

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

JOEL SHEW, M.D., EDITOR.

FOWLERS & WELLS, PUBLISHERS, CLINTON HALL, 131 NASSAU St., N. YORK.

THE WATER-CURE.

(From the British and Foreign Medical Review. By John Forbes, M. D., F. R. S., F. G. S.)

(Continued from our last.)

How are we now to proceed, in order to arrive at a just appreciation of the value of the means thus briefly enumerated? The more usual course would be to enter upon an examination of the practical results, as published by hydropathic writers. But, in the present inquiry, this plan would scarcely answer; for the means employed are so strange, so much at variance with those by which disease is commonly treated, and not a few of the reporters are so little entitled to claim credit for even a capacity to report medical results truly, that the greater part of our readers would disbelieve the alleged facts, rather than admit the principles they would carry with them. It will be more proper, therefore, to omit matters of evidence for the present, and to see if we can find in hydropathic practice any conformity with the principles on which we should estimate the merits of any other new remedy.

If a new vegetable were imported, or a previously unknown chemical substance discovered, and we were called upon to use it as a medicine, we should first inquire whether it possessed any of those qualities which are regarded as constitu-

ting medicinal virtues. We might assume that we are sufficiently acquainted with the characters of most diseases, to pronounce what description of influence would have a counteracting effect upon them. It would then remain to inquire, whether the qualities possessed by the article in question were of a kind to lead us to expect any description of such influence from their operation. If they were not, we should be indisposed to try the remedy until well assured, from abundant and unquestionable practical evidence, of its curative powers. If they were, we should be inclined to give it a trial, even if the proofs of its remedial properties were not unexceptionable. For instance, if the article under consideration merely possessed a nauseous taste, a specific color, or a powerful odor, it would offer little inducement for an experiment of its medical powers, because those qualities are not known to possess any intrinsic influence over any diseased condition. But, if it were a purgative or a sedative, no one could hesitate to recognize it as *a priori* entitled to a trial by physicians; because experience has taught us that, by the means of purging or tranquilizing, certain diseases or morbid symptoms may be cured or relieved. And, since it is the case with many of our present remedies, that with the property we wish to employ is com-

bined another we would gladly avoid, (purgatives being debilitating, sedatives narcotic, &c.,) and with their amount of usefulness is thus associated a certain tendency to mischief,—if the new remedy presented to us appeared to possess the essential quality, and to want the mischievous power of that otherwise used for the same purpose, we should be still more desirous of availing ourselves of it in practice.

If we apply these remarks to Hydro-*pathy*, as practiced by Priessnitz, the first inquiry ought to be, does it furnish the physician with instruments which he, as a skilful workman, can undertake to employ? Does it contain, among its various machinery, any really therapeutic means, any powers capable of carrying out the indications which we regard as palpable in many diseases? Can it evacuate, can it brace, can it tranquillize? We cannot entertain the idea that the professors of Hydro*pathy* have hit upon any grand secret concerning the origin or nature of diseases, or the philosophy of their removal. Such a supposition, were it a necessary article of faith in the hydro*pathic* creed, would render us the most obstinate of skeptics. But, if the practitioners of this new school profess merely to have introduced more efficient, or less dangerous, means of fulfilling the purposes which all physicians have in view in treating disease, we are willing to give them a patient and impartial hearing. Or, if they profess nothing of the kind, and reject such an idea with contempt,—if, nevertheless, their system appear to us of the nature we are indicating, we can still entertain it with the hope of discovering something of good in it.

Let us now inquire, then, on physiological and pathological grounds, supported by some personal experience, what appear to be the effects, or among the effects, of a course of water treatment according to the Priessnitzian system.

1. In the first place, we remark the careful withdrawal of all stimulants from internal parts. In this hydro*pathy* is at once distinguished from ordinary practice. The refinement of civilized life,

and the complicated affairs of society, prevent the human frame from being treated entirely as a machine. The body is compelled to undergo a usage not always suitable to its welfare, in consequence of its having to minister to the mind. The exhaustion of the latter, from exertion and excitement, is restored by artificial stimuli applied to the former. These are generally directed to parts ill adapted for their reception. Thus, the stomach, constructed to digest simple food, and to admit fluid at the impulse of thirst, becomes the vehicle of conveying to the nervous system alcohol in its various forms, and other similar fluids. These are unnatural to the stomach itself, though grateful to the nerves. Consequently, the mucous lining of the alimentary canal may suffer in the attainment of an object required only by the nervous system. This is, possibly, the very origin of a proportion of those manifold chronic ailments known under the terms dyspepsia, hypochondriasis, bilious affections, &c., and is unquestionably an aggravating cause in many. To the treatment of these affections the physician brings his purgatives, his carminatives, his anodynes, his stomachics. But it is to the surface of the same unfortunate membrane that they are all applied; and it frequently results, that, when they relieve temporary suffering, they often leave the general health worse than they found it. From this predicament hydro*pathy* professes to be entirely exempt, by abstaining from artificial interference with internal mucous membranes.

2. In the next place, the Hydro*pathists* adopt a system of diet, such as other practitioners seldom venture to prescribe. If a person, suffering from constipation, or any of its long train of attendant ills, applies to an ordinary physician, he is probably told scrupulously to avoid fruit, pastry, and all vegetables, except, perhaps, a favorite one, or, it may be, two. He is also cautioned against the use of veal, pork, beef, and new bread. We have known such a patient ordered to live for months—we might say, years—constantly on mutton,

and bread never less than five days old. This case is neither singular nor infrequent. What is the consequence of this? The patient is compelled to take aperient pills and draughts every day, or every other day; to stimulate the digestive organs (rendered torpid by the use of so monotonous a regimen) by occasional glasses of sherry or porter; and, to compensate the deficient nutrition obtained from so barren a source, by indulgence in strong tea and coffee. Such a patient goes to a hydropathic establishment, and is straightway ushered into a *salle-a-manger*, in which he finds all the variety of food customary at a foreign *table-d'hôte* dinner, and is told to obey the dictates of his appetite. He does so timidly at first, and apprehensive of direful consequences, but he finds, to his astonishment, that he can take the forbidden luxuries of broccoli, turnips, veal, game, puddings, and fruit, with as much impunity as the never-varied mutton and dry bread, to which he was previously restricted. This is an occurrence so frequently experienced, and so universally attested by hydropathists and their patients, that we cannot refuse to admit it as a point attained by *their system*—therein being comprehended the water and all its accessories and concomitants.

3. A third important principle of hydropathic treatment is, that almost all its measures are applied to the surface. It is one of the most formidable difficulties with which the ordinary physician has to contend, that nearly all his remedies reach the point to which they are directed, through one channel. If the brain requires to be placed under the influence of a sedative or a stimulant, if the muscular system demands invigorating by tonics, if the functions of organic life need correction by alteratives, the physician has no means of attaining his object, except by inundating the stomach and bowels with foreign, and frequently to them pernicious, substances. In being thus made the medical doorway to all parts of the system, and so compelled to admit every description of therapeutical applicant, the organ of digestion is contorted to a purpose for which it was

never intended. The consequence is, that it has to be consulted before we enter upon the treatment of any case, and it often forbids our availing ourselves of remedies, or plans of action, which are plainly, perhaps urgently, indicated by the condition of other organs, or of the system at large. Thus, to take the three cases above mentioned: how often do we find that one stomach will neither bear ether nor opium; another is injured by steel; and others are intolerant of mercury. The two latter remedies are peculiarly illustrative of these remarks. Iron is employed to raise the tone of the general system, but it occasions constipation by its action on the alimentary canal; therefore, in order to counteract this portion of its effect, it can only be used in conjunction with aloes, or some other purgative, the tendency of which, as respects the system at large, may be exactly the reverse of that of the steel. With mercury the case is just the opposite. We wish to introduce it into the system, but it is purgative as well as alterative and antiphlogistic, and the former quality often renders very difficult our attaining the benefit of the two latter. The physician, then, is frequently placed in the dilemma, either to injure the stomach in an attempt to relieve other parts, or to leave the latter to their fate, because they can only be rescued at the peril of the former. His only mode of escape from this predicament is, to employ a legion of *adjuvantia*, *dirigentia*, and *corrigentia*, in the multiplicity and confusion of which it is by no means easy to make out so clear a balance of power as shall enable him clearly to foresee which kind of action, in the *mêlée*, will get the uppermost; and, unless he be well skilled in chemistry, he may unconsciously prescribe a dose so scrupulously guarded as to be neutralized and altogether impotent.

Of course we do not conclude that hydropathy has discovered a remedy for this difficulty; but its own plan of proceeding is not similarly embarrassed, because it deals with outward instead of inward parts. Whether it can produce an efficient substitute for steel, mercury,

opium, and other remedies, to which we are alluding, is altogether another question, and one which its professors must bestir themselves to solve, by the careful record and honest publication of their successful and unsuccessful cases.

4. Fourthly, Hydropathy employs a system of most energetic, general and local counter-irritation. It has been held by some medical philosophers, that two kinds of morbid action cannot co-exist in the same individual. According to this theory, if we can set up an artificial, but harmless, disease by treatment, its development will be attended by the departure of any other disorder that previously existed. Thus is supposed to be explained the operation of mercury in curing various diseases, the disorder arising from its own action being easily disposed of afterwards. We attach no value to this dogma as a dogma, but it serves to embody a large number of well-known facts, and may be as properly appropriated by hydropathists as by other practitioners. By the diligent employment of hydropathic machinery, due regard being had to the constitutional vigor, a condition is often excited, termed by hydropathists *the crisis*. This sometimes consists in the appearance of various cutaneous eruptions; sometimes it is characterized by a series of boils, more or less severe; in other cases its leading feature is disturbance of the function of some internal organ, creating diarrhea, abnormal urinary discharges, vomiting, &c. In general this effect is trifling, and seldom proceeds to such a degree as to excite alarm, or to give cause for special interference; so that the measures which have led to its appearance are in most cases continued, and in some even increased, until it has run through its course and subsided. This is not always the case: sometimes it proceeds to a more serious length, and requires careful management to prevent mischief; the boils, in particular, are frequently very troublesome;—even death has, in a certain proportion of instances, ensued, either as an immediate or remote consequence of the so-called crisis.

Whatever the crisis may be—or wheth-

er what is so called *be* a crisis in reality—there is no disputing that it results from the operation of a powerful system of counter-irritation—or of irritation at least. It is to this that we now wish to direct attention, because we suspect that in it is contained the true explanation of the good effects of the water-cure in many chronic cases.

5. A fifth physiological feature of the water-cure is the number of *coolings* to which the body is subjected during the day. The generation of caloric in the animal system has been traced to its real source. It results from the *burning up* of waste matter, which, by accumulation, would become injurious. The oxygen of the atmosphere, admitted into the lungs by inspiration, traverses the various blood-vessels of the body, and, in the minute capillaries, unites with carbonized substances. The union produces the carbonic acid emitted from the lungs in expiration, and is attended with the development of what is called animal heat. It is obvious that lowering the temperature of the body, within certain limits, by awakening an uncomfortable sensation in the nerves, would induce increased activity in this calorific process, in order to maintain or restore the average degree of warmth. This increased activity could only be supported by an additional consumption of carbonized matter. If the carbonized matter were already there, and if its existence constituted the disease, or an important part of it, as is probably sometimes the case, a perfect cure would result from its removal. But supposing there is no such matter present, what then would be the consequence of stimulating this decarbonizing operation? The consequence would certainly be, that the constituents of the tissues themselves would be consumed, in order to supply the pabulum required by the oxygen. This would as certainly excite an effort at restoration, by which the digestive organs would aim to renew to the tissues the amount abstracted by the oxygen. In other words, the appetite would be increased.

Hence it is that more food is required in cold climates than in warm—in winter

than in summer. The greater consumption necessary to maintain equal temperature in cold weather, can only be met by increased supply. What, in a vague and general manner, arises from the ordinary progress of the seasons, may be rendered methodical and profitable, by the careful interference of art.

It has been urged that the effect here considered would equally result from exposure to cold air, as to cold water. In the words of Mr. Herbert Mayo, "This is not only entertaining, but satisfactory as far as it goes; and admits very well of being popularly and loosely brought forward in favor of cold bathing; but unluckily it is as much or more in favor of our living in Nova Zembla, as of our resorting to Graefenberg."

The same intelligent writer proceeds to notice other modes of exposure to cold, which are found to produce evil instead of good, which are, indeed, familiar as the frequent causes of serious disease, and against which we are of old cautioned:

"Nudus ara, sere nudus,—habebis frigora, febrim."

It is singular enough that this very argument, now employed to discountenance the use of cold bathing, is the very strongest theoretical argument in its favor, as was long ago pointed out by that very sarcastic writer, Dr. Baynard, in the following anecdote:

"Here a demi-brained doctor, of more note than nous, asked, in the amazed agony of his half-understanding, how 'twas possible that an external application should affect the bowels and cure the pain within. Why, doctor, quoth an old woman standing by, by the same reason that being wet-shod, or catching cold from without, should give you the gripes and pain within." (p. 119.)

If a rude exposure of the surface to cold and wet is capable of producing internal disease, there is no doubt that a close relation exists between those agents and the morbid conditions of internal parts. Therefore, if they could, by skilful management, be so applied as to excite the opposite effect from that to which their bad consequences are due, they would then become equally power-

ful means of removing disease. This is the very thing that Priessnitz and his disciples profess to have done—and to do.

Let us consider a little further the consequence of repeated applications of cold, supposing, for the sake of argument, it is used with due reference to the constitutional powers, so as to create an increased activity of the vital functions. It appears to us that this is exactly the thing needed in the treatment of a great many cases of chronic ailments. It is easy enough to construct methodical catalogues of organic lesions and their symptoms, and to assign, on paper, a "local habitation and a name" for every malady that is to require our treatment. But the truth is that, practically speaking, there are a vast number of cases in which the symptoms may be said to constitute the only disease that can be detected, and in which they point rather to a general torpidity or derangement of all, or almost all, the vital functions, than to special change or disturbance in any particular organ. Many cases known as indigestion, gout, rheumatism, liver complaints, or nervous affections, come under this description. In a large portion of such cases, and their like, we could conceive the practice of Priessnitz to be peculiarly beneficial, if it consisted in nothing more than the frequent application, and skilful adaptation, of cold water. It was mainly by this means that the cures described by Floyer and Baynard were effected, simple cold bathing having been almost their only instrument.

6. Another physiological feature of hydropathic treatment consists in its creating a large amount of stimulation in the system. This stimulation is of a peculiar kind, and very different from that produced by alcoholic fluids or pharmaceutical stimulants. The difference is in its not awakening abnormal activity, to be succeeded by abnormal depression, in the nerves and organs of circulation, as is done by the stimulants just mentioned. The fall of a heavy douche, the sudden plunging into a cold-bath with speedy exit, active friction in a shallow bath, are means of stimulating the system in the manner here intended. The

effect, we are told, is manifested in the altered look of the patient after taking the bath, in his freshened cheek, his brightened eye, his elastic step, his cheerful tone. But it is *not* manifested in a quickened pulse, or a heated imagination, nor followed by exhausted energy or lowered spirits. This is the description given by hydropathists (whose practice we are not teaching but describing) —and which we have ourselves heard given by patients. It is also said that drinking, in rapid succession, several glasses of perfectly cold water, has a decidedly stimulating influence on the system. If these descriptions be correct of hydropathic stimulants, that they are powerful as well as innocuous, exciting and not exhausting, they constitute a valuable instrument in the treatment of disease, and deserve the more careful attention of physicians.

We happen to have been acquainted with a case of a lady who was at a hydropathic institution for the treatment of very aggravated chronic rheumatism. Her general powers were much shaken, and she had been unable to walk at all for a period of about four years, before undergoing this system of treatment. After several weeks of sweating and cold plunging, locomotion began gradually to return. The first indication of this was, that she could walk a few steps *immediately after leaving the cold bath*. For a considerable time this continued to be the only occasion of her being able to walk during the day, though she afterwards made considerably further progress. We mention this case because we can guarantee its truth, and it always appeared to us a striking and instructive instance of the stimulating property of a cold bath.

7. A still more important and less questionable quality of the water-cure is its power of lowering the system to any extent, without any of the debilitating means otherwise used for that purpose. In a general inflammatory or febrile condition of the body, a lengthened immersion in cold water, or envelopment in a succession of wet sheets, would reduce the temperature and force of circulation to

the most extreme degree. These means are, to the functions of life, what an extinguisher is to a flame. Their reducing power can be gradually applied up to the point of actual extinction. Anywhere short of that, withdraw the means, and the flame, whether of oil or of life, gradually resumes its previous brilliancy.

DOCTOR AMARIAH BRIGHAM'S TESTIMONY
CONCERNING HYSTERICIS AND INSANITY.

In a late number of the American Journal of Insanity, we find the following remarks made by Dr. BRIGHAM, one of its editors, and physician of the New York State Lunatic Asylum near Utica. We need hardly add, that the Doctor is a learned and able man, and well qualified to give opinions on medical subjects. The remarks were made in giving evidence in the case "The People vs. John Johnson, indicted for the murder of Betsey Bolt," tried at Binghamton, May 7th, 1846. On the cross-examination, Dr. B.'s testimony was as follows :

"Persons subject to hysterics for years, have a tendency to insanity; and hysterical women do the most strange things of any class of persons, sane or insane. I speak from my own observation, and history attests its correctness. Hysterical women will deceive their friends, and frequently their physicians, by inventing stories, with little if any regard to truth; and will, in carrying on the deception, submit to painful operations, by the physician or surgeon, and I am not prepared to say but that they do in fact deceive themselves. I do not attribute their false statements to moral obliquity, theologically speaking, as the obliquity is produced by disease. They are apparently sincere, and I have never known one to own the deception. It is a diseased state of the nervous system, and I think the subject is irresponsible. [The Doctor here enumerated instances where males and females pretended to be strangely affected, and submitted to painful and unpleasant operations, and some of them in the manner here intended. The

carrying out the deception so adroitly as to deceive the attending physician, the clergyman, and indeed the whole neighborhood.] Insane persons often inflict injury upon themselves in order to charge others with the commission of an offence; and cases have occurred where insane persons have admitted themselves to be guilty of crimes committed by others. Hysterical females see visions and dream dreams, that are so vivid that they take them for realities. There is a person at Utica who, a year after he had recovered from his insanity, could not rid himself of the fancies conceived by him when insane. Nervous persons sometimes feign fits in order to obtain medical advice, and when one hysterical person alleges she is affected in a particular manner, another hearing of it, is very apt to be exercised in the same way. Hysterical and nervous women will perform the most marvellous and mysterious things imaginable. They will cut their flesh, and do other things, and with apparent honesty and sincerity, charge their commission upon others."

"*Direct Examination.*—When persons make statements at one time that they forget at another time, it is an evidence of a poor memory, or a diseased mind. Hysterical fancies and strange delusions are very likely to occur in young females that mensurate, and it is highly probable that they are themselves deceived. The length of time the patient has been subject to hysterics will make no material difference. When any remarkable occurrence takes place in a neighborhood, and it is much talked over, a nervous female will be apt to dream of it, and after dreaming will mix up facts with what is purely imaginary, and be apparently incapable of separating facts from fancy."

If such things are facts—and few men are as competent to judge of matters of this kind as Dr. Brigham—how careful should parents be in the physical training and education of their daughters. Hysteria is a very common affection at the present day. It is a real disease, and should be treated always as such. But

hysterical persons generally get little sympathy from friends or enemies. "She is only nervous," is the common expression, as if *nervousness* were not a disease. "Nervousness" is in fact one of the worst of diseases. Let no one call an hysterical person well. Such a thing cannot be. They are far from it; but we are glad to say the affection is generally curable; perhaps always, when not connected with some other and more formidable disease. Drug-treatment will seldom if ever cure it. Bathing, with suitable dieting, exercise, &c., is the means.

Hysterical persons should not marry until they are cured. Once cured, the sooner married the better, provided there are no other obstacles in the way. How many miserable wives there are, who are not only miserable themselves, but make their husbands and others about them a vast deal of trouble in consequence of the diseased state of their nervous system.

PALPITATION OF THE HEART—TEA, COFFEE AND TOBACCO.

Professor W. Parker, of the New York College of Physicians and Surgeons, at a recent clinical lecture, examined a man who was troubled with palpitation of the heart. The report in the *Annalist* states that no physical signs of organic disease of the heart could be detected; "and hence we may conclude," says Prof. P. "with much certainty, that all the cardiac disturbance is purely functional, depending on derangement of the digestive organs—and this organ depending on the free use of *tobacco, tea and coffee*, and too much confinement within doors." What then are the indications of treatment? Shall we give physic in such a case? Will physic cure bad habits? Not a bit of it. Let the patient simply throw away his tobacco, his tea, and his coffee; adopt a plain

and wholesome diet, and take regular exercise in the open air, and he will soon be well; in a word, remove the *causes* of derangement and the effects will cease. Dr. Parker alluded to the fact that much less medicine is now given by well educated physicians than formerly; and to the erroneous supposition that this was owing to the influence of some modern theories. Nothing he said could be farther from the truth; on the contrary, it is owing entirely to the increase in our knowledge of disease, and especially in our more precise and certain means of diagnosis. For it may be laid down as a general rule, that the more certain and accurate is our knowledge of the nature, extent, and existing stage of disease, the more promptly shall we adapt our remedies to the precise objects to be accomplished, and, consequently, the less will be required. While so long as our ideas of the nature, extent and location of disease are confused and uncertain, so long shall we be prone to increase the quantity and variety of our remedies, with the hope that some one of the number will hit the disease. And lucky will he be, who under such circumstances does not hit the patient, instead of the disease."

Very good, on the whole. Our readers will recollect that we have more than once stated our opinion as to the effects of tobacco, tea and coffee, in causing palpitation. As to the relative number of times in which medicine "hits the patient," instead of the disease, that is, the number of times in which medicine does more good than harm—for it always does a certain amount of harm to the constitution, whether any good or not—this should be a serious question with every physician. As administered by the most careful hand in the allopathic way, we believe that drugs injure ninety-nine times while they do good once, and we do not know but nine hundred and ninety-nine; and when they do good, water properly used is altogether the most effectual and best, and leaves no sting behind.

Hamilton, Steuben Co., Ind., }
May 12th, 1848. }

DEAR NEPHEW:—

I wrote you last summer and obtained some books on the water-cure, which, I think, have been of so much benefit to myself and family, that I have concluded to write again, and request you to send me the water-cure for Ladies.

When I wrote you last summer, I was impelled by the strongest motives. Your cousin Betsey had been from home attending the Lagrange Institute, and the young lady with whom she roomed had a brother about three and twenty, between whom and my only child there appeared to be the strongest attachment. His parents were from New York State, a very respectable family, and members of the Presbyterian Church. We could not object to the young man, but we were pained to find his health very poor, with many symptoms of consumption. He had tried apothecary medicine till he became discouraged. He came to our house the first of June, last year, then under the care of a German root-doctor, but his health seemed failing. He had not done a day's work for three months, nor been able at any one time to sit up all day. I put your Cold Water Journals into his hand and urged him to leave off drinking tea and coffee (he being immoderately fond of the latter) and adopt the use of cold water. When he read of some one getting out of bed and plunging into a cold bath, he said he would not do it for one hundred dollars. I then told him I had for three months practiced cold bathing in the morning, and that, instead of killing me, it had nearly cured me of the rheumatism. He inquired what first set me to using the water. I told him I was acquainted with the Editor of the Water-Cure Journal, and whatever he said he believed in. I knew your parents brought you up to tell the truth, and therefore, whatever you recommended, I had confidence in trying. He returned home, a distance of twenty-five miles, discontinued the use of tea and coffee, and the next morning stripped and plunged into a creek near

his father's house, rubbed dry with a towel, and returned to the house. His parents were very much alarmed, thinking he would surely kill himself. But in one week he was able to commence work moderately. His health continued to improve, and he became anxious to be married.

Accordingly your cousin was married to Lyman Sherwood, August 11th, 1847. He then came to our house to reside, and I persuaded him to use the wet bandage to sleep in nights, and in the morning to wash himself in cold water, having no other chance of bathing. His health continued to improve and his cough to abate, and he gained in flesh remarkably until February, when there seemed a general disease of the lungs to affect the whole population, and there have been many deaths.

Since that time he has been much worse. We have procured a shower bath. He wears the bandage nights, takes the bath in the morning, and then tries to labor through the day. He has almost constant pain in the stomach, coughs a great deal and raises much. The matter is not tough like that of a person with a cold, but seems almost rotten. He has considerable fever nights.

I am very much afraid he is past help; and yet, if you can form any opinion from what I have written, and think there is any help for him, write us, and if you advise it he will come at once to your establishment, if he can be persuaded so to do. I do not think he is fully aware of his danger.

If you can possibly find time to answer this long letter, which you must pardon on account of my anxiety for my boy, you will much oblige, &c.

Yours with respect,
DELANA BEECHER.

Remarks on the above.

We believe this young man to have the real consumption, and that he must inevitably sink in a short time. It is a pity for such persons to marry at all.

The case is one which shows well the tonic effects of bathing. We can easily

make consumptive persons who can walk about think they are going to get well; so powerful are the effects of water when properly used. This young man's life has no doubt, been prolonged by bathing. He may have bathed in water too cold or too much. But on the whole he has been much benefited. Persons with lung diseases should of all others be the most careful; and they are perhaps of all others most apt to go to extremes. It is singular too that they seldom appear aware of their danger until the very last.

WET BANDAGES IN A SEVERE CASE OF
SWELLED ARM.

DR. SHEW:—I have been to see the man that had the lame arm that I was telling you of when I was at your place last. The case as he gave it to me was as follows: Last July, he accidentally thrust the small blade of his penknife into the fleshy part of his arm above his elbow, and in his opinion it struck the bone. The pain was almost insupportable, and the first thing that was done was to soak the wound in ashes and water, which relieved it in a measure. They then applied a poultice of Indian meal and hops, and continued to use this for near two weeks. The arm at this time had become very hard and a good deal swollen; the blood had settled under the skin from the wound down to the hand, and it looked as though it might mortify in a short time. At this stage of proceeding he called on a physician of the old school, who gave him a liniment to use. He continued this for something like a week, when I called in to see him, and advised him to put on the wet bandage, to reach from the shoulder down to the hand. As there was a good deal of fever in the arm at the time, I told him to change the cloth as often as it became too warm or dry, and to keep it on day and night. He followed my prescriptions, and in three days' time there was a great improvement in the looks and feel-

ings of the part. I forgot to say that his arm was drawn up very crooked, but the three or four days' application made it considerably straighter. He continued the use of the wet cloths, and in a short time was able to work at his business, he being a carpenter.

Respectfully yours,

I. W. BONNELL.

Camptown, N. J.

Remark.—In all such cases of local inflammation, severe abstinence from all food until the symptoms are much abated is one of the best means to aid in the treatment.

FATAL ERYSIPELAS IN THE WEST—DIFFICULTY IN OBTAINING SUBSCRIBERS.

[The following letter might have appeared earlier in the Journal, but is not yet out of place.]

To the Journal.

DR. SHEW:—There has been, during the past spring, a very fatal sickness in and about Eaton Rapids village in this State. The physicians were unable to treat it successfully. About one in three who were attacked, died. I believe it was generally thought to be erysipelas. Some had their faces painted with white lead, and others had the hair taken off and the whole head and face covered with a plaster made by covering a piece of cloth with the paint. Rarely a breathing hole was left. In one case the physicians cut through to the skull, and *scraped the skull!* "I don't know," said the poor patient, "but the doctors mean to kill me. I believe they will make it out." He died. One physician, despairing of the success of other remedies, wrapped a young man who was in a very feeble state of health in a cold wet sheet, and left him for two or three hours. The young man remained cold during that time. He died, attributing his death to that application. The physician died a week after from pricking his thumb with a needle, thereby introducing gangrenous matter into his system. He was per-

forming a post mortem examination on the young man. One man died in dreadful agonies, who "tried everything." Among the rest he tried showering the part affected. I gave it as my judgment that showering was as bad a thing as they could have done, unless they had continued it incessantly until the object sought was accomplished. The reason I gave was that it would produce a violent reaction, which should be avoided in such a case. They wished to know what I would have done. I replied that I would cool the part by cold wet bandages, frequently changing them or pouring cold water on them until the inflammation should be subdued. May I suggest that, if you have not already prepared the matter for the almanac for '48 and can spare the time to prepare matter *purposely* for it, it would be well to insert some cases of common diseases, such as fevers, ague, erysipelas, croup, &c., as illustrations, accompanied by instructions concerning treatment, with reasons, as far as may be, for each kind of application. In such a work, technicalities should be entirely avoided. I believe I could sell one or two thousand if I could have them before December. I sold and gave away quite a number last fall in the neighborhood where the erysipelas prevailed this spring, but could not hear while passing through recently of any one practicing *intelligently* the principles contained in them. Pardon the liberty I have taken, and believe me,

Your obedient servant,

H. A. TRENCH.

Eagle, Clinton Co. Mich.

P. S.—How strange it is that men are so slow to see what is for their true interest. I presume I spent an hour and a half each to get these three men to purchase a dollar and a half worth of reading for one dollar. I had to convince them first that it would probably save them from \$20 to \$50 each in doctor's bills, next that it would probably save them the same amount in time and health, and finally, that I had not the slightest self-interest in the matter, as they got so much for their money that you could not possibly afford to pay an agent out of it.

HOUSE OF INDUSTRY AND HOME FOR THE FRIENDLESS.

The most noble and humane institution of the above name originated through the labors of that persecuted and often misrepresented body of people, the advocates of Moral Reform. Great credit is due them for their praiseworthy efforts in behalf of the poor, degraded and friendless. Are there not *some*, at least, of our readers who will send something for this noble work? Mothers, imagine that you should die, your daughter become an orphan, and by some unforeseen occurrence be thrown friendless upon the cold charities of a city like New York, there to be exposed to the ten thousand temptations which so often cause the ruin of innocent and unsuspecting persons of your sex. The hags and procuresses of the many dens of infamy in this great metropolis, who prowl about to decoy young girls—think of these, and then ask yourselves if you would not, to all eternity, be thankful for such an institution as the “*House of Industry and Home for the Friendless*,” should it ever become necessary for a daughter of yours to avail herself of such a charity as this.

How many of our readers will, from the moment of reading this notice, resolve to abstain from tobacco, tea, coffee, or some other so-called luxury, or refrain from some accustomed enjoyment for at least one year, and send the amount thus saved to this institution? And those of our patrons who have already left off their bad habits—and we hope there are many such—let them also send a donation suitable to their circumstances. God bless the efforts of all those who labor in a work so noble, so benevolent and humane as this!

In our present number we publish the following “*Appeal for Aid*,” put forth

by this Society, and in our next we will publish the “*Rules*” of the institution.

“The important enterprise of a ‘*House of Industry and Home for the Friendless*’ has been in contemplation for some months, and over \$5000 have been contributed toward it. Such an institution is imperatively needed by the city, and the object of this appeal is to solicit from the friends of humanity further aid in its behalf. The facts strongly indicating the existing necessity for the establishment of this institution are these :

1st. It has been ascertained, by careful inquiry, that there are usually within the limits of the city an average of not less than *one thousand* deserving females out of employment, and in most cases, being orphans or fatherless, they are *homeless* and friendless—that, in consequence of the emergencies that *want* brings, they are frequently subjected to fraud, imposition, and wrong treatment, and at length to ignominy and an early grave.

2d. That while charitable institutions have made provision for almost every other class of the needy, the *Alms-House*, *Watch-House*, or *Tombs* are the only shelter afforded to the friendless, unprotected female, whose only crime is poverty and need of employment.

3d. There are in our midst scores of friendless, and often worse than orphan children, who, by early care, might be rescued from pauperism, the *House of Refuge*, or the *Prison*.

It is confidently believed that such an institution would be an immense saving to the city, not only on the score of economy, but true charity, and that five-eighths of those who might be thus aided would be saved from idleness, want, and ruin; and instead of living to prey upon and curse society, enduring in their own souls the unavailing anguish of remorse, they might live to honor and bless the sphere in which they move.

The Association who thus solicit aid, have submitted their views to various individuals, competent to judge of the expediency of the proposed measure, who have expressed their full conviction that

the plan is feasible, and the work imperatively demanded. The following gentlemen have kindly consented to aid by their counsel in carrying forward the project in question, also to act as a

Committee of Reference.

Rev. N. Bangs, D. D., Rev. G. T. Bedell, Rev. John Dowling, D. D., Rev. Wm. Patton, D. D., Rev. George Potts, D. D., Rev. Samuel H. Tyng, D. D., Rev. George B. Cheever, D. D., Hon. Moses G. Leonard, Ex-Mayor Harper, E. W. Chester, Esq., Lewis Tappan, Esq., S. W. Benedict, Esq., Joseph B. Collins, Dr. Lewis Hallock, M. D., Rev. W. W. Everts, Rev. J. M. Krebs, D. D., Rev. Thos. H. Skinner, D. D., John H. Griscom, M. D., J. B. Graham, Esq., Francis Shoals, Esq., J. S. Taylor, Esq., E. E. Miles, Esq., Charles Burdett, Esq., E. Ludlam, Esq.

The following resolution is an extract from the Minutes of a meeting of gentlemen of the above committee, held Nov. 18, 1846 :

Resolved, That the object proposed to this meeting, of erecting a temporary home for friendless and destitute females and children of good character, meets with our cordial approbation, and commends itself to the sympathy and aid of the philanthropic and Christian public.

E. W. CHESTER, *Chairman*.

JOHN H. GRISCOM, *Secretary*.

Opinions of the Press.

"A Home for Destitute Women.—This is one of the most noble enterprises of Christian benevolence to which even our age has given birth. We most ardently hope that the good who are able will promptly come forward and aid to carry it into successful execution."—*Tribune*.

"A Noble Enterprise— * * * * There are at this moment many hundred females in this city, from the ages of fourteen to twenty-five, who are utterly destitute of food and lodging except as supplied by charity. * * * Alas, what powerful temptations are thrown before such females? What can be done for them? Why, if benevolent men will give heed to this appeal, and help the object with their money, a vast deal can be done for

them. The same can be done for homeless females, in providing for them a home of industry and virtue, that has been done for homeless sailors, in the establishment of sailors' homes. Such a home and harbor, such a shelter from temptation and place for employment, would be an institution of incalculable practical benevolence and benefit. Those whom it would aid would in many cases be saved from almost inevitable want, degradation, ruin and crime. It is an object that commends itself powerfully to the kind-hearted of all sects and denominations. It appears to us that the object needs only to be presented, in order to command the contributions of all who have any benevolence in their natures.

"The committee of reference and counsel in the matter are of such character that the public may have the utmost confidence that what is given will be most faithfully applied to this excellent object. We sincerely hope there will be no difficulty or delay either in procuring the funds necessary for undertaking the enterprise, or in putting it into immediate execution."—*N. Y. Evangelist*.

"Let us say a word for that most excellent and humane Institution, the 'House of Industry and Home for the Friendless.' Who will not contribute something from his or her means to afford a temporary Home for friendless and destitute females and children of good character? The object of the Institution, which has already accomplished much good, is to meet the wants of the virtuous, helpless poor, whom according to our Saviour we have always with us. How many this 'Home for the Friendless' may save from degradation and ruin."—*Knickerbocker for September*.

N. B. Since the above was first in type, the building formerly occupied as the "Jews' Mission-House," corner of Second-street and First Avenue, has been leased and furnished as a temporary Home, till the sum needed to build or purchase shall have been secured. Since this Institution was opened, in July last, although but in its infancy, over one hundred children and adults have been received, most of whom have, through

its agency, been introduced to a brighter destiny than had otherwise awaited them.

The Managers acknowledge with deep gratitude, the very generous aid received thus far from the friends of benevolence, and confidently expect the requisite sum will soon be obtained to place the institution on a permanent basis. Donations are respectfully solicited.

EATING AND DRINKING ON BOARD THE TRANS-ATLANTIC STEAMERS.

The *Glasgow Herald* furnishes some curious particulars of the eatables and drinkables supplied for the consumption of the passengers on board Cunard & Co.'s American steamers. Each ship on her outward trip is supplied with 50 dozen of port wine, 100 dozen of sherry, 100 dozen of champagne, 50 dozen of madeira, 50 dozen of hock, 200 dozen of soda water and lemonade, 300 dozen of Scotch ale and 200 dozen of London porter, besides spirits of all kinds. There are also ample stores of ice and an abundant supply of fresh water. Each ship is victualled for twenty-one days, and carries at least 4,000 lbs of beef, mutton and pork, fresh and packed in ice. Then there are 16 dozen of fowl, 4 dozen of geese, 4 dozen of ducks, 4 dozen of turkeys, 6 dozen of pigeons, and 1 dozen of roasting pigs, besides ample store of tongues, calves' heads, &c. Milk is furnished by the cow, though each ship also carries a supply of 40 gallons, which is packed in ice, and keeps fresh and sweet till the end of the passage. The baker turns out two hundred loaves or rolls per diem, and the confectioner is never idle. Breakfast begins at half-past 8 and the cloth is removed at 10. There is lunch at 12 and dinner at 4. Tea is served at 7; and then follow snacks, wine, punch, toddy, gin-slings, &c.—that is, for those who want them—till half-past 11, when the steward's bar is closed, and the lights are out by 12. Such is life on board a trans-Atlantic steamer; and in the summer it is said to be becoming quite common for parties to make a pleasure trip to America, in the fashion that people go up the Rhine. There have even been

occasions in which young married people have spent their honey-moon in a trip to Halifax, a flying visit to Niagara and New-York, and a return voyage to England, and all in six weeks.—*N. Y. Tribune*.

What a perfect mockery to the "glory of God," is the eating and drinking of most people, even among those who profess better things! It is no wonder that doctors, disease and death are the order of the day, when such a *hotch-potch* of vile things are indulged in as above described. The devil leads men, and then they get their pay.

HOME FACTS IN WATER-CURE.

If we could only induce people to read carefully, studiously, works on the new treatment; if we could persuade them to spend one-tenth the time and expense in matters pertaining to health that they do in a multitude of useless and often worse than useless things; what good might be accomplished. But amid all the discouragements of laboring with people in these things, we are yet not unfrequently encouraged by hearing that there are those who prove faithful in a good cause.

The following extract is from a poor clergyman. [We might call all clergymen "poor," except some of the overfed, lazy ones of the cities.] He has been working hard to obtain subscribers, but has not succeeded very well, finding doubtless men more ready to pay money for tea, coffee and tobacco, than for Water-Cure Journals.

Bowling Green, Ohio, May 15, 1848.

Dear Sir:—I have received three of your works on the water-cure, and I am convinced from the reading of them that could the principles of the new system become generally understood and practiced, great good would be accomplished, much time and money would be saved, and much suffering prevented.

I send you the money of a man as a subscriber who has been raised from a bed of languishing by that simple and yet effectual practice, the water-cure. He had been given up by his physician as a hopeless case; at least he acknowledged that medicines would do him no more good. I have delayed writing, in the hope of getting more subscribers, but have failed in my object.

Mrs. Van Tassel wishes me to acknowledge the receipt of your favor in reference to the girl who has been so seriously afflicted with epileptic fits. Her health is evidently improving.

Wishing you all success in your humane enterprise, I am

Yours very sincerely,
ISAAC VAN TASSEL.

WATER-CURE JOURNAL,

AND

HERALD OF REFORM.

NEW-YORK, JULY, 1848.

To Voluntary Co-Workers and Friends of the Cause.

With this number, we commence the SIXTH VOLUME of the WATER-CURE JOURNAL, AND HERALD OF REFORMS, under much more favorable prospects than we had before anticipated. Indeed the growing interest, which has been manifested of late, warrants us in enlarging and otherwise improving the Journal. Our circulation is rapidly increasing, and the Water-cure system is being embraced by the most intelligent portion of community. Even medical men, who have violently opposed the new mode, are now adopting it as THE system, above all others, for the management and cure of disease. Our opportunities and practical experience, both in Europe and America, will enable us, we trust, to furnish a work suited to the wants of every family.

The Journal is now published by that

enterprising firm, FOWLERS & WELLS, of New York, so extensively known as pioneers in Phrenological and Physiological reforms; and we are assured that nothing will be wanting on their part, to render the mechanical execution of it unexceptionable. As to promptness, we can assure our readers that the Journal will be issued regularly, and mailed on or before the first of each month. Should any of our friends feel disposed to help on this great cause of human Reform, they can do so by aiding in extending the circulation of this Journal.

To those who have been instrumental in obtaining subscribers, we return many thanks, and hope they have been fully remunerated for their efforts. Inasmuch as we employ no agents, it is desirable that those interested in our movement, should circulate the Journal amongst their friends far and wide, with a view of obtaining new subscribers. And to facilitate this object, the publishers will furnish specimen numbers GRATIS, to all who desire.

Already subscriptions begin to come in largely. It is now a good time to subscribe. Please address all orders, *post paid*, to

FOWLERS & WELLS,
Clinton Hall, 131 Nassau St., N. Y.

INJURY BY DRUGS.—A CASE.

We wrote last year, in our note book, the following case, which was also published in "Water-Cure in America."

"August 15th, 1847. I was called some days ago to visit, professionally, the wife of a farmer, near our establishment at Syosset, Long Island. Her case is a striking exemplification of what a little drugging, constantly kept up, for a length of time, will often cause.

"This lady had somehow, as many

have, got into the habit of dosing, dosing continually. First she had a little headache, then a dozen of pills must be taken; a little constipation, then a dozen pills again; a relax of the bowels—then a dose of calomel or something of that kind; and so on from one little bad feeling to another; then dosing, then feeling badly, and finally worse and worse, until there was neither health nor comfort of body or mind left. Once this lady was salivated by some knowing son of Esculapius: then the teeth became loose and nearly all fell out.

“What can we do in cases so desperately bad as this? The patient can neither eat, drink nor sleep. She cannot labor, nor will she let others about her do so. She is miserable, and seems impelled by inevitable necessity to make all others so who come within her reach. There are her never-ending complaints, aches, and all manner of uncomfortable feelings, depression of spirits, and utter disrelish for food. If she takes the tenth part of an ordinary meal, the stomach soon rejects it or extreme distress is caused. The charming pills have lost all their good effects. Everything good is turned into bad. Meat is poison, but poison is not meat. Very evidently life cannot be sustained unless some relief be ere long obtained.

“I prescribed first, the taking of nothing in the world but cracked wheat well boiled and eaten moistened with a little fresh, good milk. Tea and coffee, and all the good things, are cut off. Patient is told this is the only hope. Deny the morbid, craving, and unnatural appetite, ‘take up the cross’—or eat, drink and die. These are the alternatives. Patient affirms, that by the blessing of God she will try. She goes to camp-meeting a few days, and lives mostly in the open

air, riding also a number of miles, morning and evening, and becomes gradually, though slowly, better and stronger, and says she feels more comfortable than she has done for years. She performs, daily, slight, ablutions in moderately tepid water; the cold would be too powerful. The abstinence, air, exercise, and not least of all, the avoidance of all drugs and stimulants, even to tea, coffee, spices and salt—these are the means, and the only possible means, which, if many months persevered in, may be of some benefit in so desperate a case.

“And now, after this decided mitigation of the symptoms, it is doubtful whether this sufferer will not go back like the inebriate to his cups, or the reformed man to his disgusting tobacco habit again. Such, alas, is too often—very often the case.”

On returning this spring from Europe, we had an inclination to inquire how our patient had succeeded in her attempts to regain health; whether she had maintained fortitude and perseverance enough to enable her to carry out the self-denying course. We soon met the husband, and from him learned the following particulars.

She continued to follow quite consistently, if not rigidly, our prescription for some time; and so long as she did this, to use his expression, she all the time kept coming up. By and by she fell in with a doctor, some good soul who exhibited a great concern for her health. This is often the case with doctors, especially such as have hard work to look up their bread. He succeeded in convincing her that without a thorough course of medicine, her health was in great danger. So a course must be forthwith commenced.

First an emetic was given, to be fol-

lowed by other dosing with blue pill and the etceteras. But the emetic acted strangely, and caused her to vomit more or less through the whole night. However she persevered, and the good doctor was so much interested in her case that he got into the habit of coming twice a day to see his patient. Her husband, by the bye, was one of the rich farmers, as they are called, a man that gets up early in the morning and looks well to his business in all its bearings. Soon he perceived, that as things were going on he should have a good round bill to pay in the end; for surely "the laborer is worthy of his hire." He then made an arrangement with the doctor to attend by the year, beating him down conscientiously to the lowest possible terms. As a consequence his wife did not have to take much more medicine, and the doctor's visits became "few and far between."

And what has been the result in the case? From the very time of taking the emetic up to the present, the patient has been growing gradually worse. After having been benefited by the water and diet treatment, she would doubtless have been *apparently* benefited by a course of the blue pill, but the blundering doctor hit wrong in the start, and thus has gotten himself no credit at all, only to make the patient worse.

How many persons have we known, who, when drugs were completely worn out, have resorted to water and diet, and been greatly benefited, as much as could in the given time be reasonably expected, and then when some arrant and lying pretender came along, boasting and swelling himself out, to be larger than Jack Falstaff himself, these very same persons have again taken to drugging. But the satisfaction in the matter

is, they in the end find their proper reward.

—

SWEATING IN WET SHEETS, AND SWEATING BY EXERCISE.

At the expense of repetition, we shall again speak in reprobation of the practice of sweating in wet sheets. The method is an abominable one, and was *never adopted by Priessnitz at all*. We have again and again spoken upon this subject, and yet, in a number of the American establishments, there is the every-day, never-ending talk about "*sweating in the wet sheets*."

Do these wisecracks acknowledge the authority of Priessnitz to be worth anything, or are they, in their own estimation, wiser than he? If the latter, why do they not put forth their reasons, that the rest of us may profit thereby?

Once Priessnitz practiced sweating by means of the blanket envelopment, *but never by means of the wet sheet*. But now he does not allow sweating one case in a hundred; probably not one in five hundred. And even then, it is more to gratify the patient than anything else.

But if others choose to follow a different course from Priessnitz, and believe it best yet to keep up the old process, we advise them to practice it by means of the blanket envelopment and not the wet sheet. One reason is this. Sweating is caused in about one half the time in the former. Wetness acts to *prevent* sweating. The wet sheet sweating, therefore, is a much *severer* method; it requires more time and does more violence to the system.

There has been much violence and harm done to patients by this inordinate sweating. Cures have been greatly protracted; others prevented, and not a few made worse. Can it do any good to keep

a patient three, four or even six hours in a "packing," laying all the time in that unnatural position, upon the back, and getting a terrible night-mare—a thing that has often happened? We never went into that kind of practice yet, and doubtless never shall.

Artificial sweating is an unnatural means. It is quite equivalent to a bleeding of the system, or to purging. How many persons feel for days, weeks and even months the better for a bleeding or purging? But there comes again the necessity for the remedy; and who does not know that if persons wish at all to preserve health, they must not get into the habit of being bled or purged? So also it will be found that those who seem to be so much benefited by sweating, will find the occasion returning; will find in fact, that when they appeared to be cured they were not.

But there is *one* kind of sweating which we advocate. It is wisely ordered by that Being who can never err, that to be healthy "*man must eat his bread in the sweat of his brow.*" Practice then, ye water patients, with the spade, pick-axe, wood saw, or hoe; and the genial, pleasant perspiration which you thus get will do you a vast amount of good; more good even, as a general fact, than a bath. If you are feeble, do not practice too much at first. Especially, do not too much at a time. But keep doing each half day, and notwithstanding you may feel worse at times, you will grow better and better on the whole, if such a result is possible, and in most cases it is.

This, then, is the sweating *we* recommend. It will be considered by some not very *hydro-pathic* we know. And those white-fingered gentry who disdain to touch a hoe-handle or anything that

looks at all towards work, will not like our prescription very well. But we care not for that, so that we have truth on our side. A great many who are now looking for and expecting, even in water, a highway to health, will at last, to their sorrow, find that no such thing exists; *that they will have to deny self, and work hard, right hard, ere they regain lost health; that when health is once gained they must keep up the work and self-denying course, or they lose their prize again.*

HINTS ON SLEEP.

"Tired nature's sweet restorer, sleep"

"Early to bed, and early to rise,
Make men healthy, wealthy and wise."

"An hour's sleep before midnight is worth two after it."

In what sense is "an hour's sleep before midnight worth two after it?"

It is the order of nature that man should go to rest early. The birds cease their singing as the sun goes down; the sheep and the deer go to their resting early, and throughout nature, quietness and repose are the order of the night. It is *natural*, then, *to sleep early*; and for this reason it may truly be said, "*it is twice as good to obey nature's law as to break it.*" It is twice as good to sleep regularly and habitually *before* midnight as to wait until after it.

Sleep is one of the greatest of Heaven's blessings. When fatigued and careworn, how grateful, how refreshing its influence. Were it not for sleep, how dull and monotonous would life become. The poor man who labors hard the live-long day, and the student who toils no less in his health-trying employments—what would become of these were it not for the ever-genial influence of sleep? Without it, life could not possibly be sustained for more than a few days.

But, necessary, refreshing, and invigorating as is this provision of nature for restoring the system, people know very poorly how to use it. They generally know almost nothing of the real *how* to eat, drink or sleep. It would seem as if their whole study were (if they may be said to study at all) continually to get the cart before the horse. Many kinds of the most unhealthful food are, by almost every family in Christendom, eaten merely from habit; and tobacco, tea and coffee are used as if they were the most friendly and healthful substances in the world.

So too in sleeping, the room must be all shut up, *to keep out the night air*, and the softest feather beds with down pillows are everywhere used. People do not know, or seem to care to know, that breathing the air continually over and over again, renders it a perfect poison; that feather beds and feather pillows are among the greatest causes of physical debility, horrible dreams, nightmares, and the most unrefreshing sleep that can be. Who does not remember of being put in those best rooms with a feather bed so high as almost to need a ladder to enable one to mount it; and how one almost loses himself in the smothering envelopment of these "best beds?" Remember, too, what a stench there is coming from the feathers and the impure air when we enter in the morning such a sleeping room, and having just come from the fresh air. Will people generally heed any admonitions on this subject? Not one in a hundred, we fear; but now and then the seed falls on good ground; and this encourages us to work on.

One of the most pernicious customs in regard to sleep, is the practice of sitting up late at night, and losing the best and most delightful "hours of early morn."

Studious persons particularly are apt to contract this habit of sitting up late at evening. The solemn stillness of night is supposed to be more favorable for study and reflection than the day. And when a person makes a change and undertakes to observe the proper hours, he finds that he is dull in the morning and cannot study so well as at late hours. Soon, however, if he will persevere, he will learn that by rising early and retiring seasonably to rest, he will accomplish more and with less exhaustion of the nervous power, than by sitting up late. It is, too, an important fact, that artificial lights, of whatever kind, are much more trying to the nerves than the natural light of day. Oculists tell us that the former often injure the sight, and sometimes produce disease of the eyes, very difficult to remove.

What are we to say of theatre-going people, and those who frequent balls, parties, &c., habitually and late at night? They are living continually in opposition to nature's laws, and must receive the penalty. *Such people never enjoy good health.* See the fashionable young ladies of our cities who remain in bed late in the morning and sit up late at night. How feeble, pale, sallow, and nervous they are; crooked-backed often, and not more fit for a wife than a doll baby. But it is *fashionable*, therefore they must be up late at night *to show off in society.*

One of the most trying things connected with the life of a physician, is the frequent necessity of being up 'late. Think of being in a sick room in case of a woman in severe labor, the whole night, and sometimes two or three days and nights in succession, and the poor patient crying and groaning in such agony as woman only is brought to endure. The nerves and health of every physician in

active practice are often and severely tried in scenes like these. Many people, too, especially in the country, have the habit of waiting until night before they send for the doctor, and often without any real necessity, he is roused just as he has begun to sleep. A physician will become so tired and exhausted in these things as to cause him to fall asleep on his horse, or while he is counting the patient's pulse for one minute by the watch, as has been more than once our own lot.

And it is not always the case that the physician gets even thanks for these hard services. He is a "*doctor*," everybody's servant, and has not any feelings or sensibilities like the rest of mankind. A nauseous pair of pill-bags, drug-scented clothes, a weather-beaten face, and a capability to endure any amount of fatigue, are the natural requirements of a physician, as people suppose.

Shall we sleep at all during the day? It is natural, evidently, for infants to sleep much of the time, day as well as night. Nature demands it. We think, too, that some feeble persons are the better for a "nap" before dinner. Farmers who rise at day-break and toil hard during the long days of summer, have a habit of sleeping after dinner. This may, on the whole, do good, since they in such cases need more sleep than they get at night; but if they will make the experiment, they will be astonished to find how much more refreshing the sleep will be *before* dinner than *after*. Fifteen minutes' sleep before the meal is better than a whole hour after it. We do not see the animals going to sleep immediately after eating.

Sleep during the day should be in the forenoon, so that it be not disturbed at night. If a person sleep in the after-

noon, he will be much more liable to wakefulness at night.

Some have argued that sleep during the day, in the case of adults, is always wrong. Persons often feel unrefreshed and feverish after a day nap. Women when tired, often throw themselves upon the bed, and are surprised on rising to find that they feel smothered, feverish and worse than before. Now the cause of this often is the lying down with their clothes on. It is natural for the skin to breathe. But, says one, the clothes are on while we are up, and why not the harm then? Because then the clothing is more loose and the skin is left more free. But when we lie down, the clothes are pressed against the skin much more than when we are up. To have sleep refreshing, then, we should remove the external clothing as we would at night. Then if we *need* sleep it will be refreshing. But as a general fact it must be acknowledged that it is best not to sleep at all during the day; to keep active, and then, early at night, to retire to rest. Then sleep will be worth the while.

Indolent people have a pernicious way of dozing in the morning, taking the second nap. The habits should be so active, and everything in our power so regulated, that we sleep soundly, and on the first awakening, which, with good dietetic and other habits throughout, will be early, we should rise. Do not wait in the vitiated air of your room to sleep more. Rise, wash, drink some cold water, and if possible go in the open air. It will give a good appetite, a keen relish for the plainest food, vigor, health and strength of body, and peacefulness and contentment of the mind. Try it, ye idlers, regularly for three months, and then tell us if we are not right. Try it, ye students, literary men, merchants, and

ye ladies ; it will give you a good circulation, warmth of extremities and a glow of the cheek, natural, healthful and beautiful. Try it all.

—
NAAMAN THE LEPER.

Though we could never for a moment sanction the dogmatical practice, which first adopts a favorite theory, and then wrests the passages of Holy Writ to establish its truth ; nor should we ever desecrate the words of Inspiration, to establish a principle in physics, morality, or science ; still we can see no possible reason, why a portion of Scripture, which illustrates a certain subject, may not be brought to bear upon it ; especially, when the object is, the amelioration of suffering humanity.

Viewing the subject in this light, the history of the Syrian leper strikes us as a powerful elucidation of the efficacy of the Water-cure.

Though we will not for a moment lose sight of the fact, that the cure of this infectious, fretting and fatal disease, was miraculous ; yet *this*, instead of rendering it less applicable to our purpose, does but the more establish it, since the Holy Spirit, guiding the prophet, gave testimony in favor of water, by making it the immediate agent in this remarkable instance of healing.

The stores of medicines, and the skill of medical men, had been exhausted, in efforts to restore health and soundness to the favorite of the king, but in vain : his only hope was, to drag out a miserable existence, for a few years at most, and finally, to die a lingering and painful death.

In this state of despair, the fortunes of war had made the Syrian bands the conquerors of the nation of Israel ; and one of the captives, a little maiden, was pla-

ced in the family of Naaman as the waiting maid of his wife.

This little maid, influenced by the principles of benevolence, forgot for a time both her personal and relational wrongs, in sympathy for the sufferings of her master ; and in tones of pity she exclaims, " Would God my lord were with the prophet that is in Samaria, for he would recover him of his leprosy."

The conquests of the captain of the Syrian host were too recent to be forgotten, and the estimation of his sovereign too well known to allow anything to pass unnoticed, which contained the slightest hope of alleviating his sufferings, and of prolonging his usefulness. Consequently, the saying was repeated from one to another, until it reached the ears of the king.

The king, anxious to benefit his servant, at once dispatched him with a princely retinue, to the king of Israel, addressing to him a letter requesting him to recover Naaman from his leprosy.

The despairing monarch rent his clothes in anguish, thinking the request only a pretence for renewed hostilities ; but the prophet Elisha hearing of it, sent a reproving message to the king, and required the leper to be sent to him.

He soon came, attended with all the splendor and pomp of royalty. The prophet, without paying court to earthly greatness, sent a messenger to the leper, saying, "Go, wash seven times in Jordan, and thou shalt be clean." The proud Syrian was enraged at the indignity, and exclaimed in a rage, "Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel ? may I not wash in them and be clean ?" The waters of the Jordan were pure and sweet ; the melting snows of the mountains replenished the fountains that supplied the

stream, and purity was the predominant quality; perhaps the waters of Damascus might be impregnated with foreign matter, which in the opinion of the vulgar gave them a superiority over pure water, as mineral springs at the present day are resorted to, in preference to the gushing stream which sparkles with its own purity.

The Syrian chief left the prophet in disgust, but his servant, humbler in station, accosted him with deference and affection: "My father, if the prophet had bid thee do some great thing, wouldst thou not have done it? how much more, when he says, 'Wash and be clean?'"

This appeal was effectual; and the leper moderating his anger, proceeded to the Jordan. He there performed the required number of ablutions, when his flesh was restored to its natural healthfulness, and he was healed.

Since Jehovah himself has chosen, in so signal a manner, to manifest his approbation of the simple element, in the cure of inveterate disease, why should we, in this age of the world, overlook or neglect the indication, and suppose that water is only efficacious, when accompanied by miraculous power? The truth is, water is healing and cleansing in its own nature.

Whether it falls in mountain torrents, or runs in gentle rills, omnipotent in purity, it cleanses all which comes under its continual action, and vegetable and animal life revive and luxuriate under its healthful influence. And why should the human family be the last to experience its benefits? L. M. B.

Oyster Bay, L. I., June 1, 1848.

DISEASED LIVERS OF ANIMALS.

We were aware that animals reared

and stall-fed in and about the cities have not unfrequently diseased livers; but we did not know until lately, that there was anything like the amount of such disease existing that is said to be in some portions of the West. We have been informed by different persons who cannot be mistaken, that at Detroit, Michigan, Toledo and Maumee City, in Ohio, and other places, that the livers of almost every animal killed are so ulcerated and corrupt that seldom can a piece of that part be obtained for dietetic use.

Queries.—What can be the cause of such extensive disease in the livers of animals in those regions? Is it the foul air arising from marshes, and the great amount of vegetable decomposition going on in hot weather? Are human beings, who are so subject to fevers in those parts, afflicted in the same way?

A HOME FOR ALL; or a new, cheap, convenient mode of building. By O. S. Fowler. Published by Fowler & Wells, 131 Nassau st. New-York. Price 50 cents, and available.

We were a few days since struck with the novelty of the title of the above work; and after reading a few pages we became more than ever convinced that there are few things in which people exercise less judgment and careful consideration than in the important matter of building.

It would be impossible to give any very accurate idea of the improvements recommended by Mr. Fowler. Suffice it to say, he has taken the wise mode of putting his plans into actual practice. According to the data laid down every one may make figures for himself, and judge accordingly. We advise all who have the most remote interest in building to mail the half dollar and get the work. Our word for it, O. S. FOWLER is not the man who will mislead people in

anything—not for his right hand would he do it.

We make room for a short extract from this work, an extract which we like very much; one which shows to good advantage the accustomed fearlessness with which our author *always* puts forth his ideas, however unpopular they may be.

A POOR MAN'S HOUSE.

“But you plead utter inability. In this you err. You are far better able to get you a residence, if it is only a turf hovel, than to live without one. Say to some land-owner, ‘Lease or sell me a small piece of your land.’ If you cannot get a lot on the public highway, take up with one in the fields or woods, and pay your purchase money or rent in work, if you have no money. Then bank up with dirt, if you are too poor to procure boards, and live on bread and water, or boiled wheat and corn—you will not starve, nor your children, on this fare, but be all the better—till you can earn a few dollars to render your house passable for the time being. Plant some pear and apple seeds, and peach and cherry pits, and when grown, bud and transplant them. Lay by all you now pay for rent and all you save by having a place to raise vegetables and keep a cow, and in a year you will have enough to buy your leased land, and put you up a small house on the plan proposed in this work. I speak now of those who have not a dollar in the world with which to begin. And the poorer a man is, the greater the need of his adopting this house policy in some form, of course the best form he can. You greatly mistake when you think yourself too poor to have a house. The poorer you are the better able you are to procure one, or rather, the less able to do without one. Your poverty is the very reason why you should build.

“But perhaps you, or your wife, or your daughters, are too proud to live as inferior as your present stringent circumstances would compel you to build. This is, doubtless, where the shoe pinches. Then let it pinch on. Those who,

whether in high life or low, are too proud to conform to existing circumstances, are quite welcome to endure the pressure of adversity on the cross of pride. Do as you like, but ‘hear my opinion.’ I consider it no disgrace to be poor, but I do consider it disreputable to remain so any great length of time. He who, in a country of liberty and plenty, cannot rise from the deepest poverty to comparative comfort, lacks either the wisdom to plan, or the energy to execute, his liberation from his galling yoke. Sickness, his own or that of his family, may retard his deliverance; but he can, and should know how to restore and preserve health. Any healthy, industrious and intellectual man, however large his family, can, by due forethought and management, soon rise from poverty to comfort, and then to affluence.

“But I have nothing with which to begin, is the discouraged response. Then make something. I know that ‘the destruction of the poor is their poverty;’ but granted that you have nothing but your hands and to-day’s provisions, with to-day’s work bring home a basket of corn: get no tea, or coffee, or sugars, or spices, or meats, but live wholly on boiled corn till it is gone. Meanwhile you can earn several bushels more—probably a month’s supply. Or if you prefer a change, substitute beans, wheat, rice, hominy, Indian in its various forms, brown bread, etc. But live on one or two kinds of food, without even butter; for hunger makes the best sauce. If you can afford fruit, stewed or raw, so much the better; and grain and fruit will support life and strength in all their vigor for months, and even years. Indeed you will probably feel stronger and better able to work on them than on your present fare. All these extras, instead of being essential to health, only impair it. You can hardly live too plainly. Boiled wheat or corn alone, with apples, will relish first rate, and keep you strong and healthy for years. By living in this plain way, you can save at least three fourths of your wages for a house. In a month you can save enough to buy a

few square rods of ground, sufficient for a house ; and in another month you can save enough more to build a rude hut, sufficient to stop rent and set things to growing ; in a year you can build a house on the plan herein proposed, and in another year fill it with furniture and comfort. I repeat, there is no need of a man being too poor to own a homestead, and the poorer he is, the more able he is to pursue some such house erecting policy ; and a house once created, he can soon turn himself as he likes."

Thus talks this bold, able, and fearless "friend of the poor." In the remarks on diet, it might have been added that a man may live for months on plain boiled potatoes, *without even salt* ; and that the feeble and dyspeptic would be wonderfully benefited by such a course if it is possible for them to get better at all. Try it, you who will : we will be responsible for the issue. But whom among the many can we expect to follow our or friend Fowler's advice ? Try it if you will, or go on in poverty and suffering if you prefer.

WATER-CURE IN INDIANA.—LETTER FROM
EZRA HINSHAW.

We often receive letters which encourage us much in our efforts to spread the water-cure *among the people*. One lately received from friend *Ezra Hinshaw*, is of this kind. He has before obtained a goodly number of subscribers, and now writes "that he would not exchange the information he has already gained from our works for the forty millions of Astor, although he is but an humble farmer." That he has himself treated a number of cases of ague and fever, and one of inflammation of the lungs, in all of which he has succeeded. The last of these he gives us a full account of—how he did the work when the doctors had given the patient up to die. We wish we had room

for this interesting case. It would no doubt do not a little to encourage people in trusting more to nature and cold water, and less to calomelizing, bleeding, and the like terrible and barbarous etceteras.

Friend Hinshaw also sends our publishers *eight dollars* to be laid out in the Journal and other books, mostly the *Water-Cure Manual*. If every neighborhood of the West could have one as good disciple of the new system as *Ezra Hinshaw*, we will not attempt to say what number of doctors would be henceforth under the necessity of digging for their bread. We wish him now and ever abundant success.

QUACKERY IN THE NEWSPAPERS.

A few weeks since there appeared in one of the most popular and respectable daily papers of the city of New-York, a quack advertisement actually introduced as coming from the editor's own pen. We insert it, omitting the name of the advertiser, as well as that of the article advertised ; for *we* do not care to set our foolish readers (if such we have) tiptoe for a thing that can do only harm to the constitution.

"A smooth transparent skin is absolutely necessary to female beauty. (Wonderful !) It matters not how well fashioned is a lady's face if there be the least roughness about it, or pimples, or freckles, or sallowness—even such as can only be discovered by near inspection—she can have no real claims to the beautiful. Now we are perfectly satisfied, from what we have seen, that the celebrated ——— soap, prepared by Dr. ——— is the only reliable article for curing all freckles and blemishes from the complexion, while the Doctor's ——— will remove every hair from any part of the human frame in an incredibly short time. We cheerfully recommend those articles

for the toilet to the attention of the ladies."

Truly, when we see such a thing as the above in the editorial columns of one of our first and most extensively circulated papers, we may judge that "money makes the mare go."

For the Water-Cure Journal.

THE APPLE AS FOOD.

There is probably no one species of fruit, that is on the whole so valuable as the apple of our own native soil. Not a few persons entertain the idea that fruit for the invalid is unwholesome. This is an error arising probably from its injuring the health at times when mixed with other ingredients which are to the system of a rebellious nature. Most of those who can bear food upon the stomach at all, can bear apple in a proper quantity. I have seen Dr. Shew take persons under his charge who positively declared they could not eat of the apple without its distressing them more than any other form of food; still these very persons in less than a fortnight's time could eat a whole apple with perfect impunity, and have it set like a charm.

Now in the first place, to commence with, they ate too much, and then at an improper time. The plan of Dr. S. was to eat it as a part of the meal, and commence with a small quantity, increasing as the stomach could bear it. Soon the organs became accustomed to it, and that which the patient most relished, and which was before treacherous to the system, could be taken with no bad effects.

The old-fashioned way of scraping a well matured apple, is a good form for a weak stomach. In various preparations it can easily be preserved the whole year.

It is a notorious fact that little or no attention is paid to the rearing of fruit on

Long Island. The trees are indeed in a wretched condition. To look at what is called a fine orchard here in mid-summer, a stranger would come to the conclusion that a heavy frost had visited the land and left the leaves withered as in the fall season. And why the neglect of so important an article? I have asked the question, and the answer is universally the same. "Since the Temperance cause commenced its ravages, cider is not worth the making." If farmers would take the trouble to dry the apple, a greater profit would be realized (if they but knew it) than if made into cider and sold at the original price.

LA MARTE BARNEY.

CRACKED WHEAT—UNLEAVENED BREAD.

We have often spoken of the great value of cracked wheat mush as an article of diet in constipation, and in fact, for all persons, whether sick or well. Have the best of wheat—of good, plump, well-matured grain. Wash it if necessary. Have it cracked coarsely, in a mill that will cut rather than crush it. The less you have ground at a time the better, for the fresh ground article is the best. The wheat should be boiled in pure soft water; (rain water is excellent, and if people were half as particular in obtaining water as tea, coffee, tobacco, and a thousand other useless and pernicious things to please the palate, they would always have enough pure soft water.) Boil this an hour at least, and two hours is still better; for the more we cook farinaceous food the better. Eat this one, and better, two times a day as a regular meal, with a very moderate portion of milk, stewed fruit, honey, sugar or molasses. But be very careful as to any or all of these condiments. If too much milk is taken the head is oppressed, because of

the stomach's too hard work ; and so of the other articles, particularly sweets. This wheat, then, is one of the best possible forms of food for either sick or well.

The family of one of our patients has experimented a good deal of late upon making brown bread. The form that suits them best, is that made by boiling the cracked wheat at least for two hours. This is then made into small cakes, with the use of a sufficient quantity of fine flour to make the dough adhere properly. The cakes are then baked without salt, yeast, or any addition whatever, and are much relished. It is one of the most foolish things in the world for a person to eat superfine bread, when they can possibly get any other. When our parents and grand-parents of New-England were in the habit of using only brown bread, and were simpler in all their habits, how much more healthy and hardy were they. But now railroads, superfine flour, tea, coffee, and tobacco, laziness, constipation, headache, dyspepsia, crooked spines, and consumption are the order of the day. Who that understands these things does not look back upon those times with oft-repeated wish that such might again return ? But as things are, we can expect but little from people before they are compelled by disease to resort to means of health.

For the Water-Cure Journal.

ANIMAL INSTINCT IN THE WATER TREATMENT OF BURNS.

Monday, 9th August, 1847.

A friend says that during his rambles this day, he came in contact with some unruly boys, who after having saturated a dog pretty thoroughly with spirits of turpentine, set fire to the poor creature and turned him loose. The little animal

set out on all fours, running in different directions, seeming anxious to find something. At length he reached a stream, and making a plunge was soon immersed in the cool element. It was evident that he found immediate relief from pain, as his piteous yells subsided upon his entering the water.

It is astonishing that the rationality of these brute creatures far exceeds that of the physicians of a century back in regard to scalds, burns, &c.

LA MARTE BARNEY.

THE WOODSTOCK MANUAL LABOR INSTITUTE, in Lenawee Co., Michigan, is an attempt of a few persons of the African race to establish a seminary in which Labor shall be combined with Learning, and every pupil be thus enabled to earn his board and clothing while prosecuting his studies. We like the plan well, believe its advocates both capable and upright, and heartily wish them success. They have, after many rebuffs, at length succeeded in procuring a Charter from the Legislature of Michigan, vesting the control of the property and course of instruction in a Board of respected and qualified Trustees, which removes one obstacle to success. The Agent is now on a visit to our City, asking a very little aid to complete the needed buildings, and we earnestly hope he may succeed.—*N. Y. Tribune.*

Manual Labor Schools are the thing. With a proper amount of labor, students can accomplish *more mental labor* in a given time. The venerable Dr. Nott of Union College has been heard to say that *Manual Labor Schools would be the best in the world, were not people too lazy to work.* The above school will prove an exception to the rule, we trust. We must send it our Journal gratis, hoping that the members thereof will gain some information that may be of service to them.

WATER-CURE IN TYPHUS FEVER.—It has been announced in an English paper, of high standing, that a distinguished physician of Edinburgh has abandoned the common treatment of typhus, and cures ninety-four per cent. of all cases, in an astonishingly short period, by the Water-Cure, consisting chiefly of the wet sheet packings. Dr. Shew has just published a similar statement in the Tribune; but both of these publications were anticipated by this paper, many weeks ago, by a communication from a lady of distinguished professional celebrity, giving the most careful directions for the cure of typhus, upon hydropathic principles.

There is nothing so natural, as that cold water, properly applied, externally and internally, should cure a fever; and it is now demonstrated beyond any reasonable doubt that no method of treatment is so safe and effectual.—*N. Y. Sunday Dispatch.*

Editors are at least beginning to wake up to the subject of Cold Water. The writer of the above quotation, if he has lived in New York for the past five years, must be one of those stupid ones who denounced the water-treatment as quackery, when we commenced making it public here five years ago. Four years ago the past winter, we gave public lectures in this city and elsewhere, and published also "Hydrophy, or the Water-Cure." And yet according to the above we were anticipated "many weeks ago." That is about as much credit as a pioneer reformer need expect to get.

PUBLISHERS' NOTICE.

In compliance with a proposition made by DR. SHEW, we have undertaken the publication of the WATER-CURE JOURNAL AND HERALD OF REFORMS, believing that a more general knowledge of the principles of HYDROPATHY, herein contained, will tend greatly to diminish the

cause of human suffering. We shall most cheerfully contribute to the further promulgation of the same.

Should the friends of Reform throughout our land examine this subject, they will by no means neglect to put its principles into immediate practice.

And in order to insure the superiority of this work over all others, we intend to devote especial attention to its mechanical appearance, promptitude in its regular publication, and mailing. We are also enabled to insure our patrons, that the editor will use his best endeavors to adapt the contents of this journal to the "Wants of the People."

Soliciting the co-operation of all who would improve the condition of society, we subscribe ourselves,

Very respectfully,

THE PUBLISHERS.

CONTENTS.

The Water-Cure,	5
Dr. A. Brigham's Testimony,	10
Palpitation of the Heart—Tea, Coffee, &c.	11
Wet Bandage in case of Swelled Arm,	13
Fatal Erysipelas in the West,	14
House of Industry,	15
Eating and Drinking on Board the Trans-Atlantic Steamers,	17
Home Facts in the Water-Cure,	17
To Voluntary Co-workers,	18
Case of Injury by Drugs,	18
Sweating in Wet Sheets, and by Exercise,	20
Hints on Sleep,	21
Naaman the Leper,	24
Diseased Livers of Animals,	25
A Home for All,	25
Water Cure in Indiana,	27
Quackery in Newspapers,	27
The Apple as Food,	28
Cracked Wheat: Unleavened Bread,	28
Animal Instinct,	29
Woodstock Manual Labor Institute,	29
Publisher's Notice,	30
Advertisements,	31

TO SUBSCRIBERS.

As the terms of this Journal require PAYMENT IN ADVANCE, we shall discontinue to send it, at the expiration of the volume. Therefore, no one will be troubled to order it stopped. It is hoped, however, that all present subscribers will not only continue, but induce their friends and neighbors to join them in a club, for the present volume. See Prospectus on last page.

TERMS FOR ADVERTISING.

ONE SQUARE, of twelve lines, one insertion,	\$1 00
One Square, of twelve lines, two insertions,	1 50

Larger Advertisements in the same proportion.

This will be a desirable medium to advertise, as our Journal has a larger circulation than any other, devoted to the same subjects. Our regular edition is now 5,000, and is daily increasing.

WATER-CURE ESTABLISHMENT,

At Oyster Bay, Long Island,

[NEAR NEW YORK.]

JOEL SHEW, M. D., the earliest American Practitioner of Water-Cure, and author of "Hydrophathy, or the Water Cure," "Hand Book of Hydrophathy," "Facts in Hydrophathy," "The Water-cure Manual," etc., and editor of "The Water-Cure Journal," in connection with Dr. PHILIP ROOF, Member of the Society of Scientific Hydrophathists in Germany, receives patients as above.

The village of Oyster Bay, situated on the north side of Long Island, twenty-five miles from the city of New York, is one of the most salubrious and beautiful localities that can anywhere be found. It is doubtful if any portion of the northern United States is so free from that dire disease, Consumption, as Long Island. The water of the very numerous and copious springs, as analyzed by the celebrated Dr. Chilton, of New York, is of remarkable purity; purer than at any known Bathing or Water Establishment in the world—Graefenberg not excepted.

This locality, if we judge rightly, is one of the most desirable for the resort of invalids that can be conceived of. The beautiful roads, the groves and shady walks, the fine sand beach winding in various directions about the shores, the hills, the pure fresh air, coming from the Long Island Sound and the Ocean, and above all, the great number of springs here to be enjoyed, render the location, a most advantageous one. To reach the place persons go from New York by Steamboat Croton, daily, at half past 3 P. M., (Sundays excepted,) during the summer season; in the win-

ter, at 12 M., Tuesday, Thursday, and Saturday; or by Railroad, from Brooklyn South Ferry, mornings and afternoons.

REGULATIONS, EXPENSES, ETC.

Persons to be admitted into the establishment must give evidence of being of respectable character. They are to observe the strictest cleanliness in all personal habits, but the clothing may be of the plainest make. Profane swearing, drinking, gambling, Sabbath-breaking, and the use of tobacco, will on no account be allowed.

Those having contagious or infectious diseases that would in anywise endanger the inmates, of necessity, cannot be received into the establishment. They can, however, be treated by us elsewhere.

The first charge in the establishment is a medical fee of *five dollars*, for the original investigation of the patient's case. If, however, we deem it too unpromising a one for the treatment, no charge is made. Clergymen, or members of their families, and students of Divinity, will be admitted *without* a medical fee; poor persons of deserving character, boarding out of the establishment, will be advised weekly, and daily, if need be, without charge.

Summer Term.—From the 1st of May to the 1st of November, the charges for Board, Baths, and assistance in the treatment, are one dollar and fifty cents per day, or in the upper stories, with the same assistance, treatment, etc. one dollar per day.

Winter Term.—From the 1st of Nov. to the 1st of May, the charges will be reduced as follows: One dollar per day, best rooms; seventy-five cents per day, upper rooms. The cool and cold seasons are most favorable for the treatment, and as water establishments have been too little frequented during the winter, we have deemed it best to make this reduction in prices.

Persons who are so ill as to require extra attentions, must have a nurse or attendant of their own. For nurses, servants, and children, who are not patients, board will be fifty cents per day.

The friends of patients will be accommodated with board in summer time, at \$1 per day.

N. B. Payments are to be made every Saturday morning, except in cases where a special arrangement is made to the contrary.

Each patient will bring two heavy sheets, (linen are the best,) towels, bandages, and two heavy woollen blankets. In winter season two additional blankets or comfortables will be needed, or these may be hired in the establishment at a reasonable price. Washing of ordinary bed-clothes only, is done in the establishment.

Both the Physicians of this establishment are pupils of Priessnitz. Dr. Shew, in his second visit at Graefenberg, spent the winter of 1847 and 1848. Persons who desire to follow the treatment at home, must send a full description of their case, post paid, with a fee of five dollars inclosed. For this, two letters of advice will be written; subsequent letters \$2 each.

For further particulars inquire of FOWLERS & WELLS, Publishers, &c., 131 Nassau St. N. York.

COOPERSTOWN
WATER-CURE ESTABLISHMENT,
By O. V. Thayer, M. D.

Patients are received at this establishment as heretofore. The house is commodious, with rooms of good size, and for healthfulness, beauty of location, and purity of water, this place is unrivalled. The medical department is under the immediate and entire control of Dr. T. and wife, who will give their entire attention to the treatment of such persons as may visit Cooperstown with a view to health. Dr. T. may be permitted to say, that he has been regularly educated to the profession of medicine; and that he early learned its fallacies, and the uncertainty and danger attending the administration of drugs. He believes, with the eloquent and learned Dr. Forbes, that "in a large proportion of cases treated by Allopathic physicians, *the disease is cured by nature, and not by them*; that in a lesser, but still not a small proportion, the disease is cured by nature in spite of them." Patients will bring with them two woollen, and three linen or cotton sheets, two comfortables, besides towels, &c. or these may be hired on reasonable terms at the establishment.

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 cts. 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 Lectures to Young Men.

AMERICAN PHRENOLOGICAL

JOURNAL AND MISCELLANY: Devoted to Phrenology, Physiology, Magnetism, Self-Improvement, and General Progression. O. S. & L. N. FOWLER, Editors. Published monthly, each number containing 32 large octavo pages, and illustrated with portraits of distinguished individuals. Terms per year, in advance, only \$1.

"No mother who is rearing a family, should be without this work."—*N. E. Cataract.*

"It occupies a place which is filled by no other work, and has acquired a reputation which nothing but real worth can secure; and what is more important, its articles are perfectly adapted to the wants of society"—*Primitive Expounder.*

"It is one of the ablest works ever published."
—*St. Mary's Sentinel.*

"Messrs. Fowlers & Wells, the celebrated Phrenologists of New York, probably understand the science better than any other men now living, and the promptness with which they fill all contracts, leads us to believe that bump No. 15 is well developed."—*O. Tocsin.*

Please address, post paid

FOWLERS & WELLS,
Clinton Hall, New York.

A SOBER & 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. 18mo. With numerous illustrations, and a likeness of the author. Price 25 cents, mailable.

"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.*

FOWLERS & WELLS, New York.

LOCKE'S
PATENT PORTABLE CHAMBER,

Vapor or Shower and Douche Bath;

For Gentlemen, Ladies and Children,

NO. 31 ANN ST., NEW YORK.

This Bath is acknowledged by all who have used it, to be superior to anything ever manufactured for the purpose. It took the premiums at the Fairs of the American Institute, and at the late State Fair at Saratoga, N. Y., and at the Rensselaer county Fair, held at Troy, N. Y., in competition with several others; and is highly recommended by the most scientific men.

It forms an ornamental piece of furniture for a bed-room, may be used as a Bathing Tub, a Douche Bath, Hip or Sitz Bath, or as a Shower and Vapor Bath; more particularly the latter, as it is made perfectly tight at the top to retain the steam, and protects the whole apparatus from dust and is so arranged with hooks that when not used for bathing purposes, it is a very convenient wardrobe for ladies' or gentlemen's use. It occupies 24 or 26 inches square on the floor, and weighs 65 pounds, when Bates' baths of the same size weigh 115,—thus rendering it moveable with perfect ease from room to room.

The construction of the Bath is such that the most delicate female can manage it with perfect ease. The fount is lowered to receive the water by a small crank, which can be turned by a child: it is then raised and retained at any required height for a child, lady or gentleman. The bath is administered by pulling a small cord which opens a valve in the bottom of the fountain, and may be closed at pleasure, thereby enabling a lady of a nervous temperament to take from one to five gallons at a time.

It may be converted into a simple or medicated vapor bath, by attaching a small apparatus with a spirit lamp, which is sold with the bath if required.

Manufactured and sold wholesale and retail, by
JOHN LOCKE, 31 Ann St., New York.

Prices from \$8 to \$18. Steam Generator, with its appurtenances, \$5. Persons at a distance desiring further information relative to size, style of finish and prices, can, by addressing the subscriber, be furnished with a circular containing particulars.

New York, July 26, 1845.