at Syosset is a remarkably genial one. (More hereafter.)

SHIP, OR TYPHUS FEVER—MODE OF
PRIESSNITZ.

[The following article is written in a form designed to send to certain papers for publication, and has already appeared in the *New-York Tribune*.]

To the Editor of the Tribune:

Having spent a considerable part of the past winter at Gräfenburg, in Germany, at the fountain-head of the Water-Cure, I will ask you to give publicity to the treatment of Ship and other forms of Typhus Fever, as practised by the immortal Priessnitz. These directions I obtained of him, with permission to publish them, and they have already been put forth in England. Those who have been at Gräfenburg a sufficient length of time to enable them to become acquainted with the facts in regard to the treatment there practised, know that Priessnitz *never* loses a patient in fever of any kind, provided he is applied to in season, and before the ordinary means have been resorted to, which means are, for the most part, only destructive in their tendency, helping the patient the more rapidly towards his grave.

Priessnitz's Directions.—1. Envelope the patient in one or more heavy wet linen sheets, according to the heat and strength, the sheets not much wrung out, and to be frequently renewed, as often, at least, as they begin to grow dry. There must not be much covering over the sheets. In severe cases the patient should be kept in the wet sheet the most of the time until the fever is broken up. As much fresh air as possible is to be admitted into the room. The sheet should always be doubled, and wet towels applied to such parts as the arm-pits,

between the limbs, and wherever one part comes in contact with another.

2. The cold bath is given three or four times in twenty-four hours, and even oftener, should there be much heat. If the patient is very weak, the water is used tepid, but never higher than 20° R. (77° Fabr.) and this should be diminished from time to time, until it can be borne cold. The bath should, if possible, be admitted to the patient in a reclining posture. At the same time, the back of the head and neck should be bathed in water of the same temperature as the general bath, ending always with the water cold. The surface of the body should be rubbed constantly while the patient is being bathed, and the bath continued until the temperature of the arm-pits is the same as the rest of the surface.

3. As the patient becomes able to take nourishment, give cold milk, fruit, and farinaceous food, in small quantities, always cold, and at intervals of the usual meals. Great care is necessary in the food. Water at all times to be drank according to the dictates of thirst.

4. Wear the *umschlag*, or wet girdle, all the time when the patient is not in the wet sheet.

5. Injections, or clysters of pure water, are to be given, if the bowels do not act naturally without; the water cold, if the patient is not very weak, one pint at a time.

The object of the whole treatment is to supply the body amply with sufficient coolness and moisture, in order to counteract the tendency of the disease to dry up and consume the natural juices.

The above are the directions that Priessnitz gave us, with the hope that some good might thereby be done. The ship fever, so called, is neither more nor less than severe typhus fever. Were he called to such cases as have been treated a length of time already by other modes, his directions would, of course, be somewhat different. If a patient has been all but killed with drugs, (a thing often done,) or if the disease has been allowed to go on until the strength is exhausted, and the patient has become delirious, then the treatment is modified. But even in such cases let the surface be sponged over with water tepid, as at 85 or 90°

Fahr., and see what relief will follow. Get permission of your doctor to do this. No one will object, only he will want a little vinegar, or spirits, and the like, put with it; whereas the pure thing is the safest and best, for the surface, as well as the internal parts. Put also the great wet fomentation about the body, to act as a soothing poultice. This no physician will object to either. Have a mattress for the patient to lie upon—never a feather bed; and use the hair or straw pillow instead of the heating, debilitating and in every respect injurious feather pillow, which is in universal use. There is truth in the old maxim, 'keep the head cool.' Instead of worrying and irritating the delicate internal organs with cathartics, administer daily, if need be, clysters of pure tepid water. I repeat, no well informed physician will object to any of these things. Get thus what water treatment you can, in the absence of such practitioners as understand the new mode thoroughly. Nature and good nursing have cured many: drugs very few.

The advantages of fresh air in fevers is wonderful. I was told by the learned Dr. Barry, of Edinburgh, that during the past summer, in that city, the hospitals were so filled that it became necessary to erect tents in the open air, to accommodate patients having the ship fever; and it was found that the mortality was much less in these airy, out-door places, than in the more comfortable hospitals.—Could all fever patients be, from the first, kept perfectly clean, have constantly a full supply of cool, fresh air, pure, soft water to drink as the thirst indicates, and be nourished in the most careful manner, how few would die with fever. But the sad truth is, as patients are treated nine times in ten, if not ninety-nine in the one hundred, we might be led to suppose that men were putting the old saying into practice—"If any man sin, let him fall into the hands of the physicians."

I have just returned home from a passage in the London packet ship *American Eagle*, Captain Chadwick. There were nearly two hundred persons on board. Although a most excellent ship, with a very able and experi-

enced commander, we had a very long passage. I had the care of all such as needed medical advice on board. We had a considerable number of cases of sickness, some of which were incipient ship fever, yet through prudent care, and depending almost wholly upon the hygienic means, we had not a single death; a thing very uncommon in so long a passage and with so large a number of persons; and there were but very few in which we could not have mustered every soul on deck, had it been necessary so to do.

In the very midst of the past summer, when ships were losing patients by the hundred, Capt. Watts, of the ship *Emma Watts*, sailed from London to New York, with a large number of passengers, and lost only one little child, a day or two from London, and which was nearly dead when it was brought on board.—Capt. Watts had just been cured of the fever in London, by water. He therefore took the hint, required every passenger to bathe or be bathed regularly, by means of an apparatus which he had prepared for the purpose; and thus, with other well regulated hygienic means, he accomplished what probably no other ship sailing during the past season between England and the United States did—not to lose a single case by ship fever.

I ought, perhaps, to remark, in reference to Priessnitz's directions for the treatment of fever above given, that those who do not understand the meaning of all the terms employed, can easily refer to some of the works on the subject of Water-Cure; such being everywhere for sale, and at prices within the reach of all.

JOEL SHEW,

47 Bond st.

[For the Water Cure Journal.]

DR. SHEW:—

Dear Sir:—I was induced to place myself under your care by the solicitations of a friend, whose little grandson, a youth of twelve or thirteen, had been relieved, by the water-cure, of a chronic affection, which had annoyed him from infancy, and I should be more than ungrateful, not only for the interest of that friend in my behalf, but for the uniform kindness and attention I have received at your hands,

did I not add my mite to the hourly accumulating testimony in its favor.

I will not here describe minutely my own case, but will only say that it was one of four years standing, and had been treated after the most approved forms of regular practice by the best physicians in the country, and, for the last two years, had been under the control and management of one of the most eminent medical men of your city; and all with little or no benefit. It was true that their prescriptions, closely followed, sometimes produced a slight alleviation of suffering, but the effect was never permanent, and the old difficulty always returned with more force than ever. Disease was only changed from one part to another, every year becoming more complicated and more difficult of cure. At length, when prostrated in strength, and almost in hope, completely worn out with that which had baffled all the light which science and experience had thrown on the treatment of chronic disease—as a last resort, I came to the water-cure. A short time convinced me that, if I had been long in error, I was right now; and in a few months, difficulties which had resisted the full power of drugs for years, gave way—and I trust forever—before this simple agent. Since then I have been steadily improving, growing stronger, and better, and wiser, in regard to the rules which govern the preservation of health; my faith every day increasing in the new system; and the only wonder to me is, that I so long permitted myself to be the victim of a science now appearing so fallacious.

When I compare my situation now with what it was a short time since, I can scarcely regret my previous indisposition, and can almost think myself compensated for the time I have lost by the new light which has burst upon me. Then I was weak, feeble, and emaciated: any amount of exercise produced a feeling of utter prostration and exhaustion, far different from the comfortable feeling of fatigue which I now experience. If I sought the open air, I was enveloped by external covering which almost prevented the possibility of any thing like exercise, and were it not that when out I could not be

prevented from breathing a more healthful atmosphere than when within doors, I was scarcely better off than when seated quietly by the fireside. Now, in the middle of winter, without any extra garment, I range over the hills, permitting its icy breath to play upon my thinly dressed frame; my throat and chest—which before were carefully covered with several thicknesses—exposed to the full action of the cooling blast; and this, too, with far less inconvenience than when I took every precaution to avoid the contact, and with a full consciousness that I shall derive benefit, and not injury, from the bracing, stimulating effects of the cold. Then, too, how different the feeling of vigor and elasticity, both of body and mind, on rising in the morning from the hard, and, what would be called by some, comfortless bed, from that sensation of extreme nervous debility and listlessness which I formerly felt when sleeping in a close room, with a good blazing fire to prevent the approach of frost; with every crevice and opening carefully stopped, lest the pure breath of heaven, which now enters so freely through the open window, should bring the much dreaded cold—the nightmare and the gloomy spectre of dyspepsia my constant companions. Is it not worth passing through some privation and suffering to obtain a knowledge which will, to a certainty, banish all these, and bring to maturer age the sweet sleep and buoyant spirit of childhood; which will rob sickness of most of its terrors, and bring man back to that natural state of existence of which a system of luxury, falsely so called, has deprived him? Would that I could see, face to face, every one now suffering as I have suffered, from the combined and protracted effects of disease and drugs. I think I could advance arguments which cannot be contained in the brief limits of a letter, to convince them, beyond the possibility of a doubt, of the benefits which I have received, and which they, too, if they choose, may receive, from this blessed water-cure.

I fear I am trespassing upon your time and patience, and yet I cannot bring this letter to a close without alluding to the assertion, so often made by medical men

and medical books, that a certain amount of animal food is necessary in cold weather, in order to keep up the animal heat by the supply of carbon it affords. I have been making the experiment, by living alternately, for a month or six weeks at a time, with and without it; and I find myself capable of enduring an equal, if not a greater degree of cold when I have eaten no meat, or gross food of any kind, than when freely indulging in its use.

Truly and gratefully yours, K.
February 7th, 1848

(For the Water-Cure Journal.)

APOPLEXY.—CASE OF J. C. JACKSON.

(Continued from page 42.)

Friend Shew:—On the 18th of January, while sitting in his chair, he fell into a comatose state, from which he could not be aroused by pouring cold water on his head, nor by letting it run plentifully down his spine. He was immediately taken to the plunge bath and immersed therein. The shock slightly aroused him; but it lasted only a few minutes. I then pulled the douche rope, and let a current fall upon his face and shoulders. This gave him so much of a shock that he rallied for some minutes. He was then taken to his room and briskly rubbed for some minutes. His feet were put into warm water, while cold was vigorously applied to his head and chest. All efforts that could be devised were brought into requisition to keep him awake. Notwithstanding all that could be done for some forty minutes, if left to himself for the space of half a minute, a deep sleep would fall upon him, attended with loud, deep, and stentorous breathing. But, by constant and untiring exertion, he was at length fully aroused to consciousness. The night following he was restless, and had some slight cramping turns. The next morning his face was turgid with blood; his eyes dull and glassy. It was with great difficulty that he could keep awake. At eleven o'clock, A. M., on the 19th, he received another shock. His eyes were fixed, pushed from their sockets in a frightful manner, while the pupils were enormously dilated. His face and neck were turgid; his tongue was black,

and protruded from his mouth; his pulse gone, and no effort at inspiration was perceptible. Cold ice water was dashed upon his head and chest profusely. His head remained thrown back, and spasmodically fixed, while the whole countenance presented a frightful aspect. A warm half bath was ordered immediately. He was put into it, while cold water was applied, with renewed vigor, to his head. In a few minutes signs of returning life were perceptible. These continued to increase gradually, till, in about one hour, he was fully restored to consciousness. But, to our regret, when we attempted to converse with him, no sound fell upon his ear that he could recognise. The awful thought came upon him that perhaps no sweet sound would again cheer him amid his extreme sufferings; but he bore it all manfully, and with true heroism. He also stammered in conversation. After he rallied, he passed urine freely, and without pain. The irritability in that direction was, by this time, nearly conquered. Fomentations on the small of the back were the principal means employed to lessen the irritability. Warm sitz baths could not be endured; while cold ones often gave him much relief. In about ten hours from the attack, he uttered a terrific scream, and clenched his head with both hands, so violent and cutting was the pain that run through it. On its abatement, his hearing suddenly returned. As soon as that became established, he was speechless. His symptoms, on the whole, were much improved. He passed a comfortable night. Jan. 20th, had a fine day, much better than any he had passed since the first of December. Walked about the house and out of doors; was cheerful, though speechless. In the evening, in consequence of a *fright*, occasioned by a scream of one of the inmates of the house at some trifling circumstance, he fainted and fell to the floor. He at length recovered; but so great was the exhaustion, that he lost the use of all his voluntary muscles. He could not move as much as one of his fingers. His head obeyed the laws of gravitation, and fell from side to side, the mere sport of circumstances. He, however, gradually

recovered the use of his muscles. This attack left him both deaf and speechless. Rested well during the night. The next morning his muscular strength had returned to same degree. He could hear, and uttered imperfectly a few words. At 11 o'clock, A. M., he had a fainting turn, and was left both deaf and dumb as before. On the 22d his symptoms were much better. Took a long walk on the shore of the lake; had some attacks, though of a slight character, of blood rushing to his head. Could hear at intervals, and half articulate words. These were, however, of short duration. Thus he continued to improve from day to day. His progress was impeded and interrupted by frequent pressure of blood upon the brain. By close attention, and vigorous derivative treatment, he kept on the gain. At times he could hear and speak. But, on the whole, he continued to gain, till, about the 5th of February, he entirely recovered the use of his hearing and voice. He is now, and has been for the last three weeks, able to accomplish the labor of a well man. Let us, my dear friend, with strong hands and willing hearts, continue to labor in the glorious cause which we have espoused. Yours truly,

S. O. GLEASON, M. D.

P. S.—I herein enclose \$1, the amount of the subscription for one year.

(For the Water-Cure Journal.)

REMINISCENCES OF GRAEFENBERG.

NO. III.

Having a fancy, one bright morning, to extend our walk beyond its accustomed limits, and to take our breakfast some three or four miles distant from our lodgings, we rose half an hour earlier than usual, (this, by the way, is no hardship to those who habitually rise early,) and hurried ourselves to Priessnitz Quelle betimes.

The gray twilight had not yet given place to the clear light of the morning. But, hark! What silvery laugh is that which rings through the forest, and awakens echo from sleeping couch? Ah! it is the peasant girls, bearing the treasures of the dairy from their distant farms, and the luscious strawberries

from their mountain tops, to dispose of them at their *only, yet sure* market, Priessnitz; and they are thus early on their way to be in season for the morning meal; and, surely, a blither or merrier set was never seen. They go singing and laughing along, always greeting those they meet with a good morning, with a hearty cheerfulness which is at once attractive and pleasing. Disdaining (one would think) the smooth, well-trodden forest path, they wend their way down the rough and stony gorge made by the mountain torrent, or bound through the tangled thicket, while the scattered brush cracks beneath their feet. Though their faces are bronzed by exposure, and their arms brawny with toil, they are yet apparently gay and happy. "Content, and careless of to-morrow's fare," they make the most of the present moment, nor "for what *may* be, lose what *is*."

But to return from this long digression. We will, with a single leap, sit ourselves down for a few moments at Priessnitz Quelle; but, instead of remaining, we here just refresh ourselves with a draught from the pure crystal fount, and, like pilgrims to some distant shrine, resume our walk; for, this morning, the Barenstein was our goal. Going up the hill, and through the forest, we soon pass the Gold and Reigenhad Springs, but as they have no striking peculiarities, we avoid description. But here the road, for a short distance, becomes more level, and leads through a beautiful copse of small beeches, emerging from which we arrive at a spring, newly and handsomely fitted up with marble pyramid and basin, and labelled with gilt letters, "Louisien Quelle."

Here, said one of the company, I always come, because it bears the name of my wife. His rayless orbs could not behold this dedicated monument, still he loved here to make his daily pilgrimage, in memory of her who, to him, was now no more.

But the morning being advanced, we hurry on as rapidly as we can, quaffing a little at the Eis and Wein, (or, in plain English, Ice and Vienna Springs,) rather from habit than necessity; after which we ascend the hill, through the woods, making all possible speed, determined to

reach the *magnetic stone* before breaking our fast.

We approach it. It is a stupendous cluster of solid rock, easy of ascent on the side at which we reached it, but on the other is an abrupt and frightful precipice of more than a hundred feet. From the summit is a fine view of the surrounding country. Richly cultivated fields, threaded by roads almost as white and smooth as marble, lie spread out like a well-defined map; while the villages and hamlets, scattered here and there, present a landscape on which the eye dwells with rapture, as though it were a fairy vision.

But we cannot longer linger, even here—for the servant has arrived with our breakfast, and we must leave our elevated position for one a little more lowly, though quite as romantic. A level spot has been selected, and furnished with a rustic table and rude seats, for the purpose of accommodating just such morning strollers as we.

True, there is no danger that our coffee will be spoiled, or our hot rolls burnt, yet we feel disposed to marshal ourselves for the repast; and early walkers and water-drinkers can imagine how luxurious is a breakfast of bread and milk, when the appetite is thus sharpened by air and exercise. We had, too, this morning, a special indulgence, in the shape of a very light German cake, called Martini's Horn. To an epicure, it might be insipid; but to our simple tastes, it was quite a luxury.

At this gipsy-like encampment we remain a while, chatting, laughing, singing, dancing, or running, as may best suit each one's particular whim, without formality, or fear of breaking conventional rules, until we are reminded that it is time to return. But we cannot possibly wait to thread our way back with the minuteress with which we came, but must take the advantage of the impetus which the descent will give, and get home as quickly as possible, lest some one of the company should be sought for by the never-failing Baddenier; and woe to him or her who is not on the spot at the moment, for most certainly they will lose—one bath.

L. M. B.

Long Island, March 20th, 1848.

TOBACCO, TEA, COFFEE AND SALT, AS AFFECTING HUMAN HEALTH.—By *Joel Shew, M. D.*, New-York.—25 cents, mailable.—This long delayed and long since promised work, we will assure our readers, shall at length appear; in the course of a few weeks, provided no great and unforeseen accident befall us. We hope that the book will be a better one for having been delayed; at all events, we shall do our best to make it such. We despair of expecting much in the way of reforming people, and inducing them to leave the use of those pernicious articles, particularly the first three mentioned. As a rule, it would seem that human beings must be brought to the very brink of the grave, by pain and disease, before they are willing to commence any dietetic reform; and even then, many had rather eat, drink, and die, than deny the cravings of a sickly, depraved appetite. But there is one consolation; those who enjoy the light of science, having the truth clearly set before them in these matters, are convinced of the necessity of temperance in all things, and yet have no power to practice it, are miserable persons; drones, and useless in society; and were better dead than alive. The idlers are stung out of the hive by the industrious, self-denying bees that work. So the world can do better without its lazy, selfish vagabonds, who live only to idleness and the gratification of the flesh.

A remarkable case of *sonnambulism* occurred at Easton, Pennsylvania, a week or two since. A lad of 16, who had been medically treated for a cold, rose from his bed, went through several apartments to the street, run the round of several streets, in a pelting rain, with only a shirt on, into a hotel where he saw a light, and being recognized, was roused. He had been frightened by a dream that two persons sleeping in the same room were murdered. Strange to say, his health was improved by the excursion.

WHAT SHALL I TAKE ?

A lady of our acquaintance, says an exchange paper, young, lovely, and intelligent, called in a celebrated physician to do something for a rush of blood to the head.

"I have been doctoring myself," said the languid fair one, with a smile, to the kind M. D., while he was feeling her pulse.

"Ah! how?"

"Why, I have taken Brandreth's Pills, Parr's Pills, Stanberg's Pills, Sands' Sarsaparilla, Jayne's Expectorant—used Sherman's Lozenges and Plaster, and—"

"By heavens!" interrupted the astonished doctor, "all these do your complaint no good!"

"No! then what shall I take?" pettishly inquired the patient.

"Take!" exclaimed the doctor, eyeing her from head to foot;—"Take?" again exclaimed he, after a moment's reflection,—"take!—why, take off your corsets!"
—*Balt. Star.*

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, 60 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.

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. It is printed from the best of type, on good paper, in 12mo form.

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.

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, mailable, 50 cts.

LICENTIOUSNESS, AND ITS EFFECTS ON BODILY AND MENTAL HEALTH. By a Physician. Price 12½ cents.

FACTS AND IMPORTANT INFORMATION ON THE SUBJECT OF MASTURBATION, FOR YOUNG MEN; With its Causes, Prevention, and Cure. Price 12½ cts.

FACTS AND IMPORTANT INFORMATION, &c., FOR YOUNG WOMEN. Price 12½ cents.

The above works may be ordered from Fowler & Wells, through the mail.

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, Allegany 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 1½ 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 1½ yards square, 2 good woollen blankets, 3 cotton comfortables for packing purposes, 4 towels, and some linen for bandages.

NEW-YORK AND LONG ISLAND WATER-CURE ESTABLISHMENT,

BY JOEL SHEW, M. D., & DR. ROOF.

At 47 Bond street, New-York, and Syosset, Long Island.

Both having studied with Priessnitz, at Graefenberg, Austrian Silesia, and the latter a member of the Society of Scientific Hydropathists in Germany.

This Establishment, having been discontinued during the winter, (in consequence of the absence of Dr. Shew in Europe, and Dr. Roof being required to attend to the business in the city,) is now re-opened for the reception of patients. Passage daily, from Fulton Market, by steamer Croton, at 3 o'clock p. m., or persons can go as far as Hicksville by the Long Island Railroad, where a stage is in readiness for conveyance to Syosset—time, 9½ a. m. and 4 p. m.

One of the Physicians will be in constant attendance. The location is a most salubrious, healthful, and beautiful one, being entirely surrounded by the sea. The water is the purest of any known, and the most abundant.

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, \$5. 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 two good woollen blankets, two heavy sheets, (linen are best, but cotton answer a good purpose), two comfortables, ½ dozen coarse towels; or the use of these may be hired in the Establishment.

PHYSIOLOGY, ANIMAL AND MENTAL,

Applied to the Restoration of Health of Body and Power of Mind. By O. S. Fowler. With twenty-six engravings on wood. Price 50 cents.

"This will be found a more valuable work for the use of the people generally, than any other which has yet been written. It is free from technicalities, and may be easily understood and applied by every individual. The whole subject of Physiology is thoroughly examined, and all the necessary information relative to our physical well-being imparted.

"The author takes strong grounds against the use of Tobacco, Tea, Coffee, Liquor, and stimulant ingredients generally. Those portions relating to the effects of different kinds of food on the body and mind are particularly valuable. The causes and cure of Consumption should be read by every youth in the land. By understanding the laws of life and health contained in this work, much agony and suffering might be avoided, and many valuable lives prolonged. Although but recently published, this work has already passed through several editions."—*Hunt's Merchants' Magazine*.

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 Ladies; price, 50 cents. And the Facts in Water-Cure; price 18½ cents. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

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.

A SOBER AND TEMPERATE LIFE.

BY LOUIS CORNARO,

With Notes and Illustrations, by JOHN BURDELL, Dentist; containing directions as to the quantity of food necessary to prolong life to an hundred years. 16mo. With numerous illustrations, and a likeness of the author. Price 25 cents, mallable.

"The author, by his temperate habits, attained the remarkable age of 104 years, and was one of the best men of the age. Be wise and read this work."—*Montreal Signal*.

THE

WATER-CURE JOURNAL

Is now published by

FOWLERS & WELLS,

131 Nassau Street, New-York,

to whom all business communications are to be addressed.

TERMS, in advance—\$1 a-year; three copies, \$2; ten copies, \$5.

N. B.—Address, POST-PAID, FOWLERS & WELLS, 131 Nassau street, New-York.