

THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

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THE WATER-CURE.

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(Continued from our last.)

In the treatment of febrile diseases an important indication is to reduce the morbidly increased activity of some of the organic functions, most distinctly manifested in the circulation and the temperature. For this purpose the great instrument heretofore most in use is blood-letting, as being our only certain and expeditious method of reducing the frequency, force, or fullness of the pulse. So that, in order to suppress febrile action, we hazarded occasioning a more or less lingering debility. The *post hoc*, whether *propter hoc* or not, is too frequently a protracted convalescence, during which the patient is in constant danger of relapse. The mortality that occurs during convalescence after fever, from recurrence of the original disease, from some of its numerous sequelæ, or from the accidental inroad of some other disorder, is so considerable as to render this a period of great anxiety to the patient and the physician. It is a question deserving of cautious and dispassionate investigation, whether any portion of the liability to these mishaps is attributable to the bleeding, purging, salivating, and low diet, employed in removing the fever.

In some of the cases of fever described by Currie we cannot fail to be struck by the rapidity and completeness of the cures effected by cold effusion or immersion, when used sufficiently early. The disease appears to have been suddenly checked or destroyed. In the course of a few hours, or a day or two, a patient threatened with, or laboring under, a dangerous fever, was restored to perfect health. No period of debility ensued, no organs were found to have been seriously or permanently injured. The result of his well-known treatment, by cold bathing, of the fever which appeared in the 30th regiment is thus described:

“These means were successful in arresting the epidemic; after the 13th of June no person was attacked by it. It extended to fifty-eight persons in all, of which thirty-two went through the regular course of the fever, and in *twenty-six* the disease seemed to be cut short by the cold affusion. Of the thirty-two already mentioned, two died. Both of these were men whose constitutions were weakened by the climate of the West Indies; both of them had been bled in the early stages of the fever; and one of them being in the twelfth, the other in the fourteenth day of the disease, when I first visited them, neither of them was subjected to the cold affusion.” (Vol. i. p. 13.)

Again:

"In cases in which the affusion was not employed till the third day of the fever, I have seen several instances of the same complete solution of the disease. I have even seen this take place when the remedy had been deferred till the fourth day; but this is not common." (Ibid. p. 23.)

In contemplating these facts, we are driven seriously to ask, not only is not the debility consecutive to fever partly occasioned by the remedies employed in its treatment, but are not its attendant local and organic lesions in a great measure produced by the febrile paroxysm itself? And could they not be avoided by boldly applying a remedy by which this febrile condition would be more speedily subdued? The real nature of fever is, unfortunately, beyond the reach of our present knowledge. We only recognize the disease in its causes, its symptoms, its complications. In them we perceive much to lead us to answer the above questions in the affirmative. It is peculiarly a general disease. Its local characters usually appear subsequently to its general development, and wear much more the aspect of consequences than of causes. Almost any of the local complications of synochus, or typhus, may appear in exanthematous fevers where they cannot be causes.

It appears to us to be a most important subject of inquiry whether a very serious fallacy does not pervade the medical profession at present as to the best manner of employing cold water in fever. Dr. Currie says:

"When the affusion of water, cold or tepid, is not employed in fever, benefit may be derived, as has already been mentioned, though in an inferior degree, by sponging or wetting the body with cold or warm vinegar or water. This application is, however, to be regulated, like the others, by the actual state of the patient's heat and of his sensations. According to my experience, it is not only less effectual, but in many cases less safe; for the system will often bear a sudden, a general, and a stimulating application of cold, when it shrinks from its slow and successive application." (Vol. i. p. 73.)

"It is evident De Haen was not regulated, in his use of external ablution with cold water, by rules similar to those which I have ventured to lay down from several years' experience. Instead of pouring water over the naked body, he applied sponges soaked in cold water to every part of the surface in succession for some time together, in my judgment the least efficacious, as well as the most hazardous manner of using the remedy." (Ibid. p. 84, note.)

This is a remark which we suspect to be of very great importance, and to contain the real secret of much of the difference, as to the treatment of fever, between hydropathists and the regular faculty. Modern physicians have professed to regard Dr. Currie as a very high authority on this point, and his work is constantly quoted as the most enlightened guide for the use of water in fever; but the above opinion and precept have been, of late years, entirely disregarded, and the converse has been made the rule of practice. In the article on Bathing in the Cyclopædia, formerly referred to, the author says:

"The only cases in which refrigeration is required as a remedy are those in which the animal temperature is elevated above the natural standard; and this happens only in febrile diseases. To insure refrigeration, the water should be applied at first only a little below the temperature of the skin, its heat being insensibly and gradually reduced, but never below that of tepid, or, at most cool. The gentlest mode of applying it is the best, as with a soft sponge; and the process should be persevered in, without interruption, until the desired effect is produced." (Art. Bathing, Cyclopædia of Practical Medicine.)

We believe this mode of applying water in the treatment of febrile diseases to be that which has for many years generally prevailed, not from ignorance of the precepts and practice of Dr. Currie, but from a general belief that fever once formed could not be extinguished by the cold affusion as recommended by him. The hydropathists have renewed his system in its full boldness. It is,

therefore, a question of the first interest, on which side does reason preponderate?

On carefully examining the cases of fever reported at length by Currie and Lanzani, it will be seen that their cures were effected by what may be termed a process of reaction. The immediate consequence, in most cases, of the copious libation "*ultra satietatem*" of the one, and the affusion, or immersion of the other, were perspiration and sleep. These constituted the reaction. When exacerbation of the fever ensued, and required a repetition of the remedy, it occurred several hours after the cold application, when the period of reaction had long passed over; and evidently proceeded not from the consequences of the cold treatment, but from the non-removal of the diseased action. The cold appears to have acted in a most decidedly *medical* manner, with a palpable and immediate succession of consequences altogether different from what the gradual coolness of the sponge and tepid water can be expected to produce. If these cases are correctly stated, as they appear to be, it is preposterous to confound the febrile paroxysm with reaction from a cold bath, or to expect any portion of the beneficial effect of cold immersion in fever, from tepid or cool sponging. The two kinds of treatment are in no measure similar.

But it may be supposed there is a danger in the sudden and active employment of the cold bath in fever. We suspect that this is entirely imaginary. Dr. Currie was certainly very bold in its administration, and had extensive experience of its effects. In the second edition of his work he says:

"I have thus related all the instances which have occurred to me since the last edition of this volume (a period of five years of extensive and attentive observation), in which the affusion of water on the surface of the body, cold or tepid, proved either less beneficial in its effects in fever than I had formerly represented it, or entirely unsuccessful. I would add, if any such had occurred, the instances in which this remedy had appeared to be injurious. But experience has suggested

to me no instance of the kind, and extensive as my employment of the affusion has been, *I have never heard that it has suggested, even to the fears or prejudices of others, a single occasion of imputing injury to the remedy.*" (Vol. ii., p. 25.)

This statement, which does not appear to have been assailed, goes far towards proving the innocence, as his numerous cases do the curative powers, of reaction in the treatment of fever. We certainly cannot quarrel with hydropathists for seeking to revive, in its real character, a method supported by so high an authority.

8. It is scarcely necessary to remark that a judicious system of cold bathing is a valuable tonic. This has been always known; but it has not been so widely recognized in practice as in doctrine. It has been thought necessary that cases for cold bathing should be carefully selected: that they should consist only of such patients as have unimpaired constitutions; that certain diseases were absolute contra-indications against the use of this remedy; that it is a treatment requiring unquestionable vigor in the patient, and skill in the physician to employ it without injury. It is scarcely too much to say it has been regarded as a treatment rather for the strong than the weak, and as tending rather to reduce than augment the powers of the system, and yet it is called a tonic. This is an illogical paradox not quite solitary in medical literature. The cold bath seems to be professionally employed to strengthen the body, as temptation is to strengthen virtue, by furnishing an enemy to struggle against. Thus it is considered more as a test than as a source of strength.

The hydropathists have discarded this excessive precaution, and boldly used their remedy as a tonic, wherever a tonic is required. They have administered it to the young and the old, the weak, the bilious, the gouty, the scrofulous, the dyspeptic, and the paralytic. Neither mucous membranes nor mesenteric glands, infantile weakness, nor senile decrepitude, have stood in their way. To almost all cases, all ages, and all constitutions, their method has been

applied. Unless it can be shown that this all but universal administration of the system has produced serious evils, we are actually driven to admit that it is in the same proportion safe. And we are bound to admit, though we have known some instances where the practice has been seriously injurious, and have heard of others of a similar kind, that the proportion of bad consequences has not appeared to us greater than in the ordinary modes of treating similar diseases. The practice of the hydropathists is so open, and their disciples so numerous, that the innocence of their proceedings may be said to be established by the absence of evidence to the contrary. We cannot enter any circle of society without encountering some follower of this method, ready to narrate a series of *psychrolousian* miracles, prepared to defend, and zealous to applaud the Priessnitzian practice; but few or none come forward with satisfactory evidence of anything like general mischief having resulted from its general practice. Judgment must, therefore, be entered by default against its opponents, and hydro-pathy is entitled to the verdict of harmlessness, since cause has never been shown to the contrary.

But not only have hydropathists despised the discrimination usually employed in the selection of cases for cold bathing, they have manifested an equal apparent boldness in the manner of using it. In place of the spongings and the dribblings to which ordinary practitioners commonly deem it prudent to limit the use of this remedy, they employ active plunging and powerful douches. Perhaps it is to this that they owe some portion of the impunity with which they appear to have applied it so generally. They assert that the more violent practice is really the more safe, and that the danger to be apprehended is in proportion to the supposed mildness of the process, sponging being less safe than total immersion, and a shower-bath more dangerous than a douche. And assuredly theory, in this respect, goes with them to some extent. In the plunge there is a sudden shock, which awakens nervous

energy, and leads to speedy and effectual reaction; whereas, in sponging, the whole surface is exposed to a gradual and powerful cooling, without the protection of stimulus. In the former, the whole frame is at once covered with water, and shielded from the reducing evaporation which would attend the latter. Moreover, the plunge can be more speedily gone through, and followed up more immediately by exercise. The same distinction may be made between the hydropathic douche and the orthodox shower-bath. The force of the latter falls almost exclusively on the head and shoulders, as it merely trickles down the rest of the frame. How different is this from the powerful impulse of the douche upon all the muscular parts!

9. Another conspicuous item in the catalogue of hydropathic machinery is the *sweating process*. On this subject hydropathists are, in some measure, divided. It is said that Priessnitz has considerably modified his views respecting its efficacy and its safety. In the earlier period of his practice he seems to have employed it in nearly all cases. More recently he is said to have discarded it, as a general remedy, in favor of packing in the wet sheet, though still largely applying it in cases to which his matured experience has taught him to regard it as especially beneficial. We wish here to direct attention to it merely in a physiological and pathological point of view, and need not, therefore, enter into the question as to the relative value of the past and present practice of Priessnitz.

The skin is a part through which nature has arranged that a large amount of matter should be removed from the body during health, and a still larger amount, of different character, in the process of recovery from many diseases. It is well known that a deficient cutaneous excretion is incompatible with perfect health. Perhaps there is scarcely any disease in which the function of the skin is not, to some extent, deranged. To what extent, physicians have not bestowed sufficient pains to learn; nor have they been accustomed to give much attention to this part, in the practical investigation of dis-

eases. Still less has it acquired an important position in the list of parts to which medical treatment is directed. Therefore, we possess little information, in medical writers, as to the amount or frequency of cutaneous disturbance in general disease, as to the effect of therapeutic means in correcting such disturbance, or as to the value of the correction in the cure of disease.

According to Priessnitzian writers, in almost all cases of indigestion, gout, rheumatism, nervous affections, indeed of chronic disorders in general, the action of the skin is either deficient or depraved, the part itself being found dry, hard, rough, thick, pale, relaxed, or in some other manner unnatural. They farther tell us that a course of perspiration, or of the wet sheet, followed by cold bathing, corrects these signs of disorder, and reduces the part to its normal condition; and that the beneficial influence of the remedy is speedily manifested in the improvement of the case in other respects. But it might be expected that such a course would, at least, reduce the general strength, and require more vigor of constitution than many such patients possess. And yet, if we may believe the hydropathists, or even their patients, a course of active hydropathic sweating is found to strengthen, instead of weakening, the system. There is a gain, instead of a loss, of weight under its operation. Whether this be attributable to the subsequent cold bathing, to the water drinking, or to the peculiar regimen, may be a matter of question; but the fact would seem to be too notorious to be contradicted. We are told that it is no unfrequent occurrence at hydropathic establishments for the liquid perspiration to be streaming on the floor, having penetrated through the material on which the patient is reclining, as well as the blanket in which he is wrapped! The blanket also, when removed from the person, is dripping with liquid in all directions, as if itself just removed from the bath! On these occasions several pounds of matter must be removed from the body. The patient, dripping and steaming, next hastens into the plunge bath, stays

there his appointed time, undergoes the prescribed friction, drinks his water, and finds himself actually invigorated by the strange process he has undergone!

Nay, more; it is placed beyond doubt, by experience, that this proceeding may be repeated daily, or even twice a day, for *many months*, without producing any deleterious effect upon the general health! Many cases have occurred in which it has been ascertained that it has been attended with an increase of weight, and that of no slight amount. We know the particulars of one case, in which a gouty gentleman gained seven pounds in a fortnight of such treatment; and of another, in which there was a gain of eight pounds in ten days. We are also acquainted with the case of a lady who was unable to walk at any other period of the day, except immediately after the sweating process—a sure proof that it did not occasion debility.

The safety of the immediate succession of cold bathing upon copious sweating has been called in question; but the practice of so many hydropathists as there are around us amply establishes this point. On scientific grounds the question was completely set at rest by Dr. Currie.

An effective and innocuous means of increasing the excretion from the skin being thus found, which appears to combine with its own peculiar action the indirect effect of a tonic, have we not reason to regard it as a promising instrument of cure, in many disordered states of the system? We fully believe that we have. We know the utility of augmenting the secretion of the mucous membranes, the liver, the kidneys: we recognize this in our constant practice. It is by this means that we combat a large proportion of chronic as well as acute maladies. Why should the skin alone be neglected? Physiology teaches us that it is the vehicle for conveying out of the system a large amount of matter, as well solid as liquid; and practical experience exhibits it as the channel through which the *materies morbi* in many instances, and the burthen of plethora generally, find their exit. These facts

indicate it as a legitimate locality for the same artificial measures which are found serviceable on other secreting organs.

It may be objected to what we are now urging, that profuse perspiration itself characterizes many diseases, of which it is one of the most formidable symptoms. How can sweating cure acute rheumatism, it may be asked, of which it is almost a constant feature? But the same remark applies to other medical phenomena. Excessive purging and increased action of the kidneys are dangerous, frequently mortal, symptoms. But does that prevent our employing them as remedies? Do we not, in spite of our frequent experience of their injurious effects, apply them almost constantly to the cure of disease? Are there ten cases out of ten thousand in which some kind of purgatives are not administered? Nay, is not dysentery itself treated by purgative calomel? Let us extend the same tolerance to sweating. It is contrary to all the instruction of experience to confound the consequences of a phenomenon violently excited by morbid causes, with those it induces when seasonably created, and carefully managed, by skilful treatment.

In many of these cases the benefit does not appear to result so much from stimulating the function of any particular organ, as from removing a certain portion of matter from the system at large. There is no reason to suppose that exciting the liver, the colon, the duodenum, or the kidneys, for instance, has any special influence over a morbid condition of the brain. We find that drugs which act upon any of these organs frequently relieve such conditions, and they may often be selected indiscriminately, the one answering much the same purpose as the others. A common antibilious pill, retailed for a penny by a druggist, or a patented nostrum of Cockle or Morrison, will generally do as well as the most elaborate prescription. The particular adaptation seems to depend more on constitutional idiosyncrasy than on any fixed relation of the part diseased with the part treated. The whole of those remedies appear to act in such

cases, either by a general principle of counter-irritation, or by removing a quantum of fluid, or of excretory matter, from the circulation, either of which objects might be attained as speedily, as certainly, as extensively, and as safely, by the skin as by any other part.

COLD WATER.

BY JOHN PIERPONT.

Shall e'er cold water be forgot
When we sit down to dine?
O no, my friends, for is it not
Pour'd out by hands divine?
Pour'd out by hands divine, my friends,
Pour'd out by hands divine;
From springs and wells it gushes forth,
Pour'd out by hands divine.

To Beauty's cheek, tho' strange it seems,
'Tis no more strange than true,
Cold water, though itself so pale,
Imparts the rosiest hue;
Imparts the rosiest hue, my friends,
Imparts the rosiest hue;
Yes, Beauty, in a water-pail,
Doth find her rosiest hue.

Cold water, too, (tho' wonderful,
'Tis not less true, again.)
The weakest of all earthly drinks,
Doth make the strongest men;
Doth make the strongest men, my friends,
Doth make the strongest men;
Then let us take the weakest drink,
And grow the strongest men.

I've seen the bells of tulips turn
To drink the drops that fell
From summer clouds; then why should not
The two lips of a belle?
The two lips of a belle, my friends,
The two lips of a belle;
What sweetens more than water pure
The two lips of a belle?

The sturdy oak full many a cup
Doth hold up to the sky,
To catch the rain; then drinks it up,
And thus the oak gets high;
'Tis thus the oak gets high, my friends,
'Tis thus the oak gets high,
By having water in its cups,—
Then why not you and I?

Then let cold water armies give
Their banners to the air;
So shall the boys like oaks be strong,
The girls like tulips fair;
The girls like tulips fair, my friends,
The girls like tulips fair;
The boys shall grow like sturdy oaks,
The girls like tulips fair.

SOCIAL INTERCOURSE.

There is a false necessity with which we industriously surround ourselves; a circle that never expands; whose iron never changes to ductile gold. This is the presence of public opinion, the intolerable restraint of conventional form. Under this despotic influence, men and women check their best impulses, suppress their highest thoughts. Each longs for full communion with the other souls, but dares not give utterance to its yearnings. What hinders?

The fear of what Mr. Smith or Mrs. Clark will say, or the frown of sect; or the anathema of some synod; or the fashion of some cliques; or the laugh of some club, or the misrepresentation of some political party.

Thou art afraid of thy neighbor, and knowest not that he is equally afraid of thee. He has bound thy hands, and thou hast fettered his feet. It were wiser for both to snap the imaginary bond and walk onward unshackled. If thy heart yearns for love, be loving; if thou wouldst have a brother frank to thee, be frank with him.

But what will all the people say?

What does it concern thee what they say? thy life is not in their hands. They can give thee nothing of real value, nor take from thee anything of real value. Satan may promise thee all the kingdoms on earth, but he has not one acre of it to give. He may offer much as the price of his worship, but there is a flaw in all his title deeds. Eternal and sure is the promise, "Blessed are the meek for they shall inherit the earth."

But I shall be misunderstood, misrepresented. And what if thou art? They who throw stones at what is above them receive the missiles back again by the law of gravity; and lucky are they who do not bruise their own faces. Would that I could persuade all who read to be truthful and free; to say what they think and act what they feel; to cast from them like ropes of sand, all fear of sects and parties, of clans and classes.

What is there of joyful freedom in our social intercourse? We meet to see

each other, and not a peep do we get under the veil which each carries about him. We visit to enjoy ourselves, and the host takes away our freedom, while we destroy his own. If the host wishes to walk or ride, he dare not lest it should seem impolite to the guest. If the guest wishes to read or sleep, he dare not lest it seem impolite to the host; so they remain slaves, and feel it a relief to part company. A few individuals, mostly in foreign lands, arrange this matter with wiser freedom. If a visitor arrive, they say, "I am busy to-day; if you wish to ride, there are horses and saddles in the stable; if you want to read, there are books in the parlor; if you want to work, the men are raking hay in the field; if you want to romp, the children are at play in the court; if you want to talk to me, I can be with you at such an hour. Go where you please, and while you are here do as you please."

At some house in Florence, large parties meet without the slightest preparation. It is understood that on some particular evening of the week, a lady or gentleman always receive their friends. In one room are books and flowers; in another, pictures and engravings; and in a third, music. Couples are escorted in some shady alcove, or groups dotted about the room, in mirthful or serious conversation. No one is required to speak to his host, either entering or departing. Lemonade and baskets of fruit stand here and there on the side tables, that all may take who like; but *eating*, which constitutes so large a part of American entertainments, is a slight and almost unnoticed incident in these festivals of intellect and taste. Wouldst thou then like to see such social freedom introduced here? Then do it.

But the first step must be complete indifference to Mrs. Smith's assertion, that you were mean enough to offer only one kind of cake to your company, and to put less shortening in the under crust of your pies than the upper. Let Mrs. Smith talk accordingly to her gifts; be thou assured that *all living souls* love freedom better than cakes and under-crust.—*Mrs. Child.*

BATHING.

Somebody has said that "God gives shower baths to everything that will stay out doors." A very significant hint this to human bipeds. It seems very strange that we are such dull scholars in this world. We see the fevered earth parch and burn, and fail of its fruits, till the refreshing rain comes down and cures it, and we never once think when our blood boils, and our flesh burns, and our skin parches with fever, that the same blessed medicine that is poured out on the earth will heal us. Or if men get a little theoretical faith of this kind, they lose it as soon as they get sick. Early superstitions of all kinds generally come upon men with peculiar force when they are weakened and confused by illness.

There is no more invigorating process for preserving health, after the inhaling of pure air, than the daily use of the cold bath. The bath is not useful alone, because it removes impurities from the skin; but the fresh, sparkling water, has an absolute life in it, which we receive. And this is the reason why the bath is so much more useful when the water is just drawn from the fountain, than when it is suffered to stand and lose its living or electrical properties. The best time to take a bath is in the morning when we rise. Then we should "absterge the night's collected steams." No one should take a cold bath as if they were lazily doing an unpleasant duty—and no one can do it long. Beginners with the bath should observe the following directions: Bathe the face and head first—bathe the rest of the body thoroughly and quickly—then use much friction, first with a towel, and then with the hand, or a soft brush. This should be continued till the subject is in a glow.

Some people think there are so many difficulties in the way of bathing, that they can't overcome them, and they believe they must perforce be like the dirty representative to an Eastern Legislature, who boasted that he had not been bathed for fifteen years.

Let us look at these difficulties, and we shall find that "where there is a will

there is a way." Anybody that is anybody, can surely get a bowl of water and a sponge, or towel. With these anybody can take a thorough washing, and this is a bath, and if they have any energy they can rub the body into a glow with a brush, or a hand-towel, or the hand.

There is no preventive of colds equal to this simple process repeated every morning. It makes a man feel clean, bright and respectable.

The use of warm baths, except in particular cases of illness, is mischievous. They weaken the skin and dispose the person who takes them to attacks of cold and influenza. Still, the occasional use of warm baths for cleansing the skin is better than to allow the skin to be dirty.

Shower baths are useful in cases where there is high health, or general inflammation. Where there is full re-active power they are safe—not otherwise. Where they induce chill they are very hurtful. The indiscriminate recommendation of the shower-bath is always an evidence of very partial knowledge.

The sponge bath is probably more universally beneficial and safer than any other bath.—*New York Dispatch.*

A WAY TO SPOIL A CHILD.—Above all mistakes is that of supposing that the better nature of the child is to be drawn out and raised into the strength which we should desire to see in the man, by making him pass through a cold and cheerless youth. The very contrary is the case. A system of petty restraints, and privations, of severe looks and incessant chidings, only results in depraving the feeling and perverting the reason of a young person. He is, in such circumstances, entirely out of harmony with nature. He is like a flower, which requires light and warmth, placed in a cold cellar, where it never can acquire its proper proportions, or color, or vigor. It is quite impossible that a child so treated can ever attain to the proper characteristics of a well-constituted man or woman.—*Exchange Paper.*

For the Water-Cure Journal.

EXPERIENCE IN WATER TREATMENT,
DIET, &c.

DR. SHEW,

Dear Friend:—Emancipated from most of those enemies which have long kept at bay the one prime blessing of earth, I am anxious others in suffering should profit by my experience. That the importance of the case may be measured by a proper understanding, I beg the indulgence of my readers while giving a somewhat detailed account.

I am the youngest of twelve children—born almost beneath the shadow of the Green Mountains, in Rutland county, Vermont. Longevity good upon both sides of my parentage. Habits generally active; particularly upon the maternal side my ancestors were quite industrious and energetic.

Next older than myself was a sister who has since been taken from us by consumption. In youth we were in many respects much alike. Neither of us considered healthy children, but subjected to many diseases very similar in nature.

At the age of ten or eleven years I suffered much with the measles, as did also my sister. It was many months before we regained our usual health.

A year or two later we were vaccinated. The swelling and inflammation was intense, and for a time our whole systems were so much affected that we were obliged to keep our beds.

About this time I began to be affected with Tonsilitis, (inflammation and swelling of the tonsils,) which came upon me every winter, and sometimes two or three times during cold weather, for about six years. They would at times enlarge so as to meet before discharging the matter. The outside of the neck would also be much swollen. Those who have been thus affected realize better than I can describe the intensity of the suffering.

During my sixteenth year, in the latter part of summer, I was attacked with the Typhus fever. My parents, having lost some confidence in the Allopathic treatment, called a Thomsonian, who professed to give no mercury. Many had

the fever, and a large proportion of them died. I think the Thomsonian practice was more favorable than the Allopathic, although numbers died under the treatment. I was confined to my room two months. Was delirious three weeks, and have no recollection of what transpired around me. My teeth became very painful and the mouth extremely sore. The teeth felt much enlarged, and I remember of imagining during my delirium that they were the size of hemlock stumps, and that the dentist was using a stump-machine to extract them. I had every *appearance* of being thoroughly salivated. During my illness the teeth were loose, and in a short time after recovery, the enamel came off so that they became very bad. My hair came out, feet and hands peeled, and every *nail* died and came off. I was so emaciated as to lose about half my actual weight. It was a long time before my strength returned, and for the ensuing five or six years my general health was not so good as before the fever. I am fully impressed, as were many others, that my life was saved through the excellent care and untiring efforts of a fond mother.

About six years ago, for the relief of palpitation and indigestion, I commenced changing my diet. Tea, coffee, segars, and the grosser kinds of animal food were rejected. From this more rational diet I received much benefit.

I was always quite fond of salt, and not possessing vitality enough to throw the poison from the system, it appeared to lodge in the skin, and commenced its ravages in the form of Salt Rheum. By the use of salves, &c., it was kept for a long time so much in the system as not to cause much outward trouble.

Before this the tonsilitis had ceased; but it was followed by bronchitis. Any slight exposure subjected me to great soreness, and irritation of the bronchial tubes, followed by a cough and much expectoration.

In the spring of 1843 I was married, and the next spring removed to New York City. Those who knew my complaints believed I was soon to die with consumption. Knowing so little of the

laws of health, and continually inhaling an atmosphere loaded with disease, I am astonished when I look back, that my path was not in the same direction of thousands of other young men who die prematurely in the city.

The salt rheum increased. I used Sands's Sarsaparilla, with the accompanying ointment, until satisfied I was receiving injury.

I heard of the Water-Cure. I shall never forget the sensations which thrilled me as I read that disease was curable by water. For the moment I dropped the philosophy by which it is supported, and reasoned from "nature up to nature's God."

I saw that two-thirds of the earth's surface was covered with water; that it entered largely into the existence of almost everything, and that man himself is composed of about eight-tenths of the same element. The idea that the Almighty, in his goodness, established this universal remedy for the ills of man, was overwhelming. The rich and the poor, the halt and the weary, all could go to the gushing springs, limpid streams, "wash and be healed."

From that moment I bade farewell to the whole category of the *materia medica*. Not a particle of medicine have I taken since. I commenced in earnest to read works upon Water-Cure and diet.

Some time during the year I consulted thee in relation to the salt rheum. I thought thy prescription remarkably simple, but when I commenced most vigorously to put it in practice, I soon found it required energy to persevere. I was to abandon salt, spices of all kinds, butter, and grease of every description; partake very moderately of sweets, and regularly continue my baths. In less than a year I was nearly rid of it, and within two years, the disease was apparently entirely removed, and I have felt nothing of it since.

Next I consulted thee about the bronchial difficulty, which severely affected me in the winter. It was mid winter. I was to throw aside the mufflers from my neck; wear the wet compress about my lungs; take two baths each day; diet

light; walk in the open air much, and inhale all that was possible.

Closely confined to in-door business, I did not go out more than an hour each day, but was punctual as possible in the treatment. The irritation soon left and has never returned. During the winter of 1845, I was attacked with the quinsy. It was very severe, and attended with much inflammation. The swelling was so great that for a few hours it was impossible to swallow. I shall never forget thy application of the vapor-bath, followed by the cold shower. The relief was almost instantaneous; and in less than a week I was back again in business. That was the last illness which has troubled me.

A word to those good people who look upon the Water-Cure as a "humbug," and I will close. Ignorance is sometimes said to be bliss, but I never believed it. Always when I hear people denouncing the Water-Cure, I ask them if they have investigated it? The answer is invariably, no. I have yet to hear the first person who has looked into the philosophy of the cure, speak other than favorably of it. I want you to have more confidence in *nature* and less in *drugs*. As for myself I long ago resolved to learn the practice, and am in this establishment having a most excellent opportunity. There is everything here favorable to health, copious springs of pure water, beautiful scenery, and in the Establishment a rational diet.

Thine truly,

S. ROGERS.

Oyster Bay, 6th mo. 23, 1845.

TEA, COFFEE, AND TOBACCO.

The richest soils produce the rankest weeds, and perhaps the strongest reason turns out the greatest crop of folly. Cole-ridge chewed opium and swilled laudanum like a fool. Hence we cannot infer that because we see the wisest people sipping coffee, and snuffing, chewing and smoking tobacco, it is not folly. Some people call it sin, and they are not so far wrong as they might be, for it is unques-

tionably a sin to be sick, and that is what all users of tea, coffee, and tobacco are sure to be, more or less. But as this is a roundabout way of reasoning, and we have never yet taken oath or pledge against the whole of the mischief, we choose rather to call it a folly.

It is considered folly by most people to borrow money of brokers at two or three per cent. a month. The tea-drinker borrows vivacity, happiness, intellectual flame, the stuff life is made of, at a still greater rate of interest—rather, we would say, attempts to borrow it. The attempt is not remarkably successful as to the amount of the loan at any time, and being often repeated becomes less so, or what is the same thing, the loan is more and more used up in paying interest. By a stomachful of well-made tea, you borrow into the next two or three hours nearly all the brightness, blaze, and vitality of your system which belongs to the next twelve hours. So in the next two or three hours you will be wide awake and witty to your own wonder, and in the balance of the twelve hours flickering in the socket and burning BLUE. Coffee, to the same amount, will perhaps extend the loan the next twenty-four hours, making the first part brighter and the last part bluer. Tobacco—we never tried that—but we shouldn't wonder if a man could borrow life by it for nearly a week ahead. Wine will negotiate a still deeper loan.

Now, just as an eternal borrower may make his life an everlasting anxiety, (while it lasts,) spend oceans of shave, and come to unfathomable poverty, and that speedily; so it is with your tea, coffee, and tobacco chewers. What, chew tea! Yes, we knew a very pious clergyman who carried it in his pocket and chewed it as men commonly chew tobacco. There is nothing gained, but much lost, by this heaping up the vitality of life in spots and leaving the rest bare. The snow, which, if it had fallen evenly, would have made excellent sleighing, by being tossed about and drifted by the wind, makes hard sledding most of the way, and no first rate glibness anywhere. These slow poisons by which we are enabled to anticipate our vital resources, do

not create one atom of the ethereal treasure, on the other hand they actually destroy much. They demand exorbitant usury, against which no capital can stand forever.

But do not the great, strong, and glorious, drink tea, drink coffee, smoke, sip champagne even? Verily. And it is very difficult to find a man or woman who abstains from the popular stimulants who does not owe the blissful exemption to weakness—some constitutional hereditary feebleness, that positively forbade such reckless speculation in vitality. Such a one, who would have gone straight home to the grave-yard on strong tea, manages to battle with hereditary penalties of transgression, and do something worthy of life after all, by simply sticking to cold water, wholesome diet, and exercise. But does it follow that if society would entirely leave off its stimulants there would not be a vast increase of health, strength, and happiness?

But perhaps strength, health, beauty, and jollity are too abundant in this world. Tea, coffee, and tobacco may be a wise ordination of Providence to beat down the exuberance of human life; to turn the green, scarlet, and gold, into DEEP BLUE, and to make work for law, physic, and all sorts of divinity. If so, they are wonderfully successful. They bring nearly all the penalties of poverty into the homes of the rich, and spread such a blue, sulphurous, deathly flame over life, that all sorts of diabolism, quackery, and monstrous theological humbugs are sure to flourish. We would not undertake, with all the wit, logic, and fact in the world, to dislodge Calvinism from the mind of a confirmed imbiber of tea and coffee, nor to inspire one bright, playful, youthful, immortal, spiritual hope into a brain baced with tobacco. Truth and dyspepsia never yet dwelt together. Fat or lean, young or old, male or female, there was never yet a habitual consumer of tea, or coffee, or tobacco, who was not more or less a dyspeptic. Tobacco and dyspepsia are synonymous. Did you ever see or hear of a tobacco smoker whose pipe or segar did not serve to settle his stomach, always in an *emeute* after din-

ner? Troubled he is with watery stomach—and still watrier brain. Settle the stomach? Why, without tea, coffee, beer, wine, alcohol, tobacco, opium, and such deadly drugs, men would never have known they had stomachs. They might have digested ham, sole-leather, tenpenny nails, mince-pies with perfect impunity, if they had not scalded all the tone out of their digestive organs by hot tea and smoke.

COLD WATER AS A PREVENTIVE TO PITTING FROM SMALL-POX.

Supposing that the pitting in small-pox was dependent on ulceration, the extent of which was proportionate to the intensity of the pre-existing inflammation in the skin, and hence, that whatever tended to lessen the cutaneous excitement would be, in some degree, preventive of the deformity, it occurred to me that cold water might prove efficacious. During the month of November, I had an opportunity of testing its efficacy; I applied it in three instances of genuine small-pox occurring in individuals who had never been vaccinated, and the result was highly gratifying. In the first case in which I used it—a boy about eight years of age—the pustules, which were confluent on the face, and beginning to assume the vesicular character, *faded away, not one progressing to maturity*. In the two other cases—one a girl about twelve years of age, the other a boy about ten—the papulæ had all become *vesicular and depressed* in the centre; notwithstanding, under the constant application of full-sized scabs, there were no pits to be seen. The application of the water was made only to the face, arms, and hands. To the former, I had a piece of soft old linen applied, resembling a mask, with small holes opposite the eyes, nostrils, and mouth, and over this the cold water was frequently poured, or squeezed out of a sponge so as to keep the part constantly cold. I could not doubt but that the exemption from pitting in the above cases was attributable to the influence of the cold water, and would, therefore, respectfully suggest it to the

profession as a means that is worthy of a trial.—*Mo. Med. and Sur. Jour.*

The cooling or evaporating bandages certainly cause a good effect in keeping down or suppressing the pustules in small-pox. There is, however, some danger of making things worse by these partial applications; for if they become too warm, as at night, or when the patient is asleep, more morbid matter would be drawn towards the parts where the water is applied, and thus the marks from the disease would be made worse. The effect of local applications is also much better if a general treatment is practised. See the Water-Cure Manual for the full treatment in this disease.

REAL PHILANTHROPY.—It is said that a plain and unpretending man named Davis, who resides upon his farm in New Jersey, about ninety miles from New York city, and who has long been in the habit of bringing his produce here to market, commenced the novel experiment some time since, of gathering together, wherever he could find them, the destitute and unemployed in our midst; and on his return, conveyed a company to his own neighborhood, for the purpose of locating them in families where they could earn a livelihood. His efforts in this line succeeded so well, that he was encouraged to continue them, and since February, 1847, he has actually conveyed from this city seven hundred and eighty of this class of persons, and introduced them to employment in various sections, where they are earning an honorable subsistence, improved in health, redeemed and saved from pauperism and its demoralizing influence.—*New York paper.*

A MOTHER'S VOICE.

The editor of the Cincinnati Atlas, after visiting recently the Asylum for the Deaf and Dumb at Columbus, says:

Of one, an intelligent and modest young lady, who had become deaf from sick-

ness, when two years and a half old, we inquired if she could recollect anything of sounds or words? She answered that she could not. It occurred to us that there might have been at least one sound which might be remembered even from that tender age, and we ventured to inquire whether she had no remembrance of her mother's voice? It will be long before we forget the sweet peculiar smile which shone upon her features, as by a quick inclination of her head she answered, yes. What a world of thought and feeling clustered around such a fact! In all her memory there is but one sound, and that is her mother's voice.

"For years she has dwelt in silence unbroken from without, but those gentle tones of love still linger in her heart. There they can never die; and if her life should be prolonged to three score years and ten, o'er the long silent track of life the memory of that voice will come, in loveliness and beauty, reviving the soul of weary old age, with the fresh, lovely sounds of her cradle hours."

EDUCATION OF IDIOTS.—A report has been made to the Massachusetts Legislature, now in session, in regard to the number and condition of idiots in the commonwealth. It is drawn up by Dr. S. G. Howe, who is identified with the history of the education of the blind in Boston. Having procured facts of a startling kind in regard to this long-neglected class of unfortunate beings, he now pleads fervently for them, fully believing that many of them may be raised from near the condition of brutes, to participate in the decencies and elementary educational advantages of society. We heard him, in addition to the plea already published, plead the case of these outcasts, last week, before a committee, and the hope is strongly indulged that the doctor's voice will be heard, in full force, till provision is made for these poor, forgotten creatures, whose hold is so slight upon the sympathies of this part of Christendom, that no one among us has ever before thought of bettering their intellectual condition.

Dr. Howe proposes that an annual appropriation of two thousand dollars should be expended in the experiment of developing the physical and moral powers of ten or a dozen idiots, and on the results of the success, after a fair trial, should depend the further attempt to elevate, as far as practicable, all that should be selected, not too low in the mental scale, for hopeful culture. Massachusetts provides liberally for the blind, deaf, and dumb, and extends her charities with a liberal hand, to the feeding and clothing of seven thousand foreign paupers, and yet suffers these helpless idiots to live like vegetables, unconscious of existence, and to go down to the grave without attempting their intellectual and moral development.—*Bost. Med. and Surg. Jour.*

QUERY.—What is the difference between the flattering and puffing circular of a Professor of a Medical College, setting forth its vast advantages, extensive apparatus, immense library, proposed lecturers, learned cliniques, &c. &c., and the empiric, puffing, in similar language, his "sugar-coated pills," golden washes, phoenix bitters, and ten thousand other nostrums, comprising all the contents of Pandora's box? We ask the question, because it has been asked us. Will some one of our correspondents answer it?—*Boston Medical and Surgical Journal.*

BLESSED BE THE HAND WHICH PREPARES A PLEASURE FOR A CHILD,—for there is no saying where and when it may again bloom forth. Does not almost everybody remember some kind-hearted man who showed him a kindness in the quiet days of his childhood? The writer of this recollects himself at this moment, as a little bare-footed lad standing at the wooden fence of a poor little garden in his native village; with longing eyes he gazed on the flowers which were blooming there quietly in the brightness of a Sunday morning. The possessor of the garden came forth from his little cottage. He was a wood-cutter by trade, and spent the whole week at his work in the

woods. He was come into his garden to gather a flower to stick into his coat when he went to church. He saw the boy, and breaking off the most beautiful of his carnations—it was streaked with red and white—gave it to him. Neither the giver nor receiver spoke one word—and with bounding steps the boy ran home; and now, here, at a vast distance from that home, after so many events of so many years, the feeling of gratitude which agitated the breast of that boy expresses itself on paper. The carnation is long since withered, but it now blooms afresh.—*Douglas Jerrold.*

WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

NEW-YORK, AUGUST, 1848.

A CASE OF WATER-TREATMENT IN PREGNANCY AND CHILD-BIRTH.

July 5th, 1848. Mrs. Webster, age 38, was born of healthy parents in the State of Rhode Island, and when young had a good constitution. Somewhere early in her teens she became feeble. Everybody laced in those times, i. e. the ladies, and it were a wonder if she did not. About her eighteenth year she was treated for what was termed spinal disease, and so onward for three years. She was at one time confined to her bed for fifteen months. During this time she had drawn from her by cupping, leeching, and bleeding, some gallons of blood. No wonder she was weak, nervous, discouraged. By cuppings, scarifications, burnings, cauterizations, moxas, &c., the whole region from the neck to below the small of the back, was made almost one perfect mass of scar.

At length, with the spinal disease yet upon her, she was attacked with the typhus fever, receiving it apparently

from a brother who died of it. She had a long time of it, and barely escaped death. With this sickness the spinal disease left her. All along during that disease Mrs. Webster's good mother, of wealthy family and a real Howard among the sick, prepared for her the finest of beef-steaks, swimming in butter, oysters, fine bread, buttered toast, and all manner of the richest things conceivable.

Good mothers do not let their daughters suffer for anything in the world they think will do them good. No wonder she had typhus fever after all the drugging, bleeding, and abominable diet. The wonder is that she lived at all.

After a few years all the old symptoms of the spinal complaint returned upon her. She now fell into Dr. Webster's hands for the first time, when he gave her some weeks of Thomsonian treatment. This apparently worked wonders for her.

Since marriage, three years ago, Mrs. Webster has experienced a number of miscarriages, early ones all of them; the first was caused by being thrown from a horse. Two years ago this July, (1848,) she gave birth to her first child. Under the good care of her husband she got up very well; but her infant died when ten weeks old. This affliction proved a terrible one for her, and her health became very much depressed by it. After this there were one or more miscarriages.

About the first of October, 1847, she became again pregnant. Twenty-three days since, just as Mrs. Webster and husband were coming to remain awhile with us at Oyster Bay, she was attacked with what at first appeared like canker in the mouth. It resulted, however, in an erysipelatous inflammation of the mouth and one side of the face. The

swelling broke in the mouth about ten days after the attack.

Eleven days since Dr. W. and wife arrived at our establishment, she expecting to be confined in two or three weeks. She could walk but little; going a short distance fatigued her much. Doctor Webster applied the water faithfully and exclusively during the attack of the erysipelas mentioned, so that she was gaining fast when she came. A worthy and so called intelligent cousin of hers in Providence said to Dr. Webster, the night of leaving, "*You are killing your wife,*" and thought no doubt she would never return alive.

TREATMENT AT OYSTER BAY.—Rubbing sheet, of rain-water temperature, say about 70° F. on rising in the morning, usually at about four o'clock. Then she walked in the open air, wet or dry, when it did not actually rain in torrents. She drank also some water always after the bath, during the walks and after returning to her room. This exercise in the open air, practised moderately at first, together with the baths, proved a great tonic to the system. She walked at different times of the day when the sun was not too hot, mostly mornings and evenings. In the hot part of the forenoon she rested on the bed, and generally obtained some good sleep. This, however, she could not have done had not the clothing been removed as at going to rest at night. Persons wonder how it is that when they sleep in the day time they wake up so feverish and unrefreshed. Keeping the clothing on never does well in sleep.

Forenoon.—After resting, and from half an hour to an hour before dinner, the rubbing sheet was applied as in the morning. Feet were washed at the same time. She in fact always stood in a tub

having water in it two or three inches deep, of rain-water temperature. She was to wash the feet at any time when they felt hot and disagreeable; so also the hands and face.

Afternoon.—The rubbing sheet towards supper time as before dinner. Was to keep up in the afternoon and avoid sleeping, so that the rest at night would not be disturbed.

Evening.—At about nine o'clock, and on going to rest, the rubbing sheet and foot-washing as before. Hip baths, one or two inches deep, were to be taken at any time when there were itchings, heat, &c., causing a need for them.

Food.—Vegetable food and fruits, with a moderate portion of good milk, constituted her diet. No other drink but water. The meals were taken between six and seven A. M., twelve M. and six P. M. There was no eating between meals as people are wont to do; appetite and enjoyment of food remarkably good; no meals omitted.

Remarks on the Rubbing Sheet.

This was applied with good, strong, old-fashioned linen. Quite dripping wet, it was put upon the shoulders and about the whole body in the standing posture; moderate friction was made (*over* the sheet, not *with* it,) for about five minutes. The body was then made dry with towels. A few times, when Mrs. W. felt very languid, Dr. Webster applied the sheet twice in succession. This always revived her very sensibly. When she had the erysipelas before coming to us, Dr. Webster usually poured water upon the wet sheet while it was yet upon the body and after the rubbing had made it somewhat warm; and after this, rubbing was practised again to excite a glow.

Under the above treatment Mrs. W. gained strength remarkably; soon be-

came able to walk two and a half miles in the morning. She slept in a large and well-ventilated room, and her rest was uniformly good.

Confinement.—The third of July was one of her best days. She slept remarkably well at night, even better than common, as if nature, in anticipation of the coming event, were recruiting her energies to the utmost. Rose at half past four; then the pains commenced very slightly; took the rubbing sheet and an injection, and thought she would walk out; but the pains grew steadily worse till half past eight o'clock, when her infant, a large and healthy male child, was born. The labor was very easy; almost nothing compared with the former one. In about three quarters of an hour the after-birth was expelled. Wet towels were kept upon the genital organs and the abdomen, and changed often enough to prevent their becoming too warm. So also common sense would dictate that a patient should not be too much chilled at such a time, and yet there is here a great amount of unnecessary fear respecting cold applications. There is incomparably more to be feared from the effects of feather-beds, close rooms, bad food and drinks, bandages, &c., in general use.

After the birth Mrs. Webster slept well awhile, and at noon she had a thorough ablution as follows: In a hip bath-tub, (a common wash-tub of middling size is good,) a bucket of cold, soft well water was put, and then moderated with hot water to about 70° F. Dr. Webster aided her in rising, and she bore her own weight both before and after the bath. She sat in the tub for some fifteen minutes, a blanket being about the body; the whole body was thoroughly washed during this time; the water, she said, was ex-

ceedingly refreshing. Afterwards the hands and face were washed in the cold water.

After resting half an hour she ate dinner with an excellent appetite, for she had no breakfast. The meal was a very plain one, viz: A small piece of brown bread toast, with a few good uncooked whortleberries. Gin sling, toddy, tea, coffee, and other slops which are brought into requisition on such occasions, have no place, it will be remembered, in our Water Vocabulary. After the bath, as well as after the dinner, our patient felt remarkably well, quite as much so as any one; now and then there were slight after-pains. She sat up at different times in the afternoon, being up and lying down alternately as she felt inclined, possessing too much knowledge and good sense to be carried away with the foolish nine day whims, etc.

At between six and seven of this day it would have been well for Mrs. W. to have had another bath, but Dr. Webster being absent, it was omitted; then also a third bath between nine and ten on going to rest. Meal at evening same as at noon with the exception of the bread being moistened with milk. After sundown she sat up two hours at least. The evening bath was as refreshing as at noon, and aided much in procuring good rest. The ignorant people of this world may yet learn something of the good and the safety of these applications scientifically made.

Second day.—Patient slept remarkably well until about two o'clock. Then there were some after-pains, and the infant made some noise, which circumstances together kept her awake part of the time. Here the bath should have been given, which would have prevented the pains, and caused good sleep. Very early in

the morning she arose and took the ablution as the day before. She felt well and strong; walked about her room. We should have mentioned she walked also the previous evening. Breakfast same as the supper. After this walked down stairs with a little aid of her husband, entered a carriage and rode with him a full hour and a half. This pleasant ride in the cool of the morning was to her exceedingly refreshing; she was not fatigued, only made better for it. Knowing it would be so was the reason of our directing it.

Awhile after returning from the ride, she laid down and slept soundly. Before dinner she took again her accustomed bath. Dinner, green peas without butter or salt, with brown bread and a few good raspberries uncooked.

At evening, between six and seven, Mrs. W. again rode out. Was up more than two-thirds of the entire day; experienced some pains; these were each time mitigated by the bath. The ablutions are performed regularly on rising, before dinner, before supper, on going to rest, and in the night time if the after-pains become troublesome. A good deal of friction with the hand at the time of, and after the bath. Injections of cold water, to which she has been accustomed, are used daily. The morning, before breakfast, is perhaps the best time. They may be taken a number of times during the day if the pains are severe. One or two pints may be used. If the patient is very weak they should not be too cold, 70° F. being a good temperature.

Third day.—Mrs. W. slept not very well. Invalids seldom, if ever, sleep right well more than one or two nights in succession. She feels, however, remarkably well, and is gaining strength rapid-

ly every day: bathes, sits up, walks, and rides as usual. She could now return home to Providence without risk, were it necessary for her to do so. More of Mrs. W.'s case, and that of her infant, hereafter.

When cases like the above in water-treatment are spoken of by friends of the system; objectors, especially the doctors, at once say, "Did you never hear of poor Irish women getting up immediately and going to the wash-tub?" Let it be understood, now and ever, *we ask only that the rule of our cases be taken as the test.* We give such examples as are an average of our success under this treatment.

NOTE. Those who wish to peruse cases of this kind, may obtain of us, through mail, former volumes of the Journal. Price one dollar per year. A few full sets only can be furnished.

PROLAPSUS UTERI (FALLING OF THE WOMB),
WITH SPINAL IRRITATION, INDIGESTION, &c. A LETTER OF ADVICE.

We are requested by a friend to give directions in water treatment for a poor but worthy and intelligent young lady at Westchester, Pennsylvania, who is said to be suffering with the above-named complaint. The description of her case is given below. Our object in publishing such a case is to furnish other persons who are similarly afflicted with a guide for the domestic treatment at home. Such cases are very common now-a-days, so pernicious and health-destroying are the dietetic, hygienic, and educational habits of society throughout the length and breadth of our land. Comparatively few persons of the few, who desire the water treatment, can enter the water establishments on account of the great "expense."

The young lady is a mulatto girl of four and twenty. She is one of twelve children, and the oldest. The father and one son support the family by shoe-making. The patient's temperament is now highly nervous. She inherited a pretty good constitution, which is said to have been injured by bad treatment in an attack of scarlet fever; and there can scarcely be a doubt of this, for not one person in a thousand that has the scarlet fever, gets anything but bad treatment, Heaven knows. When about twenty she strained herself by too severe manual labor, and then neglected herself, allowing the evil to increase. She is now confined to the bed for about a week at a time; then for a week she sits up an hour or two a day; then for a week she goes up and down stairs, sits at sewing, and some slight cause sends her to bed again. She taught school for a year, practising standing most of the time, and that brought on the worse condition she is now in. She has worn the commonly approved steel supporters, but now discards them. (Well she might, for supporters, braces, and ten thousand other things, got up now-a-days to serve mammon with, *are always injurious in the end*; and people find this out often enough after their pockets are minus from five to five and twenty dollars, sometimes more.) She has, fortunately, never taken allopathic doses, only homeopathic, which it is easy enough to understand would do no good in such a case. It is due her to say she has been most faithful in following the last mentioned treatment. Latterly she has used cold water to some extent; has great faith in it; has found relief from wet applications on the abdomen and stomach; drinks much cold water; has taken sitz baths, but does not know how long to remain in

them. There is no visible appearance of disease in the organ affected. The pain, a dry, feverish, irritable one, is deep seated. When she walks, even when better, she feels this. Her heart is out of order; sharp, twisting pains, and then palpitation. This she suffers from extremely, but thinks it is caused by the other disorder. She has a great deal of internal fever, especially in the morning; is of costive habit, and now, by the advice of our informant, uses unbolted bread, and is a little better in this respect. Appetite small.

The writer adds in postscript, June 18th: "Last night I found the patient much worse; each succeeding attack is worse than the last. I find I was mistaken in some things. She has had much pain in the small of the back; in all the region of the womb and abdomen; *always a severe and settled pain between the left ribs and hip bone, (forward,) too far forward to be the kidneys.* She puts cold water bandages covered with flannel upon the part, else she could not move; menses regular; has had a dull pain between the eyebrows; pains all over the body at times, and painful bearing down when standing. The physician told her mother he thought she would never be much better." (Query—Do doctors often tell their rich patients such a story as that?)

Remarks.—This young woman has no doubt been much injured in health by tea, coffee, rich food, etc., and particularly by too much sitting and study at times. At all events, her system throughout is in a very bad state. Nervous debility is perhaps the worst feature of her case. Nevertheless, she can be cured if she will set to work thoroughly in the matter, and persevere in all good rules of health long enough. She has

been always so much under the influence of the causes of disease, she can yet, through the renovating power of the water treatment, become stronger, more hardy, enduring, and in every respect more healthy than she has ever yet been. So we believe. But if we are to take the responsibility, she must make up her mind in the first place, to follow honestly and implicitly every direction we give. This is especially necessary for those of our patients whom we cannot see face to face.

The water treatment.—For one week take the rubbing sheet five minutes very early in the morning on rising. Then expose the surface to the air while drying it, for about five minutes more; then drink pure soft water, and walk moderately in the open air.

A half hour or an hour before dinner repeat the rubbing-sheet, and immediately after it take the hip-bath ten minutes; then some exercise before dinner, but not in the sunshine, when the weather is hot.

After noon, towards supper-time, repeat the same process. Wash the feet well at every bath, ditto hands, face, and neck. Rub well the abdomen with the wet hand while in the sitting or hip-bath. Exercise either out of doors or in the room with open windows, always after the baths.

On going to rest, rubbing wet sheet and feet-washing, without hip-bath.

Water drinking, etc.—Six to eight tumblers of pure soft water will be sufficient for each day, provided the food is free from stimulants. Drink mostly before the meals; most in the morning; drink at any time when there is thirst. All the water used should be pure and soft, for bathing as well as drinking. Until further directions, no water is to be used

colder than rain water in the shade, viz., at 70° F. That for drinking to be cold.

Second week and onward, take the packing wet sheet for twenty minutes, (the blankets to be left loose about the body,) never more, on rising; this to be followed by the rubbing-sheet, foot-washing, etc., as before. Sunday mornings omit the packing-sheet, and take as little treatment that day as is consistent with cleanliness and comfort. The rest of the treatment after the second week same as the first.

Exercise.—Persons in this state should not exercise much at a time; as they become stronger they can bear more. Riding is here very useful. These nervous persons are of all others most apt to go to extremes; they feel better, and then they overdo; they feel worse, and then they are indolent and do too little. They are fickle, changeable in their minds, and it often costs the physician a great deal of trouble to keep them anywhere within bounds. They imagine this, that, and the other thing, to disagree with them, and will insist upon it that they are right. Be it remembered, no person in such a condition of health can, by any possible means, be cured except through a course of long-continued, hard and up-hill work. Exercise before the meals; also after, only more moderately. No study, reading, or writing, should be done for some time after the meals; and the less of literary matters and hard thinking the better, until the patient is much stronger than at present. Patients should leave the mind free and uncareworn; let the body grow, vegetate as it were, so that gradually a new birth of the material body takes place.

Water Injections.—Use an injection of water, such as of the baths, in the morning, after bathing. Two or three pints

may be used to cause immediate evacuation. When the bowels become sufficiently regulated by diet and the other treatment, the injection will not be needed.

Wet Bandages.—These are very apt to do mischief in the hot season, by becoming too warm, thus weakening the body; whereas they should be cooling and tonic. She should wear a heavy wet girdle of linen, three yards long, two yards wet, and no oil cloth or flannels over it, as much of the time as she can, and not let it become too warm. Wet it every three hours during the day. Tapes are best to secure it; is always to be worn at night. Also wear a wet diaper like an infant's, three or four thicknesses, all wet. Also wear during the night wet towels about the thighs.

Beds, sleeping, &c.—Sleep on a hard straw bed, ditto one low pillow only. Have the air in the room as fresh as possible, precisely like the out-door air. Do not sleep with the head of the bed in a corner of the room; the air is better near the middle of the room. Keep as cool as possible during the whole night, only do not remain so cold as to prevent sleep. Better suffer with cold than be too hot. Use no cotton comfortables at any season of the year.

Go to rest regularly by nine o'clock; rise never later than five in the morning, earlier if she wakes; sleep a little in the forenoon, with the day clothing off, if the reis need of more sleep; never in the afternoon. Drink water if wakeful in the night.

Menstruation.—If this ceases for a time under the water treatment, no fears need be entertained. Such is not unfrequently the case even for months. The system is being purified in so many ways by the treatment, in fact wasted, that is,

the old matter of the system, the function does not go on. This is, under the circumstances, natural and right, for the patient suffers no inconvenience, and is month by month, gaining in every respect. Not so when menstruation is arrested by disease.

Diet.—Here patients are too apt to prove unfaithful. If this patient drinks tea or coffee, cease entirely and at once. If she has eaten freely of flesh meat, she may gradually lessen the quantity, taking it but once a day, for two or three weeks. It is, however, quite as well, probably better, to discontinue it at once. But she could be cured even if she ate meat constantly, under proper restrictions as to kind and quantity. But in all cases milk is a better form of animal food. Brown domestic bread, potatoes, rice, and good vegetables and fruits in their seasons; these, with a moderate portion of milk once or twice a day, are the best diet. She can bear but a very small amount of food until she becomes stronger than now. No matter if the patient has a morbid craving appetite for the flesh-pots and good things, so called. No matter if she feels weakened at first for a while; so does the drunkard when going from his bad to better habits.

Use no salt when it can be avoided. A little unsalted butter may be used; the less the better. So also of sweet things. When the patient has not a great relish for the plainest food, she should drink plentifully of water at the meal time, and wait till the appetite comes. But water patients are not long troubled with poor appetite; the only thing is to restrain it.

Take not a particle of food, fruits, or anything but water between meals; and have the meals at regular hours, as near to six, twelve, and six as may be. Rather than vary a single hour, drink some wa-

ter and wait until the next meal-time. Remember these little things; "many a little make a mickle." Is not health worth the striving for?

Crisis.—This patient will probably experience a visible crisis of some kind. Before long there will probably be a looseness of the bowels, attended with little or no pain, and causing but little debility. Then there will be mitigation of pains. Boils and eruptions will be very likely to appear. Constipation, or at least a tendency thereto, will now and then occur. If severe crisis comes on, we should at once be informed of it; but there is no danger here, for water will cure whatever it causes in a well-directed treatment. See the *Water-Cure Manual* for a more full explanation of crisis. For us to hear from this patient once a month, will doubtless be sufficient.

We have thus written at some length concerning this patient, first because the importance of the case demanded it, and secondly, because there are multitudes of female invalids all over our country who suffer in ways not very different from this young woman. All such persons as have spinal irritations, and yet can walk a little, such as are of costive habit, (and what females except those who work hard and are tolerably correct in their dietetic habits, are not?) such as experience painful, irregular, or too profuse menstruation; such as are nervous and feeble from the use of tea and coffee, and such as having indigestion, all these may, if they choose, follow at home, without the aid of doctors and five dollar medical fees, the above-mentioned treatment. If you are afraid of the packing wet sheet, or the hip-baths, or the bandages, go on without them awhile at first; the rubbing sheets alone will make you stronger in

body and better in every respect; thus the mind will be encouraged, so that you can go on with the stronger treatment. Be sure of one thing, there will be "gran-nies" enough of both sexes perpetually saying, "You are killing yourself, starving yourself," &c.

So also there are a great many sluggards, feeble, puny men, and also some well-disposed persons, who suffer only because of their ignorance, and need but the light of truth to induce them to act. These, too, may undertake such a water and diet treatment as we have here recommended.

THOUGHTS ON LABOR.

Who can estimate the value of labor? Go, ye wine-bibbers, gluttons, idlers, ye lazy men and women of this world; go to the humble cottage of the laboring class and witness their contentment, cheerfulness, their good health and virtuous life, and learn a lesson if you will. Go, too, ye city idlers, ye men who are too proud to be seen even with gloves on, sawing a stick of wood; ye women, lovers of fineries and fashions, who say long prayers in the morning and are yet too proud to make a loaf of bread; go, we say, and learn wisdom of the humble country people who obey daily the injunction, **MAN MUST WORK.**

We are proud and thankful that we have parents who taught us early the importance of labor; a father who labors annually as many week-days as the year contains; who rises early, lives frugally, and attends personally to his own affairs, and who is as industrious and honest a man as can elsewhere be found; a mother, too, we have, who loves her children too well to trust them to hirelings, who cannot have that interest for them that a parent should have,—an interest which

none but a mother can feel. Even in the matter of preparing food, can we reasonably expect hired persons will feel a proper interest in making it of the best possible quality for husband and children? No, none but a WIFE or MOTHER can feel that interest. She must at least oversee the matter herself. So has it been with our mother from the day of her marriage up; and she has given birth to, and reared eleven children, six sons and five daughters, all enjoying good health. Did she ever dance Polkas and waltz? Not one whit; she was married almost too young for that; and if she had not been, her parents were too sensible to encourage or allow such foolish practices.* Is she thought anything the less of for not knowing how to dance? Find if you can a mother of eleven children who has read the Bible more, who understands it better, or one who is more kind and attentive to the poor and the sick, or one who has a better name among all who know her—we should be very glad to see such a one, if such can be found.

But to get back to our subject. Every person who is able, of whatever age or sex, should engage habitually and daily in some kind of work. If possible, every man, woman, and child, *should actually till the ground*—enough, at least, to raise their own bread out of it. Oh, ye idlers with dyspepsia, gout, and rheumatism, ye know not the blessings, the PLEASURE of this! *No one* who has health enough, and can possibly get at the face of the earth, should lose the opportunity of digging it, and raising corn and wheat, flowers and fruits.

* This refers to dancing as it is, not as it *might* be. As a social exercise, among relatives and particular friends, it may be made a most salutary exercise for both body and mind. Ed.

It would seem that nothing short of work could make man contented with life. A bird cannot be happy if it is not allowed to fly and sing, nor can a man or woman be really contented and happy without an opportunity of tilling our mother Earth.

“But it is *unfashionable* to work,” says one. It is fashionable, very fashionable, we know, to be lazy, above work. It is fashionable to make labor poor, half-starved and naked often, and everywhere greatly overworked. Let then, all fashionable people go on as they best can without work; they are welcome to their reward, which is sure to come.

Observe, too, *the dignity of labor!* Is it not glorious to improve and beautify our mother Earth, in whose bosom all must at last repose? Who would not “deck her universal face in pleasant green?” Labor, too, in arts and mechanics, is noble, honorable, useful, and often beautiful; but followed exclusively it is neither so satisfying nor healthful as labor on the soil. Every mechanic and artisan should, if possible, practise it a part of the time. And this kind of labor is also more certain of pay. The mechanic must trust more to men; the farmer to God.

There is one very unpleasant thing about labor as practised at the present day. It is almost everywhere overworked. Very generally is it the case that labor does the work while wealth gets the pay. Irishmen do the hard digging; rich railroad companies get the money.

If every man and woman would work a little, moderately, and just enough for health, work enough would be done, and no one would have to work too much, nor could sickness hardly find a place among workers. Work is one of the greatest things in the world to cure peo-

ple with. Little more would be needed with the great majority of patients than to get them into a regular system of labor. Be sure there are hard cases enough that cannot be cured by any means. But a great many persons can be cured, but not without work. How hydra-headed dyspepsia is driven off if we can get a man long enough to hew, and split, and dig the ground! If he is weak he must not go fast; if he feels a little worse at first, let him go on and persevere. Then he will come out right in the end. What an appetite, too, will he have; and how sound will be his sleep at night. If with other good habits he labor, he will not long be troubled with dreams and nightmare, and he will understand, to a demonstration, that "hunger is the best sauce."

BATHING IN THE HOT SEASON.

People often expect too much of water, and many persons, once they get into the habit of bathing, do too much. In hot weather bathing is very pleasant to the *feelings*, and hence the thing is so often overdone. The hotter the weather the more liability to harm; *because the system is then not so vigorous as in cool or cold weather*, and consequently not so able to endure strong impressions of any kind.

Ablutions merely sufficient for bodily cleanliness, with those who labor hard, is all that is useful or allowable. Many bathe too much, and thus weaken themselves.

Farmers and all laboring people, as well as all lazy people, will find the foot bath at evening a most excellent thing. It promotes health and strength, and causes refreshing sleep. The *idea* of cleanliness has also a most excellent effect on both body and m

DRINKING IN HOT WEATHER.

Be careful about drinking cold water now in the hot weather. Do not work too hard, and become too much heated and fatigued. In case you do, rest a while in the shade, and even suffer with thirst rather than gulp down a great quantity of cold water as people are wont to do. Especially if the water is hard, it is apt to sit heavy on the stomach and do mischief. Drink little at a time, and slowly; in this way, a little quenches thirst as well as a greater quantity. Washing the hands, face, arms, and feet will be found very refreshing, and a means of abating thirst.

None but excessively foolish or excessively ignorant people will use salt fish, ham, and other salt provisions in hot weather. The stomach fever which these cause is bad enough at any time, but more especially so in hot weather.

MILK FRESH FROM THE COW.

Some regard this as very unhealthy, and others precisely the reverse. Some think it will cure almost anything among the vast variety of stomach ailments. We have advocated sour or lobbred milk, such as the Germans use much, and farmers tell us that sweet milk, whey, &c., must be left until sour, or the swine that are fed on these articles become diseased. But we have our doubts whether new milk, fresh from the cow, would cause such a result. From some little experiments, we are led to think well of the fresh new milk, just from the cow. At any rate, we advise dyspeptics to try it; very carefully, of course, at first.

VINEGAR—ITS EFFECTS.

We are often asked if vinegar is allowable as an article of diet. We believe the less of it the better. We allow our patients to use it occasionally at Long

Island, but we always say, *be careful*. We do not allow it because we like it ourselves, for we very seldom touch it, and have, in fact, nearly lost all relish for it. We eat beans unsalted even without it. We think that if any person will observe carefully, they will find if they use vinegar in quantity sufficient to cause any appreciable effect, as, for example, at dinner, they will perceive that the next day they do not feel so well for it.

HOT WEATHER IN NEW YORK, *July 17, '48.*

We seldom go to the city during the summer season. We are, however, here to-day, and the weather is most oppressively hot. A friend at the Novelty Works on the East River and Twelfth Street, tells us that the thermometer stood yesterday at 96° F. in the shade. Terrible weather this for the city. It will make mourning for the people, but joy for the doctors—those of them who have such hard work to live. New York city is as doctor-ridden a community as anywhere exists. There are now three times as many doctors as are necessary to do even the bad work that is done. How earnestly must they pray, many of them, for people to be sick!

INTERNAL USE OF ICE IN EXHAUSTING DISEASES.

Some interesting cases are quoted in a recent number of the "*Revue Medico-Chirurgicale*" from a French Journal, in which ice taken internally seemed to be of great service in reviving powers fast sinking. The writer employs it in very various diseased conditions, providing these manifest the signs of intense debility. The re-action it induces may prove curative in some cases, while in others, in which this is impossible, a marked temporary amelioration of the patient's state may occur. In the case in question, there is great atony and extenua-

tion, and an extreme aversion for every article of food whatever, with or without a development of muguet. A number of morbid states and organic lesions, having no other points in common, may induce this condition. Iced water does not succeed anything like so well as the administration of the ice in little lumps, which, by requiring time for their solution, ensure its gradual introduction. These impart great tone to the system, and revive the inclination for food in a remarkable manner.—*British and Foreign Medico-Chirurgical Review.*

But very sick persons must feel their way carefully in the use of ice. Take a very little at first, and thus one is enabled to ascertain without danger what the effects will be.

THE NATIONAL ERA ON THE WATER-CURE JOURNAL.

We find the following comments on the Water-Cure Journal in a late number of the National Era, published at Washington, D. C.

"The number before us contains much that is interesting, something dogmatical, something visionary. These reform dietetic and medical journals on the whole do good, we think, by attracting the attention of the people to the laws of health, and the necessity of avoiding bad habits of living and eating. But it is marvellous on how small a capital of facts some of them do business. The editor of this Water-Cure Journal, in the course of some Hints on Sleep, asks in what sense is an hour's sleep before midnight worth two after it? He answers the question by telling his readers that the birds cease their singing as the sun goes down; the sheep and the deer go to their resting place early, and throughout nature quietness and repose are the order of the night. Hence it is natural, &c. Some birds keep awake all night. Darkness is the time when beasts of prey roam to and fro. Wind and water are just as busy after the sun sets as after it rises. This talk about its being natural to go to sleep when hens go to roost is

all nonsense. People sleep o' nights, because it is more convenient to transact business by daylight. And as to the time of sleeping, that is of very little importance. Let the sleep be long enough and the habit regular, and it is no matter whether it be before or after midnight. Sailors are as robust as any set of men living, but a large portion of their sleeping is done regularly in the day-time."

Remarks.—"Some birds keep awake all night." The bat and the owl, and perhaps a few other birds keep awake either a part or the whole of the night. Their eyes are by nature so formed that they cannot bear the light, therefore it is as natural as necessary for them to remain in dark places during the day. So also hungry wolves prowl about during at least a part of the night; so too dogs that are not sufficiently fed during the day, will seek food in the night. But all of these are exceptions to the general rule. Repose, as every one knows, is the order of the night throughout animate creation at large; and it is a very poor method of reasoning to bring up the exceptions against the general rule. As to winds and water, the argument will not hold, for we were speaking of *animate* nature—not inanimate.

From personal observation we are led to believe that sailors as a class are *not* as 'robust as any set of men living.' How very seldom indeed do we find an old sailor who is able to go to sea. Few we think are to be found above forty. And even the young men have often scurvy, skin diseases of various kinds, fevers, dysentery, and other inflammations of the bowels; and what class of men in the wide world is there, who suffer so often and so much with the untold horrors of licentiousness? Poor men are they, without wives, children, or home, everywhere most badly treated and poorly fed. Be-

sides, their life is almost as irregular as one as could be. Making the best of it, it is perpetually a life of irregularity. The periods used for sleep and labor one night or day are always inverted the next. One night they sleep eight hours, i. e., from eight P. M. to midnight, and from four to eight A. M., the next night, only four hours, i. e., from midnight to four A. M. Then from eight to twelve in the forenoon, they have a right to sleep provided there is nothing to do; but often they are kept up on duty, and not unfrequently they are up from mere choice during this time. Besides, it often happens that all hands are required on duty at once, sometimes for whole days and nights in succession. We see then, that the life of the sailor is necessarily a very irregular one. Now add to all this the fact of their almost universal intemperance, tobacco-chewing, tea and coffee drinking by night and by day to great excess, when they can, by any possibility, obtain the articles, the abominable food on which they are kept—worse even than that of the slaves, and their licentious habits, is it any wonder that they so soon become feeble and decrepid, and as a class die early? Their athletic habits and the pure air they breathe do much for them; otherwise their physical condition would be far worse than it now is.

If the Era's argument for sailors proves anything, it proves as much that drunkenness, licentiousness, bad food, excessive tea and coffee drinking, the most enormous use of tobacco, and constant irregularity, are good for health. Any man in his sober senses must be himself under the influence of some "darling habit" that will not let him reason any better; so great a control have artificial and unnatural appetites over the reasoning powers of mankind.

EXTRACTS FROM PATIENTS.

Julius B. Ransom, of Janesville, Rock Co., Wisconsin, writes us that through the water treatment practised a few days in Mrs. Ransom's case, "he has broken a fever and set the bowels in action, and brought about good sleep nights; better than has been for years. She can walk a mile, and the treatment has made her feel almost sound," &c.

The sweating should by no means be practised in Mrs. R.'s case. The treatment should be very mild now, and long pursued. Especially should the diet part of the matter be attended to strictly. Do not expect "miracles" in such a case as this. A wet sheet for twenty minutes in the morning on waking, with but little covering in the hot weather, a shallow bath of rain-water temperature after this, a rubbing sheet and hip bath an hour before dinner, a foot bath and rubbing sheet in the afternoon near supper time, and a rubbing sheet on going to rest, the wet girdle mornings and evenings, put on before the meals and worn also at night, taking great care that it does not become too warm in the hot season; this, with proper dieting and careful exercise, will constitute a good treatment for some time to come for Mrs. Ransom.

Mr. O. Gurnsey, writing from the same place to our publishers, says, "My wife has carried our four children through a course of the measles, strictly on the water principle, with the most satisfactory success, and to the great astonishment of our friends, who were troubled with the worst of forebodings as to the result."

TO AGENTS,

AND THOSE DESIROUS OF PROMOTING THE WATER-CURE, AND OTHER REFORMS.

The publishers propose to establish

agencies for the formation of clubs in every STATE, COUNTY, TOWN, and VILLAGE throughout the United States. For this object we call on all true philanthropists, of whatever condition in life, to use their influence in our favor. No individual will attempt to plead inability in this great movement. Every man and woman who has a body worth preserving, and would render life pleasant, has an interest in this the highest earthly object of existence, namely HEALTH, VIRTUE, AND HAPPINESS.

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OPINIONS OF THE PRESS,

OF THE

Water-Cure Journal and Herald of Reforms.

The following are a few of the numerous commendatory notices which this Journal has received since the publication of the July number; and the very encouraging manner in which the friends of humanity respond, induces us to redouble our efforts to render this Journal what it purports to be, viz., a HEALTH INVIGORATOR AND LIFE PROLONGER.

"THE WATER-CURE JOURNAL AND HERALD OF REFORMS.—This valuable publication has just entered upon its sixth volume, and passed into the hands of those well-known reformers and publishers of reform works, Messrs. Fowlers & Wells, New York. The examination we have given the subject, has convinced us that it is an all-important one to the invalid, and must (being founded in nature) ultimately be the general treatment of disease. We have read this publication with the greatest pleasure. It contains much valuable matter upon the subject of health, and we cheerfully recommend it to all. Terms \$1 00 per year; published monthly."—*Portland Transcript.*

"All who wish to promote physical and intellectual vigor, as well as that longevity which is so desirable to human nature, will do well to subscribe to this Journal. Physicians, especially, we think, should, for the sake of humanity, give it their support."—*Clarion of Freedom.*

"No one dare doubt that cold water, when properly applied, has a very salutary effect upon the system; and we are satisfied that if people would have more recourse to water, and less to drugs, they would be the better for it. The Water-Cure has latterly been making some stir in the world, and has been effecting some wonderful cures."—*Sunbury Gazette.*

"The principles advocated by this Journal on bathing, exercise, clothing, ventilation, &c., so far as we know them, are perfectly sound, and those who adhere to them strictly will save in comfort and doctor's bills many times the price of the Journal."—*Religious Telescope, Ohio.*

"From the ability and skill of the enterprising publishers, we have no doubt it will be worthy of the success which it will receive from an enlightened public."—*The Christian Palladium.*

"It contains most valuable information in regard to restoring and preserving health; a subject which, if it were studied a ten thousandth part as much as money-getting, would make men infinitely better and happier. Terms of the Journal \$1 a year in advance."—*Verm't Phenix.*

"We are decidedly favorable to the use of cold water, both in sickness and in health; and deem its application entirely 'proper in all cases where it does no violence' to nature. We believe, however, that to use it properly, so as to assist nature in restoring the diseased system to health, requires much knowledge and experience. The number before us contains many useful suggestions, as it regards the restoration of health, dietetics, ventilation of rooms, &c. It goes against the use of tobacco, snuff, tea, and coffee. We go practically for all this—except the coffee. It seems a hard case to make out a breakfast, without one cup of the old Java; but, convince us that this sacrifice is necessary to health and longevity, and we can and will cheerfully make it. Address Fowlers & Wells, 131 Nassau street, New York."—*Chris. Watchman.*

"This publication, in the hands of its present enterprising proprietors, is destined, in our opinion, to make itself felt; at least whenever the rational doctrine it so forcibly inculcates shall become more generally known and appreciated, (as is not unlikely to be the case under the auspices of Messrs. Fowlers & Wells,) then will commence, in our opinion, the era proper of medical reform. The thoroughly scientific knowledge and vast experience of Dr. Shew, the editor of this truly philanthropic work, afford in themselves a sufficient guarantee that it is no catchpenny publication; but one, on the contrary, as we hinted above, calculated to bring about a salutary revolution in the healing art. It is published monthly, at the exceedingly low price of \$1 a year, in advance."—*Rahway Register.*

"The Water-Cure Journal, edited by Joel Shew, M.D., has taken a permanent position in our periodical literature. Though treating of subjects which are generally supposed to be interesting only to medical men and invalids, it explains them in a manner suited to the capacity of the general reader; and taking for its motto, the wise old maxim, 'Avoid physic and physicians if you value health,' it teaches the best modes of preventing disease."—*N. Jersey Jour.*

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By O. V. Thayer, M. D.

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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 \$3 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.