

THE

WATER-CURE JOURNAL.

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"Wash and be Healed."

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NEW SERIES.

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HISTORY OF VINCENT PRIESSNITZ.

BY CAPT. CLARIDGE.

(Concluded from page 52.)

Priessnitz's first endeavor is to alleviate pain, so that the patients may avail themselves of air and exercise. How far this object is attained may be judged of from the circumstance that out of 500 or 600, the usual average number of patients under his charge, there are seldom a dozen of persons in bed at one time. If their complaint be fever, he is so completely master of the case, that no one ever keeps his bed, and seldom his room, for more than two or three days, excepting in cases of typhus, a malady which generally takes twelve or fourteen days to eradicate, but hardly ever longer. The same remark will apply to rheumatism. If the sufferer can only reach Graefenberg, he may be sure of immediate relief, such as elsewhere would be called a cure, and which is repeated many times a year; but the cure can only be regarded then as just commenced, it being Mr. P.'s object to eradicate the cause of malady from the system. What is understood by a cure at Graefenberg, is a perfect cleansing of the body of all impurities, a radical cure of that which has been the source of disease. Cases of very long standing succumb to the treatment, sometimes in two or three months, others resist for one or two years.

Supposing, for example, a young man to be attacked by gout; let him apply to Priessnitz, and he will be cured immediately: but another, who has inherited it from his family, and who has been a *bon vivant* himself for a number of years, cannot expect to be made a new man but with the exercise of patience; yet he will have this satisfaction, that during the cure he will find himself, in other respects, in perfect health, never be confined to his room, and be able to take plenty of exercise. This observation is made from the reports of several persons who are now undergoing the cure; these all agree in the fact that, though previous to going there they had been bed-ridden for years, they have never known what it was to be confined to their room for a single day, or even hour, since their arrival. Patients at Graefenberg, with hardly any exceptions, eat well and sleep well, until they have what is called a crisis, *i. e.* till the disease comes to a head. Then we behold water warring against drugs and their effects. The power of the former is so great, that nothing can resist it; and the latter must make their exit by some means or other: by diarrhœa, by urine, by biles or ulcers, or fever, &c. These to the invalid, at a distance, carry with them cause for fear; but at Graefenberg a crisis is hailed with the greatest joy as the harbinger of health. It is at this juncture that the genius of that

extraordinary man, Priessnitz, shows itself. He is never seen to hesitate, nor does the patient ever want confidence in him, for Priessnitz was never known to fail; when once the crisis, which is his object, is obtained, he can determine the extent of the cure, and time needed for completing it. All persons are expected to drink plentifully of water, the quantity depends upon circumstances, some ten or twelve, (none less,) whilst others extend it to twenty glasses a day. An inexperienced person would think that eating *ad libitum** was injudicious; but Mr. Priessnitz lays no restrictions on his patients in this respect. The consequence is, that the mountain air, the exercise, and the water, produce an appetite, the satisfying of which, under any other circumstances, would be highly conducive to indigestion; but Mr. Priessnitz persists in saying that water will digest anything, and that the evil of eating too much will correct itself as the patient gets stronger, and approaches to convalescence. Whatever may be the state of the patient's disease, no surgical operations ever take place, nor are patients, under any circumstances, subjected to the loss of blood, to blistering, or indeed any of the expedients resorted to under the allopathic system. If costiveness, indigestion, or inactivity of the organs, be the cause of complaint, water speedily removes it; if fever, wet sheets and frequent immersions in the bath have the desired effect.

The use of cold water, as we have already known from the remotest period, and the endeavor to produce perspiration in disease, is as old as medicine itself; but it is to Priessnitz that we are indebted for the manner of exciting perspiration without the aid of drugs, and of keeping it up at pleasure by cold water, drank in more or less quantities, and for replenishing the loss thus sustained, by plunging the body into cold water when it is in this state. This method is so diametrically opposed to that which has been hitherto practised, that at first sight it would appear dangerous, and even insane. Nevertheless, none of those inconveniences or evils have

* It must, however, be remarked, that almost all men, who have at all studied the science, are of opinion that too much is eaten at Graefenberg.

attended it, which the prejudiced might think it liable to. Far from this, it has served, and does serve every day, to cure the most aggravated diseases. The discovery of the soothing, cooling and strengthening effect of the wet sheet, is of itself sufficient to ensure Mr. Priessnitz the blessings of prosperity. There is hardly an instance of its not being applied to the patient at some period of his treatment; whilst it may be asserted, that not more than one or two in twenty are subjected to sweating, that being an operation confined almost entirely to strong or robust constitutions. Nor can we withhold from him the merit arising from the invention of an infinity of modes of applying cold water, by way of the douche, the sitz bath, wet sheets, &c., and of bringing about the desired object, by the combination of all these. The application of wet sheets in cases of fever, or extreme debility, is almost miraculous in its effects. Sweating, immediately succeeded by the cold bath, Mr. Priessnitz says, in its effects, is like a smith striking upon hot instead of cold iron: the value of these different discoveries will be explained under their different heads. Mr. Priessnitz, who may be considered as Nature's doctor, never feels the pulse, but judges by the temperament of the skin, and by the eye. It is a common expression at Graefenberg, that he sees into the human body as though it were made of glass. The most extraordinary part of this simple cure is, that though Graefenberg may be considered a refuge for the destitute in disease, death is of such rare occurrence, that one might almost say no one ever dies under the treatment: out of nearly 3,000 visitors who have been at Graefenberg within the last two years, seven or eight only have died; most of these were entirely exhausted previous to their arrival, and were only received by Mr. Priessnitz as extremely doubtful cases.

Mr. Priessnitz's mode of treatment strengthens the infant, and its application to old age and decrepitude is like that of adding oil to an almost exhausted lamp.

We are quite aware that a work asserting these extraordinary results from such humble means, will, like the first tidings of all great discoveries, be received with

doubt and disbelief; although this differs from most others, inasmuch as it does not require time to develop its truth. The sceptic has only to make an agreeable journey of a few days to Graefenberg, where he will at once be satisfied of the facts, or be able to refute them. I know they will be too well attested by hundreds of living witnesses to cause any fear in my mind as to the result; and I therefore say to those who do not, as well as those who do labor under disease, "Go to Graefenberg and mix with the patients, amongst whom will be found representatives of infancy, youth, manhood, and old age; many of whom speak French, and some English; judge there for yourselves!" Since all are subjected to the infirmities of human nature, there is no person, whether in health or otherwise, who may not be benefited by the trip, as they may acquire information which will be of the utmost importance to them for the remainder of their lives.

The hydropathic treatment differs from all others, inasmuch as it is administered to hundreds of persons congregated in one place, who are in the constant habit of meeting and discussing its merits, so that nothing important can happen to any single individual that is not known to the whole body; whilst under the allopathian and homœopathic treatment, patients are treated at their homes, so that none but their own families know the results of either mode of treatment.

After the eminent services which this great man, with such modesty, and without the slightest pretension, has rendered to society, we cannot be surprised at his having succeeded in securing general esteem. This has been shown him by crowned heads and nobles of the adjoining countries. At present, (in 1841,) there are under his treatment at Graefenberg and Friewaldau, an archduchess, ten princes and princesses, at least 100 counts and barons, military men of all grades, several medical men, professors, advocates, &c., in all about 500; and the following is a list which shows the progress of the establishment up to the present time:

| | | |
|------|-------|----|
| 1829 | . . . | 45 |
| 1830 | . . . | 54 |
| 1831 | . . . | 62 |

| | | |
|-----------|-------|-------------------|
| 1832 | . . . | 118 |
| 1833 | . . . | 206 |
| 1834 | . . . | 256 |
| 1835 | . . . | 342 |
| 1836 | . . . | 469 |
| 1837 | . . . | 570 |
| 1838 | . . . | 800 |
| 1839 | . . . | 1490 and upwards. |
| 1840 | . . . | 1576 |
| 1841, say | . . . | 1400 |
| | | 7298 |

In consequence of similar establishments having sprung up in Russia, Poland, Hungary, Moldavia, Wallachia, and in most states of Germany, it is expected that the numbers of this year, 1841, will not be equal to those of the last; up to the beginning of September there had been about 1150. It may not be uninteresting to see how the 1576 of last year were composed; as by it we may infer that, as the distances and consequent expenses of travelling in most instances were great, the patients were of the better order of society. It must be observed that the trades-people or peasantry to whom Mr. Priessnitz may have given advice, are not included in this list:

| | |
|-------------------------|------------------------|
| | <i>Guests in 1840.</i> |
| From Austria, | 367 |
| “ Galicia, | 93 |
| “ Poland, | 128 |
| “ Hungary, | 137 |
| “ Prussia, | 527 |
| “ Saxony, | 21 |
| “ Bavaria, | 13 |
| “ Wurtemberg | 15 |
| “ Duchy of Baden | 3 |
| “ England, | 2 |
| “ Mecklenburg, | 13 |
| “ Sweden, | 7 |
| “ Russia, | 94 |
| “ France, | 15 |
| “ Belgium, | 7 |
| “ Italy, | 3 |
| “ Hamburg, | 39 |
| “ Moldavia & Wallachia, | 27 |
| “ Hanover, | 4 |
| “ Switzerland, | 6 |
| “ Cracovie, | 25 |
| “ Denmark, | 12 |
| “ Brunswick, | 5 |
| “ America, | 12 |
| “ Other Countries, | 12 |
| In all, | 1576 |

On ascending to Graefenberg by the carriage road, the traveller will see a fountain, erected by Wallachian and Moldavian patients, with this inscription—

V. P.

"Au Genie de l'Eau Froide."

(Meaning, *To the Genius of Cold Water.*)

And on descending by the foot-path to Freiwaldau, he will find another monument of a lion, on a pedestal, in bronze, erected by the Hungarians, with the following inscriptions in their language :

FRONT.

"As a punishment to man for his presumption in despising the beverage which he had in common with wild animals, he became diseased, infirm, and debilitated.

"Priessnitz causes the primitive virtues of water to be again known, and by it infuses fresh vigor into the human race."

SIDE.

"Priessnitz, the benefactor of mankind, merits the grateful and honorable remembrance of the Hungarian nation; the erectors of this monument invite their countrymen of future ages to the vivifying springs at Graefenberg.

"MDCCCXXXIX et XL."

Besides what has been done in other states, upwards of forty hydropathic establishments have sprung up in different parts of Germany. There is hardly a journal published in the country that has not taken some notice of this mode of treating disease; and books have been published on the subject in almost every continental language. England alone forms an exception, which it is difficult to account for. And these enormous results, this wonderful revolution in the medical world, as I may call it, have all been attained by the zeal, vigor, and genius of one man, and that man originally an uneducated peasant.

"The warm, tepid, cold, or shower bath, as a means of preserving health, ought to be in as common use as a change of apparel, for it is equally a measure of necessary cleanliness. If the bath cannot be had at all places, soap and water may be obtained every where, and leave no apology for neglecting the skin."—*Dr. A. Coombe.*

"O madness! to think use of strong wines, And strongest drink, our chief support of health, When God, with these forbidden, made choice to rear His mighty champion, strong above compare, Whose drink was only from the limpid brook."—*Milton.*

To Doct. Joel Shew :

Although I am no more interested in the success of the water cure than any other individual, I am willing to pay ten cents to make mankind acquainted with the wonderful cure of Eliza Ann Delong, formerly of Oswego, and now of Palermo, in this country. The account I had from her and her physician a few days ago. She was a smart active woman of say twenty-five, with three children, when by over-doing she fell into an extreme state of weakness and was bedrid two years; the last year she was unable to turn herself in her bed, or speak a loud word; she had the best physicians, both botanic and mineral, but all did no good; her most esteemed physician told her, "*it is evident medicine can do you no good, but perhaps good nursing may.*" She employed a nurse of extraordinary intelligence and firmness, who told her in the outset, "you are doing no good here, I will 'kill or cure you.'" "That is what I want," said Eliza. Her feet had been so cold that she had hot bricks put to them almost the whole year. About April 1st, 1845, the nurse commenced by brushing her all over and giving her eggs and wine, but it produced but little effect; she then took her in her arms and placed her in a tub of cold water from a well, and kept her there five minutes, and poured water over her; she then put her to bed, covered her up warm, and made her keep her hands and feet straight for a few minutes; her sufferings were so great that it seemed as if she could not survive it, but after a time her feet became warm. She was put in the water three days in succession and then missed three; on the fourth morning of showering in the tub, she jumped out of the tub and ran to her bed of her own accord; in three weeks she dismissed her nurse, her husband showering after that time; since August she has done her own work, and has as good health as people in general. As soon as the blood began to circulate in her limbs, her voice returned, and she now speaks as loud and clear as anybody. I might have mentioned before, to the praise of the nurse, that she persevered amidst the most dismal cries of the neighbors, who kept continually saying "she will certainly kill Mrs. Delong;" but

she cheered her on with the watchword "kill or cure," and to the heroism and skill of her intrepid nurse she owes her present good health. One strange thing, however, remains to be told. Eliza now makes no use of the cold bath; it had scarcely occurred to her mind that cold water was as good to prevent sickness as to cure it. Once she stayed in the tub fifteen minutes, but it was too long. In conclusion, allow me to say that I am convinced that a firm reliance upon the power of God in our souls, will produce an entire change eventually in law, physis and divinity, and that mankind will become far more peaceful and healthier and happier than they now are; and I cannot but think that the Cold Water Journal will contribute its mite to produce this desirable event.

Thine respectfully,

ALFRED WELLS.

Colosse, Oswego, 12th month 20th, 1845.

REMARKS.—In publishing the above we wish not to be understood as admitting that the use of water is in any case necessarily a "kill or cure" treatment. While it is susceptible of being made a most powerful means in one way, in another it may be made the mildest that can be; and by observing a few plain common sense rules, the treatment may be carried on in powerful applications *without the least danger.*—[ED. JOUR.]

WATER CURE—IMPORTANT FACTS.

Carefully observed, collected and arranged facts constitute the basis of all science. Such facts are rapidly establishing the scientific treatment of diseases by water. Such facts are demonstrating the vastly important truth, that water, used with a discreet boldness and persevering energy, in accordance with the true principles of physiology and judicious discrimination in varying conditions, is a **UNIVERSAL CURE**. Some of those facts have been witnessed by the writer.

More than fifteen years ago he commenced the following treatment in cases of fever: The patient stood or sat in a large tub; two persons,—one before, the

other behind,—each armed with a bucket of cold water, made a simultaneous dash upon his breast and shoulders. Without drying the surface, he was wrapped in blankets, put into bed and sweated. When the fever returned, the dash was repeated, or resort was had to cold ablutions. Frequent and very copious injections of tepid water were found of much efficacy in the relief of those distressing and oppressive feelings which constitute so much of a fever patient's misery. The patient was enjoined to drink largely of cold water, and cold wet cloths were kept applied to the burning feet, instead of stimulating them with mustard poultices. But little medicine was used, yet the practice was far more successful than any the writer had ever witnessed.

In 1833 the wife of the undersigned was so violently attacked with inflammatory rheumatism, that she was soon unable to move either of the lower extremities, and the pain was excruciating to an almost intolerable degree. The writer had them immersed in a tub of cold spring water, and a stream of the same was kept pouring on them for hours. *In two days, without a particle of medicine, the disease was cured.*

In the person of his son, the undersigned has recently cured, by the same means and the additional use of the wet bandage, one of the most dangerous and obstinate local diseases known to physicians, viz: inflammation of the knee joint.

As a general conclusion, he is happy in being afforded the opportunity and privilege of giving this testimony to the public through the reforming columns of a **WATER CURE JOURNAL**: *that in the treatment of various diseases he has been far more successful with water as his medicine, than the most consummate skill can be with the whole armament of medicines known to the learned or the unlearned world.*

T. N. CAULKINS, M. D.

We are glad of the opportunity of giving this strong testimony of Dr. Caulkins: He has had abundant opportunity of testing water, and has done so very successfully. The new system incomparably more than any other, rests upon facts.—[ED. JOUR.]

DOCTOR SCHIEFERDECKER ON WATER-CURE.

We should have noticed this work before, but that it was mislaid. It is a very excellent little work, and has the rare worth of being to the point. We have not to wade through long prosy dissertations to arrive at the author's final meaning. We cannot quite agree with the Doctor, that tea and coffee do us good in China and Arabia because they grow in those countries. On the same principle we might say that tobacco, opium, &c. (poisonous substances) are good for us because they grow in this country. We suppose, however, the Doctor in writing hastily, meant to be understood, that as a general law the products of any particular country are better suited to the inhabitants of that country than those from a foreign clime, a truth to which all must assent.

Doctor Schieferdecker is a man of thought, and is sure to have a *reason* for every thing. We give as a specimen of the work the following

RECAPITULATION, for such readers as read only the first and last pages of a new book, yet with the view of giving their judgment upon it.

The causes of the diseases of our body are always corporeal substances (never dynamical disproportions), from which the organism infected by them cannot be freed, unless they are ejected from it; not by being kept in it, even though arrested by chemical means, or neutralized.

For this reason no medicine can heal. It is impossible that the medicine could chemically destroy the sickening stuffs, because it is impossible to make the medicine pervade the whole organism in such a manner as to reach all the concealed particles of the disease; before this could be done, the diseased organism would be entirely annihilated. It is also, for another reason, impossible, because the medicine undergoes decomposition in the stomach, in consequence of which a great deal of it is deducted by the bowels.

The *healing method of nature* consists, therefore, in the exercise of the power given to every organism, to *eject out of it all materials inimical to it.*

Any *artificial method* must therefore follow the same system, and consequently perform two duties. *Firstly*, It must help the organism, when the process of excretion is *heightened to an extraordinary struggle* (acute disease): and, *secondly*, It must spur it (in the crisis) to this struggle, when it becomes tired, and *resigned into languor* (chronical disease), and even then it must assist it in the renewed struggle, as a preserver.

Homœopathy appears to feel this, without knowing it. Its consistently elaborated principle, "*Similia similibus curare*," appears to encourage an excitement to the acute disease, but offers no support to the organism when the struggle has begun. Homœopathy has also attained the knowledge that the doctrine of *neutralizing* the sickening substances by medicine belongs to the circle of absurdities and senseless inventions. And for this reason, probably, Homœopathy gives such ridiculously small doses, but which, being too small even for excitement, must be totally inefficacious. The success of homœopathic cures must be attributed solely to the healing power of nature, which will only fully display itself when entirely freed from allopathic abuse. Allopathy has no consistency in herself; now making use of allopathically operating medicines, then of homœopathic specific means, as mercury in syphilis, Peruvian bark in alternating fevers, and again of surgical measures. But in most cases this school acts according to its name, and then the effect of its treatment is to remove the extraordinary struggle for the recovery of health, by weakening the organism; and thus to change the acute disease into chronic debility or chronic languor.

Allopathy has no supreme leading principle, no consistent system. The true method of curing, that of nature, has a supreme principle, and is consistent. In the hydnatric system, though the iron consistency of nature is mollified and represented as beautiful and sublime in the harmony of the functions of the organism,

and their actions and re-actions, yet nature is its prototype; and its rule is to *conceal the artificial character of the method, by which the simplicity of nature and her operations are disfigured, and her dignity as the supreme model of the art, destroyed.*

The hydiatric method fulfils every duty of the healing art. *It stimulates the organism to work its own recovery—a process only desired by Homœopathy. It assists the organism in its struggle to heal,—in which Homœopathy is entirely inefficacious.*

In all internal diseases, the interior activity of the body prevails over the external, therefore it is the first and most pressing duty of the healing art to guide the activity of the organism, in conducting the motion of the fluids and sickening materials towards the external teguments of the body. This can be done exclusively by cold water, through its coldness and its solving quality. The strong re-action, by its instrumentality, is relaxed,—the thronging of all particles of the body towards the skin, and the power of decomposition, causes a partial expulsion of the noxious materials, already immediately under the skin, and an excitement of this tegument to great activity. The water strives to decompose and solve the whole skin into its constituent elements; this organ re-acts in defending itself, and is thus stimulated to an activity by which all the energy of the organism is solicited and the general afflux attracted to it. In and by this process new disturbing substances are daily led from the interior to the skin, and daily extracted by the water, and expelled by the activity of the skin in sweat and ulcers.

Thus the hydiatric method effects the cure of chronic diseases.

In acute maladies, the danger is easily and surely removed, and the heat extracted much more rapidly than by blood-letting. By the same operation the deleterious substances are conducted to the skin, and expelled from it by sweat and eruptions.

The same process gone through with the skin is applied to the stomach and the bowels, by copious draughts of water and by injections. Materials causing disease lying there or in the neighboring regions, will be absorbed by the water, and reject-

ed with it. This is the origin of the frequent diarrhœas and critical urinating during the water-cure.

An uninterrupted health until death quietly enters, in the last moment of a prolonged life, is quite impossible without the use of daily cold baths, because the skin must be open and active daily in order to eject the noxious substances that daily intrude. The organism of man, like that of every viviparous animal, is intended by nature for frequent contact with cold water. If, in any individual case, this is wanting, there will be, without exception, a preponderance of the internal activities over the external ones, as a necessary consequence. This, in itself, is an abnormal state leading to disease, the equilibrium required for health being suspended.

CASE OF AMOS ALLEN, OF TROY, N. Y.

The following letter was not designed for publication, but we are sure that Mr. Allen will forgive us for thus "dragging" him into public, since his case is so important a one. The letter is to the point, and speaks for itself.

Troy, Dec. 29th, 1845.

To Joel Shew, M. D.

Dear Sir,—You will recollect that I have been troubled with dyspepsia, continual constipation, piles, erysipelas, awful depression of spirits, &c., for more than thirty years, and *no one knows what I have suffered*, both bodily and mentally. My nerves and mind became much affected: I have tried various kinds of medicine without any relief. I called to advise with you about a year ago. I have since been drinking eight or ten glasses of water daily, and washing, by ablution, every morning. My food has been principally wheat meal bread, milk and apples; *my only* drink water, and have quit the use of tobacco and every other stimulant. My health has greatly improved, is better than it has been for twenty years.

I have obtained and disposed of twelve of your books on Hydropathy, in various directions, by gift and otherwise; am taking your Water Cure Journal, lending and recommending it and your books to others. I see in your last number, 1st

inst. you offer to send ten copies to one address for five dollars. I have obtained but three subscribers, but I enclose five dollars, and wish you to send ten copies according to direction. Some of them are sent to friends *gratuitously*.

Yours, &c. AMOS ALLEN.

P. S. My cure has been a remarkable one. My friends gave me up for lost, being 59 years of age; but I have gained thirty pounds in flesh within one year, and bid fair to continue in health. My morning practice of washing has become a luxury and pleasure as well as benefit. I could not be prevailed on to desist on any consideration.

A. A.

REMARKS.—It may be said by some that this case could not have been one of much consequence, since the means used were very simple, and consequently could not have caused any very great results. It is sometimes said, What can one bath a-day do? Now, we say to those who ask this question as an objection, try it thoroughly a whole year and see what will be the effects; or, if you please, show us ten or ten hundred men who have for one year practised a thorough ablation in cold water daily, and if you can find us the first one who will not testify that he has been benefitted, provided he has proceeded judiciously, and we will admit that we do not understand the effects of cold water. We might say the same of the substituting of pure cold water for all other drinks. Who ever heard persons repent becoming a water drinker? You cannot find any saying, "I drank cold water twenty, thirty, or fifty years; it made me costive, nervous, pale, feeble, &c., but at last I was induced to try large quantities of tea and coffee as hot as I could bear them, and now you see how much I am benefitted." Go to the water-drinkers and bathers themselves, if you wish to know the facts in hydropathy.

It is to be observed, in reference to Mr Allen's case, that with his perseverance,

"a cold bath in the morning" means about ten times as much as it would in many cases; that is, he would be ten times as thorough in it. Whatever his hands find to do is done with his might. We need greatly, the country over, such advocates of water as Mr. Allen.—[Ed. JOUR.]

WATER-CURE JOURNAL.

NEW-YORK, FEBRUARY 1, 1846.

REMARKS ON RHEUMATISM, WITH CASES OF TREATMENT.

Gout and Rheumatism resemble each other in some respects, and it is said that the two diseases were not accurately distinguished from each other until within about 200 years. The word rheumatism is derived from two Greek words signifying to flow from. Gout is named from the idea of the dropping of a morbid fluid, and so also is rheumatism. There often is considerable pain, but nothing of that violent kind as in gout, in which it seems as if molten lead were hissing in the joint.

Rheumatism does not, like gout, begin particularly in the night. It comes on at any time when there is an exciting cause. It sometimes shifts about from one joint or part to another, in the most singular manner. There is generally more increase of heat, and the application of heat is sure to make the disease worse.

The disease affects more particularly the fibrous membranes. It is more commonly situated about or within the joints. When it occurs in the back, it is called lumbago, (from lumbus, the loin,) and sometimes this is called "a crick in the back;" and so also people have what they call "a crick in the neck." There is no danger from the disease, unless it attack the parts within the chest, as the pleura, (the lining membrane of the chest,) or the

pericardium, (the enveloping membrane of the heart.) It is no uncommon thing in the old modes of practice, for it to be brought on violently in the chest by the irritating and poisonous doses administered; so we must conclude, since the disease is found to give way often of itself when the medicines are discontinued. There is no guess-work about this.

Rheumatism may be acute or chronic: it generally begins in the acute form, and is often allowed to run on and become chronic. When allowed to go on, it not unfrequently causes such enlargement, warping and stiffening of the joints, that the individual is a cripple for life.

Causes.—The exciting cause is always cool or cold moisture, as of inflammations in general; the individual takes a cold, as we say, by becoming over-heated, and then carelessly exposing the system, or it may come so insidiously that we can hardly detect how. The pre-disposing causes are those that operate in any way to deteriorate the general health; any thing that renders the body less hardy and vigorous and more liable to cold, may prove a cause.

Mercury a cause.—A great many young men, and sometimes older ones, in our cities, find their way to "those whose steps lay hold on hell;" and a disease more loathsome than aught on earth unclean, is contracted; and then what must be done? Why, the physician is resorted to, or the quack, and, professedly or with a lie, a course of mercury is given. The disease, changed though it may be, is only the deeper set, to eat out the very vitals, as it were. And the mercury, it penetrates and poisons the whole system,—courses in every vein: the man becomes blanched and bloodless, and every breath of wind gives him a rheumatic attack. Fortunate is it for him, if indeed it be not already too late, who has hydropathy

within his reach! Verily, *the way of the transgressor is hard!*

Common in this country.—In this country of luxury and abundance, and the almost universal neglect of bathing, the disease is exceedingly common. It attacks all classes, for the poor in this country are about as gluttonous as the rich. There is no reason why they may not be. The poor always imitate the rich as far as they can.

Bathing a prophylactic or preventive means.—It is well known that the Russians have, for many centuries, practised a great deal of bathing. At all seasons of the year, the old and young, from the infant up, frequently bathe themselves, or are bathed. Consequently rheumatism is almost entirely unknown among them. We must attribute this principally to their habits of bathing, for the climate is even more variable than our own. Their diet, too, is very simple, consisting almost entirely of brown bread, garlicks and water,—and another important thing to be mentioned is, that throughout the Russian villages and country parts, scarcely ever is a physician to be found. Physicians have always been a great pest to society, and it is a great deal better to have none at all than such as we generally have. They have caused more deaths, a hundred fold, than the cholera or the plague.

The case of Mr. Ives.—From the *Editor's Note Book.*—This is the case of Mr. Ives of the Musical Academy, 417 Houston street, a well known author and teacher in music. The facts of the case are known to our friend Doctor Crane of this city, Park Benjamin, Esq., then residing in the same house with Mr. Ives, the Rev. Win. H. Channing, Mr. Osborne Macdaniel, who also rendered efficient aid in our treatment of the case, and to a large number of Mr. Ives' pupils and friends.

Towards the close of the past winter, Mr. Ives was seized with a most violent

attack of rheumatic fever, affecting seriously the whole system. The hands, wrists, elbows, feet, ankles and knees, were exceedingly swollen, hot and painful! Every joint and part of the system was in fact affected. Among other means, repeated doses of *c. lechicum*, (a poisonous acro-narcotic medicine,) had been given.

The medicine, without doubt, had, two days previously to my seeing Mr. Ives, caused the disease to attack violently the heart. This is always a dangerous symptom. The attack of the heart had been so severe as to cause delirium.

Mr. Ives, from the first, had an inclination to use water. On asking the attending physicians, (there were two,) whether this remedy could not be advantageously used, he was answered, "*What! Use the very thing to cause rheumatism, would you?*" At length, finding no relief, growing constantly worse, and not being able to get any rest, and suffering more than can be described, I was sent for soon after the middle of the night, two weeks after the attack. Considering the bad work that had been done, fearing more, by far, the effects of the medicines that I had been administered than the disease, I was reluctant to proceed. I knew full well, however, that the body, all in fever and suffering as it was, and those swollen, inflamed and painful parts, could all speedily be cooled to the natural temperature; and that in so doing, the pain would at once subside, and thus the sufferer be brought into the condition the most favorable for recovery that the case would admit of.

A lengthy detail of the treatment cannot here be given. Thick woollen shirts, that had been left upon the body since the first of the attack, were cut into shreds,—this mode being the only one by which they could be removed. Mr. Ives had been charged to avoid the slightest change of air. The garments, therefore, could not be removed. It is not easy to conceive of the great amount of acid, foetid perspiration with which these garments were saturated, and the whole surface covered. The body was kept well guarded from cold. A thorough cleansing was given by means of towels wet in tepid water. During this operation a most loathsome stench filled the room. Sp

grateful and cooling was this process (for tepid water, as well as cold, is cooling,) that it was with difficulty that Mr. Ives could remain awake till it was finished. Observing the great relief so quickly given, Mrs. Ives said, "*If you cure that man never shall I forget you!*" She had considered his case entirely hopeless, and it was generally believed by Mr. Ives' friends that he could not possibly recover. The swelled joints, and almost the entire body, were then, after the cleansing, bandaged in wet cloths, arranged so as to cause a soothing or poultice effect. The treatment was persevered in; three and four ablutions daily were given. A variety of modes in the use of water were resorted to, as the symptoms from time to time demanded, the object of all of which was to cause in the whole system and each of its parts the natural degree of coolness, to keep the bowels open and the stomach free from irritation, and to prevent, as far as possible, all pain, to ensure sound, quiet and refreshing sleep, and by all natural means to invigorate the whole system. The directions were fully and faithfully carried out, and the ever assiduous attention of Mrs. Ives was no small item in the success of the cure. In *three days' time* Mr. Ives was able again to stand upon his feet, and *in two weeks* was able to walk about, and in two or three days more went about the city. He has been well ever since.

I am confident that in Mr. Ives' case the treatment of his first two physicians, had, according to the ordinary modes, been judicious. They, without doubt, managed precisely as they would have done were they in a similar manner afflicted. Like results can, by judicious management, easily be caused in every case of acute rheumatic fever. Every trial of the kind serves only the more strongly to convince me that all other modes of treatment now or ever known, in point of efficacy, are mere child's play, compared with this of water.

FURTHER REMARKS.—We deem it necessary that, concerning the treatment of a case so important as the above, some further explanations be given. The notes were written very hastily and without suf-

ficient exactness. The general principles of the treatment adapted to all cases of a similar kind, we think we can make plain to all.

1. We are to observe that Mr. Ives had had for fourteen days a very high general rheumatic fever, which also invaded all the larger joints.

2. That about the eleventh day the disease attacked also the heart, always a dangerous symptom.

3. That energetic means had been resorted to without any apparent degree of success to arrest the disease.

4. That Mr. Ives had been growing constantly worse, until the water treatment was commenced.

5. That at the time of commencing this treatment, the sufferings were such as wholly to prevent sleep. There was a constant desire to change, and yet with the aid of two or three strong men, the greatest difficulty was experienced in being moved.

6. That the affection of the heart was constant, and at times so painful as to cause delirium.

7. That among other, so called, remedies, colchicum, the great dependence in the old mode for curing this disease, was given to the utmost extent that was thought safe.

The reader then can imagine the state of the patient. It is in the night time toward morning. The night thus far has been spent sleepless and in groans; the limbs remind one more of an elephant's limbs, so much are they swollen. Without causing the greatest pain, it is impossible to move. The whole system is, as it were, burning with fever, the pulse being above 100, full, tense, and throbbing. What is to be done in so formidable a case? Surely, there stands a large centre table, well covered with vials, potions, and a magnetic apparatus. If all these have

been tried under the care of two physicians, well skilled in their use, what is to be expected of pure clean water? It is proper to mention, likewise, that as in houses generally, except those recently built, there is no bath room, no apparatus for bathing,—certainly it falls to our lot sometimes to do good work, if such we can, with very poor means to do it with.

The first thing that nature demands of us in such a case, is to *relieve the pain*. The woollens were at once cut to pieces, as this was the only mode by which they could be removed. The acid, fetid perspiration peculiar to the disease, was quite as much as one could bear without fainting. The body was, as before said, well cleansed piece-meal, by rubbing with towels, being at the same time well guarded from the air. The disease had proceeded so far that cold water would have been too powerful; it would have caused spasms, which might have proved dangerous. The wet bandages were at first cooling and soothing, and were often changed before becoming too hot or dry. A large wet bandage, extending from the arm-pits to the hips, for the purpose of drawing outward, poultice like, was kept constantly applied. Things being thus arranged, the excess of heat in the whole system, and particularly of the painful parts, being removed, and the pulse being correspondingly lowered, and some cold water drunk, it was the most natural thing, that sweet and refreshing sleep should be enjoyed; still, under such circumstances, it would be but comparatively a short time before the feverishness and pains would begin to return, when the same process would again be necessary, within three or four hours at least.

From four to six times per day these bandages were changed, and the swollen, painful parts were well rubbed with the wet hand, and the whole body washed

three and four times in the twenty-four hours. Forever, in gout and rheumatism, there is not the least danger of applying the cooling means so long as they are agreeable, and the parts are hotter than is natural. It is altogether absurd to suppose, as is often done, that these diseases are some mischievous sprite, which the least application of cold is liable quickly to transfer to some internal organ or part. It would be well nigh, if not quite, impossible to cause an occurrence of the kind, and a well authenticated case cannot be found on record, we will venture to say.

As the feverishness becomes reduced, less and less of the cooling means are demanded. In Mr. Ives' case, the difficulty of moving was so great for the first two days, that the wet sheet was not used. The bandages, however, covered the larger part of the surface, causing the same effects. After two or three days the wet sheet was applied at nights at about 10, in which Mr. Ives slept very soundly in a half-raised position, until waking, which was four or five hours, when an ablution was performed, and some hours more of good rest were experienced. The first two or three days of the treatment, at least two-thirds of the whole time, was spent in refreshing sleep. The bowels were regulated daily by clysters of tepid water; water as much as was desired was drank; and a very important thing not to be omitted is, that not a particle of food was taken until the third day. Why add fuel to the fire, so long as any general fever remained? Food would only increase it.

In about two weeks, as we have said, Mr. Ives was out; but still, as is always the case in this disease, the remnants of the disease for awhile remain. The daily baths were kept up as during the treatment after the first two or three days, by sitting

in a tub of water, the water being poured upon the body, and the body well rubbed; but still more efficient means were needed. According to our advice, it was not long before Mr. Ives had a Croton shower-bath arranged, which being taken daily, in a few weeks expelled wholly the disease. He has taken the cold bath ever since, and now, in the midst of winter, is as well, if not better, than ever in his life.

We have known numbers of cases in which the daily shower bath, with, at the same time, suitable practices in food and drink, has completely broken up old chronic lumbagos and other rheumatisms, so that not a vestige remained.

The vapor bath, rightly managed, in connection with the cold bath, is one of the most effectual means that ever has been or can be devised for the treatment of rheumatism and rheumatic as well as other fevers. It is an old Indian mode as well as Russian, and was used likewise by the ancient Romans. The Thompsonian, as he is called, if he understand well his system, will cure more rheumatisms, ten to one, than any drug practitioner, allopathic or homœopathic, without the baths. We shall speak again of rheumatism hereafter.

GOING TO PHYSICIANS TO ADVISE WHETHER
IT WILL DO TO TRY WATER-CURE.

In this city, of nearly one thousand physicians, where there are rare advantages for carrying out the treatment, ask your physician whether the cold water system (as it is sometimes called, though improperly,) will do in your case. In ninety-nine times of the one hundred, if it be a case of any importance whether acute or chronic, you will be told "water is good in its place, *but it will not do in your case.*" What consummate quackery, error, delusions, are there in the medical profession?

EFFECTS OF WATER IN INTOXICATION—A
CURIOUS AND REMARKABLE CASE.

The following narrative is taken from the work of Dr. Currie on Water, published about fifty years ago,—on the whole, the best that has ever been written on the subject. The account was given on the authority of Dr. Robertson, a surgeon-general of the naval hospital in Barbadoes, and can be relied on as being true. On returning a second time to Barbadoes, Dr. Robertson, according to the request of Dr. Currie, investigated again the particulars of the case, which were given in his own words, as follows :

"A gentleman of this island, whose name was Weeks, a great votary of Bacchus, was in the practice, from fifteen to twenty years, of plunging into cold water when he rose from his bottle, and of actually going to sleep in a trough full of water, with his head supported on a kind of wooden pillow made for the purpose, above the surface. When he dined abroad, and had not the convenience of his own trough, he used to strip off his coat, waistcoat, and shirt, and sit exposed in the open air, and in that situation go to sleep, whether it rained or not. And sometimes he went and bathed in the nearest adjoining pond, to which he generally required assistance to be conveyed. The effect of this practice was, that instead of experiencing debility, lassitude, head-ache, and nausea, he found himself on awaking, cheerful and refreshed, and free from all the effects of intoxication. In the year 1789, dining one day abroad, he got alternately drunk and sober three several times before midnight, each time recovering his sobriety by immersing himself, and sleeping in cold water; and on awaking returning to the company. The last time, after supper, he was so immoderately intoxicated, that he insisted on his companions undressing him and carrying him themselves to the pond. They carried him accordingly in a chair, and set him up to the chin in water, where he continued upwards of an hour, a person supporting him. I had this last circumstance from a gentleman, one of the party, whose veracity may be entirely depended on.

"At home, however, he used, as I have already mentioned, a trough made for the purpose, with a bench in it as a pillow, having been nearly drowned when sleeping in his pond, from the negro, who was appointed to watch him, having himself fallen asleep. In this watery bed he would sleep, one, two, three, or even more hours, experiencing always the greatest refreshment. His wife and family, when they wished him to change his quarters, used to draw out the plug, and let the water run off, when he awoke, and humorously complained of the loss of his bed-clothes. At length this expedient began to lose its effect in rousing him, and one time he continued to sleep in his empty trough. In consequence of this he was

seized with extreme rigors and chills, followed by a fever attack of rheumatism, which affected him a long time, and made him desist from the practice in future. But to the end of his life he was in the habit of sitting, when intoxicated, with his clothes open, and sometimes quite naked, exposed to the wind and rain. This extraordinary character died of apoplexy about three weeks ago, aged sixty-three."

REMARKS.—The above narrative might afford room for many observations. We shall, however, at this time, make but few.

Intoxication, as far as the effects upon the body are concerned, is a state of fever,—an artificial fever caused by the stimulus drunk. Water is the greatest febrifuge or cooling agent in nature. It is pre-eminently the thing to reduce fever. In many cases of drunkenness, in which the individual cannot walk, or remember long enough to speak a sentence through, a good shower-bath, pouring upon the head and body some buckets of cold water, or plunging him into cold water sufficient to cause a thorough cooling of the system, will very quickly bring him again to his senses, so that he can walk and speak well.

The narration illustrates one truth, which may startle some in these days of temperance, viz: *that alcohol is, under certain conditions, a preventive against cold.* Let us try to be understood. The alcohol causes an increase of heat, and, consequently, while this lasts, a greater amount of cold can be endured. We do not say that a man, under such circumstances, could endure more *fatigue*. Alcohol, in any form or dose, always diminishes the power of enduring severe or protracted bodily effort. The case certainly affords an example of the truth of this statement. The man could sleep in the tub of water for hours; but he certainly was in a very unfit state for exertion of any kind. But to return to the point in question; he could endure the cooling effect of the water better than could any one if sober, and for the reason above given. No one in a state of health would have the hardihood to attempt sleeping in cool or cold water. To remain for hours in the water quiescent, as did this individual, would prove at least very dangerous. The temperature of the water in the island of Barbadoes must be about the same as of

the river water of the United States in the summer, viz: not much above 70° F. Now, a well man could not safely be exposed even to the cooling effect of an atmosphere of that temperature any considerable time, if he were in a naked state and inactive. The animal heat would then be conducted off too rapidly.

Supposing the atmosphere to be at 78° F. the body is still 20° higher, and on the principle that heat tends to an equilibrium, the body must be throwing off heat very considerably. But water is a still more rapid conductor of caloric than air, and therefore the danger in the practice of lying in water would be as much greater as water is a more rapid conductor of heat than air. In consequence of this greater power of conduction, water, of the same temperature of the atmosphere, always gives a sensation of greater coldness than that of the air, and it is for this reason, that animals may be found standing or lying in water, when, at the same time, the atmosphere is the cooler medium of the two. We admit, of course, that the animal heat is generally higher than that of the atmosphere, even in hot weather, but at the same time the human body, accustomed as it is to be encased in clothes of an almost non-conducting nature, retaining the heat upon the surface, must not be directly exposed when in a quiescent state, to any very considerable change.

It must not by any means be supposed, that, because this votary of Bacchus awoke more refreshed from his watery bed, that alcohol is favorable to *permanent* endurance of cold. True, this was an old and long believed notion, and is yet to some extent adhered to, but it is as erroneous as can be. It is surprising indeed that the error could have crept along for centuries as it did: but it is no more surprising than many other things that have been, and some that still are, especially in the healing art. Spirit-drinkers always "give over" first, when long exposed to cold; and drug-takers are the most unhealthy and the most fretful, and die generally the soonest.

The wonderful effect of water as a febrifuge, is shown in this case. The effect of the practice was, "that instead of ex-

periencing debility, lassitude, head-ache, and nausea, he found himself, on awaking, cheerful and refreshed." It might be difficult to explain the *modus operandi*, the *how*, by which this effectual cooling of the system in the fever of drunkenness operates in so friendly a way; for according to an old and generally received hypothesis, it would be said that water prevents the *excess* of capillary action in the system, because fever consists in an *increase* of such action; while, according to another theory, (the one we believe true,) it would be said, the water (cool or cold,) acts as an *astringent* or *stimulant* to the capillaries, causing their coats to contract, and thus to repel the too great quantity of blood that is contained in them. After all, we believe the great thing in such cases is the *cooling* effect. Keep a feverish body (feverish, we care not for what cause,) cool enough, and little is to be feared. But whatever hypothesis we take, the result by the cooling method will be found to be as constant and permanent a fact as is the law of gravitation itself.

A WORD WITH TEMPERANCE EDITORS.

We receive a pretty good number of Temperance papers in exchange for the Journal, but we find very seldom any notice of our project or the system. If we persuade people to leave off dram-drinking, all must agree this is good so far. But perhaps it will be said we go too far with a good thing. We take away the tea and the coffee, as well as the tobacco and some other "darling" things, substances these that are no very slow substitute for the stimulus of alcohol. This we know is going too far for most temperance persons, but we claim to be candid. Speak out then, temperance editors, we are not afraid to be talked against: give us your opinions and your reasons.

OMITTED.—Valuable communications from the venerable Doctor *Carpenter*, of St. Albans, Vt., and from Doctor *Hard*, of Plymouth, Ind., will hereafter appear.

TO PERSONS ADDRESSING THE EDITOR FOR SPECIAL ADVICE.—As considerable numbers of persons are writing the editor for advice, in particular cases, it will be remembered, it is hoped, that "time is money;" or to explain,—that we who live in an expensive city, and must depend upon our industry for the maintenance of ourself, wife and "little ones," must, in general, receive for what we do. We never liked the idea of *curing* people for pay, but would infinitely rather *keep them well*, and be paid accordingly. We think we may say, too, that we feel some satisfaction when we administer to the Lord's patients—the poor. We shall always be glad to answer those who write us, and especially such as are not blessed with the means to enable them to go to an institution for a cure; and we wish all who write us to do only as seems right, according to their means. The Journal we never intended to speculate upon, and on this score we ask no gain. We have to write and prepare it mostly at times while others sleep.

COMMUNICATED.

The Northampton Water-Cure Infirmary is established at the Community, two miles west of Round Hill, where there is an abundant supply of pure soft water. Such has been the success with which patients have been treated at this institution, that during the present winter they have been obliged to decline a much larger number of applicants than they have patients under treatment. Several ladies have left the Brattleboro' Infirmary and gone to Northampton for a thorough cure.

IF SUBSCRIBERS TO THE OLD SERIES have due them *fifteen* numbers of the New Series. We prefer all such to be considered as subscribers to the *whole volume* of the New Series. We offer that such (the old subscribers,) as shall obtain *one* or *more* new subscribers, shall be entered as subscribers to the whole volume; or those subscribers may send us each, by mail or otherwise, a quarter of a dollar, and they will be entered as above.

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This work of our friend Mr. Fowler he considers his best. It needs no recommendation to those who are acquainted with any of his previous writings.—The work will circulate, as it should, throughout the length and breadth of the land. It may be sent to any part of the country by mail at a very small expense, and may be ordered from our office.

Supplement to the above work—THE EVILS AND REMEDIES OF EXCESSIVE AND PERVERTED SEXUALITY; including Warning and Advice to the Married and Single. By the same Author.

We regret that Mr. Fowler has fallen into the error of advising, in some cases, medicines, coffee, some pernicious articles of diet, &c. But, on the whole, we would have every father, mother, son, daughter, clergyman, physician, teacher, and individual of society, read and ponder well the facts set forth in this work. Some will add to their filth from any, every source—from the Bible itself. Let this and like works rapidly circulate. The work may be ordered as above. Price 12½ cents.

Works to be sent by Mail.

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

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THE WATER-CURE JOURNAL.

PROSPECTUS.

It is pretty generally understood that the old modes of medical practice, by poisonous drugs, although for many centuries in vogue, are yet, in many particulars, radically erroneous. Accordingly, new systems have been sought out.—All of these, even to the water treatment, must of necessity be founded, to a greater or less extent, upon some well-established and long-known principles of medical science. But the system which of all is the greatest innovation upon previous modes, is that popularly termed **HYDROPATHY**, or the **WATER-CURE**—a means of curing and preventing disease without the use of drugs of any kind. Whatever may be said in favor of other modes, it will, we believe, be acknowledged by all who are acquainted with the facts, that this system has no parallel as to its success. It is a system, moreover, that is eminently calculated to become understood by the many.

The "WATER-CURE JOURNAL" is devoted to explaining, in a popular way, the new system.—The Editor is engaged in daily practice in the city of New York. He believes he has advantages for making the Journal an interesting one. He does not profess literary experience or merit, but hopes not materially to offend in this respect.

The system, apparently simple as it is, we are willing to have based on its capability to be made *speedily efficacious in acute disease of whatever form, and in the preventing of pain; but its strongest facts, if possible, are to be found in the curing of chronic maladies, that no other means can reach.*

Finally, we believe that whatever opinions persons may have of other modes, the information the Journal will give on Bathing, Cleanliness, Clothing, Ventilation, Food, Drinks, and in fine, *the general prevention of disease*, will render it valuable to all who choose to read.

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☞ *To Editors.*—Those who will do us the favor to publish this prospectus and send us a copy of their paper, will be entitled to the Journal one year. We hope editors generally will notice our project as they believe it deserves. We are not afraid to have the new system spoken against. We are always thankful to hear plain honest talk.

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☞ *Address, post paid,* "Joel Shew, M. D., New York city." Let every friend of the cause do their utmost to aid us. We ask not gain, but only to be sustained from love.

Bela Marsh, 25 Cornhill, Boston, Colon & Adriaance, Arcade Buildings, Philadelphia, and Wm. H. Graham, Tribune Buildings, New York, receive subscriptions to the Journal.

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